



PRINCIPAL'S MESSAGE

An Autumn Blessing

O God of Creation, you have blessed us with the changing of the seasons.

As we welcome the Autumn months, may the earlier setting of the sun remind us to take time to rest.

May the brilliant colours of the leaves remind us of the wonder of your creation.

May the steam of our breath in the cool air remind us that it is you who gives us the breath of life.

May the harvest from the fields remind us of the abundance we have been given, and the bounty we are to share with others.

May we praise you for your goodness forever and ever.

Amen.

We are now in the Season of Autumn, a season that brings with it many changes in our natural world. The daylight hours become shorter, the temperature begins to drop, the leaves start to change colour and the celebration of Easter occurs. Autumn is often a favourite season for many, as it brings with it the opportunity for mindful moments to occur within nature. As we find ourselves in the midst of a busy first term of schooling, may we look for ways to practice mindfulness, be peaceful in our intentions, and find times for restoration and rejuvenation of body, mind and soul.

International Women's Day

Last Friday 8th March was International Women's Day. We marked this occasion with a special bell song 'Respect' by Aretha Franklin, and staff contributed clothing donations for Dress For Success, and monetary donations for Hornsby Women's Shelter. A morning tea was provided for staff to enjoy and quotes of empowerment and respect were displayed. There was also a special library display celebrating women and female authors. Thank you to all women everywhere who contribute so much in allowing our world to be full of such richness and diversity, and to the men who enable the strength of women to be a blessing that is embraced and celebrated.

Harmony Day

Next Thursday 21st March is World Harmony Day. We will be using this day as our Term 1 Mufti Day this will be a gold coin donation with money raised going to Project Compassion. Project Compassion funds programs all over Australia and the world that provide support and skills for people to live a more harmonious life no matter what their situation.



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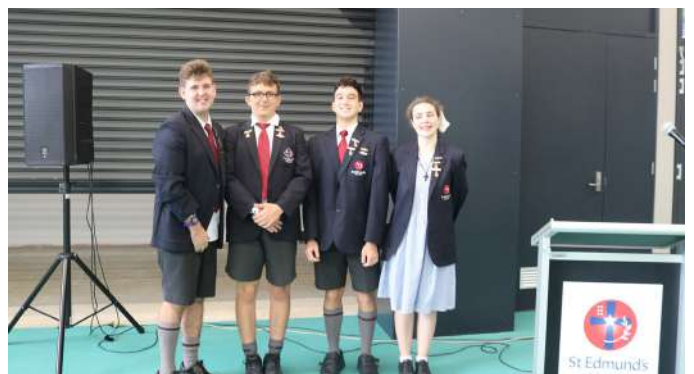
Students may wish to wear the colour "orange" to acknowledge this or may even wish to wear something that represents their family heritage such as traditional dress/colours.

- Please note all students should be wearing appropriate clothing and enclosed footwear i.e. no short shorts or dresses and no singlet tops no sandals or thongs.
- YEAR 12 a reminder to wear appropriate clothing for work experience
- We encourage families to email their child's homeroom teacher with photos that promote their cultural background and identity – photos will be shared during homeroom with the rest of the class.
- Period 5 on that day will be special Harmony Day activities.

Thank you to Terry for organising this day and promoting the diversity of our community which is indeed worthy of being celebrated!

Open Day

Last Tuesday 5th March we welcomed many prospective families onsite for our 2024 Open Day. This day showcased all the joy, faith, community and relationships that exist within the environment and the people of Eddie's. Thank you to all who were involved in making the day so special and welcoming, in particular our current College Captains and Vice Captains, as well as past College Captains and Vice Captains who facilitated tour groups.



PRINCIPAL'S MESSAGE

Clarification for Parents and Carers

Thank you for your attendance and cooperation during our recent Personalised Planning Meetings. It was lovely having the input and presence of many students in these meetings, too, so as to enable their voice to be heard, regarding student goal setting. Some staff have reported to us that some parents/carers are seeking further clarification regarding the involvement of external therapists, as well as the request for extended/special leave. Please refer to the following snippets from the Parent Handbook that will help answer these questions. If you are still unsure, please feel free to email me.

EXTERNAL THERAPY PROVIDERS

There is no provision for external therapists (speech, occupational, behavioural, and psychological) to facilitate therapy sessions at the College. In exceptional circumstances and on an individual case-by-case basis, parents/guardians may request for an external Therapist to attend St Edmund's to conduct a 'one-off' observation of a student. This may only take place in the context of the child's learning environment. All requests need to be made through the Deputy Principal.

Parents are welcome and encouraged to invite external therapists to personalised planning meetings and to share all reports and assessments with the Homeroom teacher. Parents are encouraged to make therapy appointments either before or after College so that a child's learning is not disrupted. Students in Secondary College have mandatory hours that they are required to meet for each subject so it is important that they are not withdrawn from College on a regular basis.

EXEMPTION FROM ATTENDANCE (Not related to Illness/Sickness)

For extended periods of leave not related to illness/sickness, Parent/Guardians are required to submit a Student Exemption from College form available from Ms Louise Drescher. If exemption is granted, the student will be issued with a Certificate of Exemption.

Each exemption request will be considered on a case by case basis and where an exemption from College is granted, the exemption will be for a specified period. Families are encouraged to travel during the College term break. Parents/guardians wishing to make application to the Principal for a student to be absent from attending College for reason e.g. travel or holiday (domestic or overseas) must do so by completing a Student Extended Leave form available from Ms Drescher. If the request for leave is granted, a Certificate for Extended Leave – Travel will be forwarded to the parent/guardian. If the request for leave is declined the Parent/Guardian will receive a Letter of Decline for Extended Leave from the College.

Congratulations Chloe!

A very special award was presented to Chloe (12J) at Assembly today. This award is rarely handed out, as it is one for 'Eddie's Excellence'. We feel that Chloe was deserving of this award due to her recent achievement in her three day Retail Placement. Chloe received the perfect score for all areas assessed by the retail supervisor she was working with – our first ever student to achieve such a result! We were all so very happy to acknowledge such a significant achievement! Well done, Chloe!



PRINCIPAL'S MESSAGE

A Visit from Brigidine College Students

On Thursday and Friday we welcomed some students from Brigidine College who spent time with our students in classes as part of their Mission Outreach Day. It was lovely observing the wonderful way our students welcomed our guests into their classes and into their social groups at break times. It was a rewarding experience for the students who attended, with so many comments regarding the Joy they experienced and how friendly and kind everyone was.

The students wrote some beautiful Prayers of the Faithful, several of which are included below.

Dear Lord, We pray for St Edmund's College.

That they. . .

Continue learning with an open heart and live a beautiful, happy life. I pray that they are always listened to and welcomed within the community.

Continue the organisation and continue to keep helping the young people in need as they are making a significant difference in their lives.

Are able to live long, happy lives and have the opportunities that they wish for. I pray that they all have equal opportunities and they are protected.

Are always loved and given a chance everywhere they go. I hope they never give up and strive for what they want to achieve.

Continue to radiate with positive energy and demonstrate love for learning and joyous support for one another.

Receive as much kindness as they give others. We pray that all the staff and teachers are blessed for their patience and understanding.

Lord hear us.

Response: "Lord help us strive to make the world a better place"



PRINCIPAL'S MESSAGE

World's Greatest Shave

Today our teacher Mr Terry O'Keefe had his head shaved as part of the World's Greatest Shave at Knox Grammar School. He was cheered on by his Year 12 Homeroom class and college staff, as well as the Knox Community. This was part of an initiative to help fund blood cancer research and support. St Edmund's has raised \$500 through our supportive community so far, helping combine with the [Knox donations](#) to raise \$96,000 (and counting!)

It's not too late to donate - please [click this link](#) if you would like to support this initiative. Your generosity and support is much appreciated!

Vanessa Dillon | Principal

Leukaemia
Foundation

**World's
Greatest
Shave**



KEY DATES

Thurs 4 April **Men's Group** (Holy Name)
Tues 7 May **School Photos**
Wed 15 – Fri 17 May **Yrs 7 and 8 – TOPS Wollongong**
Sat 15 June **Eddie's Big Night Out**
Tues 6 Aug **Athletics Carnival**
Thurs 12 Sept **Charity Challenge Golf Day**
Thurs 19 Sept **Eddie's Art Show**
Wed 25 - Fri 27 Sept **Yrs 11 and 12 Retreat**

Tues 22 Oct **Swimming Carnival**
Mon 28 – Wed 30 Oct **Yrs 9 and 10 Chittick Lodge, Gerringong**
Sat 16 Nov **Charity Challenge Gala Dinner** (Year 11 and 12 performers)
Fri 22 Nov **Abbotsleigh Concert**
Thurs 28 Nov **Yr 12 Formal**
Wed 4 Dec **Presentation Day**

MEN'S EVENING - Thursday April 4

Dads, uncles and grandads of St Lucy's, St Gabriel's, and St Edmund's
Please join us for our first get together 2024

Where: 35 Billyard Ave Wahroonga, The Sunroom at Holy Name

When: Thursday April 4, 6.00pm- 8.00pm

What: Pizza and drinks followed by discussion

Why: For robust discussion, amazing stories, loads of laughs and to support one another

To RSVP or for further information please contact:

For further information contact:

Warren Hopley: hopleywarren@hotmail.com

Brendan Wingrave: brendan.wingrave@gmail.com

Justine Spurrs: familysupport@stlucys.nsw.edu.au



CSBB SWIMMING CHAMPIONSHIPS

Congratulations to the 21 students who represented St Edmund's College at the Catholic Schools Broken Bay Swimming Championships at Sydney Olympic Park Aquatic Centre on Tuesday March 12.

Bara, Elodie, Sophia, Indigo, Zara, Olive, Harley, Jaydon, Dylan, Daniel N, Fred, Isabella, Gemma, Lucy F, Ella, Sonnet, Isaac, Cameron, Ben F, David T and Zane. All students performed exceptionally well and demonstrated good sportsmanship, enthusiasm and team spirit.

Some of the highlights from the day are outlined below:

- 37 place ribbons were awarded to our students.
- 7 students through to the NSWCCC Swimming Championships
- 4 Multi-Class Age Champions
- 3 New Records

Catholic Schools Broken Bay Representative Team

The CSBB Team will compete in the NSWCCC Swimming Championships at SOPAC on Thursday April 4. Congratulations Elodie, Indigo, Jaydon, Dylan, Sonnet, Isaac and David for being selected into the Broken Bay Representative Team.

CSBB Multi-Class Age Champions

12-15 Girls: Elodie - 30 points

12-15 Boys: Jaydon - 19 points

16-19 Girls: Sonnet - 27 points

16-19 Boys: David - 50 points

Congratulations to all competitors, and a huge thank you to the parents who managed to have time off to support, transport and encourage their child on the day.

Thank you, Zoe and Bridget, for assisting me on the pool deck and in the stands. You both added to the smooth, calm and relaxed atmosphere on the day.

Please see further results and photos on the following pages.

Lois Horne | PDHPE and Sports Coordinator



CSBB SWIMMING CHAMPIONSHIPS

Students who received place ribbons

12-15 Girls

Bara

3rd 50m Backstroke

3rd 50m Freestyle

Elodie

1st 50m Freestyle-New Record (45.15)

1st 50m Backstroke-New Record (50.92)

1st 50m Breaststroke-New Record (1:01.46)

Sophia

3rd 50m Freestyle

3rd 50m Breaststroke

Indigo

2nd 50m Freestyle

Olive

2nd Breaststroke

12-15 Boys

Harley

1st Breaststroke

Jaydon

2nd 50m Freestyle

1st 50m Backstroke

Dylan A

1st 50m Freestyle

Daniel N

3rd 50m Freestyle

2nd 50m Backstroke

16-19 Girls

Isabella

3rd 50m Backstroke

Gemma

3rd 50m Freestyle

2nd 50m Breaststroke

Ella

2nd 50m Backstroke

Sonnet

2nd 50m Freestyle

1st 50m Backstroke

3rd 50m Breaststroke

16-19 Boys

Isaac

2nd 50m Freestyle

3rd 50m Backstroke

3rd 50m Breaststroke

2nd 100m Freestyle

2nd 50m Butterfly

Cameron

2nd 50m Breaststroke

Ben F

2nd 50m Backstroke

3rd 50m Freestyle

David T

1st 50m Freestyle

1st 50m Backstroke

1st 50m Breaststroke

1st 100m Freestyle

1st 50m Butterfly

Zane

3rd 50m Freestyle

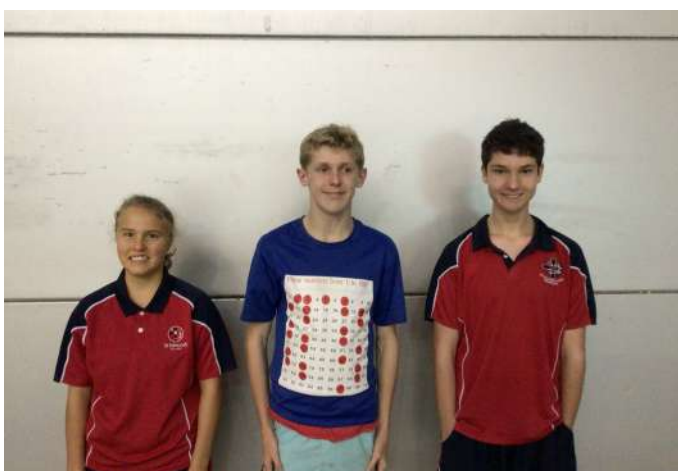
Our other school representatives also placed well in their races.

Zara - 4th 50m Backstroke

Lucy F - 4th 50m Breaststroke • 5th 50m Freestyle

Fred - 4th 50m Freestyle

CSBB SWIMMING CHAMPIONSHIPS



CSBB SWIMMING CHAMPIONSHIPS



CAPTAIN'S CORNER & STUDENT VOICE



We enjoyed being involved on Open Day. We walked the visitors to our new hall. They asked us questions like what year we are in and do we enjoy Year 12. We read the prayer and acknowledgement of country. We also got to see the 2022 and 2023 college captains, who helped show around our guests.

On Wednesday we went to the Ku-ring-gai Seniors Festival, along with all the Year 12 Hospitality students. We took orders, made coffee and chatted to the visitors. One lady thought we all did such a good job she left a special donation for Eddie's!

Hugh, Christian, Sonnet and David | College Captains

This week I helped record the Acknowledgement of Country for the ERA for Change Launch 2024. Other students from Edmund Rice schools recorded a different word at their schools so we can all say the Acknowledgement together on video. I looked at the camera and said my word clearly, which was 'education'.

Chloe | Student Voice

YEAR 10 FOOD TECH | PIZZA ON THE OVAL



OUR GENEROUSLY GIFTED PIANO

On Thursday a generous member from our local community, Sandra Harwick, offered us her piano that had been in her family for over 50 years. This piano was made in 1885 in Leipzig Germany and then made its way to Mudgee in the central west of NSW. Sandra believes that the piano has only been with three families throughout its life, the last being her own when her mother bought it in 1972.

We were so excited to receive this generous gift that was even delivered to us in time for Year 11 Music in period 1. Already the piano has been played by so many of our students and staff who are enjoying having such a beautiful addition to our new music space.

Sharon Eldridge | CAPA Coordinator



AWARDS

Student of the Week

| | |
|-----|--------------------|
| 7M | Leah and Bara |
| 7N | Sam and Aliyana |
| 8G | Ted and Daniel |
| 8V | Dylan and Aaliyah |
| 9C | Seb and Holly |
| 9E | Charlie L and Fred |
| 10M | Ben and Isabella |
| 10S | Cameron and Bento |
| 11D | Jameson and Nathan |
| 11P | Ella and Lucy |
| 12J | Kavya and Krish |
| 12O | Harry and Chloe |

Eddie's Best

| |
|-------------|
| Diesel |
| D'arcy |
| Anyu |
| Harley |
| Charlie H |
| Zara |
| Leela |
| Christopher |
| Antonio |
| Arpita |
| David |
| Luke |

congratulations



Today is International sleep day - Why do we actually need sleep?

It is well known that sleep is vital for health and well-being. Healthy sleep is important for cognitive functioning, mood, mental health, and cardiovascular, cerebrovascular, and metabolic health. Adequate quantity and quality of sleep also play a role in reducing the risk of accidents and injuries caused by sleepiness and fatigue, including workplace accidents and motor vehicle crashes. Short-term sleep deprivation, long-term sleep restriction, circadian misalignment, and untreated sleep disorders can have a profound and detrimental impact on physical health, mental health, mood, and public safety. Chronic insufficient sleep is associated with an increased risk of mortality and several medical epidemics, including cardiovascular disease, diabetes, obesity, and cancer



Common causes of sleep deprivation are parenthood, shiftwork, travel across times zones, illness, poor sleeping habits, some medications and late night usage of screen time

Most adults need 7 hours of quality sleep a night and teenagers 8-10 hours. Fact - the longest someone has gone without sleep (observed) is 11 days and 25 minutes

In a nutshell, our brains transition through four different stages of sleep several times throughout the night. Three that are classified as non-REM (NREM) sleep, followed by the fourth stage, REM sleep.

Sleep care - recommendations for improving your sleep

10 hours before bed – no more caffeine

3 hours before bed – no more food or alcohol

2 hours before bed – no more work

1 hour before bed – no more screen time

Please speak to your GP if lack of sleep is affecting your daily living.

<https://www.sleephealthfoundation.org.au/>

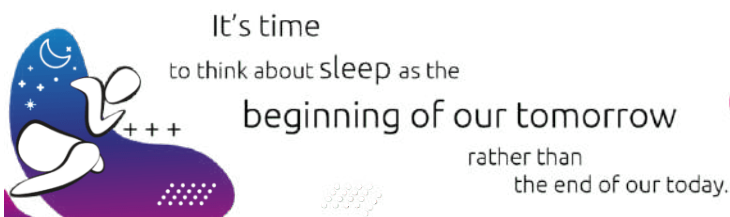
<https://www.beyondblue.org.au/mental-health/sleep>

<https://www.healthdirect.gov.au/insomnia>



Nut and Allergy Aware

The safety and wellbeing of all our students is a priority. Many of you will know someone who is affected by anaphylaxis, a life threatening allergic reaction. Our staff



have had training in severe allergy management and we have implemented lots of strategies to help keep students at risk of anaphylaxis as safe as we can. We now have multiple students who live with the risk of anaphylaxis to foods. We ask that you help us educate your child on the importance of not sharing food with others.

To learn more about anaphylaxis and food allergies, go to www.allergyfacts.org.au and www.allergy.org.au

As the only way to manage a food allergy is avoidance, the College has implemented several strategies to help prevent a severe allergic reaction. We can never totally eliminate the risk of an anaphylaxis but we can all do things that will help lessen the risk. Please consider our students with food allergies when packing your child's lunch or when sending in food for any occasion.

Alison Andrews | College Nurse

PARENT GROUP

The year has taken off with a blast and with week 7 under our belts I am hoping that all students have settled in well.

I was fortunate enough to attend the Open Day last week where we had the opportunity to show prospective families the wonders of our school. I can speak for the family group I toured with and they were blown away with our amazing new building and facilities but more importantly they were impressed with the engagement of the wonderful teachers as the families entered each class. The students were extremely well behaved and it was a delight to see the school in action!

We have our first Parent Group meeting on the 27th of March with Ms Mulkeen and Ms Peacock presenting the SoSafe Program. There will be refreshments on arrival and an opportunity for discussion at the end of the presentation. Please see the flyer for more information.

We also have Harmony Day celebrations next week, so a reminder that this will be a Mufti Day with a Gold Coin donation towards Project Compassion.

Hope you have a great weekend and Happy St Patrick's Day this Sunday!

Con Kalantzis | Parent Group Leader



PARENT GROUP MEETING

SoSAFE!

PRESENTATION

When Wednesday 27 March • 6pm

Where St Edmund's College

Facilitators Niamh Mulkeen | Head of Wellbeing
Katie Peacock | Wellbeing Aide Assistant

Details

6pm Arrival
Light refreshments provided, along with the opportunity to socialise for parents and carers

6:30pm Facilitation of the presentation

7:15pm Q&A

7:30pm End of evening

About SoSAFE!

Evidence based practices underpin the SoSAFE! Program, which is a set of visual and conceptual tools designed to promote social safety for people with moderate to severe intellectual disability or Autism Spectrum Disorder.

RSVP

25 March at www.stedmunds.nsw.edu.au/parent



YEAR 12 HOSPITALITY KU-RING-GAI SENIORS FESTIVAL





St Edmund's
COLLEGE



ST EDMUND'S COLLEGE & EDDIE'S MATES

EXTEND A WARM INVITATION TO ATTEND

EDDIE'S BIG NIGHT OUT

reach for the
stars

| | |
|----------------|--|
| DATE | Saturday 15 June • 7pm - Midnight |
| VENUE | Miramare Gardens 48 Myoora Rd, Terrey Hills |
| TICKETS | \$200pp - includes 3 course meal, beverages and live entertainment |
| DRESS | After 5 with a touch of blue |
| RSVP | Wednesday 5 June |
| BOOKING | www.stedmunds.nsw.edu.au/ebno |
| QUERIES | events@stedmunds.nsw.edu.au |

EDDIE'S BIG NIGHT OUT

Donation Request



YEAR 7 | ELECTRONICS

Headphones, electronic equipment, tech items, electronics vouchers



YEAR 8 | GOURMET

Wooden boards, aprons, bbq equipment, gourmet products, vouchers to restaurants/cafes



YEAR 9 | SPORTS

Sports equipment, footballs, sports memorabilia, team clothing, vouchers to sporting fixtures



YEAR 10 | VOUCHERS

All vouchers including supermarkets, retail, restaurants, theatre, experiences and hotels



YEAR 11 | SPA PRODUCTS

Luxury soaps/lotions/bath products, perfumes, bath robes, gift certificates to day spas



YEAR 12 | WINE HAMPER

Wines and spirits bottles, glasses, vouchers for bottle shops, beverage experiences



MATES TABLES

TOP MATE \$10,000

- 2 tables of ten guests each
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Half page advertisement in the Events Program
- (\$6,000 tax deduction – sponsorship)

BEST MATE \$5,700

- 1 table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Quarter page advertisement in the Events Program
- (\$3,700 tax deduction – sponsorship)

GREAT MATE \$3,700

- 1 table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening & in the Events Program
- (\$1,700 tax deduction – sponsorship)

BOOKINGS

Online www.stedmunds.nsw.edu.au/ebno-mates

Invoices/Enquiries events@stedmunds.nsw.edu.au

THANK YOU FOR YOUR SUPPORT



EDDIE'S BIG NIGHT OUT
reach for the
stars



MARCH BIRTHDAYS

Bara 7M

Arpita 11P

Alexander 8V

Gemma 10M

Christopher 10S

APRIL BIRTHDAYS

Elliot 12O

Samuel 7N

Tobias 11D

Rosie 11D

Leela 10M

Chloe 12O

Mia 10M

Dashiell 10S

Elizabeth 7N

Will 11D

Russell 7N

Post School Parents Evening

Guest speaker- Lisa Duffy

Lisa works as a subject matter specialist for DSC and as an advocate with Action Advocacy. She has expert knowledge in options and services for young people after leaving school as well as accessing and navigating the NDIS.



St Edmunds's College, May 9th 6.30pm

Door open at 6pm.

Northern Sydney Post School Expo for people with a (dis)Ability

A chalk drawing on a black background. It depicts a person standing with their back to the viewer, looking towards a simple outline of a house. The person is wearing a long-sleeved shirt and trousers. The house has a gabled roof and a rectangular doorway. The drawing is done in a light, sketchy style.

8 May 10:30 - 2:30

WEDNESDAY

Hornsby RSL

Enquiries:

ksommerville@jobsupport.org.au

FOOTBALL NSW

DAUGHTERS & DADS Football

HORNSBY HEIGHTS

TERM 2 - MONDAYS

Montview Oval
Monday 6th May -
Monday 1st July
5:30pm - 7:00pm

Cost:
\$100 or
\$50 with AKV

ACTIVE KIDS

REGISTER HERE

DAUGHTERS & DADS Football

www.footballnsw.com.au

NSW GOVERNMENT

THE UNIVERSITY OF NEWCASTLE AUSTRALIA

Daughters and Dads Football is back in 2024 with a program located at Montview Oval, Hornsby Heights. We are searching for fathers/father-figures who want to strengthen the relationship they share with their primary-aged daughters through the uniting power of football. Get ready for fun and engaging sessions over 9 weeks! Term 2 sessions run weekly for 90 minutes, covering skill development and interactive activities while spending quality 1:1 time together.

The program kicks off from Monday 6th May, and we hope to see you there!

Don't miss out, find out more and register now at

[Daughters & Dads - Football NSW](https://www.footballnsw.com.au/daughters-and-dads-football)