**Vision**

Through the teaching of God’s Word we will bring people to Christ and help them to grow in him.

Matthew 28:19-20

**Contents**

- Kindy Assemblies
- Year 3 Excursion State Library
- Interschool Sports Carnival
- School Bulletin Board
- Kids Matter — What Does Anxiety Look Like?
- Learning Beyond The Classroom
- Community News
- A Matter of The Heart

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**Jesus was the Incarnation of What He Taught**

Jesus was not like the Scribes who could teach the law but often failed to live the way God intended them to live.

“Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices... But you have neglected the more important matters of the law—Justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former”.

(Matthew 23:23)

Jesus put into practice what he taught. He taught by example and he lived what he taught. His greatness as a teacher was demonstrated in the path that he walked and the way he walked that path. He is the servant leader and he calls all his followers to follow his example as Peter said,

“Be shepherds of God’s flock that is under your care, serving as overseers—not because you must, but because you are willing, as God wants you to be; not greedy for money, but eager to serve; not lording it over those entrusted to you, but being examples to the flock” (1 Peter 5:2-3)

People believed and followed Jesus because his words were not empty words—people could see his words lived out in his actions. That is why Jesus was not like the other teachers of his time. Teachers who follow Jesus must be prepared to “live out” what they teach and to be examples of how to live as Christians who are teachers, learners and servant leaders. Students will quickly see hypocrisy in teachers if they say one thing but do not demonstrate this in their own lives.

**Jesus did what he taught his disciples to do.**

<table>
<thead>
<tr>
<th>Jesus sends the 72 on mission</th>
<th>Jesus and Zacchaeus</th>
</tr>
</thead>
</table>

1. Jesus is called ‘the Lord’ (v1)
2. Messengers go to the city; enter the city (v1, 8, 10)
3. ‘The messengers “come” to the “place”’ (v1)
4. Jesus is about to come (v1)
5. Messengers enter houses indiscriminately (v5)
6. Messengers bring the peace of salvation to the household (v5)
7. ‘Son of peace’ receives messengers of Jesus (v6)
8. Messengers ‘stay’ in house for hospitality indiscriminately (v7)

1. Jesus is called ‘the Lord’ (v8)
2. Jesus enters the city of Jericho (v1)
3. Jesus ‘comes’ to the ‘place’ (v5)
4. Jesus is about to pass by (v4)
5. Jesus enters the house of a ‘sinner’ (v7)
6. Jesus brings salvation to the household (v9)
7. ‘Son of Abraham’ receives Jesus (v9b)
8. Jesus ‘stays’ in house of sinner (v6)
The Kindy children had so much fun performing their assemblies. The Koala children acted out the Nativity play ending with a beautiful rendition of Away in the Manger. The Kangaroo children retold the story of Goldilocks and the Three bears but decided on how they thought the story should end, poor Goldilocks went straight to jail.
The Year Three excursion to the State Library of Western Australia to see Hairy Maclary’s friends at an exhibition. Afterwards they played some unusual musical instruments outside the Perth Museum. Unfortunately we couldn’t take any photos at the exhibition.
On Friday, 30th of October, some of our Emmanuel students competed in the Interschool athletics and have won overall 6th place!
Well Done to all who participated and to all our individual winners...

and THE WINNERS ARE.....

L to R: Nazra Turkash, Nasa Bamara, Thokbeny Makol, Moo Win, Joel Anasco
CHANGE OF ADDRESS OR PHONE NUMBERS!!!!

It is very important that you keep your contact details up to date for emergency reasons. We have had some incidents where your children have waited a long time in the SICK ROOM because we are unable to contact you or your details are not up to date.

PLEASE Phone 9342 7377 if your contact numbers HAVE CHANGED!

EARLY REMINDER: CLASS WILL FINISH AT 1:30 PM
On Thursday, 3rd December 2015
END OF SCHOOL — CONCERT DAY

Children need to be collected promptly on this day to get ready for the concert.

START/FINISH TIMES — SEMESTER 2, 2015

<table>
<thead>
<tr>
<th>KINDERGARTEN</th>
<th>BEGINS 8:45 AM</th>
<th>ENDS 3:00 pm</th>
<th>DOORS OPEN AT 8:30 AM AND AT 3:00 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRE-PRIMARY</td>
<td>BEGINS 8:30 AM</td>
<td>ENDS 3:15 PM</td>
<td>DOORS OPEN AT 8:15 AM AND AT 3:15 PM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Years 1 — 6</th>
<th>BEGINS 8:30 AM</th>
<th>RECESS 10:30 — 10:50 AM</th>
<th>LUNCH 12:10 — 1:00 PM</th>
<th>END OF SCHOOL 3:15 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 7</td>
<td>BEGINS 8:30 AM</td>
<td>RECESS 10:55—11:10 AM</td>
<td>LUNCH 12:55—1:20 PM</td>
<td>END OF SCHOOL 3:15 PM</td>
</tr>
</tbody>
</table>

IMPORTANT DATES FOR SEMESTER 2

TERM 4

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>12 OCT</th>
<th>START OF TERM 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>THURSDAY</td>
<td>12 NOV</td>
<td>YEAR 6 GRADUATION</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>03 DEC</td>
<td>CONCERT NIGHT</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>04 DEC</td>
<td>END OF YEAR PARTY</td>
</tr>
<tr>
<td>MONDAY - FRIDAY</td>
<td>07 DEC—11 DEC</td>
<td>STAFF DEVELOPMENT</td>
</tr>
</tbody>
</table>

END OF YEAR PARTY

Last day of school for 2015 is FRIDAY 4th December AND WILL BE DIFFERENT THIS YEAR.... Plans are underway for a NEW & DIFFERENT End of year celebration! We will keep you posted with details of the day’s events and cost in the coming weeks...

SO START SAVING YOUR POCKET MONEY!!!!
SCHOOL BULLETIN BOARD...

SCHOOL FEES NEED TO BE SETTLED BY THE DUE DATE...

Fourth Term school fees have now been sent to all families. Thank you to all the parents who have already paid. For parents that have not yet paid, PLEASE ENSURE THAT PAYMENT IS ATTENDED TO IMMEDIATELY. If you are unable to make payment on time, please make arrangement with Mr. Andrew Johnson on how best to fulfill your obligation. Parents who pay fees through CENTRELINK and have other questions can SPEAK TO MR JOHNSON. TERM FEES that are not paid will be added to next term fees and SMS messages are sent until full payments are received.

ABSENTEE DETAILS

If students have been away from school on any day of the week, a note from the parent or the doctor must be given to the class teacher upon return to school. Please remember to note the date and day and also the cause (e.g. sick, holidays) for the absenteeism. SMS Message will be sent to your mobile phones as students are marked absent if no note or verbal message is received in the office on the day. Children who arrive at school LATE or LEAVE SCHOOL EARLY should do so VIA THE SCHOOL OFFICE, where attendance records will be updated. Class Rolls are submitted electronically at 9.00am and 1.00pm daily.

Our Lost & Found Box is FULL!!!

It is very important that you label all your kids belongings like hats, bags, jackets, drink bottles etc. as they may be recovered by other people. If you happen to find any lost items or you are looking for one, the Administration office has a Lost and Found box where you can drop or claim a lost item. Come check out our box if some of the recovered items belong to your child.

EMMANUEL SCHOOL BOOK ROOM

The School Book Room is part of the ministry of Girrawheen Baptist Church and is situated next door to the School Office. They sell a huge variety of Christian materials and resources from books, Bibles, calendars, greeting cards, pens, toys, CD’s, DVD’s etc. Students enjoy visiting our book room during their breaks and it’s also a good place to buy small items for gifts to friends and families.

Any profit made by the Book Room goes towards supporting 5 Compassion children.

With Christmas just around the corner, COME and check the range of CHRISTMAS GIFT ITEMS we have in store!!!

OPENING TIMES:

<table>
<thead>
<tr>
<th></th>
<th>Mondays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
<th>Sundays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>8:30 AM—1:00 PM</td>
<td>8:30 AM—11:00 AM</td>
<td>8:30 AM—1:00 PM</td>
<td>CLOSED</td>
<td>12 Noon—12:30 PM</td>
</tr>
</tbody>
</table>
CONGRATULATIONS TO 
THE NEW AUNT!

Ms Jenny Thomas  
(Year 1 teacher)  
is a very proud NEW AUNT! Her niece  
Shyleirah was born on  
Tuesday 10 November weighing 7 lbs and  
52 cms long! Ms Thomas’ sister Kayeisha  
Sutton is a very proud mum too! Both mum  
and new bub are doing well.

TRAFFIC FLOW........

We would appreciate it if parents will continue to observe our traffic flow and remember to TURN LEFT at Hainsworth Road every afternoon. We know this adds a few moments to your journey but this keeps our traffic flowing, our students safer and our neighbours happy! the NEW MAP below shows the correct driving direction when picking up your children after school.

THANK YOU SO MUCH FOR YOUR COOPERATION!!!

Emmanuel Christian School  
Traffic Management Plan

WHY?  
- The Safety of our children  
- Relationships with neighbours and residents

DO  
- Enter Salcott Road North  
- Turn Left at Hainsworth Street  
- Obey instructions of staff on duty

DON’T  
- Drop off children outside school grounds and allow them to walk across the car park

All school traffic MUST enter Salcott Road here

All school traffic MUST turn left onto Hainsworth Street here
What does anxiety look like?

When will Sara stop worrying?
Ten-year-old Sara is hard to get to school in the mornings. She seems happy all weekend until Sunday night arrives. On school days, it’s hard to get her out of bed. When she finally does get up, she takes ages to get dressed. She often complains to her mum that she feels sick. She says 20 times, “When are you picking me up from school?”

Sara usually does her homework without any fuss. Often she takes extra time to make sure it is just right. Lately Sara has not been paying attention in school and has been telling her teacher she feels sick and wants to go home.

At night Sara won’t go to bed by herself. She says she’s scared of burglars. She won’t go on sleepovers to her friends’ houses either. Her father thinks it’s just a passing phase, but her mother is concerned.

Does Sara have a difficulty with anxiety?

She may have, so further investigation would be a good idea. Anxious children tend to see the world as a dangerous place. They fear getting hurt, either physically or socially. They can feel anxious even when there is no actual danger. The way children deal with their anxiety can make it worse. If children keep on avoiding the things that make them anxious they don’t learn helpful ways to cope and their anxiety may keep growing. Everyone gets anxious in certain situations. In children, fears and worries are not unusual. If anxiety is extreme, it can stop children learning well, joining in with others and enjoying life.

What you might see in a child with anxiety difficulties

<table>
<thead>
<tr>
<th>A child with anxiety difficulties may...</th>
<th>Parents and carers might notice their child...</th>
</tr>
</thead>
<tbody>
<tr>
<td>seek reassurance often</td>
<td>clings to them</td>
</tr>
<tr>
<td></td>
<td>asks for help with things they can do for themselves</td>
</tr>
<tr>
<td>avoid situations they feel worried or scared about</td>
<td>doesn’t want to get ready for school</td>
</tr>
<tr>
<td></td>
<td>won’t go to sleep without a parent or carer</td>
</tr>
<tr>
<td>try to get others to do the things they are worried about</td>
<td>asks, “will you do it for me?” a lot</td>
</tr>
<tr>
<td></td>
<td>asks, “will you tell them for me?”</td>
</tr>
<tr>
<td>tell you they have physical pains</td>
<td>often complains of stomach pains or headaches</td>
</tr>
<tr>
<td>dislike taking risks or trying new things</td>
<td>worries a lot about doing things right</td>
</tr>
<tr>
<td>have lots of fears</td>
<td>prefers to watch others rather than have a go</td>
</tr>
<tr>
<td>get upset easily</td>
<td>is scared of the dark, dogs, injections, being alone, germs, tests</td>
</tr>
<tr>
<td>have lots of worries</td>
<td>often cries over small things</td>
</tr>
<tr>
<td></td>
<td>complains, “he’s teasing me,” a lot</td>
</tr>
<tr>
<td></td>
<td>always sees the dangerous side of everything</td>
</tr>
</tbody>
</table>
How parents and carers can help

Children with anxiety difficulties tend to lack confidence in their abilities and feel overwhelmed easily. They need to learn how to cope with worries and build confidence. Children with these difficulties benefit from parents and carers providing positive support and teaching them the emotional and thinking skills that can help them manage their worries.

- Teach children to be brave by showing them you believe they can do things and encouraging them to have a go even when they are scared or worried. You might remind them of a time when they were brave and it worked.
- Break larger goals into small steps that children can succeed with, and praise their success.
- Help them learn relaxation skills. Breathing slowly to calm down and imagining yourself coping in a scary situation are really helpful ways of managing anxiety. Doing it with them is a fun way to start.
- Teach children helpful self-talk. Instead of saying to themselves, “I can’t do this,” encourage them to say, “I’ll give it a go.” Help them to see that by worrying less they can do more and feel better about themselves.

Are you worried that your child is a bit like Sara?

Here’s how to get help

- Talk with your child’s classroom teacher about how your child is managing at school and find out what resources the school can offer.
- Ask to speak to the school psychologist or counsellor.
- Talk to your doctor about the possibility of an assessment and referral to a children’s mental health specialist.

A mental health professional may diagnose an anxiety disorder when

1. a child gets anxious more easily and more often than other children of the same age
2. anxiety affects a child in lots of settings – at home, at school and in their community
3. the difficulties with anxiety greatly interfere with a child’s ability to get on at home, school and with friends
4. the fears and worries seem to be out of proportion to the risks in a child’s life.

For more, please refer to the KidsMatter Primary information sheets on recognising and getting help for children with mental health difficulties.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au
SPANISH UPDATE

Spanish Classes are provided for two terms only during the second & third term. No Spanish class during fourth term. In 2016, Spanish lessons will become part of the Australian Curriculum and Mr William Cruz will be our Spanish Teacher. Spanish lessons will be one hour per week for Years 2 to 8. There is a possibility that Spanish will be included in the Early Childhood class—Kindergarten to Year 1 but has not been confirmed yet. We will keep you informed.

Junior Christian Endeavor (JCE)

JCE is a children’s ministry run by the Girrawheen Baptist Church and is for children aged Kindy to year 6 who come together to meet other friends and learn more about Jesus in a fun and loving environment. We meet every Friday night during school terms and to date we have about 200 or more students from different schools attending. For any enquiries, please contact Laura Cruz (Kindy Kangaroo Teacher)

**JCE RUNS EVERY FRIDAY from 5:30 to 7:00 pm.**
Come along and invite your friends!

We have had many children being dropped off very early and picked up late at 7:30 pm or later. Parents, can you please be mindful of this as there is minimal supervision during these times and it is for **YOUR CHILD’S SAFETY** that they are **dropped off after 5:15 pm and picked up at 7:00 pm**, Thank you to those parents who are always on time to drop and pick up their children!!

GBC PLAYGROUP BAPTIST CHURCH
Corner Hainsworth Avenue & Salcott Road
For Pre-School Children and Parents
**WEDNESDAY MORNINGS**
9:00 am—11:00 am
COST: $2.50 each child over 1 Year and a piece of fruit
FOR INFORMATION: Phone Margaret 9303 4387 / 0411 431 300

THURSDAY AFTERNOON BIBLE STUDY

Men’s and Ladies Group meets in the Youth & Community Centre (Hainsworth Avenue—Side of the Church)
1:00 PM Start, 3:00 PM Finish

Phone Grace Phillips on 9342 0449 if you have any questions.

FELLOWSHIP PRAYER GROUP

Meets Every FRIDAY afternoon from 2:30—3:15 PM at the School Library.
**PRAYER REQUESTS & PRAYER WARRIORS NEEDED!**

See or call Effie for more info 0410 902 961
GIRRAWHEEN BAPTIST CHURCH
3 Salcott Road, Girrawheen
SATURDAY, 5th December

BUYERS admitted from 9:00 AM to 12:00 Noon
GREAT BARGAINS — EVERYTHING MUST GO!!!!

Sausage Sizzle, Cakes, Morning Tea and some Christmas Gifts... $2.00 for a grey bag of clothing...

FOR MORE INFORMATION
0411 431 300

VACSWIM 2015—2016

VacSwim Holiday Swimming Programs:
Enrolments for December/January programs are now OPEN! It is important for every child to learn to swim and develop essential water safety skills. VacSwim’s school holiday swimming programs are conducted by qualified instructors who teach children the skills to be confident swimmers and safe in the water. This year there has been a small price increase from $10 per enrolment to $12.50 per enrolment (family enrolment for 3 or more children living at the same address is now $34.50). For further information and online enrolment visit education.wa.edu.au/swimming
IT DEPENDS

A basketball in my hands is worth about $19
A basketball in Michael Jordan’s hands is worth about $33 Million.
It depends whose hands it’s in.

A Tennis racket is useless in my hands.
A tennis racket in Roger Federer’s hands is a Championship Winner.
It depends whose hands it’s in.

A rod in my hands will keep away a wild animal.
A rod in Moses’ hands will part the mighty sea.
It depends whose hands it’s in.

A sling shot in my hands is a kid’s toy
A sling shot in David’s hand is a mighty weapon.
It depends whose hands it’s in.

Two fish and 5 loaves of bread in my hands is a couple of fish sandwiches.
Two fish and 5 loaves of bread in Jesus’s hands will feed thousands.
It depends whose hands it’s in.

Nails in my hands might produce a birdhouse
Nails in Jesus Christ’s hands will produce salvation for the entire world.
It depends whose hands it’s in.

As you see now it depends whose hands it’s in. So put your concerns, your worries, your fears, your hopes, your dreams, your families and your relationships in God’s hands because, it depends Whose hands it’s in.

This message is now in your hands...What will YOU do with it????