Dear families of SASA

I would like to thank God for an amazing Week of Spiritual Emphasis last week and especially for the wonderful ministry of Pr Raul Moran. The students really enjoyed learning about how they can live life big through God and that they can be super heroes and help other people. Each class took the worship service and did a great job. We were all really blessed.

I want to wish Mrs Marsden well as she goes on her maternity leave for a year. She has been a wonderful asset to the school by being a great teacher and wonderful work colleague. I know that God will lead and guide her family as she prepares for her little baby to enter the world. The class were sad to see her go and gave her wonderful gifts.

This is our last newsletter for Term 2. From Term 3 we’ll only be sending out our school newsletter once a month as I’ll be contributing to the class notes your teacher sends out at the beginning of each week.

Have a wonderful weekend.

Mrs Efstratiou
Principal

Upcoming Events

23 Jun  K-3 Responsible Pet Ownership
25 Jun  Indonesian Church Service
27 Jun  Indigenous Story Teller
28 Jun  Parent/Teacher Interviews
 1 Jul   Last Day Term 2
22 Jul  Term 3 Begins
 3 Aug   P&C Meeting
A Word from Our Chaplain

On Wednesday this week I was pushing through the bush looking for the next location for the orienteering flag that I was putting out. The hillside was all beautiful Australian bush. It was crowding my vision with gum trees at different stages of their growth. The bottlebrush bushes are flowering really nice at the moment and even some pale coloured wattle shrubs are also flowering. Add some honey eater birds who have a beak for anything sweet and occasional jumping noises and you have the environment that I was in. I enjoy the ‘man against nature’ thing. It is a challenge that I really enjoy. To find a location, to see that it agrees with the map and be confident enough to record the position on my GPS is great.

But I was reminded of my humanity. I looked down at my right hand and rubbed it. I continued walking and putting out markers. I did the same on the next day but something was not right with my right hand. Somewhere in this beautiful environment of the outdoors, there is a something that bit me and my body has reacted to it. I am now on medication, but will one bite stop me from something I enjoy doing? No it won't. I will be out their again, this time with a whole lot of Pathfinders, possible including some from our school, teaching them the wonders of maps, compasses and the world of nature.

You see things come and upset our plans but I believe that the big picture is more important than some of these negative things. The Bible encourages us too “.. Don’t look at the troubles we can see right now: rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever.” 2 Corinthians 4:18

Blessings
Pr John Wells

Principal Awards

Principal awards are given to students who have shown exemplary behaviour during the week and have tried their best in class.

The Principal awards go to the following students. They will receive their certificate at assembly next Monday.

Prep - Eric C, Nami, Hannah, Shalom, Ryan L, Rain, Rizwan, Yiyang, Sarah, Rayhan, Jesse, David, Esther, Polly, Sabrina, Olivia Z, Niki
KW - Japneet, Louis, Keiko, Wallace, Gilbert
KS - Leonardo, Rowad, Ezikial, Summer, Asvin, Khushi, Zachary
Year 1 - Jason, Chelsea, Kathy, Kobi, Matthew, Arabella, Phillip
Year 2/3 - Lloyd, Nathanael, Melody, Alina, Jad, Ayushi, Jonathan S
Year 4/5/6 - Isaac, Efe, Kyan, Manaia

Office Hours

The office is open from 8:30am-4:00pm. In the morning the staff have worship and the office is unattended. Please respect this time by not calling or ringing the doorbell. The phone will not be answered before 8:30am.

Canteen

With the end of Term approaching our canteen will not be replenishing it’s stock until after the school holidays with an exciting new menu. Students will be informed when stock has run out so you’ll know when to pack lunches. Thank you for your support with our canteen.
Winter SALE
JUNE 18-23
SAT: 6pm-9:30pm  SUN: 10am-4pm  MON-THU: 9am-5pm
20% off Books, Bibles, CDs, DVDs & Gifts
10% off Food, EGW & Magazines
Secondhand Books: $6/kg
& more specials!!
In-store (Epping) only

EPPING
Adventist Book Centre
4 Cambridge St, Epping - 8876 5200

Follow us on Facebook
Specials - New releases
Giveaways - Competitions
facebook.com/AdventistBookCentreSydney
**No Hat No Play Policy**

Our school follows the ‘No Hat No Play’ policy where if a student does not have a hat then they are not to play outside in the sun. All students need to be wearing a school hat. They cannot bring a replacement cap from home. The Prep hats are kept at school.

**Playgroup**

If you have a child under the age of 5 then come to our playgroup. Held in the school hall. Wednesday morning 9.30-11.30am

All parents and bubs welcome

$3 entry fee each week (if you have a child attend the school) or $5 entry fee each week.

**Uniform Shop**

The uniform shop will NOT be open next week but will resume the following week.

You can email uniform enquiries to: sasa.uniforms@auburn.adventist.edu.au

**ALL STUDENTS ARE TO BE IN WINTER UNIFORM.**

**Child Focused**

Child Focused provides an After School Care service for students and the community. They are situated in the middle classroom. Please contact Louise on 0411 550 668 or by email at louise.yaacoubian@childfocused.com.au if you are requiring this service.

Child Focused is an independently run business. Please contact them with all enquiries. If you contact the school then we will refer you to them. Visit their website www.childfocused.com.au for more information.

**Library Books**

Next week is the last week for borrowing. There will be no borrowing during Week 10. Please ensure all students have returned the library book/s by Wednesday Week 10.

**Nut Free School**

Please remember we are a nut free school so do not send your child to school with food that has traces of nuts.

**Healthy Lunches**

We encourage parents to pack healthy lunches for their child. Please don't send your child to school with lollies, fizzy drink, chocolates etc. All students need some fruit and a water bottle.

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<table>
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<tr>
<th>Church Contacts</th>
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<tbody>
<tr>
<td><strong>Indonesian Group (BISA)</strong></td>
</tr>
<tr>
<td>3 Macquarie Rd</td>
</tr>
<tr>
<td>Auburn NSW 2144</td>
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<tr>
<td>Pr James Fletcher</td>
</tr>
<tr>
<td>0407 368 385</td>
</tr>
<tr>
<td><strong>Auburn SDA Church</strong></td>
</tr>
<tr>
<td>13 Macquarie Rd</td>
</tr>
<tr>
<td>AUBURN NSW 2144</td>
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<tr>
<td>Pr Usaia Baravilala</td>
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<tr>
<td>0428 075 077</td>
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<tr>
<td><strong>Concord SDA Church</strong></td>
</tr>
<tr>
<td>Cnr Patterson &amp; Flavelle Sts</td>
</tr>
<tr>
<td>Concord NSW 2137</td>
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<tr>
<td><a href="http://www.concord.adventist.org.au">www.concord.adventist.org.au</a></td>
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<tr>
<td>Pr Roger Vince</td>
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<tr>
<td>0405 141 329</td>
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<tr>
<td><strong>Parramatta SDA Church</strong></td>
</tr>
<tr>
<td>77-81 Hammers Rd</td>
</tr>
<tr>
<td>Parramatta NSW 2152</td>
</tr>
<tr>
<td><a href="http://www.parramattasda.org.au">www.parramattasda.org.au</a></td>
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<tr>
<td>Pr Garth Bainbridge</td>
</tr>
<tr>
<td>0404 083 267</td>
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<tr>
<td><strong>Sydney Chinese SDA Church</strong></td>
</tr>
<tr>
<td>14a Jersey Rd</td>
</tr>
<tr>
<td>STRATHFIELD NSW 2135</td>
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<tr>
<td><a href="http://www.sydneychinese.adventist.org.au">www.sydneychinese.adventist.org.au</a></td>
</tr>
<tr>
<td>Pr Daniel Chong</td>
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<tr>
<td>02 9745 4035</td>
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Indonesian Church Service
On Saturday 25 June, our school will once again be running the church service here at school where the Indonesian SDA Church worship from 11-12pm. Please send along permission slips for the students so they can be involved in our practices. The service will be followed by a delicious Indonesian vegetarian lunch.

Birthdays
We like to celebrate your child's birthday at school but please only supply a cake or cupcakes. There is no need for lollies and variety bags.

Junk Food
At Sydney Adventist School Auburn we try to promote healthy eating. Please do not send your child to school with lollies, fizzy drink and junk food. Also please don't give them food to share with others. We have children with food allergies and intolerances.

Reporting Incidents
If there are any issues or incidents that need reporting can parents please make sure they see Lorelle in the office to make an appointment to see the Principal. The Principal is more then happy to discuss any concerns.

Translating Chinese
If you require a translator who speaks Chinese then please request this at the office. We are currently working on providing translating services for other languages. Please let us know if you can be of assistance.

Parent/Teacher Interviews 28 June
Parent/Teacher interviews will be held on the 28 June in the school hall between 2pm and 7pm. Please contact the office to make your appointment to see your child's teacher and to receive their Semester One report. It is very beneficial that you try to see the class teacher so that they can discuss your child's progress with you.

If you require a translator then please let the office staff know when you arrange your interview. Interviews are for 10 minutes.

New Website
We are launching our fresh and new website on Monday. Contact details for our school will still remain the same. Our website address is also still the same, just add us to your favourites or bookmarks.
http://www.auburn.adventist.edu.au/
Movie Night

Movie Night was so much fun with many families attending. The P&C Association did a fabulous job at organising the night. Children enjoyed the movie Inside Out and played with glo sticks and ate yummy snacks. There was a popcorn machine, cupcakes, spring rolls, lolly bags and show bags.

There was a colouring in competition that was won by Sandra and she received a movie voucher. Second and Third prizes went to Kobi and Mark. The Barreto family won the movie tickets at the end of the night.

Thank you parents who took the time to attend with their children even though it was a rainy night. We had so much fun. The total amount raised was $1283.30. This money will go towards purchasing the resources requested by the teachers. We look forward to seeing more families attend next year!

Musical Instrument Lessons

If you are interested in your child taking private guitar, piano or violin lessons then please contact the music teachers below.

Guitar - Tom Erceg on 0424 659 921
Classical guitar– Mark Kara on 0402 431 071 / email mr_makara@hotmail.com
Piano – April Mills on 0423 746 794
Piano– Rosabel Elijah on 0418 748 558 / email rosieangel23@gmail.com
Violin– Tatyana Lukichon on 0450 255 313 / email tatyana.lukich@me.com
Flute– Jane Hart on 9899 2429 or 0414 903 498 / email jane@sydnyweddingmusic.com.au

NOTE: All lessons must be booked directly through the music teacher. all finances are solely between the parents and music teacher, not the school
**Additives to avoid**

The following additives may cause problems. Some people may also need to avoid natural food chemicals called salicylates, amines and natural glutamates.

**COLOURS**
- 102, 104, 107, 110, 122-129, 133, 142, 151, 155
- 1600 amatto natural colour (160a betacarotene is safe)

**PRESERVATIVES**
- 200-203 Sorbates in processed fruit, veges, cordial, wine
- 210-213 Benzoates in soft drinks, cordials, juice drinks
- 220-228 Sulphites in many foods including cordial, wine, processed fruit & vegetables, sausages, bread, these additives can trigger asthma
- 249-252 Nitrates, nitrates in processed meats like ham, devon, salami
- 280-283 Propionates in bread, crumpets, hamburger buns, and avoid whey powder in bakery products
- 310-312 Antioxidants in vegetable oils, chips, fried foods, 319-321 soymilk, biscuits, not always listed (300-309 safe)

**FLAVOUR ENHANCERS**
- 620-635 Glutamates in tasty foods (621 is MSG, effects of 635 include rashes and/or facial swelling, HVP is natural MSG)

**ADDED FLAVOURS** in many foods, children’s medicinal syrups

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**Food Intolerance Network**

More information

www.fedup.com.au

- Fed Up with Children’s Behaviour (DVD) available at A&K bookstores
- The Simplified Elimination Diet booklets by Royal Prince Alfred Hospital, from dieticans
- Friendly Food by Anne Swain and others, in bookstores

Contacts in your area - see website

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**BEHAVIOUR, HEALTH and LEARNING problems in children can be caused by common foods**

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**Is your child one of these?**

**The quiet ones**
- inattentive, dreamy or lethargic
- anxious, depressed or has panic attacks
- grizzly, miserable (in babies and young children)

**The restless ones**
- irritable, restless, easily distracted
- wakes at night or goes to bed like a jack-in-the-box

**The defiant ones: oppositional defiance**
- loses temper, argues with adults
- refuses requests, defies rules
- deliberately annoys others, blames others
- touchy or easily annoyed
- angry and resentful

**Does your child or anyone in your family have?**
- hives, eczema, dermatitis, other itchy skin rashes
- headaches or migraines, tinnitus
- sensitive stomach, eg. colic or reflux, recurrent mouth ulcers, toddler diarrhoea, bloating, stomach aches, bedwetting, sneaky poos
- asthma, glue ear, chronic stuffy or runny nose
- frequent colds, flu, ear infections, tonsillitis

Then it is possible your child is affected by common foods he or she eats every day. Adults may be affected too.

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**Food and Behaviour**

**Effects creep up**

Some children go ballistic soon after eating food colours but what most people see is this:

- food chemicals can build up gradually, producing good days and bad days with no obvious cause

When your child eats fast food or spaghetti, he or she might be irritable or have a bad day at school the next day or the day after.

Natural foods can affect children too. Some children are more sensitive than others. Not all children react to the same food chemicals.

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**These are common problem-causing foods**

- additives in soft drinks, cordials, lollies, flavoured snacks, chips and biscuits.
- takeaways, icecreams and “healthy” foods like bread (preservative 282), yoghurt (colour 160b).
- natural chemicals in some fruits, juice and dried fruit & vegetables, especially tomatoes, oranges, sultanas, grapes and broccoli.
- Food chemicals can pass through breastmilk and affect babies.

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**Where do we start?**

- Some families see an improvement by avoiding food colours and preserved bread.
- For best results, you can do an elimination diet supervised by a diettian to find out exactly which food chemicals cause your problems.

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**What can we eat?**

The plain, natural, unprocessed foods that children ate 40 years ago were low in additives.

White sugar does not affect children’s behaviour.

There are additive-free alternatives:
- e.g. Boredby’s Bakets Delight plain bread; past butter, Nutrilex margarine, additive-free cream cheese; plain rolled oats, Rice Bubbles; froodgogo, chicken, meat, fish, peas, potatoes, green beans, kidney beans, etc; plain milk, A2, soy milk, Arroz Saludazo, Avena Noroeste, plain Kettle chips, pretzels; Peters Original vanilla ice-cream; Wotton’s Original Butter Candy; Pascal’s white marshmallows; water or home-made herbal dissolve 1 cup sugar in 1 cup warm water; add 1/2 - 1 tsp of cream of tarter to taste.