



## PRINCIPAL'S MESSAGE

Dear Parents,

Happy St Patrick's Day! The change of lesson music today inspires a jig through the corridors. My Father is from Dublin and St Pat's Day holds a special place in our hearts. Also, for our schools as our heritage traces back to Edmund Rice's work. Born in Callan, Ireland, in 1762 as a young man, Edmund resided in the bustling city port of Waterford. In 1802 he set up a free school for boys living in poverty. His aim was to promote an education that recognised the dignity of everyone.



St Patrick's Day commemorates Saint Patrick and the arrival of Christianity in Ireland and celebrates the heritage and culture of all things Irish. A couple of interesting facts about St Patrick:

- Around the world, St Patrick's day is held on 17 March the traditional death date of Saint Patrick.
- St. Patrick wasn't actually Irish. Despite being the patron saint of Ireland, St. Patrick was born in Britain in either Scotland or Wales. He ended up in Ireland because he was kidnapped by a pirate raiding party and sold into slavery in Ireland.
- Patrick was not St. Patrick's given name. His given name was Maewyn Succat. It wasn't until he became a priest that he adopted a new name - Patrick, after Patricius (which relates to the Latin root meaning father).
- St. Patrick isn't technically a saint. While he's been given the title in popular lore, St. Patrick was never actually officially canonised as a saint. However, many still recognise his contributions to the Catholic church, and he remains a spiritual figure to this day.



There are many lovely Irish Blessings, and this is one of the better-known and much-loved ones I extend to you.

*May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.*

This is an opportune time to let you know I will be on leave during weeks 3 & 4 of Term 2, attending the Edmund Rice World Congress in Ireland. Edmund Rice Education Beyond Borders (EREBB) will be attended by leaders from Edmund Rice schools around the world. It promises to be an amazing gathering that will enable Edmund Rice schools from around the world to come together and reaffirm our commitment to offering an education that builds a better world for all people – 'Educating with Hope in Our Hearts and Hands'. In my absence, the Deputy Principal at each school will be Acting Principal.

# PRINCIPAL'S MESSAGE

## Eddie's Big Night Out

This is OUR big night and we are keen to see a huge turnout of parents enjoying the celebration (tremendous craic – as the Irish would say). And for those who have [corporate connections to encourage the purchase of tables.](#) Our aim is to advocate for our children and to fill Doltone House to capacity. The generosity of our Eddie's Mates and our community make all the difference for this event.



St Edmund's  
COLLEGE

ST EDMUND'S COLLEGE & EDDIE'S MATES EXTEND A  
WARM INVITATION FOR YOU TO ATTEND THIS YEAR'S

EDDIE'S BIG NIGHT OUT  
TIME TO  
**Shine**

Date	Saturday 3 June, 7pm - 11.30pm
Venue	Doltone House, Darling Island 48 Pirrama Road, Pyrmont
Tickets	\$190pp includes 3 course meal, beverages & live entertainment
Dress Code	After 5 with a touch of gold
RSVP	19 May
Booking	<a href="http://trybooking.com/CGMPS">trybooking.com/CGMPS</a>
Enquiries	<a href="mailto:events@stedmunds.nsw.edu.au">events@stedmunds.nsw.edu.au</a>



**CORPORATE TABLES AVAILABLE**

Have a lovely weekend - Sláinte!

**Michael Farrell | Principal**

# DEPUTY PRINCIPAL'S MESSAGE



## Mufti Day

A reminder that next Tuesday is Term 1 Mufti Day for all students. This is a gold coin donation with all funds raised going to Project Compassion. Harmony Day is also celebrated that week so 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 that



day. Please note all students should be wearing appropriate clothing and enclosed footwear i.e. no super short shorts or dresses and no singlet tops, sandals or thongs.

## Parent Group Meeting

A reminder has been sent this week regarding next week's parent group meeting. This will be held next Tuesday 21 March at 7pm. There will be light refreshments offered and a chance to tour the new TAS and Science rooms. More importantly it is a chance to connect with fellow parents and to have input into some planning for the year ahead. All welcome!

## Hot Weather

As I am sure you are all very aware, the hot weather has persisted. Please continue to ensure that your child brings their hat and water bottle each day. Students who do not have a hat will be directed to the shade/indoors.

## Mission and Identity

### Year 7 Spirituality Day

Year 7 will be participating in a Spirituality Day on Friday 31 March. This will take place at the St Pius facilities at Oxford Falls. Further information to follow for Year 7 families, however we look forward to being able to run these special days for all year groups again over the course of the year.

### Parish Mass

Beginning next week, each year group will have an opportunity to attend our local parish Mass at Holy Name in Wahroonga. Over the course of the year, each year group will be able to have this opportunity each term. This is an important opportunity to experience Mass and to link with our local parish. We are very grateful to Fr Kelvin and all at Holy Name for being so welcoming to us. Parents will be informed by homeroom teachers when their child's class will attend.

**Rebecca Kirwan | Deputy Principal**

## ST EDMUND'S COLLEGE PARENT GROUP MEETING

**When** Tuesday 21 March

**Time** 7pm

**Where** St Edmund's College

**RSVP** [drescher@stedmunds.nsw.edu.au](mailto:drescher@stedmunds.nsw.edu.au)

Hear about Eddie's Big Night Out, tour the new classrooms, enjoy light refreshments, socialise with other parents and carers and hear from our Principal.

# WELLBEING

A recent article I found, provided a helpful insight and snapshot into the healthy habits of people who radiate happiness. I found it provided some 'food for thought' for me, and thought I would share it with you.

## Ten Habits of People Who Stay Happy (even in tough times)

When someone radiates happiness, the people around them tend to notice and feel positive, too. As much as we want to experience true joy, it can be difficult to keep a smile on our face as we encounter all of life's challenges. But, at its core, happiness is about having a positive outlook and reacting confidently to the things that happen around us. People who naturally radiate joy, usually have a unique energy to them, despite the chaos surrounding them. It is often due to these following traits:



- 1. They sincerely smile all the time:** this might sound obvious, but it's true that happy people smile a lot. However, they smile in such a sincere and warm way that other people can't help but smile, too. Joyful people are happy and grateful to be given another day to explore their environment and do things they love. Happy people enjoy working on their passion projects and spending time with their friends and those they love. They generally smile at anyone and everyone they encounter throughout their day, wherever they are. They do it so as to enable other people to feel a sense of joy as well.
- 2. They have good humour:** aside from having a warm and sincere smile, joyful people also have a good sense of humour. They find hilarity in almost anything – they appreciate most kinds of jokes and aren't afraid to laugh out loud when something is funny. Laughing is great for a person's emotional and physical health as it helps the brain release more endorphins. This, in turn, helps us to relax and manage our stress better, which explains why happy people look for the positives, or the opportunity to laugh, when experiencing tough times.
- 3. They always express their gratitude:** Gratitude is an essential element of happiness that lots of people tend to forget about. Happy people truly appreciate what they have, so they are satisfied with their life. If you aren't thankful, then you tend to look for more, no matter how much you already have. Living in a state of gratitude puts you in high spirits and makes you focus on the good.
- 4. They have immense courage:** Happy people tend to possess a remarkable amount of courage which enables them to face life's challenges with poise and equanimity. It's not uncommon for happy people to have experienced great adversity in their lives, however – rather than become jaded or bitter – they've transformed these struggles into a source of inspiration to help navigate their difficulties with strength and resolve. They are aware that the first step to making a difference in the world, is to address one's own 'demons' and to make peace with yourself. From there, you can face future challenges by reframing your fear and having the self-belief that you can overcome any obstacle.
- 5. They try to live in the moment:** happy people have a remarkable ability to savour the present moment and find joy in even the most mundane situations. Rather





# WELLBEING

than becoming fixated on what they cannot change, they choose to focus on the positive aspects of their lives, or focus on what they can change and control in order to achieve those positives. They are often highly motivated and goal-oriented, constantly striving to improve. They recognise that dwelling on regrets or things beyond their control, only impedes their progress. They adopt a positive mindset so as to make the most of each moment and live life to the fullest.



6. **They avoid complaining:** happy people don't waste their time complaining because it only adds to the negative energy around them. Happy people look at the silver lining of every situation – and they see it clearly because of their genuine optimism. By focusing on the negativities and constantly complaining about the wrong things in life, forces you to fixate on them, which leads to missing out on all the wonderful and positive things in life. Happy people tend to attract others to them for this disposition, which influences the behaviour of those people in their own development of a more positive outlook, too.
7. **They tend to be accepting most of the time:** happy people don't see the point in fixating on things that can't change, so they tend to easily welcome situations they can't control. They also tend to recognise issues that may have happened in the past, accept their part in how those issues played out and are at peace with their decisions. This perspective helps them remain balanced, as well as motivated to place their energy into things that bring change for the better, in a positive and productive way. They accept that rejection and failure are inevitable life, and use it as an opportunity to discover new and greater things, as well as to self-reflect on how they can grow from such experiences. Happy people tend to have unwavering faith that everything will eventually work out for the best. This helps them to manage their stress levels and maintain a positive outlook on their situation, no matter how challenging it may be.
8. **They're empathetic and compassionate:** happy people typically have more love to give to others. They perform compassionate actions for others, which can be either small and simple, or bigger and impactful for the recipient. They know that this kindness doesn't always have to cost anything, and they know that being kind and compassionate to others won't drain their resources. For those who receive this empathy and compassion, they become inspired to be the best version of themselves. Happy people make other people feel appreciated and validated, allowing these people to express their true selves and expand their identities without worrying that they might be judged or humiliated in the process.
9. **They always see the best in others:** Happy people rarely look to find fault in others, instead they look for qualities worth admiring about someone. There might be some exceptions, such as with those who are selfish or arrogant, but happy people almost always manage to find something positive about another person. They pick up on the good qualities of the individual, and praise them for those in a genuine and authentic way.

# WELLBEING

10. **They don't forget to take care of themselves:** Taking care of others is second nature to happy people, but it's also important for them to care for themselves, too. They are kind to themselves and their minds and their bodies. They look to start their day, every day, in the right headspace. They find ways to empty their minds of negative thoughts, and find ways to sustain and maintain this as the day unfolds. They know that doing things that make them feel good, contributes to being the best versions of themselves.

**School Bell:** All Homerooms were invited to nominate a song of their choice for consideration as our school bell for the last two weeks of term. The choice was made by the Senior Leaders at their meeting with Mr Farrell, and approved by the Executive Team. The song that will play for Weeks 9 and 10 will be *As It Was* by Harry Styles. With next week being Harmony Week, a song that ties in nicely with this theme, has also been selected: *Coloured People* by DC Talk.

We like enabling the students to have a choice and voice within and across many areas of the school, and this is one example of this.

**Student Birthdays:** Our TV display screen, outside the library, is now including slides that celebrate the birthdays of students! These will be displayed throughout each month eg March birthdays on rotation throughout the month of March. This week, the students were informed of this new initiative and have been enjoying it immensely!

**Vanessa Dillon | Head of Wellbeing**



## 2023 Catholic Schools Broken Bay Swimming Carnival Results

Congratulations to the 16 students who represented St Edmund's College at the Broken Bay Swimming Championships at Homebush on Tuesday, March 14.

Elodie, Sophia, Gemma, Indigo, Isabella, Zara, Ben F, Isaac, Cameron, Sonnet, Ella, Ben P, Zane, David T, Johann and Dom all performed extremely well with personal best times recorded and Broken Bay records broken.



### New Records - Broken Bay 2023

New records were set in:

- 50m Breaststroke by Cameron, Elodie and Ben P
- 50m Backstroke by Isaac and Elodie
- 50m Freestyle by Isaac and Elodie
- 50m Butterfly by Ben P

### Multi Class Age Champions

- Elodie - 30 points | 12-15 Girls
- Ben F - 24 Points | 12-15 Boys
- Sonnet - 26 Points | 16-19 Girls
- Ben P - 40 Points | 16-19 Boys

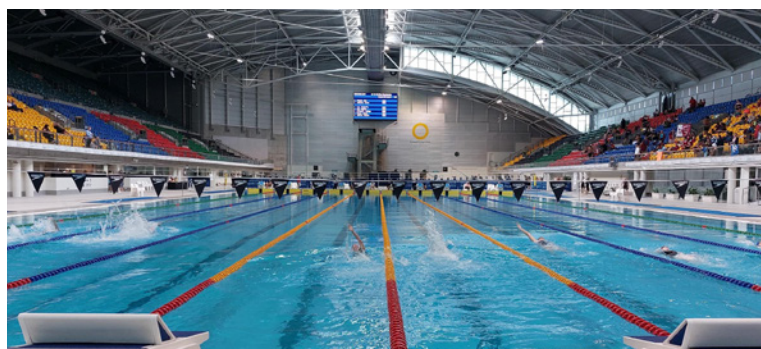
### 2023 CSBB Swimming Team

Congratulations to the following 5 students for being selected to represent the Catholic Schools Broken Bay Swimming Team at the NSWCCC Swimming Championships on Friday 31 March at Sydney Olympic Park Aquatic Centre.

- Elodie - 50m Breaststroke, 50m Freestyle, 50m Backstroke
- Cameron - 50m Breaststroke
- Isaac - 50m Freestyle, 50m Backstroke
- Ben P - 50m Breaststroke, 50m Freestyle, 50m Backstroke, 50m Butterfly, 100m Freestyle
- Sonnet - 50 Backstroke

The Catholic Schools Broken Bay Carnival was a tremendous success, with all students performing well and enjoying the experience of swimming against other schools in the Olympic Pool.

Congratulations to all competitors who represented the school with pride and unity throughout the day. Thank you also, parents, grandparents and Lynda for making yourselves available to transport, cheer and help all students enjoy the competition.





# PDHPE

## Overall CSBB Results for St Edmund's College Multi Class Swimming Team

NR=New Record      \*All events 50m

12-15 YEARS	BREASTSTROKE	BACKSTROKE	FREESTYLE	BUTTERFLY
Boys	1st Cameron (NR)	1st Isaac (NR)	1st Isaac (NR)	
	2nd Ben F	2nd Ben F	2nd Ben F	
Girls	1st Elodie (NR)	1st Elodie (NR)	1st Elodie (NR)	
	2nd Gemma	2nd Indigo	2nd Indigo	
	3rd Sophia	3rd Sophia	3rd Sophia	
	4th Isabella	4th Isabella	4th Gemma	
	5th Zara	5th Gemma	5th Isabella	
16-19 YEARS	BREASTSTROKE	BACKSTROKE	FREESTYLE	BUTTERFLY
Boys	1st Ben P (NR)	1st Ben P	1st Ben P	1st Ben P (NR)
	2nd David T	2nd David T	2nd David T	2nd David T
		3rd Dom	3rd Zane	
		4th Zane	4th Dom	
		6th Johann	6th Johann	
Girls	2nd Sonnet	1st Sonnet	1st Sonnet	
		2nd Ella T	3rd Ella T	

Lois Horne | PDHPE and Sports Coordinator





# STUDENT PHOTO DAY

Our college student photo day will be on Tuesday 4 April. All order envelopes were sent home a couple of weeks ago – if you have misplaced yours please contact Bernie in the office.

Please remember to send the order envelope back by Wednesday 29 March at the latest – even if you are not ordering any photos.



## KEY DATES

### Term 1

**Tuesday 21 March**

Harmony Day &  
Mufti Day  
Parent Group  
Meeting

**Thursday 23  
March**

Men's Group -  
St Edmund's

**Saturday 25 &  
Sunday 26 March**

Source Kids Expo

**Tuesday 4 April**  
School Photo Day

**Thursday 6 April**  
Last Day of Term 1

### Term 2

**Wednesday 26 April**

Students Return

**Saturday 3 June**  
Eddie's Big Night Out

**Wednesday 7 -  
Friday 9 June**  
Years 7 & 8 Camp

**Tuesday 13 June**

Staff Day

**Friday 23 June**  
Last Day of Term

## LOST PROPERTY



Please collect or ask your child to collect any lost property you recognise from the Office.

## FROM THE PARENT GROUP

Things are really ramping up for Eddie's Big Night Out. The theme has been set, the invitations sent and the prizes for silent auction have started to be wrapped. The stage is set for a wonderful night, however, your help is required.

We need your help in gathering items for the silent auction. These can be in the form of vouchers, tickets, items such as jewellery, fragrances, toys, gourmet food. If you have contacts that have access to some big ticket items that can go to live auction that would be greatly appreciated too such as holiday houses, box seats for sporting events or experiences. It is important that we make these connections now and send our donations in as soon as possible so that they can be organised for the event which really isn't that far away once we start Term 2.

Remember to also organise and book your tickets. This is the school's major fundraiser, our kids benefit directly from the funds raised. Our new stage in our new hall will need lighting and sound and all the equipment to make our students shine when they are performing. This is what we are raising money for this year, It is a fabulous night and not one you want to miss.

Tuesday night (21/3 7pm at the College) is our first parent meeting for the year. There will be an

opportunity to see the new TAS, Science and Visual Arts rooms, hear the latest updates from our Principal Michael and also have the opportunity to catch up over light refreshments.

Both things I have mentioned have been about us coming together. Coming together as parents and carers. Please consider attending events held by the College. These events provide us with the opportunity to connect with other parents that more than likely understand how things are for you, are parents of your child's friends and who totally get it without having to say too much if anything at all.



### ST EDMUND'S COLLEGE PARENT GROUP

The purpose of our parent group is for parents and carers to gather together to support, encourage and engage with each other as carers of children with special needs.

We support the College in parent community engagement and events.

These meetings are an opportunity to meet with our Principal in an informal setting and to get to know other families within the school community.

### PLEASE JOIN US FOR OUR NEXT PARENT GROUP MEETING

**When** Tuesday 21 March • 6.30pm

**Where** St Edmund's College

**RSVP** [drescher@stedmunds.nsw.edu.au](mailto:drescher@stedmunds.nsw.edu.au)

Enjoy light refreshments, the opportunity to mingle with other parents and carers and hear from our Principal.



**Janine Eastham | Parent Group  
Leader, Tom's Mum (Year 12)**

# AWARDS

## STUDENTS OF THE WEEK

7G	Daniel and Alex	7M	Holly
8S	Matthew and Zara	8V	Daniyal and Charlie L
9C	Elle and Alexander	9F	Daniel and Finley
10M	Rosie and Andreas	10N	Lauren and Lucy
11J	Claudia and Harry	11S	Summer and Brandon
12G	Olivia and David	12O	Johann and Rafe

## EDDIE'S BEST

7G	Dylan	7M	Ted
8S	Sophia	8V	Daniel L
9C	Brendan	9F	Cameron
10M	Adam	10N	Emma
11J	Christian	11S	Zane
12G	Daena	12O	Teena

*congratulations*





## YEAR 12 IL TAVOLINO





## COMMUNITY

# MEN'S EVENING 2023

Dads, uncles and grandads of St Lucy's, St Gabriel's, and St Edmund's

Our first get-together this year will be held at St Edmund's College Wahroonga

**When:** Thursday March 23, 2023  
6.30pm – 8.00pm

**Where:** St Edmund's College,  
60 Burns Road Wahroonga

**What:** Drinks and a light dinner from  
6.30pm followed by discussion  
7-8pm

A father within our school community has written a book "Making Parenting Enjoyable." We will share some of the key points of the book to launch our discussion.

Following on from our last meeting, we will also be talking about the emotional experience of being a sibling to a child with a disability.

Looking forward to another robust discussion!

Warren and Brendan

For further information contact:  
**hopleywarren@hotmail.com or**  
**Brendan.wingrave@gmail.com**



Presents

## myAbility Extravaganza

WENTWORTHVILLE  
LEAGUES CLUB  
AUDITORIUM

3:30 - 8:30  
2 APRIL 2023

### Tickets

Kids \$40  
Adults \$50  
NDIS Participants  
(billed via NDIS package  
for duration of event)

Includes Entry, three  
course meal & soft drinks

Book Now



9756 5633



[ulthealth.com.au/myability](http://ulthealth.com.au/myability)



### Looking for a fun and inclusive event for people with disABILITIES?

MyAbility Extravaganza is designed to provide an exciting and enjoyable experience for everyone. Join us for an evening filled with games, live music, dancing, dinner and live performances by individuals with disABILITIES

Our team will be on hand to ensure that everyone is included and has a great time. Don't miss out on this opportunity to connect with others, make new friends, and have a blast!

### Want to perform?

Do you or your child have a special talent? e.g. Choir, instrument, dance group, singing or anything else

We welcome and encourage people with disABILITIES to showcase their talents on stage and be part of our inclusive and empowering community!

CALL LISA 0477 028 501

(Registrations for performances close on 10 March 2023)

### Special Guests

**Greg Page**  
The original yellow Wiggle

**Hugh McDermott**  
Member of Parliament

**Greg Cummings**  
Cumberland Councillor



## COMMUNITY

### Source Kids Expo

Our College is exhibiting at [Source Kids Disability Expo](#) on Saturday 25 and Sunday 26 March. It is being held at the International Convention Centre. This Expo is Australia's leading disability expo for kids, teens and young adults up to the age of 35 and we recommend it to all our families.



# SYDNEY'S MUST ATTEND DISABILITY EXPO

The Source Kids Disability Expo is coming back to Sydney! Focused on children, youth and young adults — this expo brings together the latest products, services and technology, along with some incredible performances under one roof for two days. Come along and find, test and talk with providers.



International  
Convention Centre  
Sydney

25-26  
MARCH  
2023



sourcekids  
**DISABILITY EXPO**

**FREE  
ENTRY**

Find out more and register to attend online at  
[sourcekids.com.au/disability-expo](https://sourcekids.com.au/disability-expo)



# COMMUNITY



## Are you ready to take your next step?

Drop-in to our centre and meet the Northcott crew to find out how we can support you to build new skills and become work ready. **Let's see what you can do.**

### CHECK OUT OUR SERVICES IN ACTION

- ✓ Vocational Skills including NEXT program funded by Citi Foundation - for ages 17-24
- ✓ Skills 4 Life - for ages 14-17
- ✓ Everyday Life Skills - for over 18s

### WHAT TO EXPECT:

- ◆ **Participate** in activities and get a feel for the skills you will learn and develop
- ◆ **Get to know** your strengths and how they can be used to gain independence or get a job
- ◆ **Explore** your goals for the coming year with our coordinators' support
- ◆ **Meet** the Northcott team and make new friends who are also on their journey to independence/job-seeking

### Hornsby



**Wednesday 22 March. 10.30am - 4.30pm**  
(make sure you book your spot in one of our interactive sessions)



**Shop 3/2 William Street, Hornsby**  
For parking options, check out the [registration link](#)



Due to physical distancing restrictions, **registrations are essential**. Register here or scan the QR code with your phone  
[Register Now](#)



1800 818 286



[northcott@northcott.com.au](mailto:northcott@northcott.com.au)



[northcott.com.au](http://northcott.com.au)

The Northcott Society ACN: 000 022 971 ABN: 87 302 064 152

**Northcott**  
Let's see what you can do

Registered  
NDIS  
Provider



# COMMUNITY

*Please note any external events or organisations listed in the Community section are not necessarily endorsed by the College, but are included as they may be of interest to our families.*



## Camp Kedron

Camp Kedron are a Christian campsite in Ingleside on the Northern Beaches.

Each year in the April school holidays they run a camp for young people with additional needs aged 15-21. They always have a number of Eddie's students here on the camp, and already some have some signed up for this year's camp!

[View camp video](#) or [more information](#)

## Sony Foundation Children's Holiday Camp Hosted by Shore and Pymble

Families are invited to apply to be part of the Sony Foundation Children's Holiday Camp. This is a fully funded programme for successful applicants.

The Camp is a unique respite programme that equips high school students to take on the responsibility for the care of children, aged between seven and 14 years old, with special needs. The programme has many highlights including a fete day, an excursion and swimming.

The four-day camp is hosted by selected Year 11 students and staff from Shore and Pymble and medical staff.

In 2023 the camp will be held from Sunday 10 December to Wednesday 13 December on the Shore Campus in North Sydney.

For further details and an application form, please visit [Shore's Sony Camp website](#).



## Sahara Services School Holiday Program

Activities include Ninja 101, Walkabout Reptile, VR Quest and more. Please learn more via the [attached flyer](#).

