John 15:12 – “This is my commandment, That ye love one another, as I have loved you.”

I have used the word Love in a myriad of situations, I Love my wife, I love my family, I love my friends, I love a big glass of red wine on a Friday night. But how do these in any way compare, or give me insight into the Love described above? There were 5 Greek words for Love, and one English word. This seems a little odd to me and has been a significant hurdle in my understanding of faith, grace and my relationship with God. Further research and a bit of help from Mr Thiel has helped me grow in my knowledge and vocabulary to describe Love.

**Mania** is not the type of feeling I have associated with Love before, and would be of little use in appreciating God’s love for me in any case.

**Eros**, the exciting, passionate, nervous Love of deep emotion and desire was familiar to me, most notably in my relationship with my wife. However this Love definitely held no clues to understanding God’s love.

**Philos**, the brotherly love between friends, was also a Love I was familiar with and while I wanted good things for my friends, would go out of my way to help them and make them happy, it did not seem to encompass the enormity of God’s Love as described in the Bible.

**Storgy**, the love of a dependent, through my research seemed more concerned with the care of someone totally dependent on another and less with the feeling itself. Again, something I have felt, and again of little use in interpreting the relationship between myself and my deity.

And this brings us to **Agapeo**, a love requiring no payment or response from the loved. A pure love which exists for reasons largely unfathomable and so too are its depths. Until recently I had no reference point for **Agapeo** (while my relationship with my wife is rooted in **Agapeo** there is still a significant portion of **Philos, Eros** and maybe even some **Storgy** from her part) until the birth of my daughter. This gave me a realisation of the true meaning of the word, and an enormous sense of comfort, that my feelings for her are a reflection of God’s love for me. The challenge I leave you with is this; how can we extend this love, this **Agapeo** to those around us?

Submitted by: Nathan Wohling
FROM THE PRINCIPAL…….

What a busy week we are having! Its Science week and all manner of fun events are happening at lunchtimes each day this week. There are experiments, activities and daily quizzes that have the students thoroughly enjoying Science and the fun it can bring, not to mention the incredible learning at the same time. A huge thank you to Nathan Wohling, Sally Wilsen and the Science faculty for the fabulous activities and events of this week.

Students entering Senior school in 2014 have been busily working on their subject choices for next year. They are undertaking one on one counselling with senior staff to determine the best pathway for them whilst keeping the opportunities open for future directions. Special thanks goes to the staff for making their time available for this important support for students.

Students from Muroto visited us on Tuesday and spent time with the students throughout the day. It was a wonderful opportunity for our students to spend time with students from Japan and to engage in conversation with them. Fiona Parenta and Sheree Zacher worked tirelessly to make sure this event was the great success it was. A huge thank you to these staff members and to other staff who supported them.

What an amazing and cohesive community we have!

NATIONAL POLICE CHECKS

In accordance with our school policy we ask that parents who wish to volunteer their help with students in classrooms, excursions etc have a current National Police Check. Those who may have already received their Police Check are asked to please drop it into the College front office so it can be photocopied for our files. This will ensure our records are up to date, as we do not receive final notification of these. If you intend helping out in any way, please arrange a National Police Check by visiting the SAPOL website www.police.sa.gov.au. Under the “Fast Find” heading in the top right hand corner, click on “Police Checks” and then halfway down the page is a link to the “National Police Certificate Application Form”. After completing this form online, it needs to be printed off and taken to the Police Station, along with the 100 point identification. The form then needs to be brought to the College for our Principal to complete the VOAN section. It can then be posted to SAPOL at: “Records Release Unit, SA Police, GPO Box 1539, Adelaide 5000”. Please note the form cannot be lodged online. If the person cannot complete a form online, they can request a hard copy by contacting the SA Police Records Release Unit on 8204 1408. Please also note that you are required to complete a Police Check every 3 years. Any questions please see the College front office.

UNIFORM

I would like to reinforce the school’s Uniform Policy. It is great to see the high level of compliance with uniform. However, it is often the small things which cause the most angst. Please take the time to check the requirements carefully. Teachers will be monitoring this extremely closely in an effort to develop consistency across the whole school. We have a strict Uniform Policy so that:

* We develop a sense of pride in our school
* The uniform does not discriminate between students’ socio-economic backgrounds
* The cost overall reduces the expense of other clothes
* There is a reduction of competition regarding what and what not to wear
* Teachers and staff can easily identify strangers to the school
* We show a united image to our community

We also ask that you please ensure all students who have shoulder length hair and below, MUST tie it back so it is kept out of their face whilst in school uniform and including to and from school. Thank you in anticipation.

God bless,
Kaye

SPORTS SHOES REMINDER
PREDOMINANTLY WHITE

It has come to our attention that some students in our school have been wearing sports shoes which are one solid colour rather than the required predominantly white style described in our Uniform Policy.

Please familiarise yourself with the details from the Uniform Policy regarding sports shoes to ensure your child’s shoes are appropriate to wear at school.

R-2 – Velcro or lace up (white laces) sports shoes. No Dunlop volleys. Predominantly white.
3-12 – Lace up (white laces) sports shoes. No Dunlop Volleys. Predominantly white.

If your child’s current sports shoes do not match the requirements above, please ensure new shoes are purchased for use at school.

Our local sports stores offer a range of shoes that fit within the requirements of our uniform policy. Kmart and Spendless Shoes also offer cheaper alternatives which can be purchased for $30 or less.

LATE ARRIVALS

A reminder that our school day begins at 8.45am. If your child arrives later than this time, please report to the front office so they can be marked as present, otherwise you will receive an SMS saying your child is absent. Please assist them by being on time. Thank you.

ABSENT STUDENTS

If your child is absent from school due to illness or other reasons, please notify the front office by 8.45am, either with a phone call or by a sms text to 0477752887. Front office staff will then let the class teacher know of their absence. If they arrive after 8.45am you will also need to report to the front office. If your child is absent for holiday/travel reasons, schools are required to ensure an exemption form is completed. These can be accessed on www.ais.sa.edu.au/html/form_a.asp. Also if your child is away ill for 3 or more days you are required to supply a medical certificate. Your help in this matter will be appreciated.
HEALTHY EATING TO GET THE MOST OUT OF THE DAY

It is wonderful to notice so many healthy lunchboxes coming out at recess and lunchtime around the school. There are many nutritious choices seen, especially amongst Junior School students. There is, unfortunately, some lunchboxes that include a high proportion of processed and packet foods. Many of these foods provide poor nutrition, high levels of processed sugar, high levels of fat, preservatives, additives and a high glycaemic index (GI). These foods may not provide the long lasting energy that kids need to participate fully in their busy school day. Some healthy options for lunchboxes include; vegetable sticks, fresh or dried fruit, fruit juice, muesli bars, yoghurt and cheese, sandwiches made with wholemeal or wholegrain bread or ‘leftovers’ from the previous night’s evening meal. Of course there is nothing wrong with the occasional treat! There are also many students who frequent the canteen and purchase the same less nutritious choices on a daily basis. This includes high sugar and caffeine drinks. In our healthy eating policy, it is recommended that the canteen is a great option for lunches once or twice a week. It would be great if parents could have a conversation with your child/children about healthy nutrition choices in order to help them to get the most out of their day.

*Carlyn Pearson, HPE Teacher*

HOMESTAY PROGRAM

Navigator College is offering a Homestay Program for students who cannot commute to the College daily. The Homestay Program involves families in Port Lincoln who are willing to board students during the school term. Some of these students will require board for five days per week, others seven days per week. The host family will receive payment from the family of the boarding student, according to the guidelines set out by Navigator College. If you are interested in boarding a student please contact Mark Thiel on 86842012 or the College on 86825099, or call into the front office for an information booklet.

*SAPSASA BASKETBALL*

Last week we took two teams of year 6/7 students to Tumby Bay to represent Navigator College in a SAPSASA Basketball Carnival. The teams played a number of modified games against a pool of 9 school teams from the district. The boys team were competitive and played in a semi-final in which they should be very proud of themselves. The girls team were also competitive and had some very close games. It is fantastic to see such positive sporting attitudes within this age group at the school. All Year 6/7 students are encouraged to participate in SAPSASA events or trials and these are made known to students at school. Thank you to Tumby Bay Area School for hosting a great event and to Mark Panizollo for coaching the boys team.

*Carlyn Pearson, SAPSASA Coordinator*

SCIENCE & ENGINEERING CHALLENGE

Last Friday a group of Year 9 and 10 students travelled to Whyalla to the University of Newcastle’s ‘Science and Engineering Challenge’. The competition is run all over the country, with this year being the first time it has been held on Eyre Peninsula. The students participated in 5 hours of challenges including, building a model aeroplane, Mars Rover and Hovercraft, planning the electricity supply for a virtual city and making functional satellite dishes to funnel electromagnetic waves into a sensor. The team, which comprised of 19 Navigator Students and 12 students from St Josephs School all made a fantastic effort competing in their respective tasks and the team managed to finish the day in fourth position overall. I would like to thank Mr Thiel and Miss Morel for their help and support during the day.

*Nathan Wohling, Teacher*

Community Notices

**Christian Life Week**

Christian Life week is a camp run by the Lutheran Church in the first week of the October school holidays. September 30th – October 4th. Available to people from Year 8 – Year 11.

*Why come to Christian Life Week*

- To enjoy a week of fun, fellowship and study
- A time to learn new things about yourself, friends and God
- Make new friends and catch up with old friends
- It’s an informal week of good fun with interesting studies and plenty of games.

If you have any questions please see Mr Thiel or Rebecca Zacher. Forms can be collected from the front office.
# 2013 Canteen Price List

All Recess and Lunch orders must be pre-ordered and submitted by 9.15am each day by the lunch bag system. Name and room number, is to be written on the bag along with the amount enclosed and change required.

Ensure current price list is used. Please note any food allergies.

Emergency lunch will be available to any student with no lunch. An account will be issued to the student, and payment will be due on the following day.

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### Emergency Lunch

Cheese or vegemite sandwich and muesli bar for **$3.50**

Please note: Any items on the Menu marked with an * is not recommended to be ordered daily, in accordance with the “Healthy Food Policy”.

Only limited food is available over the counter at lunch time.

### Canteen Opening Times:

- **Recess:** 10.40 – 11.00am
- **Lunch:** 12.40 – 1.20pm

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### Sandwiches – White or Grain

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.60</td>
</tr>
<tr>
<td>Ham, Cheese, Tomato</td>
<td>$4.20</td>
</tr>
<tr>
<td>Egg, lettuce &amp; mayo</td>
<td>$4.00</td>
</tr>
<tr>
<td>Roast Chopped Chicken</td>
<td>$3.80</td>
</tr>
<tr>
<td>Salad = lettuce, tomato, carrot, light cheese</td>
<td>$3.90</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$5.40</td>
</tr>
<tr>
<td>Chicken &amp; Salad (roast chopped chicken)</td>
<td>$6.20</td>
</tr>
</tbody>
</table>

### Extra Fillings

- Avocado: $1.00
- Tomato: $0.60
- Lettuce: $0.60
- Cheese: $0.60
- Egg: $0.60
- Cucumber: $0.60
- Carrot: $0.60
- Gherkin: $0.60
- Beetroot: $0.60
- Sauce: **$0.20**
- Mayonnaise & Mustard: **$0.40**
- Toasting extra: **$0.50**
- Wraps $1.00 Rolls $0.80 extra

### Hot Food

- Meat Pie: $3.70
- Pastie: $3.70
- Potato Pie: $4.20
- Cheese & Bacon Sausage Roll: $3.00
- Hot Dog: $3.20
  - with cheese: $3.80
  - with ham & cheese: $4.50
- Half Hot Dog: $1.80
- Ham & Pineapple Mini Pizza: $2.50
- Chicken Burger –
  - lettuce & mayo: $4.50
  - lettuce, carrot, tomato & light mayo: $5.70
- Southern Style Burger with lettuce & mayo: $5.00
- Chicken Noodle Cup: $2.20
- Ham, Cheese toasted Damper Roll: $4.50
- Ham/Chicken/Pineapple Toasted Damper: $5.10
- Cheese Burger (school approved burger): $4.50
- Vegie Burger, tomato, lettuce, mayo: $5.00

### Healthy Food Policy

- Cheese or vegemite sandwich
- Muesli bar

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### Salad Tubs

- Lettuce, Tomato, Carrot, Cucumber, Cheese: **$4.50**
- *Caesar Salad-Lettuce, Parmesan Cheese, Bacon, Egg, Caesar Dressing* **$5.00**
- Ham or Chicken (Chicken Breast) extra **$1.50**
- French or balsamic salad dressing (sachet) **$0.30**

### Frozen

- Icy Twist: $1.00
- Paddle Pop: $1.20
- Cyclone: $2.00
- Paddle Pop Thickshake: **$2.40**
- Frozen Tasman Bay Juices-school approved **$0.60**

### Drinks

- Water 600ml: **$2.00**
- Just Juice 250ml: *Apple, Orange, Punch* **$1.50**
- Orchy PopTop 200ml: *Apple, Orange, Apple Blackcurrant* **$2.00**
- Nippy’s Juice 300ml: **$2.50**
- Nippy’s Juice 500ml: **$3.50**
- Apple, Orange, Apple Blackcurrant
- Big M Milk 250ml: *Strawberry, Choc* **$2.00**
- Nippy Milk 375ml: *Choc, Strawberry, Honeycomb* **$2.70**
- Farmers Union Milk 375ml: *Strawberry, Choc* **$2.90**

### Snack Food

- *Bun:* London/Streusel/Finger: $3.00
- *Small Finger Bun:* $1.50
- *Buttered:* $0.20
- *Custard Tart:* $3.00
- *Vanilla Slice:* $3.00
- *1/2 Vanilla Slice:* $1.80
- *Choc Donut:* $2.80
- *Muffin 120g - Choc Chip, Blueberry:* **$2.50**
- *Red Rock Honey Soy Chips 28gm:* $1.00
- *Chips 28gm:* $1.00
- *Vegie Chips - gluten free:* $1.20
- *Pop Corn - gluten free:* $0.50
- *Jumpy’s - Chicken or BBQ 18g:* $1.00
- *Noodle Snacks - Chicken or BBQ 25g:* $1.00
- *Yoplait Squeezie Yoghurt 70g:* $1.80
- *Vaalia L/fat Yoghurt 160g:* $2.00
- *Strawberry, Apricot/Mango/Peach, berries:* $2.00
- *Fruit Faces 55g:* $0.80
- *Cookies:* $2.00

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*Note: All items are available for purchase to the students.*
2013 CANTEEN VALUE PACK PRICE LIST
Choose a sandwich, roll or wrap and the pack that you would prefer.

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<thead>
<tr>
<th>PACK 1</th>
<th>Choice of</th>
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<tbody>
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<td>VEGEMITE SANDWICH</td>
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<td>CHEESE SANDWICH</td>
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</tr>
<tr>
<td>VEGEMITE CHEESE SANDWICH</td>
<td>$5.50</td>
<td>SMALL FINGER BUN</td>
</tr>
<tr>
<td>HAM CHEESE SANDWICH</td>
<td>$5.90</td>
<td>APPLE</td>
</tr>
<tr>
<td>HAM CHEESE TOMATO ROLL</td>
<td>$7.50</td>
<td></td>
</tr>
<tr>
<td>HAM SALAD WRAP</td>
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<table>
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<tr>
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<td>SULTANA PACK</td>
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<tr>
<td>HAM CHEESE TOMATO ROLL</td>
<td>$8.50</td>
<td></td>
</tr>
<tr>
<td>HAM SALAD WRAP</td>
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<table>
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<td>CHEESE SANDWICH</td>
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<td>BIG M – MILK DRINK</td>
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<td>VEGEMITE CHEESE SANDWICH</td>
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<td>JUMPY CHIPS</td>
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</tr>
<tr>
<td>HAM CHEESE TOMATO ROLL</td>
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<td>HAM SALAD WRAP</td>
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<table>
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<th>PACK 4</th>
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<tr>
<td>CHEESE SANDWICH</td>
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<td>VEGE CHIPS</td>
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<table>
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<tr>
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<th>Choice of</th>
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<tr>
<td>CHEESE SANDWICH</td>
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<tr>
<td>VEGEMITE CHEESE SANDWICH</td>
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<td>VEGE CHIPS</td>
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<tr>
<td>HAM CHEESE TOMATO ROLL</td>
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<td>SPC FRUIT CRUSH 90G</td>
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<tr>
<td>HAM SALAD WRAP</td>
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Science Week at Navigator College

Navigator College will be hosting a stand at the Eyre Peninsula Children & Baby Expo which is being held on Sunday the 8th of September. Come along and see us there between 10.00am – 3.00pm!