



PRINCIPAL'S MESSAGE

Dear Parents,

EREA's Learning Statement has been officially launched. The focus of the learning statement is on Liberating Practice – how do we go about turning our touchstone of a Liberating Education into actions we observe every day?

Our Learning Practice

Explicitly co-creating the learning conditions, dispositions and relationships to enable deep listening, confidence, agency and freedom.



The dynamic intent and actions embedded in the Learning Statement are articulated through six practices which will require our ongoing engagement. The six practices also inform and will have an impact on the other within our learning community and setting.

The six explicit Liberating Practices are:

Liberating Pedagogies, Liberating Achievement, Liberating Voice and Agency, Liberating Potential, Liberating Learning Design and Liberating Spiritualities.

Over the next few newsletters, I will focus on two of the Liberating Practices that underpin our learning statement. These actions will rightly influence our strategic goals and the environment we aspire to create in our school.

Liberating Pedagogies

Within safe and flexible learning places, supported by positive relationships, the learner is free to participate in and lead experiences grounded in collaborative processes, critical thinking and creative problem solving.

This is a good statement to start with as a lot of time, energy and clever thinking has been put towards Liberating Pedagogies in our school in recent years. Pedagogy is the way we go about educating others and it frequently has an emphasis on the way teachers teach. This statement takes an accurate and broader view of Pedagogy that recognises all the contributing factors that educate, beyond the 'teacher' themselves. We continue to be attentive to the way our students learn, acknowledging that it is not a one size fits all. We investigate and apply common pedagogical elements and differentiate to maximise the learning outcomes for each child. This differentiation comes in the form of teaching practice, learning spaces, resources, with whom students learn and collaborate and when all of this happens.

I am proud of the work our staff (not just teachers) do to create authentic liberating pedagogies that exploit all our school's educational attributes, and those beyond our school, to maximise the learning potential and outcomes for our students.

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Liberating Achievement

When excellence and improvement are viewed in a variety of ways and evidence of success is gathered, interpreted, and celebrated holistically, the learner is free to pursue a strengths-based learning pathway informed by high expectations and personal ambitions.

Besides the use of the term 'liberating' throughout our Touchstones and Learning Practices, the other recurring statement is – 'the learner is free to...' This phrase points to the liberating attributes of our approach to achievement. Our goal is to provide learning pathways that foster each student's strengths, and we hold high expectations for our students – they are capable and clever.

Thank You!

A big thank you to parents who have supported the many events that have occurred this year with several in the last few weeks. You have supported our community through practical help and planning and through attending. It was wonderful to meet many dads and grandads at the Father's Day breakfasts and welcome future parents at information events. Between our schools, we have had a trivia night, high tea and a golf day. Our combined school communities congratulate St Gabriel's on 100 years and we look forward to the celebratory Centenary Mass to be held this Saturday at St Patrick's Cathedral in Parramatta, starting at 2pm. All are welcome.

COVID

The Premier has changed COVID isolation requirement from 7 days to 5 days.

The requirements for Special Purpose Schools have not changed. The advice from the Association of Independent Schools (AISNSW) and Catholic Schools NSW is that we retain 7 days of isolation for staff and students who contract COVID, and students who are close/household contacts. This advice aligns our school with the strategies that remain in place for Department Special Purpose schools in NSW.

Year 12 Gold Leadership Awards

Congratulations to the following students for receiving Gold Leadership Awards:

12O: Lachie Carson; Sid Chappidi; Claire Beaven; Ben Marsh; Lorelle Wheeler

12M: Ella Pickford; Sarah Wingrave; Niki Dujic; Lucas Tomkinson; Brendan John

Michael Farrell | Principal

DEPUTY PRINCIPAL'S MESSAGE

Sports Day

We began the week with holding our very first sports day in 3 years. Students were very excited after a false start last week when we had to postpone due to weather. A big thank you to Pymble Ladies College who hosted us and their students who supported the activities across the day. I would also like to acknowledge the planning and organisation of Mrs Horne who was supported by Mrs Campbell to make the day a success. Congratulations to all students for their efforts and to the winning house Mt Sion!



Golf Day

Our busy school captains Claire Beaven and Lachie Carson also attended some of our College golf day on Tuesday. They should be commended for the way in which they represented our College on the day with many of the guests commenting on their wonderful conversations and assistance with presentations. Thank you to parents who were able to attend – we hope that you also enjoyed the day. Our thanks to the Charity Challenge Golf day group which is led by Gary Dawson and Matthew Laverty who have been fantastic supporters of us for a long time.

Mufti Day

A note that next week's mufti day has been moved from Tuesday and will now be held on Friday September 23rd (last day of term). After much discussion, our College leaders have decided on the charity 'Camp Quality' to be the focus for this term. Students may wear mufti on this day and we ask for a donation of a gold coin to participate in this day.

Public Holiday

A reminder that next Thursday September 22nd will be a public holiday across Australia. This means that the College will be closed for the day. Usual classes will be held on Friday September 23rd which will be the last day of term.

Retreat

As per the email sent today, Year 11 and 12 Retreat will now be held from Wednesday October 26th to Friday October 28th. This date change has been due to the public holiday. Students are very much looking forward to this exciting event on our College calendar.

Term 4 and Uniform

A reminder that following the upcoming holidays, student should return to the College for Term 4 wearing their College summer uniform. Please contact Wendy in the office if you require any new uniform items. I wish you all a restful holiday break and we look forward to welcoming students back on campus on Tuesday October 11th. Please note that Monday October 10th is a staff day.

Rebecca Kirwan | Deputy Principal

WELLBEING

"We differ, blind and seeing, one from another - not in our senses, but in the use we make of them, in the imagination and courage with which we seek wisdom beyond our senses..."

I have walked with people whose eyes are full of light, but who see nothing in wood, sea or sky, nothing in the city streets, nothing in books.

What a witless masquerade is this seeing! It were better far to sail for ever in the night of blindness, with sense and feeling and mind, than to be thus content with the mere act of seeing.

They have the sunset, the morning skies, the purple of distant hills - yet their souls voyage through this enchanted world with a barren stare."



It was in September of 1904, that Helen Keller graduated with honours from Radcliffe College, Cambridge, Massachusetts USA. Helen became both deaf and blind as a result of illness when she was two years old, however her life was far from unremarkable.

The above words were written on her day of graduation, and she continued to inspire many throughout her life with her writings and talks.

Her words ring true in our context here at St Edmund's. Every moment lived is a moment worth cherishing and savouring, and our young people inspire us with this attitude each and every day!

Wellbeing Focus: The Season of Spring

Spring is the Season of new growth and change, a wonderful reminder that the cycle of life is starting over again and that better times lie ahead. With the warmer weather, the trees in bud, beautiful blossoms blooming and daffodils shining, how can we not be inspired to feel more joyful and optimistic about life when Spring arrives? After all, if the flowers can push their way through the frosty ground, then surely, we can flourish too? There are many reasons to be excited by the new season and the positive effects it can have on our emotional and physical wellbeing.

Spring gives us hope

Hope is a common theme associated with Spring and this is perhaps what prompted the philosopher Bern Williams to say: "The day the Lord created hope, was probably the same day he created Spring".

Hope and optimism are fundamental to our wellbeing. Not only do they make life more enjoyable, but experts say they provide psychological resilience against things like stress, anxiety, depression and post-traumatic stress disorder. People with an optimistic outlook on life have also been found to be ill less often, recover from any illness more quickly than others, and live longer.

Spring helps us to feel happier and energised

The increased daylight and warmer temperatures in Spring encourage hormonal changes that help to boost our mood and energy levels. Hormones that have a particularly strong influence on our moods are the sleep hormone melatonin and the happiness hormone serotonin, explains Helmut Schatz, spokesman

WELLBEING

for the German Society of Endocrinology. When it gets light earlier and the sun shines more strongly, more light hits the eye. Thus the pineal gland — sometimes called the third eye — sends an order to the brain to lower melatonin production, “which makes us more lively.”

Studies show that when it is darker outside in Winter, our bodies produce more of the sleep hormone, melatonin, which causes us to feel more lethargic. When the days start to brighten in Spring, the light suppresses our melatonin production, which helps us to feel more alert and energised. At the same time, serotonin increases in the body when it's sunny, and with more of the happiness hormone in our blood, our moods improve.

Spring is a great time to get busy in the garden

There is lots to do in the garden in Spring, and there is now a growing body of evidence that shows the positive effects that gardening can have on our health. It not only helps keep us physically fit, but can also significantly improve our mental health and wellbeing. Researchers have found that smelling flowers or even pulling up weeds can decrease blood pressure, increase brain activity and produce a sense of wellbeing.

Spring sunshine tops up our Vitamin D

Vitamin D is a unique vitamin that most people don't get enough of. Although some comes from our diet, 80% of our vitamin D is made from cholesterol in our skin when it's exposed to the sun. Vitamin D is essential for optimal health, and a deficiency (or insufficiency) can cause many serious health issues. Often, we don't get sufficient sunshine in Winter, which is why we should get outside and enjoy the Spring sunshine as much as we possibly can (in a safe manner of course).

Spring encourages us to become more active

Humans are programmed to rest when it is dark, and to be active when it's light. So, as the days get lighter, longer, and warmer we are more encouraged to start doing outdoor activities. Green exercise and being connected to nature is a huge wellbeing trend and has become even more important during the recent pandemic.

If winter is too cold and summer is too hot, Spring is just perfect for outdoor exercise, which according to a study published in the Journal of Environmental Science and Technology, is actually more beneficial for your mental and physical wellbeing than a sweaty session indoors. The fresh air and natural light are more invigorating and provide more energy for the body and mind. It is also thought that outdoor exercise lowers the blood pressure and heart rate. This means it feels less strenuous than exercising indoors, which in turn helps us achieve our maximum performance. In addition to this, exercise releases endorphins that help relieve stress and pain and increases the production of serotonin which boosts our mood. Sleep quality can also be improved.

You don't have to be doing strenuous exercise to reap the health benefits of the great outdoors. Technology and urbanisation have led to what is being labelled as 'nature deficit disorder', so just taking time out to slow down, relax and connect with your natural surroundings is also good for your overall wellbeing. Go for a walk, walk barefoot in the grass, smell the flowers, do some stargazing, or simply sit outside with no devices and enjoy the sights and sounds of Spring.

And so, with the holiday period upon us, and the long weekend coming up in October, perhaps consider ways you can enjoy the sights, sounds and smells of Spring, so as to provide much benefit to yourself – body, mind and soul!

Vanessa Dillon | Head of Wellbeing

ADMINISTRATION

Collectively, I'm sure that parents and teachers alike are breathing a big sigh of relief as we approach the end of what has been an extremely busy term. This term began with seeing the whole school needing to be off site due to heavy building works, followed briefly by an increase in staff and student absences due to the ongoing Covid saga. We then jumped into Personalised Planning meetings, Father's Day Breakfast, our first Athletics Carnival in two years, all alongside an increase in students going out on excursions that support the curriculum. This term saw a welcomed return of volunteers and Uni Prac students who both enrich and support students and staff whilst at the same time promote to the community what a wonderful school we have.



Timetables for Term 4 will be distributed at the end of next week to students. These timetables will also indicate which days sports uniforms are required, otherwise the students are to wear their summer uniforms. Swimming will commence the week 1 for Years 7-10. Years 11 and 12 will be doing soccer coaching with trainers externally. Our Year 12 students will also be doing formal preparation practice.

My sincere wishes for a safe and restful term break.

Tiffany Hosken | Head of Administration

NSWCCC ATHLETICS CHAMPIONSHIPS

Congratulations to the following multi-class athletes who were selected into the BBSSSA Athletics Team to compete at the NSWCCC Athletics Championships at Sydney Olympic Park on September 12.

Ben P, Dom, Lucy, Cameron, Isabella, Matthew, Ben F, Zane and Koosha.

All students participated well and enjoyed being involved in this statewide competition against students from 95 other Catholic Schools in NSW.

Unfortunately, Zane and Koosha were unable to compete on the day, but they should be commended on being selected into the BBSSSA Team.

The following places were awarded on the day of competition

- Dom: 100m-3rd, 200m-4th
- Ben P: 800m-3rd, 100m-5th, 200m-5th, Long Jump-2nd
- Lucy: 800m-2nd, 100m-3rd, 200m-3rd, Long Jump-4th, Shot Put-2nd
- Ben F: 100m-2nd, 200m-3rd, Long Jump-3rd, Shot Put-4th
- Isabella: 200m-6th, 100m-8th
- Matthew: 100m-2nd, 200m-2nd
- Cameron: 800m-1st

Lois Horne | PDHPE and Sports Coordinator



ATHLETICS CARNIVAL

The St Edmund's Athletics Carnival was held at Pymble Ladies College on Tuesday, 13 September. The weather was good, PLC staff and students volunteered to support the event, and we all enjoyed the sausage sizzle they put on for us at lunch time. All the St Edmund's students displayed consistent effort, and a high level of participation, making it a fun and enjoyable day for all involved. The war cry competition and outstanding display of house colours added to the atmosphere.

Congratulations to every house group for earning over 200 points each. The house cup was awarded to Mt Sion this year, but it was hotly contested by all other houses.

The results are outlined below:

1st	Mt Sion	243 points
2nd	Kilkenny	231 points
3rd	Waterford	229 points
4th	Callan	220 points



These events cannot run smoothly without the hard work of all school staff on the day. So, thank you for all working so hard and making it a memorable carnival. A special mention goes to Jacqui Campbell for her ongoing support and preparation leading up to the day. It was also lovely that so many parents and grandparents were able to attend.

Lois Horne | PDHPE and Sports Coordinator



ATHLETICS CARNIVAL



YEAR 12 SPEECHES



In English this term, the 120 students have been studying films, developing and communicating personal responses, expressing preferences and interests. A close study of 'My Octopus Teacher' provided students with the opportunity to see the employment of movie making techniques and make a comparison of participatory documentary to movies. In preparation for next term which will focus on Public Speaking, the students had to prepare a short speech about 'My Octopus Teacher'.

Please enjoy some of these below and on the next page.

Tiffany Hosken | Head of Administration

Greetings and Good Day!

The documentary is about an Octopus who teaches Craig about his feelings like frustration.

I liked it when the shark came and the octopus hid from it. It was funny but it was also interesting how the shark ate one of the octopus tentacles and it grew back.

I learnt how an octopus can climb on to a shark's back without being seen.

Thank you,

Lorelle

Good Afternoon

I am going to talk about the documentary 'My Octopus Teacher'.

The documentary is about a crab which died because the octopus ate it.

I liked the film when the camera man was following the shark in the water.

What I learnt from this film was that the animals in the ocean are nice.

Thank you,

Sid

YEAR 12 SPEECHES

Hello my friends it's good to see you all again. Today I'm going to talk about the documentary 'My Octopus Teacher'.

The documentary is about a man named Craig who visited the sea to learn about an octopus. I liked it 'cause Craig learned a lot of lessons from the octopus like how to hide from Predators and how to catch food.

What I learned from the film was it's important to care for the ocean environment and its underwater animals for that's part of the balance of our planet earth.

Thank you for listening my friends.

Ryan

Good Afternoon

I am talking about the documentary 'My Octopus Teacher'.

The documentary is about a man who visited the sea every day and spent time observing an octopus.

I liked it when the octopus was moving away from the shark and when the octopus was on the shark's back.

What I learnt from My Octopus Teacher is that the octopus is the teacher and taught a lot to Craig.

Thank you for listening.

Claire

Good morning everyone,

The amazing thing I learnt about My Octopus Teacher was that an octopus can grow a new leg.

Then next thing which was really cool is that Craig could hold his breath under water for a very long time.

Third best amazing thing was how Craig made a map of the sea of where the animals live.

Fourth awesome fact was he went under water every day for a whole year.

Owen

G'day Aussie Legends,

I am going to talk about the Netflix documentary My Octopus Teacher.

It's about a man named Craig, he's kind of depressed in the beginning of the documentary. I was kind of hoping he would get better. Then Craig meets this octopus and he is very interested and for a year, everyday he checks on it. Craig does feel better at the end of the documentary.

My favourite part of the documentary was when the octopus was chasing the crab. I learned that you should not give up on life easily.

Ben

YEAR 12 VET HOSPITALITY HIGH TEA

Last Wednesday afternoon the Year 12 VET Hospitality students hosted a High Tea for their parents and members of staff. This function is the students' final major assessment task for the course. It allows them to showcase all the skills they have learnt over the past 2 years and celebrate their success with their families.

The students had to set up the function, including the layout, table setting and decorations, which I must say looked amazing. They had to plate the food, ensuring every plate looked the same, as well as prepare and serve coffees, teas, pineapple mojitos and a fruit punch to their parents. The High Tea was an overwhelming success, with the parents and staff amazed at the knowledge and skills students demonstrated.

I would like to say a big thank you to Jane Morgan and Diana Abbott for their help in supporting the students to get ready for the day and all the staff who helped and participated in the event during the day and evening.

Brendon Elcoate | Teacher



YEAR 12 VET HOSPITALITY HIGH TEA



AWARDS

STUDENTS OF THE WEEK

7E	Zara and Sophia	7V	Holy and Daniel T
8D	Gemma and Cameron	8F	Sam and Lia
9C	Amie and Seul Yi	9M	Toby and Antonio
10J	Claudia and Tom	10S	Kavya and Sean
11A/H	Ben P and Seb	11S	Teena and Nathan
12M	Angel and Koosha	12O	Indira and Owen

EDDIE'S BEST

7E	Sebastian Bustos Mamootil	7V	Rachel Stewart
8D	Finley Burgess	8F	Brendan Williams
9C	Saskia Roberts	9M	Arpita Kapoor
10J	Harry Pincock	10S	Luke Barnes
11A/H	Victoria Laroco	11S	Tom Eastham
12M	Lucas Tomkinson	12O	Lorelle Wheeler

congratulations

KEY DATES

TERM 3

Friday 23 September

Last day of Term 3

Mufti Day

TERM 4

Monday 10 October

Staff Day (*pupil free day*)

Tuesday 11 October

First day of Term 4

(*for students*)

Tuesday 25 October

Swimming Carnival

The Dish

Wednesday 26 -

Friday 28 October

Senior Retreat

Tuesday 8 November

Mufti Day

Thursday 17 November

Men's Group Meeting

Friday 25 November

Year 12 Graduation Formal

Wednesday 30 November

- Friday 2 December

Years 9 and 10 Camp

Thursday 8 December

Presentation Day

Friday 9 December

Year 12 Farewell Mass

Friday 9 December

Last day of Term 4

COMMUNITY



**UNCLAIMED
LOST
PROPERTY** 😭

We have a range of unclaimed lost property.

If you recognise any of these items please contact the office to collect.



Congratulations to Blaney Silvia (Class of 2019) on their first job as a retail employee at Harris Farm Markets Bornia Park and recent feature in JobNews Issue 87.

Please view the feature [here](#) (page 23).



Race with us this Season

Ku-Ring-Gai Swimming Club
Join us for the 2022/2023 season
Saturdays October - March @7am

Competition for swimmers of all ages and abilities
A great sport for the whole family!
25m, 50m and longer distance races

Find out more at

kasc.swimmingclub.org.au or email
kasc-aus@hotmail.com

