

Dear Parents and Friends

Premier's Award

I share with you this week a photograph of Jade Chitty receiving her Premier's Awards for her results in 2022 in Food Studies and Health and Human Development. It was wonderful to attend the event and witness the acknowledgement of Jade's achievements.



Cultural Week

It was wonderful to see students dress in their cultural outfits to acknowledge Cultural Week. This speaks of the diversity and pride of our community.

Uniform policy review and new guidelines for 2024

In 2023, Emmanuel College introduced significant uniform changes. These changes were designed to provide students with more choice, and represented an effort to have students adhere more appropriately to the College uniform expectations. Unfortunately, the trans-seasonal uniform guidelines, rather than promoting more consistency with uniform expectations, appear to have resulted in less observance of our uniform rules and personal grooming requirements.

The uniform, and how our students appear, is a representation of each individual and, collectively of the entire Emmanuel College community.

It remains a priority that the College uniform is worn well by students, and in line with our expectations. When students come to school with non-uniform items, teachers are required to and will address these issues. It is a specific goal that we focus our time on learning and teaching and not on the follow up of uniform infringements. This requires the support of all families.

There will be a return to two specific seasonal uniforms, with a variety of options available for students to choose from. An outline of the prior uniform requirements, which will be re-introduced at the beginning of 2024, will be provided to all families.

We are committed to the proper wearing of the uniform across all year levels, and the implementation of this policy is a significant way that we support the development of self-respect, respect for others and respect for the whole College community.

I conclude by drawing our attention to the Feast of the Assumption which occurred on August 15. This day acknowledges Mary, who lived a faith-filled life and who we draw inspiration from. We have been called to honour the Blessed Virgin Mary, who we believe was taken body and soul into Heaven.

Dr Janine Biggin
Principal



Issue No. 13 18 August, 2023



Campus Leaders

As Term 3 continues a lot is happening across both campuses for students, parents and teachers. On Saturday 5 August the college was pleased to welcome a large number of prospective students and parents to the Information Morning. This proved to be a wonderful opportunity for families to hear and see Emmanuel College as a possible place for them to commence their secondary education. It has also been a busy time for the 2024 Year 7 students. On 5 August at St Paul's Campus and 12 August at Notre Dame Campus they undertook their testing in preparation for next year, giving them the best possible start to their secondary education. In addition to this, we had last week many of the new Year 7 students come to each campus for a games night in an attempt to allow them to meet students from many of the different primary schools. A special thanks must be made to the College marketing teams and staff who assisted on these nights. We had Year 9 students last week heading off to 'Mars' for their Mission to Mars excursions and our Year 8 students engaged by Brainstorm Productions with 'Wired' – an engaging session for the wellbeing of our students at the College. Our St Paul's boys participated in their annual cross country in preparation for ACC, and students across both campuses have actively been involved in the many ACC and SACCSS sports for Term 3. Congratulations to all those students who have been involved. Congratulations to those Year 8 students involved in the science fair which was held on Monday across both campuses. A wonderfully engaging evening allowing the students to showcase their amazing work this semester. Thank you to all those parents who came to support their children. Finally, well done to those music students who headed off to Healesville for the annual music camp and those who have recently returned from World Youth Day in Portugal. Truly amazing experiences that the students will remember for a long time to come.

Lost property continues to be of concern. Our expectation is that the students are responsible for looking after their own belongings. Self-responsibility is such an important skill to work towards. Please assist your child with this task by ensuring all items are clearly named. Your support in assisting your son or daughter with this task is very much appreciated. It is pleasing to see that many students have deodorant in their bags and use it after a rather physical game of down ball or basketball. However, we request that students only bring a roll-on deodorant as aerosols can trigger asthma for some students and are not as environmentally friendly. Thank you for your support in this matter.

Families are also reminded, that if your child comes home unhappy or worried about anything and they have not talked with someone at school, it is important that parents make contact. Sometimes something very small builds into something bigger because young people have not had support to manage an appropriate response. In certain situations, tactical ignoring or walking away is a good short term solution to diffuse a situation. However, it is not an appropriate long term response and it is important that your child develops ways to manage emotions so that they do not build up and also appropriate responses to ensure that negative patterns do not continue.

Parents are also reminded that if your child contacts you to pick them up as they are not feeling well, or for some other reason, you should check with the office prior to attending the College. There are times when a student will make a decision and does not inform their teacher or the appropriate office staff about any problem or issue that they may have. If they are ill they should attend sick bay and the office will contact you as required. If there is another reason for your child to make direct contact with you, it may not be appropriate that the child is collected from the College. You should notify the College immediately of any contact from your child, so that the issue is followed up and appropriate response/support provided. Please do not hesitate to speak to a House Leader, Pastoral Leader or Campus Leader if you have any concerns about this protocol. Senior students are reminded that they are not permitted to drive to school unless they have completed an application through their house leader. An application form must be completed and one can be collected from student services.

Students are also reminded of the importance of being at school every day. The cumulative effect of absence has a significant impact on a student's capacity to achieve their best. It's not OK to be away and it is important that families work with the college in ensuring students are only ever absent for genuine illness. Senior students and parents in particular are also reminded of minimum hours required for satisfactory completion of a unit in VCE. Please refer to the VCE Policies and procedures in the student handbook for all protocols related to assessment.

The Happy Families article this week looks at parent wellbeing. This is an interesting read and provides techniques on ways to be a better person and a parent. We would encourage you to take time and reading this informative article which you will find at the end of this newsletter.

As another busy fortnight comes to a close, it has been great to witness the continued enthusiasm and energy of both the students and staff.

David Barr, Chris O'Malley & Kelley Revelman

Leader of Mission Integration



Indigenous Immersion Experiences

Last week, Notre Dame Campus students and two staff undertook the Indigenous immersion experience to Pichi Pichi in South Australia's Flinders Ranges. They came back with many stories of the experiences they had, the cultural experiences they shared and the wisdom they gained particularly through their interactions with the Dusty Feet Mob.



Feast of the Assumption

Last Sunday we celebrated the Feast of the Assumption of Mary. Pope Pius XII solemnly defined the dogma of the Assumption of the Blessed Virgin Mary into heaven in St Peter's Piazza in the presence of 40 Cardinals, 500 bishops, thousands of priests and more than a million of the faithful. "Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory," Pope Pius declared. Mary's deep faith, courage, wisdom, and loving nature makes her an amazing person to emulate. Surely Jesus had an amazing mother, guiding his growth into the amazing person he became. May Mary guide all of our students, staff and parents to a meaningful life and draw us closer to God.

For more information please visit:

<https://www.catholicweekly.com.au/the-assumption-of-our-lady-15-august/>

In Memory of Blessed Jakob Gapp

Sunday 13 August marked the 80th anniversary of Blessed Jakob Gapp's martyrdom at the hands of the Nazis, in Berlin, Germany. Despite the real risk to his life, he continued to preach against the ideology of the Nazis and against their persecution of the Jewish people.

We named the Gapp building in tribute to this great Marianist who saw an injustice and spoke out against it. He remains a wonderful role model for our community.

We pray that we too have the courage to fight for justice, just like Blessed Gapp. For more information please visit the following link:

<https://www.catholiceducation.org/en/controversy/persecution/blessed-jakob-gapp.html>



Culture Week

Last week was Cultural Week at Emmanuel. This is a time where we celebrate the gifts and enrichment of our community by the many diverse cultural backgrounds. The Mission Team contributed to this celebration by arranging a student to lead homeroom prayer over the PA system in a different language each day.

Peace & blessings,

Mark Sciberras

DP – Mission Integration

'Faith Can Move Mountains' (Mt 17:20)

Cassidy Homeroom Report



It has been a pleasurable year with Cassidy Matthew homeroom, as we receive a big positive smile and a huge warm welcome from Mr Shiell, our homeroom teacher every morning. Regardless of the weather or facing unpleasant times, Mr Shiell is a lovely approachable homeroom teacher to trust as his spirituality and worthy determination makes his homeroom truly stand out as a competitive and heartfelt part of Cassidy. In the mornings, Mr Shiell reads the daily notices regularly to ensure that everyone is parttaking in involvements and are not left out, Mr Shiell would check students' uniforms every day and call out students' commendation awards in admiration.

Matthew homeroom has had many participants being involved in school tours, homeroom sport competition including futsal, Chess, UNO and a variety of other fun sports. Mr Shiell would positively check up on students' plans for the weekends and assure that we will always have the required tools and energy/wellbeing ready for our classes. On allocated days the excited students in Matthew homeroom would compete in Cassidy's sport competitions, the determined and hardworking students in Matthew homeroom were victorious in many sport rounds like dodgeball, basketball, and futsal. Students in Matthew homeroom have received their first Semester 1 Principal's List certificate for high academic results for the year. These students are truly hardworking and well orientated on behalf of Cassidy and are chosen for their dedication and commitment to their classes and assignments.

This year, we welcomed six Year 7s into Matthew's homeroom, Daniel Butler, Ilias Damasoliotis, Tylan Crowes, Xavier Nassar, Lachlan Langmore and Xavier Lincoln. These bright minded students have transitioned from different previous primary schools to our campus and were keen and excited to learn new topics that were welcomed into the Cassidy Reds family. Two of each Year 8 and 9 Cassidy student leaders, Sean Tanner and Johnny Nguyen proudly contributed to homeroom assemblies and engaged in helping many activities around Cassidy, determined to sacrifice their time and effort into committing to the allocated tasks. Cameron Hanson was chosen for the mission support homeroom who facilitates activities amongst Matthew homeroom, enabling students to be involved and making activities within the house a lot more fun to contribute. Matthew HR won the Cassidy homeroom competition in Term 1 with the highest margin ever.

We are truly proud and grateful to be a part of Mathew homeroom and are always determined to be victorious under any circumstances! Matthew homeroom is always a great opportunity to be a collective like a family and always support each other through hard times.

Johnny Nguyen

Cassidy Matthew Homeroom



This term has been a busy one for the students in Cassidy E at NDC. We have been participating in lots of homeroom events such as trivia, Jenga and basketball. Whilst we did well in trivia and enjoyed it, we won the Jenga competition beating Cassidy A in a tight battle. This week we are playing our semi final in basketball against Cassidy F and hope to make it to the Grand final where we will play the winner of Cassidy B and Cassidy C.

We have been doing other activities in homeroom and it is a great time to connect with students of other year groups and gain information. This has been especially helpful during subject selections where talking to students in the years above has assisted with choices.

Cassidy E Homeroom

Chaminade House Report

It has been great to work with the students and staff of Chaminade House over Term 3. I have been thoroughly impressed with the attitude students display upon arrival to homeroom each morning. Students have been making a consistent effort to arrive on time and wear their uniforms with pride.

A key focus over Term 3 has been attendance and punctuality. As a House Leader, it has been important to build connectedness within the House by ensuring students are regularly attending homeroom and arriving on time. I would like to thank parents who have supported their son's homeroom teachers in keeping students in the house accountable. An area which has been a focus for the House of the past year has been the weekly Pulse check-ins. Our House has led the College in the highest number of gratitude posts for both students and teachers. The benefits of showing gratitude is something that as a House I am appreciate we continue to demonstrate within the school community.

The house sport competition has been a tremendous success with high numbers of students supporting their homerooms each week. A special thank you to Mr Zahra for organising this competition. The competition has given students the opportunity to play with other members in their homeroom on Friday mornings and the level of competition has been fierce. I have been very impressed with the skill and teamwork students in Chaminade House have displayed.

The Thursday homeroom quiz competition continues to be a favourite activity of homeroom as it gives students the opportunity to work with other students to check their level of general knowledge and current events. There is strong competition within the quiz and no individual homeroom has been able to remain in the top position for more than two weeks in a row.

As we approach the end of Term 3, I would like the members of Chaminade House to give themselves the opportunity to reflect on their successes over the term. I have really enjoyed working with the students and teachers in house to support the wellbeing of our students. I look forward to a successful Term 4 and conclusion to another year at Emmanuel College. Well done gentlemen, keep up the great work!

Thomas Meegan
Chaminade House Leaders SPC

It has been a great start to Term 3 with lots of fun activities taking place across campus and homeroom, this included cultural day which was a fantastic opportunity for the students to celebrate their culture and it was great to see the different cultural dress in Chaminade homerooms. We have also seen the new mobile phone policy being integrated as part of school policy and have already seen an increase in engagement in the classroom and students talking more in homeroom. Our Year 12 leaders Lily and Bailey have done a fantastic job running homeroom activities, this term we have had the final of the dodgeball and this was won by Chaminade J. All homerooms participated and there was a great atmosphere at the final. We have also started running art and photo competitions between homerooms and the first competition was won by Helena Ninkovic.

With it being the final full term for Year 12, we wish them all the best with their studies and to keep working hard as they are almost at the finish line.

Gerard Neenan and Rebecca Smith
Chaminade House Leaders NDC



SPC Indigenous Immersion Experience



On Thursday 27 July, seven students from Years 10 to 11 had the opportunity to engage with the Dhiyaan community as part of the True Fella Indigenous Immersion Trip to Dalby, Queensland. We were welcomed through a smoking ceremony by loving and caring custodians of a 40-acre property named Bethel, 'House of God'. During times of reflection and learning, we immersed ourselves through deep connection with the Creator of Spirit, the land (horse work & spiritual sessions), and by 'giving back' to the community (general maintenance). We listened to powerful and inspiring intergenerational stories about the divine and its relationship with the Barunggam people, where we also had time to reflect through journaling. A sense of wonder and awe expanded our level of awareness in our First Nations People with a greater idea of Australia's rich history in spiritual culture and the meaning of being a 'True Fella'. After four days of sleeping in swags, we all took away key knowledge and a deeper respect towards the interrelationship between Christianity and Indigenous beliefs.

Matthew Koropecj
Year 11 Student SPC



English Report

It has been a busy time for incursions in Year 12 English. On Tuesday 25 July, the College welcomed Complete Works Theatre Company to perform elements of Arthur Miller's "the Crucible" and Rosalie Ham's "the Dressmaker" which they are studying as part of their comparative response to text. It was thrilling to see the words on the page come to life, and a great experience for students to have the actors unpack the key scenes they performed to assist in developing their knowledge.



This amazing experience was followed by the privilege of welcoming author Rosalie Ham herself to the College to present to our Year 12s key elements of her novel "The Dressmaker". It is rare in English studies to be able to meet the author of a text being studied, let alone be able to ask them questions to unpack and explain elements of the book. The insights and knowledge provided will assist students as they move through their last outcome in English.

Rebecca To and Rosemary Smith
Learning Leader English and Assistant Learning Leader English

9LOL Excursion

Date: Monday 14 August 2023

Destination: The Coffee Club at the Point Cook Town Centre

Course: Year 9 English (Snippets and Snapshots)

Student Feedback

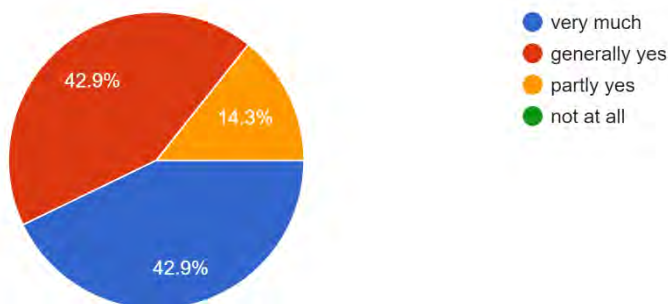


For this excursion our class walked from the school to The Coffee Club at the Point Cook Town Centre. When we got there, we sat down at the tables where the staff had set up for us. Our teacher then ordered food and drinks for us as we stayed at our tables. When my muffin came, it was warm and well presented. We all enjoyed our meal and were happy with the food. I was filled with joy and happiness when we all ate together, took pictures of our food, and wrote down our comments on a given form. The staff were also nice as they made sure all our food had come. We would definitely recommend this excursion again for the course. This is linked to the work we had previously done about creating food advertisements and poems and how language choices in an advertisement persuaded us to buy something.

Darragh Murphy, Riga Banerjee and Claricia Ananto
Year 9 Students

Did the excursion overall meet its purpose?

14 responses



Were you satisfied with the arrangement of the excursion?

14 responses



Food Studies Report

As we fly through Term 3 the Food Department is as busy as ever with lots of activity and cooking at every year level. We have a whole new cohort of Year 8s in the kitchens, all the classes have completed basic safety units and introductory work. The Year 8s are cooking and studying a range of recipes and activities. Each recipe and activity builds on the previous to create skills, experience, knowledge and confidence in the kitchen working with unfamiliar tools, equipment and ingredients. Food studies is such an important subject at every year level as life skills are learned, in an active and kinetic environment.

We also have a whole new cohort of Year 9s. This year for the first time Year 9 food is a semester elective – Simply Street Food. As the entry event we all go to Grazelands food truck park in Spotswood. The idea of the excursion is to inspire students by the range and diversity of different cuisines available in Melbourne. The students complete a worksheet there that then forms the basis for the first benchmark. This new and exciting elective leads students to creating our very own Street Food Festival here at school. Students work in pairs to plan a dish from a cuisine other than their own, that can be made in a lesson. The students make it once for themselves and then again as an innovative presentation to the teachers. Last semester's cohort did an exceptional job creating a wonderful range of delicious dishes. The photos below are students and their work from Semester 1.



Our Year 10 students are working on the Food For All unit. In this large and diverse unit of study students look at and examine why we eat what we eat. For example, vegetarianism, allergies, cultural, religious, energy balance, and ethical considerations are looked at. We cook dishes that reflect what we study, for example a heart smart Mac and Cheese. One cook I especially enjoyed was an activity comparing cupcakes made with different gluten free flours – rice flour, coconut flour, gluten free flour, millet flour, etc. We made plain cupcakes with each of the different flours and then filled a worksheet comparing and analysing the different cupcakes. Rice flour made lovely cupcakes!

The students enjoyed making and tasting cupcakes with different flours and thinking about flavour, texture, appearance, and general suitability.

I really love teaching Food Studies because food is love, food is nurturing, food is many times a day, food is life, and food is pleasure.



Railway Academy Newport Immersion Day—3 August

We were all excited to step foot inside the Newport rail academy for an immersion day. We started off the morning getting to know each other, then we started our first activity of the day. Next off we acted like real railway workers and placed fake detonators on the tracks like they do in real life. We also did some coding and ran small robots along a diagram of the metro tunnel. Finally, we finished off the day by learning how signals work and getting a chance to go inside one of the new state of the art Metro trains.

Liam Peterson

Year 9 Student SPC

My experience at the rail academy was wonderful! The people there taught us dozens of things about rail careers, including signalling, track safety, and a bunch of other things. Along with that, we were taught the importance of consistent communication between workers, and how the signallers direct and control the direction of trains, along with their unique and fascinating system of signals. All in all, it was an amazing experience with interesting individuals that taught me a lot about careers in the rail industry.

Darby Turner

Year 9 Student NDC



Hockey News

SACCSS Champions- Senior Boys Hockey

Congratulations to the Senior Boys Hockey team which went through undefeated to take out the 2023 Senior Boys Hockey Championship. Over their 4 games, we defeated MacKillop 1-0, CRC North Keilor 5-5, St Francis 3-0 and finished off with a 1-0 victory in the Grand Final against St. Monica's. Player of the Grand Final was Lucas Meiers who scored the match winner 4 minutes from full time. All in all, we were able to score 10 goals across the 4 games, with Lucas scoring 8 (including hat-tricks against CRC North Keilor and St. Frances) and Joshua Bell scoring 2. Special mention to Nathan Laddaphan who was 'asked' to be the team goal-keeper despite never playing hockey before. Nathan was outstanding in goals, completing many important saves and keeping a clean sheet over the course of the tournament. The winning team was Lucas Meiers (Captain), Riley Smith, Thomas Harvey, Jack Robinson, Nathan Laddaphan, Adrian Sobania, Sebastian Curson, Nathan Sagona, Josh Bell, Ivan Shyama-la, Sam de Boer, Bailey Dumesny and Spencer Archer.

Vince Crimi

Coach



Gala Days Emmanuel College—Then and Now

1985



1996



2005



2019



Penny Cook
Emmanuel College Archives

Calendar Term 3 Weeks 7A & 8B

20 August	St Mary's Altona Mass
21 August	Queenship of Mary
22 August	NDC SACCSS Senior Girls and Boys Basketball vs Mackillop (A) SPC ACC Year 10 Basketball—Semi Finals
23 August	Year 8 English – Martin Chatterton Author Visit NDC SACCSS Year 9 Premier League Round 7 SPC ACC Intermediate Debating, Public Speaking & Drama Workshop
24 August	SPC ACC Year 8 Basketball, Hockey & Table Tennis
25 August	EC Intercampus Chess Competition & NDC
28 August	Showcase Rehearsal NDC SACCSS Athletics Div 2
29 August	Showcase Performance Rehearsal & Evening @ NDC NDC SACCSS Senior Girls and Boys Basketball vs Penola (H) SPC ACC Year 10 Sport
30 August	Nexus Wrap up @ NDC 6-8pm NDC SACCSS Year 9 Premier League—Semi Finals SPC ACC Senior Sport
31 August	SPC ACC Year 8 Sport
1 September	Year 12 Elevate Education Study Skills Father's Day Mass & Breakfast @ 7am at both campuses

Useful Upcoming Dates for your calendar

15 September	Term 3 ends
25-29 September	Year 12 Trial Exams
2 October	Term 4 Commences
6 October	Year 12 Graduation Mass & Dinner

We acknowledge that we are gathered on the traditional land of the Kulin Nation. We recognise the First People's relationship to this land, water and culture and offer our respect to their elders, past, present, emerging. Emmanuel College commits itself to reconciliation.



We Need to Talk About Parent Wellbeing

Mental Health is on everyone's lips. With 44% of Australian adults having experienced a mental disorder over the course of their lives, and 1 in 5 having experienced symptoms of a mental disorder over the last 12 months, it's no surprise that Google searches for mental health queries reached an all-time high in 2021.

Additionally, across Australia there are 102 days dedicated every year to raising awareness of important mental health and wellbeing related topics, including Neurodiversity Week in March, World Infant, Child and Adolescent Mental Health Day in May, and R U OK? Day in September. A growing number of Australian states and territories are also promoting Mental Health Month in October.

With all the talk about mental health and wellbeing, it's valuable to understand that mental illness and mental health are actually different things. On the one hand, we have mental illness. Low mental illness means you aren't experiencing symptoms of mental illness (such as depression and anxiety), high mental illness means you are. And on the other hand, we have mental health. If you have high mental health, you have a generally positive mood and outlook on life and are functionally optimally. You are said to be 'flourishing'. If you have low mental health, you may feel hollow or empty, and have a generally low mood. You are said to be 'languishing'.

For most people experiencing mental illness, interventions such as therapy and medications are both valuable and necessary. However, to improve mental health and lead a flourishing life, there are simple changes that anyone can make even if they are struggling with mental illness.

Let me ask you a simple question.

What makes life most worth living for you?

The simplest way to experience improved mental health and wellbeing is to identify the answer to that question and then find a way to do a little more of those things each day. Let me outline a few things science points us to that can help:

1. Sleep

This might be the most boring thing I can put on the list of ideas to bolster wellbeing (for you and your kids). But it might also be the most valuable item on the list.

Have you noticed what a difference it makes when you feel well rested? Have you noticed how much better you behave (not to mention the kids) when you've had a full night's sleep? It's no surprise that sleep loss is

associated with negative moods and impacts emotional regulation. Sleep makes you a better parent. It makes you a better partner, employee... it makes you a better person. Prioritising a solid 8 hours of sleep per night is just about the best thing you can do to be happier.

2. Build Connection

Relationships are at the core of our wellbeing. Find ways that you and your children can connect with one another and with others regularly and in healthy, positive ways. Simple ways to build connection are smiling at each other (even fake smiles can amplify and initiate feelings of happiness), spending quality time together, and telling the people around you that you love them.

3. Get Active

A recent study from the University of South Australia found that exercise is 1.5 times more effective than counselling or the leading medications at improving symptoms of depression, anxiety, and distress. Physical activity also keeps our brains healthy, increases positive mood and increases self-esteem, as well as reducing the risk of heart disease, cancer, and increasing bone health. The World Health Organisation recommends that children and adults aim for about 60 minutes of moderate to vigorous aerobic activity daily, but if you're just starting out, replacing sedentary time with physical activity of any intensity will offer health benefits.

4. Slow Down and Smell the Roses

Nature is fuel for the soul. Spending time interacting with nature has a long list of benefits (including improved academic and task performance, stress reduction, reduced violence, increased inspiration, and improved mood), which can be achieved in as little as 120 minutes a week. You can boost your nature time by shifting the route of your walk to go through your nearest green space, taking your lunch break outside, or planning a weekly family trip to the forest, beach, or botanic gardens.

5. Have Fun

It might seem like a simple thing, but having a once-a-week family adventure can build connection, encourage physical activity, and get us out into nature, plus it is fun! Having fun can be free, take the soccer ball to the park, do a scavenger hunt, or take a bucket and spade to the beach.

On the road to flourishing

Work, school, homework, cleaning the house, finances... these are all important things, but they're not the things that make life worth living. If we want to get on the road to flourishing, we may need to re-prioritise our time, making sure that we build in opportunities for sleep, connection, movement, nature, and fun. Simple swaps are all it takes to bring greater positivity into your life.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

EMMANUEL COLLEGE PRESENTS



ART EXHIBITION
5:30PM - 6:30PM

LIVE PERFORMANCE
7:00PM - 9:00PM

MORE INFO + TICKET LINK!!



2023 SHOWCASE

LIFE TO THE FULL



Emmanuel
College

TUESDAY 29 AUGUST
NDC QUIROGA AUDITORIUM

Comedy for a Cause

Saturday 9 September 2023

Doors: 6:30pm / Show: 8pm / 18+

**Featuring comedians from
Sydney & Melbourne
International
Comedy Festivals**

Book your tickets at:

comedyforacause.net/LC



**Lumen Christi PS
260-278 Point Cook Rd,
Point Cook**



**TICKETS
\$35**

In Support of:



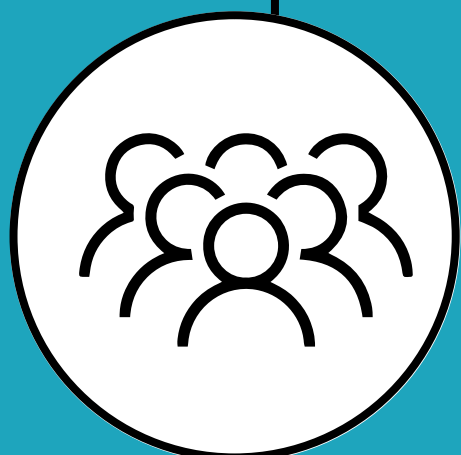
**Lumen Christi
Primary School**



GOT ANY QUESTIONS?

DON'T WORRY, '**CAUSE**
WE'VE GOT YOU COVERED!

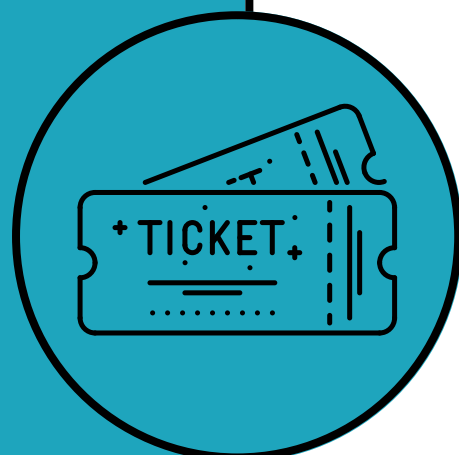
WE'LL HAVE YOU **LAUGHING**
IN NO TIME !



Do I need to come along in a group?

Come by one, come by many!
It's up to you, the laughs will be plenty!

GIGGLES



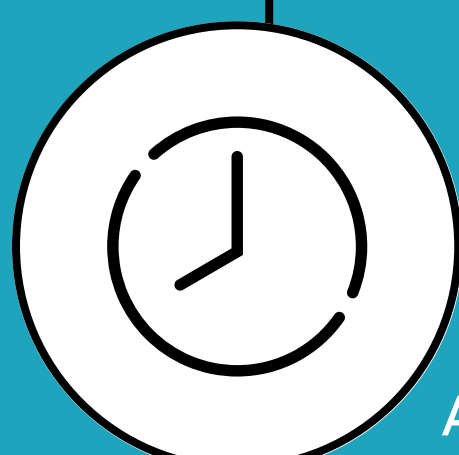
When do I have to have bought my ticket by?

Buy it today! Tomorrow! don't leave it too late!
Tickets are limited, make sure you get your space!



Can I invite people who are not connected to Lumen Christi school?

Of course! So spread the Word! Make a fuss! Just remind them all, this event is for those who are 18+.



It says that 'doors open' at 6:30pm – what if I can't get there then?

Doors will open at 6:30pm. At 8, the Comedians begin. We ask you by then, to have taken your seat and get ready for a night of treats!

DOOR PRIZES

SILENT AUCTION



What happens if I get hungry?

BYO is always an option, but if not, we've got your back! We will be selling drinks, goodies and snacks!

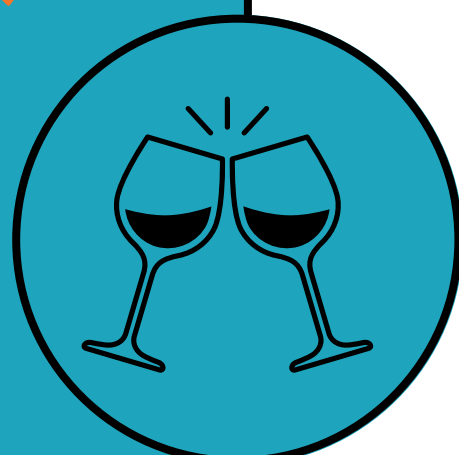
Sweet & savoury Grazing boxes available for pre order or at the door, watch this space for delicious details and more!



Do I need to bring cash for payments on the night?

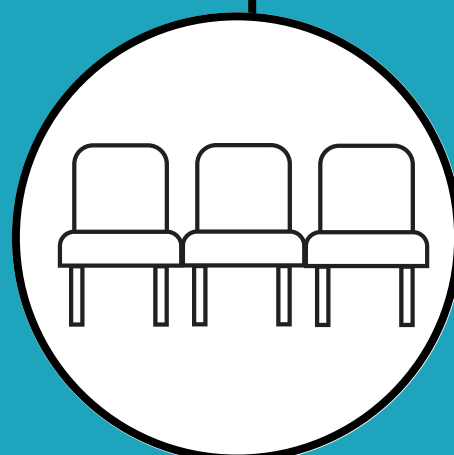
Payments can be made by Cash or EFT. So bring your wallet, bring your phone, and leave the kiddies back at home (with supervision!)

RAFFLES



Am I able to drink alcohol while I sit back and laugh ?

Yes, BYO your choice of alcohol.
We ask you to show responsibility- we ask that you are safe and not too silly.



Will the seating be allocated?

First in, best seated, Auditorium Style. But while you wait, before and after, feel free to mingle and share in the laughter! Pre-show tables for 1 and all so bring your gang and have a ball



Purchase your tickets here !

DONATIONS- If you have connections to a business or organisation that would like to give a donation of goods or services for the night, we would love to receive an email: pfa@lcpointcook.catholic.edu.au or Contact the PFA Secretary on 0412 746 368.