



# Emmanuel Christian School

OUR VISION: "A thriving Bible-based learning communi-

24th August 2011  
Volume 3 Term 3

## FROM THE PRINCIPAL

Dear Parents

Three way conferences have now come and gone for this term, I trust you have taken the opportunity to talk with the teacher(s) and be shown by your children how they are progressing in class. Should any parents not have had the opportunity to be part of the three way conferences please feel free to make contact with your child's classroom teacher to make an appointment to meet.

### IMPORTANT DATES

#### Term 3

07-09 Sept	Year 7 & 8 camp (Living Springs)
12-17 Sept	Swimming—Jellie Park (week 7)
19-23 Sept	Swimming—Jellie Park (week 8)
30th Sept	Talent Quest
07th Oct	Last day of term

## WILD WILD WEST FUNDRAISER

Thank you to all who attended the 'Wild Wild West' fundraising dinner. A little over \$2,200 was raised, this is a wonderful contribution and will directly benefit the children of our school. Special thanks to Desiree Huls and her willing team of parent helpers who made the evening a special and fun event.

## CARPARK—PICKUP AND DROP OFF....A reminder



to be aware in a congested car park to take particular caution when picking up or dropping off children. To assist the process please **DO NOT** park on the yellow dotted lines on the access/exit driveway, this causes potential traffic bottle necks and puts others at risk. Thank you for your patience and co-operation.

## SCHOOL CONTACT INFORMATION

### Office:

General enquires, Postal, 322 Sawyers Arms Road, Bishopdale, Christchurch 8053 ,Ph(03) 3593595 , Fax (03)3594349,  
Email- office@emmanuelchristian.school.nz

**Principal:** Mr Iain Murray,  
principal@emmanuelchristian.school.nz

**Deputy Principal:** (Head of Primary)  
Mrs Simone Thomas  
simone@emmanuelchristian.school.nz

**Assistant Principal:** (Head of Middle School)  
Mr Simon Walmisley  
simon@emmanuelchristian.school.nz

## ASSEMBLY: KEY COMPETENCY- RELATING TO OTHERS

*"Be angry, and yet do not sin; do not let the sun go down on your anger and do not give the devil an opportunity."* Ephesians 5 v 26,27.

This week we are exploring the life of Joseph and his relationship with his father and brothers. We will see how his brothers allowed themselves to react in anger and how this caused great suffering. Rather than controlling their anger, their anger controlled their reactions, placing themselves and Joseph in danger.

We will also see how Joseph responded to unfair treatment from his brothers and the Egyptians by having a positive outlook in difficult times. Rather than succumbing to uncontrollable anger he responded to create a better future for himself and others. What an inspiration!

*Please take the time to discuss with your children what makes them feel angry and positive ways they can deal with anger.*

## JUNK IN OR JUNK OUT

Can you imagine being 16 but your brain acting as though you are 70 years old? That's what some foods can do to you. A Christchurch teenager did an experiment some time ago to find out the effect of food on his school work. For two days he ate only junk food—Coco Pops, lollies and Coca Cola for breakfast, cake and pies for lunch, sugary drinks and sweets for dinner. Then he did tests in reading, mathematics and typing. He repeated the tests after two days eating chicken, salad, rice and bread. The results showed a huge difference. When he was eating junk food, he read 43% slower, typed 50% slower, and was 35% slower solving mathematics problems than when he was eating health foods. His mother noted he was irritable, sluggish, and miserable. He brightened up when he started eating healthy food again and improved his results. Researchers in England found that students who had a chocolate bar and a sugary drink like Coke for breakfast slowed down their mental reactions to the same level as a 70 year old. Girls who skipped breakfast did less well at school than girls who had a breakfast which included porridge, or wholemeal bread (toast), fruit or a glass of milk. **This is indeed FOOD FOR THOUGHT...**

# Emmanuel Christian School

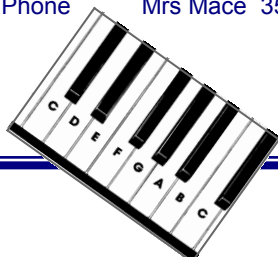
OUR VISION: "A thriving Bible-based learning community"

## NOTICES / ADVERTISEMENTS

### VACANCIES

#### KEYBOARD LESSON

Now available. Rooms 4-7 Fridays  
at Emanuel Christian School  
Phone Mrs Mace 3541949



### ENROLMENTS

#### LIMITED SPACES AVAILABLE IN 2012

If you are aware of any parents looking for a quality Christian education, please remind them we have limited places available for the 2012 school year. To date we have received a number of pre-enrolments and have a small number of places available in other year levels.

Prospective Parents / Students should make contact with the school office in the first instance.

**TALENT QUEST:** This year the talent quest will be held during assembly time on Friday 30th September. Heats will be held prior to this, so start planning and practising now. Please note that all lyrics of songs used will need to be appropriate for our Special Character. Copies of lyrics will need to be given to Mrs Hawke prior to heats.



#### School Photographs

Please send your order back to the school office in the envelope provided, as soon as possible.