PRINCIPAL MATTERS

Tips to Stop Your Child Becoming a Digital Zombie

Are you worried about your kid becoming addicted to technology? Based on guidelines from Dr Kristy Goodwin, the following will help keep your kids’ technology diet a balanced one. You can also visit www.nickiparents.com.au

Set time limits: Before you hand over the gaming console, TV remote, smartphone or tablet, set a time limit. Use a timer on your phone to keep track of the accumulated screen time. If you’re like most parents, you often forget when they started using the technology. Start giving a countdown as the finish time approaches because the kids will become engrossed in the video game (or TV, or tablet). They may need help to switch it off.

Adhere to the time limits you establish: As cute as their little faces can be when they’re pleading for, “Just ten more minutes…uhh-lease?” you really need to adhere to the agreed amount of time that you established so they know you mean what you say. It’s a very slippery slope once you start giving in and allowing your child to have extra time. The ten extra minutes soon becomes expected – with even more added. Eventually every time you ask your child to switch off the device, they know they expect to actually have another 20min up their sleeve!

See technology as just one part of a balanced approach to childhood: Ensure technology’s part of a balanced approach to childhood. Ensure that they still enjoy off-screen activities. Playing outside, interacting with peers and climbing trees are still really important learning experiences for children. Technology is no substitute for these experiences.

Have a ‘Bored Board’: Depending on the age of your child, you can list (or have photos) a menu of activities that your child can select from when they say, “I’m bored…”. This stops them and you from reverting to technology to simply overcome boredom. We really want children to use technology in intentional ways. This stops technology from becoming the digital babysitter or digital pacifier, see our “Boredom Busters” page on the School’s website).

Model healthy media habits yourself (yes, this may be the hardest strategy to implement): Are you constantly checking your texts, email, Instagram or Facebook feed in front of your children? How are you going with that Angry Birds or other addictive game? Children are inheriting our media habits (like they do all of our habits). They’re always watching what we do. So try, where possible, to limit your media use with little ones around. In this day and age, it isn’t always possible, but just try to keep it in check when you can! PM

ALL SCHOOL NEWS

Whole School Swimming Carnival

WEDNESDAY 25 February

Please note the date of the upcoming Swimming Carnival! We’re looking forward to a great day of sun-safe fun and team spirit! Permission Notes/Entry Forms should already be returned by now. Thank you to those parents who have offered to assist - you will be hearing from us very soon! Year 2 parents are particularly requested to assist, but all parents are welcome!

New Families’ Dinner

Wednesday 18 February @ 6 - 7.15pm

All families new to Emmaus are invited to join us for a meal in the Secondary School courtyard. You should have received an invitation via email. Please be sure to contact the School Office if you haven’t! Please RSVP online by 13 February. We look forward to getting to know you, and it is also a great opportunity to get to know other families.

Year 8 Parents PIP: As per the email you will have received, you have the pleasure of being rostered to assist with hosting this event. Please be sure to let us know asap how you will assist.

Parent Information Evening, K-Yr10

Wednesday 18 February @ 7.30-8.30pm

All Primary and Secondary parents are invited to join us for updates on what to expect this year and some tips about homework, etc. Class teachers will run sessions for 15-20 minutes in their classroom. Sessions will be repeated at 15-20 minute intervals to enable families with multiple children to have time to attend a session for each child.

Position Vacant: After School Carer

Emmaus After School Care is expanding its program to include preschool aged children and as such needs someone with a Diploma in Children's services (or someone working towards a Diploma) to work in our After School Care program on Wednesdays from 3-6pm during school terms. For more information please contact Nikki Harper or email nicole@emmaus.act.au

Position Vacant: Lab Assistant

A part time position for a suitably qualified or experienced person is available in our Secondary Science department. Contact the office for more details.
Working Bee
Saturday 28 February 9pm - 1pm
The list of duties at our Working Bees are always varied, from cleaning & gardening, to general maintenance. Most equipment needed will be supplied, however, if you have an area of specialty, please feel free to bring along your own tools. Working Bees are a great way to complete several hours of PIP, meet and work alongside staff and other families from the school, and help keep our school looking great! We hope to see you here!

School Car Park Update
Good news folks, this year we are commencing work on the resurfacing of our main car park. At the same time, we will review the current traffic flow and layout. A professional traffic consultant group has been engaged to assist us, and we welcome any comments or ideas from parents about the car park. Please send all feedback by Friday 27 February to emmaus@emmaus.act.edu.au, with attention to Pamela Hanson, who will collate and pass them to the consultant for consideration.

Student Absences
Please remember to send notice of any absences to BOTH absences@emmaus.act.edu.au as well as your child’s Homeroom/Class Teacher.

Staff Contacts
Did you know most staff contact details are available on our website? See www.emmaus.act.edu.au/contact/

Meet a Staff Member
This week we meet our Year 5 teacher, Mrs Jenny McArthur. Here’s a few fun facts:
Place of birth: London, UK
Weirdest food eaten: Fried crickets - did you know they taste like corn chips?!
Favourite singer/group: 2nd Chapter of Acts (now that really dates me!)
Most admired person: Tony McArthur – my beloved.
Best weekend activity: Spending quality time with family & friends. If it includes a long walk, even better!
Favourite sporting team: It’s a toss-up between Adelaide Crows and Queensland Maroons! Go Crows! Can Toads!! Anything Aussie gets me yelling with passionate pride (keep forgetting I’m actually a Pom).
Dream job: I’m doing it! Love the freedom to share my faith.
Best thing about Emmaus Christian School: I just LOVE Emmaus!!! My colleagues are awesome; the kids are a gift from God. What a privilege to work in a place I know God has called me to. What a responsibility to teach our future leaders.

Best day of life: I’ve had many but the one which has had greatest impact on my life was 4 October 1974 - the day I decided to follow Jesus! ALSO… I am now a Grandma! Gideon Eli was born on 23/12/14. I’m praying he will move (with his mum & dad) to Canberra real soon… please pray with me!

PRIMARY NEWS

Primary Parent Teacher Interviews
Monday 23 & Tuesday 24 February
Note correct dates! Parents have the opportunity to meet with your child’s class teacher and touch base on how you can work together to best serve your child this year. Bookings are made on-line through the website, using your family code and login which was emailed to you this week. Bookings will open on Saturday 14 February and close on Saturday 21 February.

PIP opportunity: Can you help provide some snacks for the teachers for afternoon tea? We would like sandwiches/wraps, fruit platter, vegie platter, cakes/slices and gluten free items please. Please email the Office to indicate what item of food you can provide, and on which day. emmaus@emmaus.act.edu.au

After School Chess Club
Starting in Week 3, Chess Club will be held every Tuesday afternoon from 3:10 - 4:00pm in the Year 4 classroom (upstairs). Please see Mr Miller for a note or see the downloads page on the School website.

SECONDARY NEWS

Secondary Assessment Calendar
All secondary students should have received their own copy of their assessment calendar showing major items due this term. Also available on Downloads.

Study Club on Mondays
Kelly Gierke will run study club for Secondary students on Mondays from 3:15 - 4:15 in The Corner. Come with work to complete, homework to do or questions that needs answers. You will sign in and out each week with full supervision while you are signed in.

Homeroom Teachers 2015
Year 7 Mrs Tony Falusi and Mr James Lutalo
Year 8 Mrs Theresa Barry, Mr Mark Body and Mr Vaughan Minto
Year 9 Mrs Kelly Gierke and Mr Peter Willis
Year 10 Mr John Jenkins and Mrs Michelle Banfield

Spanish Club
On Monday afternoons we have a Spanish Club available. In this course, secondary students of any age can learn to speak, read and write Spanish. A fee of $2 weekly for a 90 minute session with a university trained linguist will apply. Contact Mr Jenkins.