



PRINCIPAL'S MESSAGE

Dear parents,

In our thoughts at the moment are the communities of St Andrews' Cathedral School and Danebank. Our compassion and prayers are with those communities and especially the families, friends and colleagues directly impacted by the recent tragic event.

Schools have been made aware of potentially disturbing content that may be circulating on social media in connection with the situation in Israel and Gaza. Several schools and education sectors have contacted eSafety seeking guidance for managing this evolving situation. Our students are particularly vulnerable, and it would be prudent to maintain a watchful eye over the access and content our young people have access to. The following advice has been provided by the eSafety Commissioner to assist schools and families in maintaining safe use of the internet and social media.



- eSafety has contacted social media companies about this content and will continue working with them to identify and remove illegal and restricted material wherever possible.
- To support this work, we encourage you to make yourselves aware of [eSafety's guidance](#) and report content where appropriate
- Please follow your school or sector policies and procedures when communicating with students, staff and families about disturbing online content. We recommend avoiding raising the issue with students explicitly unless it is apparent that they are already aware of it or have been exposed to it. Drawing students' attention to the content may cause unnecessary worry or distress and increase exposure.
- eSafety has prepared the attached document and this webpage to assist.
- We encourage staff, parents and carers supporting young people who may be more vulnerable to check in with them.

Support services:

If a life is in danger call Triple Zero (000) right now.

Please encourage anyone who may be at risk or experiencing emotional distress, including worried family and friends, to contact one of the following services:

- Kids Helpline, for 5–25-year-olds, on 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au) (webchat is also available).
- headspace support for young people, professionals, educators and families
- Lifeline on 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Beyond Blue on 1300 22 4636 or [beyondblue.org.au](https://www.beyondblue.org.au)

More support services, including state-based services aimed at parents and carers, are listed on [esafety.gov.au/counselling-support-services](https://www.esafety.gov.au/counselling-support-services).

PRINCIPAL'S MESSAGE

Food Allergies

Some of our students have allergies/intolerances to certain foods which may result in an anaphylactic reaction or non-anaphylactic reaction which requires immediate medical intervention. The allergens/intolerances can be many and varied and can include nuts, eggs, seafood, sesame seeds and many other food items. St Edmund's is an allergy aware College and we ask parents not to send any nuts or nut products to College with your child or during College events.

We do not allow students to share food with each other and students are monitored closely during recess and lunch times. From time to time we may request other foods not to be sent to the College if we have a student that is hypersensitive to these foods. Parents/guardians will be notified in these instances.

If you have any questions, please contact the College Nurse or your child's homeroom teacher.

Men's Group

The next Men's Group Meeting will be held on Thursday evening 2 November at St Lucy's.

Attendees will enjoy pizza and drinks at 6.30pm, with a 7pm discussion. Please see a summary below.

At our last meeting we discussed 'Moral Injury'. It was an intense reflection of the frustrations and feelings of guilt we may have due to a whole lot of problems we face in life. I know that can sound rather confronting but on the contrary, we found that there are a range of ways to face what can seem overwhelming issues and we came away feeling quite positive about managing any feelings of guilt.

Dads, grandpas, uncles.... are all welcome to a most robust discussion, lots of laughs and stories.

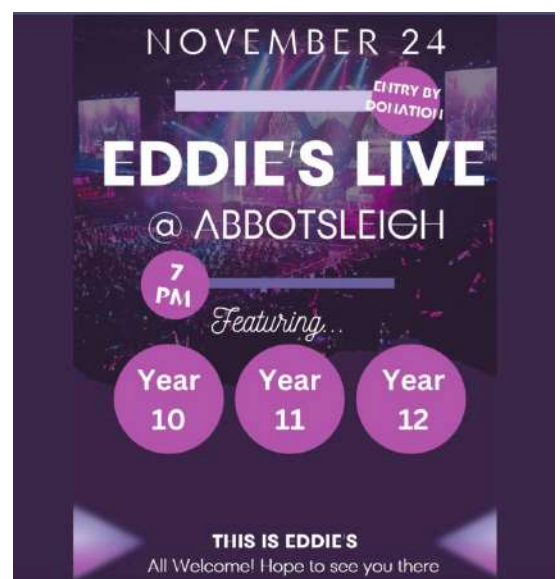
RSVP: Warren Hopley hopleywarren@hotmail.com

and Brendan Wingrave brendanwingrave@gmail.com

Eddie's Live at Abbotsleigh

On 24 November our Years 10-12 students will be performing at our annual concert with Abbotsleigh. This is a fabulous night and all in the college community are welcome to attend for an evening of music, dancing and joy. Please mark this date in your calendar - more details to follow.

Michael Farrell | Principal



ACTING DEPUTY PRINCIPAL'S MESSAGE

World Teachers' Day

Today is World Teachers' Day – a time to celebrate the wonderful work done by all educators and school employees. This week the St Edmund's staff were delighted to ensure a special morning tea and thoughtful gift, co-ordinated by the college parents and carers, led by Janine Eastham and the class representatives. All staff enjoyed the chance to relax, be spoilt and watch a slideshow of their teaching moments, with a special student quote about each staff member.

Our students described the special attributes and things done by the Teaching and Support Staff – including being helpful, supportive, kind, caring, clever, creative, funny, encouraging questions, making people feel better, helping students understand that it is ok not to know what to do and ask for help, organising lunchtime clubs, helping everyone adjust to the new build and much more.

Many thanks to the parents and students for ensuring the morning tea was a memorable one, and of course thank you to the St Edmund's staff and all educators – we hope you enjoyed World Teachers' Day!



Grandparents Day

This Sunday is Grandparents Day and our students and staff had a joyful assembly today, where they celebrated the gift of grandparents. This included a slideshow of our students with their grandparents and staff with their grandparents or grandchildren. We reflected with a beautiful song and a prayer about grandparents, which I have included below. Many thanks to Judi North and Katie Peacock for organising.

We thank you for our wonderful grandparents.

They bring such joy and happiness into our lives.

Thank you for all the special times that we have with them.

Please watch over them, protect them and care for them now.

May they know your goodness and love always.



Semester Two PPs

Semester Two Personalised Plans have been mailed out to all families. Please inform your child's homeroom teacher if it hasn't been received.

Thank You

I am recovering well from my recent surgery and was delighted to receive a beautiful bunch of flowers from the college community. Thank you for your generous support and well wishes - it is much appreciated. I look forward to seeing the smiling faces of our lovely community when I return.

Vanessa Dillon | Acting Deputy Principal

WORLD TEACHERS' DAY




WELLBEING

Life Education

As part of our Pastoral Care program, Life Education visited Years 7 and 8 this week to deliver a unit focusing on healthy friendships called Friends and Feelings.

The outcomes of the module aim to help the students:

- Understand and explain skills needed for healthy friendships
 - Understand empathy and inclusion and its role in healthy friendships
 - Explore how to manage difficult conversations and resolve conflicts
 - Understand the concept of asking consent and having tricky conversations, and the feeling associated with these changes
 - Broaden and develop emotional literacy skills.
- 
- A young woman with brown hair tied back, wearing a blue and white striped school uniform with a white collar and a red circular badge on the left chest, stands in front of a grey bulletin board. The bulletin board has several papers pinned to it, including a calendar and a poster with a grid of colored squares. A blue desk lamp is visible to the left of the woman.

The students had the opportunity to practice:

- emotional regulation skills such as mindful breathing
- skills and strategies for making rational decisions

The students enthusiastically participated in the activities and discussions demonstrating an understanding of the concepts being demonstrated.

Thank you, Rachelle, for organising this wonderful opportunity.

Leadership Awards

Congratulations to these students for successfully achieving their Silver Leadership Awards.

- Johann Mak • Sebastian Britos • Luke Madafiglio • Nathan Vlach

Congratulations to these students for successfully achieving their Bronze Leadership Awards.

- Sean Yang • Annamieke Beijerinck • Tom Phelps
• Brandon Goh • Kavya Natarajan • Summer Taylor

Thank You

A huge thank you to the St Edmund's community for making World Teacher's Day such a special day. We greatly appreciate the care and thoughtfulness you shared through the deliciously amazing morning tea and gifts.

Judi North | Acting Head of Wellbeing



Swimming Carnival

The St Edmund's Swimming Carnival was held at Pymble Ladies College on Tuesday, 17 October. It was a wonderful venue and the PLC students worked exceptionally well to support staff and students on the day. The St Edmund's staff supported each event in full force, whether they were cheering in the stands, working on the pool deck, racing against the Year 12 students or in the pool swimming lap upon lap with our red and white level swimmers. But the St Edmund's students were the true champions! Almost everyone entered the pool at some stage and tried their hardest in every race. The high level of participation from every house group kept the scores close until the very end, making it a fun and enjoyable day for all involved. The war cry competition and the outstanding display of house colours and costumes added to the atmosphere. Congratulations to Waterford for winning the War Cry and House Relay competitions.



The house cup was awarded to Waterford this year, but it was hotly contested by all other houses. The results are outlined below:

Overall Point Score

1st-Waterford - 261 points	2nd-Kilkenny - 212 points
3rd-Callan - 181 points	4th -Mt Sion- 172 points

Congratulations to the St Edmund's Champions

Year 7

Girls: Elodie
Boys: Dylan and Harley

Year 9

Girls: Gemma
Boys: Isaac

Year 11

Girls: Sonnet
Boys: David T

Year 8

Girls: Indigo
Boys: Fred

Year 10

Girls: Lucy F and Ella
Boys: Michael

Year 12

Girls: Mackenzie
Boys: Ben P

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. I must also congratulate all students who participated to the best of their ability in as many races as they could enter. Thank you for being exemplary role models to your peers and for displaying commendable house spirit.

Visit From Olympian Caitlin Cronin

We were joined by an inspirational guest on Tuesday – Caitlin Cronin, who is an Australian national representative rower. Caitlin discussed hard work, friendship, challenges, goal setting, self-doubt, mental toughness, free time, goals and more. Caitlin spoke about overcoming personal challenges one step at a time. Her struggles involved overcoming a back injury and requiring a hip operation one year before the Tokyo Olympics – ruling her out of rowing for an entire year. Through cross-training in the pool and achieving small goals, she not only qualified to compete at the Olympics but achieved a bronze medal in the Women's Quadruple Sculls (Rowing).

Our students were interested and engaged, asking many thoughtful questions. Caitlin chatted with students, let them hold her medal, signed autographs and posed for photos.

Multi Class Classification Opportunity

There will be a classification day at Sydney Olympic Park Aquatic Centre on Saturday, 25 November for Multi Class Swimmers. To book, please contact Margaret Gregson on 0417 960 202

Lois Horne | PDHPE and Sports Coordinator

SWIMMING CARNIVAL



SWIMMING CARNIVAL



CAITLIN CRONIN VISIT



KEY DATES

TERM 4

Thursday 2 November

Men's Group

Friday 10 November

Eddie's Got Talent

Tuesday 14 November

Mufti Day

Saturday 18 November

Charity Challenge

Gala Ball

Tuesday 21 November

Parent Group Meeting

Friday 24 November

Abbotsleigh Concert

Tuesday 28 November

Year 12 Formal

Tuesday 5 December

Presentation Day

Friday 8 December

Last Day of Term

Year 12 Farewell Mass

AWARDS

Student of the Week

7G	Dylan and Monique
7M	Nathan and Elodie
8S	Seb and Matthew
8V	Ruby and Holly
9C	Isabella and Daniel
9F	Christopher and Lia
10M	Andreas and Adam
10N	Will and Toby
11J	Harry and Sonnet
11S	Tom and Zane
12G	Ben and Lachie
12O	Tom and Anna

Eddie's Best

Aaliyah
Maxyne
Olive
James
Ben
Dash
Nathan
Lucy
James
David
Mackenzie
Byron

congratulations

FROM THE PARENT GROUP

This week we as a school community celebrated our teachers and staff for World Teacher's Day. Thank you to those parents in the school community who baked and donated such scrumptious food, flowers and their time. Our staff enjoyed a beautiful morning tea served by fellow parents and felt very appreciated. On behalf of the parents and carers of our school community I thank you all. Our contribution was small compared to what you do for our children. We appreciate your dedication, patience and caring nature as you help them navigate their paths. Happy World Teachers Day Celebration.



Today we also celebrate our grandparents in our community for Grandparents Day. We acknowledge the special place they play in the lives of our children and the support they give us. Grandparents Day gives our children the opportunity to reflect on their relationship with their grandparents. To learn to appreciate the time we have with them and the joy and friendship our children share with them. It is also reflect an opportunity to reflection for our kids who no longer have their grandparents. It is important for them to remember them and the love that they shared. To have this safe space to remember them is a gift. Happy Grandparents Day to all the beautiful grandparents in our school community.

My son Tom turned 18 a few months back and there were a few things I had to get in place to assist with his transition to adulthood. I thought I would share some things because I could have had some of these things set up from the age of 16 which may have made things a bit easier.

This is a guide for you and it can be different for each individuals circumstance.

- My Gov Details - become a nominee for your child
- Look into applying for a Disability Pension. You will need 100 points of ID
- Apply for a Tax File Number
- Have a bank account set up in the name of your child, ensure you are listed in the account for access and permission to act
- Once 18 attend Service NSW and apply for an Identification Card
- Current letter from GP etc saying that child needs assistance from yourself for various tasks
- Once 16 you need to re-register your child's health care card with Centrelink
- If turning 18 you may register to vote

I hope this assists you. I found you break it all down it seems less overwhelming.

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

SUPPORTING CHILDREN IN NEED AT CHRISTMAS



Bring in a \$1
in week 4



We are Raising money for children in poor countries who don't get other gifts at Christmas time.

We can donate one shoebox for every \$35 we raise.

If you'd like to help, bring \$1 and put in in a envelope in your office bag.



Children Receiving
Shoe boxes

By Christian

\$1 For Christmas Gifts

During Week 4 (next week) we are raising money for children in poor countries who don't receive gifts at Christmas time. Christian in 11J is running this initiative as his leadership goal this term. With your support, we look forward to making a generous online donation.

(Next year we will return to collecting shoe boxes).

Thank you.

IT'S IN THE BAG

Year 12 CAFS

Year 12 are organising a charity for vulnerable women and girls. The project is called It's in the Bag.

We are inviting parents to send in bags filled with essentials like shampoo, conditioner, toothbrush, toothpaste, soap, roll-on deodorant, pads or tampons, face wipes plus something extra such as makeup, books, notepad with pen, hair ties, drink bottles, gift vouchers, hand sanitiser, jewelry, tissues and a towel. Everyone needs to hand in the bags from the start of Week 5 (Monday 6 November)..

Year 12 will sort the bags and products as part of our CAFS program and take to Bunnings by the end of November.

Thank you for your help! Please see some of the ads we have been working on below (samples by Olivia, Sam and Lachie).

From the Year 12 CAFS students

Year 12 Cafs
It's in the bag.



Year 12 charity
Vulnerable women
Send in from 5 November

Essential items: Shampoo conditioner
toothbrush toothpaste soap roll on
deodorant pads or tampons.

Special additions: face mask make up
socks drink bottle etc

Year 12 Christmas charity
It's in the bag
For vulnerable women
Monday 6th November



Shampoo Conditioner Toothbrush Toothpaste Roll-on Deodorant Pads Soap

Please send in a bag from
the 5 of November

Year 12 CAFS

It's in the bag Share the dignity
For vulnerable women



**Please send these items in a
bag by**
Week 5 Monday 6th November by
sam

PIC-COLLAGE

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.

Care Culture

COME ADVENTURE WITH US

Located on Sydney's northern beaches, Care Culture is a disability support provider offering social group community access programs and community access support. We embark on exciting adventures, exploring activities within Sydney and sometimes beyond! Offering a perfect opportunity to connect with friends, get amongst the community and have fun, all whilst in a safe and supported environment.

WHATS ON?

School Holiday
Program

Saturday
Program

Sunday
Funday

Friday Night
Hangout

One to One
Community Access

FOR MORE
INFORMATION &
BOOKINGS
CONTACT US:

✉ hello@careculture.com.au

☎ 0497941181

🌐 www.careculture.com.au

📷 @carecultureaus



COMMUNITY



Race with us this season

Join us for the 2023/24 Summer Swimming Season

October - March

Saturdays @ 7am - 9am

*Until the 50m pool re-opens, join us Friday Nights 7pm
25m Indoor Pool*

**For swimmers of all ages and abilities
A great sport for the whole family!**

Find out more at

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

