



PRINCIPAL'S MESSAGE

Dear parents,

Our communities have returned to school life refreshed for the term ahead. Term 1 seems like a blur now. It was long and full of challenges for both schools and I am grateful for the professionalism and commitment of staff and the help of parents for navigating the challenge well. Building remains a talking point and it will be wonderful when we don't have to consider relocation logistics – it's not too long now. We have an exciting term ahead that is punctuated with some special events.



This week our schools commemorated ANZAC Day with our students playing an important role in sharing gratitude for our freedoms secured by those who paid the ultimate sacrifice.

God of love and liberty, we bring our thanks this day for the peace and security we enjoy, which was won for us through the courage and devotion of those who gave their lives in time of war.

We pray that their labour and sacrifice May not be in vain, but that their spirit May live on in us and in generations to come

St Edmund's Deputy Principal, Rebecca Kirwan, welcomed her new son, Patrick Sean Kirwan on Monday - 3.65 kg (just under 8 pound in the old money) and 51cm long. While Rebecca is on maternity leave, Vanessa Dillon will be Acting Deputy Principal at St Edmund's.



PRINCIPAL'S MESSAGE



JOIN US FOR
LUNCH ONLY \$80
OR BREAKFAST,
18-HOLES AND
LUNCH \$185

Register Now

Charity Golf Day + Lunch

Tuesday, 23rd May 2023
Castle Hill Country Club Golf Course
stgabriels.nsw.edu.au/golfing-for-gabes
(corporate sponsorships still available)



EST. 1997
**GOLFING
FOR GABE'S**



St Gabriel's School
EXCELLENCE IN SPECIAL EDUCATION K-12

St Gabriel's Castle Hill is a registered charity with DGR status.
All donations over \$2 are tax deductible.

I would like to remind our communities that I will be attending the Edmund Rice World Congress from 7 May until 19 May. I will be absent in weeks 3 & 4 of this term. While I am away, the Deputy Principal at each school will be acting as Principal. I am looking forward to the Congress experience. The theme is 'Educating with Hope in Our Hearts and Hands'. One of my goals during the congress is to build relationships that will foster opportunities not imagined yet.

I have been intentionally promoting Gabe's & Eddie's events to both communities because we are part of the same family. It is important that we support each other. It would be lovely to see a St Gabriel's parent group table at [Eddie's Big Night Out](#) on the 3 June and St Edmund's parents at [St Gabriel's Golf Day](#) on 23 May. Both are important fundraising and advocacy events that benefit our students. Details of both events can be found in this newsletter. I am looking forward to both events and I hope to see you there.

Michael Farrell | Principal

EDDIE'S BIG NIGHT OUT



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	trybooking.com/CGMPS
Enquiries	events@stedmunds.nsw.edu.au



CORPORATE TABLES AVAILABLE

Not long until the biggest event on the college calendar! Our students are busily preparing artworks, dances, drumming routines and practising their serving skills in Hospitality. We will enjoy also entertainment on the night from the fabulous band Let's Groove Tonight, be led by acclaimed MC Paul Martell, bid on amazing auction items including holidays, sporting events and celebrity chef dinners, have the chance to win a diamond in our raffle and much more. All proceeds support our students so please [book your ticket](#) and enjoy a fabulous evening!

ACTING DEPUTY PRINCIPAL'S MESSAGE

WELCOME BACK! It's been so lovely seeing the bright and happy faces of our students as they returned to school this week, after what sounds like a fabulous holiday break for many. We all look forward to enjoying the excitement that Term 2 will bring for the St Edmund's community.

HOORAY! As already mentioned, we congratulate Mrs Kirwan, her husband and daughter on the safe and healthy arrival of their newest addition, Patrick Sean! It was so lovely receiving this news as the Term resumed, and to share in this excitement with the students as well.



ANZAC Day: Today in Assembly, we commemorated ANZAC Day. Much of the focus for the students was understanding the meaning and symbolism behind this special day that has much significance within our country, Australia. The students were asked about ways that they marked the day on Tuesday, they were informed of some facts about the origin of the term ANZAC, they sang songs, listened to video clips

and brought forth a red poppy to surround our wreath. Thank you to Katie and our Year 12 leaders who helped facilitate a lovely focus for the community to reflect upon.

Blessed Edmund Rice Day

Next Friday, 5 May, we will be celebrating the Feast Day of Blessed Edmund Rice as a whole school community. Thank you to Terry and Mrs Macdonald who have prepared a very exciting day for the students and staff to enjoy. The day will include: listening to the Story of Edmund Rice and his connection with our school, House Team activities, offsite sporting activities, whole school Mass and a sausage sizzle for lunch.

Students will be invited to wear mufti in the theme and colours of their House Team (ie Blue for Kilkenny, Red for Callan, White for Mt Sion and Green for Waterford).

We look forward to sharing in a very festive day!

Save the Date | Mothers Day Breakfast

Please refer to the invitation accompanying this newsletter regarding our upcoming Mother's Day breakfast that will take place on Thursday 11 May from 7:30am until 8:30am.

Wishing you a wonderful week ahead!

Vanessa Dillon | Acting Deputy Principal



St Edmund's
COLLEGE

Mother's Day CELEBRATIONS

PLEASE JOIN US FOR A
**REFLECTION &
LIGHT BREAKFAST**

THURSDAY 11 MAY
7.30AM - 8.30AM
ST EDMUND'S COLLEGE

PLEASE RSVP BY 9 MAY
www.stedmunds.nsw.edu.au/mdc

MOTHER'S DAY



We ask all families to send a photo of their child with their Mother, Grandmother, Parent or Carer for inclusion in our slideshow at the Mother's Day Celebrations.

Please email your photos to Bernie secretary@stedmunds.nsw.edu.au.

We look forward to seeing your lovely photos!

WELLBEING

Welcome back to Term 2. I hope you've had a lovely break and spent quality time celebrating Easter with your family.

As we prepare for a busy Term 2 with many outings, we are starting to revise our school rules for when we are out in the community. In our Homeroom sessions this week we are focussing on following our school's rules Be Safe, Be Caring, Be a Good Learner when we leave the college enjoying experiences such as camps, excursions and carnivals.



We can be safe by:

- Wearing my wristband
- Following instructions from my teachers
- Following safety signs

We can be caring by:

- Giving our friends personal space when we're on a bus or train
- Letting the teacher know if another student is in the wrong place or doing something that's not safe
- Only touching my own belongings

We can be good learners by:

- Asking for help if I need it
- Trying all the activities on excursions or camps
- Letting my friends do their work

National Families Week (15 to 21 May)

eSafety's free webinars provide parents and carers with the knowledge, skills and tools to support their children to have safe, positive online experiences.



Term 2 Seminar's include:

eSafety 101: how eSafety can help you

Suitable for parents and carers of young people in primary and secondary school.

Getting started with social media: TikTok, YouTube, Instagram

Suitable for parents and carers of young people in primary school.

Online relationships and consent: sending nudes and sexting

Suitable for parents and carers of young people in secondary school.

Setting your child up for success online

Suitable for parents and carers of young people in primary school.

For more information go to: <https://www.esafety.gov.au/parents/webinars>

Judith North | Acting Head of Wellbeing

NCCD

Dear parents, guardians and carers

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, in line with the NCCD guidelines (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

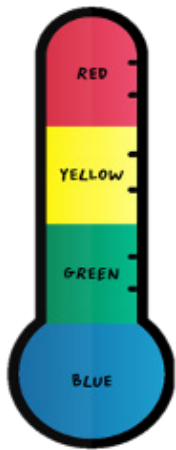
The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the Australian Government's Privacy Policy (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the NCCD Portal (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the College.



ZONES OF REGULATION



During Term 1 in Pastoral Care, House Team Meetings and in homerooms, a major focus has been placed on the Zones of Regulation program. Our students have been using Zones of Regulation to learn about their own emotions, the different kinds of tools they can use to manage their feelings, and understand how their behaviours can have an impact on others.



The Zones of Regulation program splits our emotions into 4 different coloured groups. When we are in the Red or Yellow Zone, our emotions have more energy and we want to adopt tools to help us calm down. When we are in the Blue Zone, our emotions feel slower and so we are using our tools to become more alert. When we are in the Green Zone, we are feeling 'just right'

Emotions and Tools at School in Each Zone

	Red	Yellow	Green	Blue
Feelings	<ul style="list-style-type: none"> • Angry • Mad • Overjoyed • Panicked • Out of Control 	<ul style="list-style-type: none"> • Confused • Frustrated • Silly • Excited • Worried • Anxious • Surprised 	<ul style="list-style-type: none"> • Happy • Calm • Focused • Proud 	<ul style="list-style-type: none"> • Tired • Sick • Sad • Bored
Tools	<ul style="list-style-type: none"> • Listening to calming music • Quiet time in Breathe Easy • Slow Deep Breaths • Sipping on cold water • Squeezing hands tightly together 	<ul style="list-style-type: none"> • Class Fidget Tools • Having a break • Drawing or Colouring-In • Listening to Music • 10 Deep Breaths • Think helpful thoughts • Quiet Time in Breathe Easy 	<ul style="list-style-type: none"> • Class Fidget Tools • Movement Break • Think helpful thoughts • Take sips of water • Hand squeezes • Asking for help • Deep breaths 	<ul style="list-style-type: none"> • Writing down feelings • Quiet time in Breathe Easy • 10 Deep Breaths • Ask for help • Movement Break • Hand Squeezes • Drawing or Colouring-In

It could be a good idea for your family to continue the conversation around the zones and the emotions that they feel at home and to come up with ideas for strategies to help them manage their emotions and feel regulated.

If you would like further ideas for tools at home or have any questions around the Zones of Regulation, please feel free to contact me at moait@stedmunds.nsw.edu.au.

Rachelle Moait | Occupational Therapist

LEARNING & TEACHING

With the ePlatform by wheelers app, students have access to:

EBOOKS & AUDIOBOOKS AT HOME!

1. Download the app:



Apple



Google

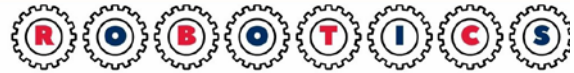


Windows

2. Look for Edmund Rice Special Education Services library
3. Login and start borrowing!



ABBOTSLEIGH



CLUB

STARTING 8TH MAY
MONDAY LUNCH
LAB 2

FIRST TO ARRIVE WILL
JOIN THE CLUB



DONT FORGET!

SCHOLASTIC

Book Club LOOP

for Parents

SCHOLASTIC

Book Club

orders are due:

15.05.23

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform for parents. To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP

GET IT ON Google play

Download on the App Store

LUNCHTIME
IN U5!

WEEK A:
TUES - FRI

WEEK B:
MON - FRI

MINECRAFT CLUB!

GO TO:
ONLINE.CLICKVIEW.COM.AU

Watch documentaries, clips and interactives from home!

PDHPE & SPORT - SWIMMING

NSWCCC Swimming Championships 2023

On Friday, March 31, seven of our St Edmund's students represented Catholic Schools Broken Bay at the NSWCCC Swimming Championships at Sydney Olympic Park Aquatic Centre. They all performed extremely well in the multi-class category, with three of our students progressing to the next level of competition. Elodie, Cameron and Ben P will be competing in the NSW All Schools Championships (June 1 and 2), as part of the NSWCCC Swimming Team.



The event last Friday, consisted of representatives from 71 Catholic Schools across the state. Our students were in the multi-class category, but every event was full and many had more than one heat. The results from the day are outlined below.

Catholic Schools Broken Bay Swimming Team (Multi-Class)

Elodie

-50m Freestyle-5th
-50m Breaststroke-3rd
-50m Backstroke-4th

Isaac

-50m Freestyle-5th
-50m Backstroke-4th

Cameron

-50m Backstroke-3rd
Indigo
-50m Freestyle-6th

Ben F

-50m Freestyle-6th
Zane
-50m Freestyle-9th

Ben P

-50m Breaststroke-1st
-50m Backstroke-2nd
-50m-Butterfly-2nd
-50m Freestyle-3rd
-100m Freestyle-3rd

NSWCCC Swimming Team (Multi-Class)

Elodie, Cameron and Ben P.

Congratulations to all competitors!

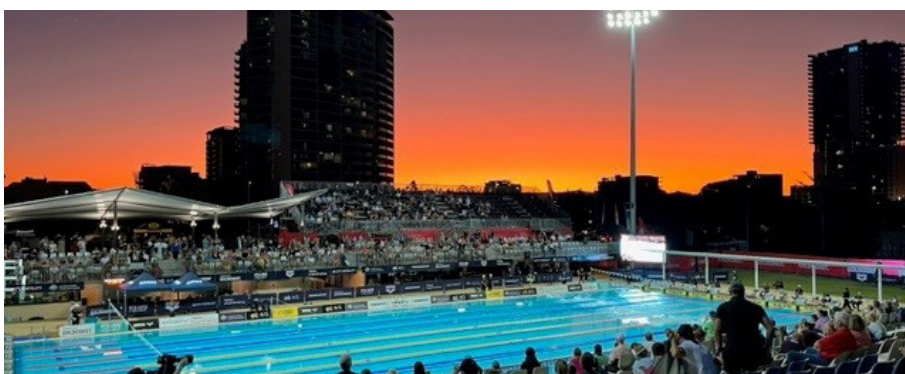
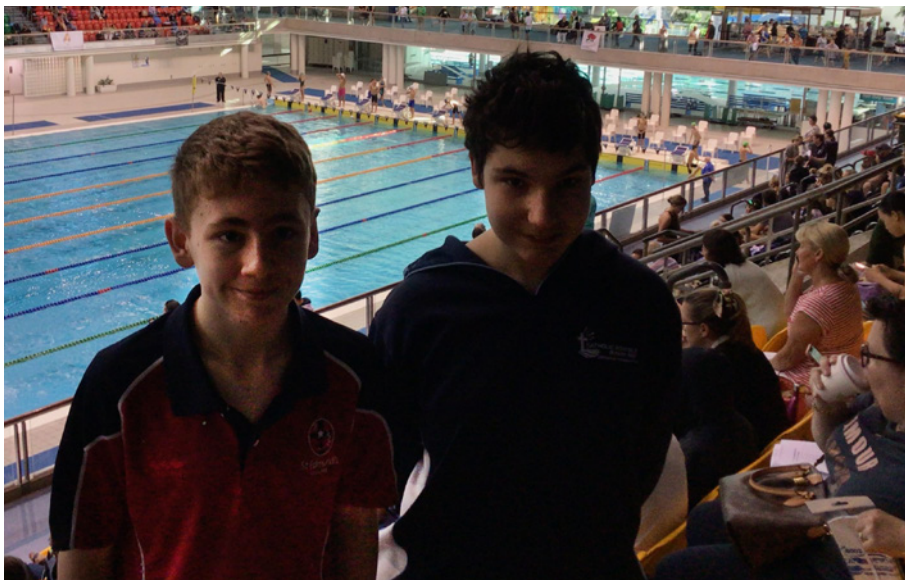
2023 Australian Age Swimming Championships

Ben P competed in the Australian Age Swimming Championships on the Gold Coast from 7th-15th April, 2023. He competed in 50m Butterfly and 50m Freestyle and made the finals in both events. Ben knocked nearly one second off his personal best time in Butterfly, finishing 5th overall. He finished 9th in the Freestyle and had a fantastic time competing against some great swimmers and Paralympians in the spectacular Gold Coast outdoor pool.

Please enjoy photos of our swimming superstars on the next page.

Lois Horne | PDHPE and Sports Coordinator

PDHPE & SPORT - SWIMMING



FROM THE PARENT GROUP

Welcome back to school, who can believe it is already Term 2. I hope you enjoyed the holidays and that you were able to experience some peace and joy with family over the Easter period.

Eddie's Big Night Out, our largest event on the school calendar is only 5 weeks away!

It is such an exciting event, one that showcases our school and students in the most positive and heartwarming way. It is also a wonderful opportunity for us to gather and show our support to the school. It is also a way to get to know each other as parents and a school community.

At EBNO the room is filled with people that are huge supporters of St Edmund's. They donate to our school and our students benefit directly from it. As a parent I have found that being in a room filled with people I do not know supporting our kids brings the most overwhelming feeling of hope, that people in our community are trying to understand our children. Understand our students and their journey AND they want to support them on it. Please consider being a part of the evening by attending. It truly is a beautiful evening. RSVP is 19th May. You will not be disappointed. In fact you will be left looking forward to the event next year. Details of how to [purchase tickets are here](#).

Also being held in a couple of weeks is our Mother's Day reflection and breakfast being held Thursday 11 May at 7.30am. Details are in the newsletter please rsvp by 9 May. It's a beautiful morning spent with your child at school. Thank you to the staff at Eddie's for organising this event for us.

There is much to be celebrated by being a part of the St Edmund's community. To be able to write about these two events that embrace our children and parents is quite special. Thank you St Edmund's

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



KEY DATES

Term 2

Thursday 11 May

Mother's Day
Breakfast

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

ANZAC ASSEMBLY



YEAR 8 MYTHICAL CREATURES



YEAR 12 EASTER MARKET



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.

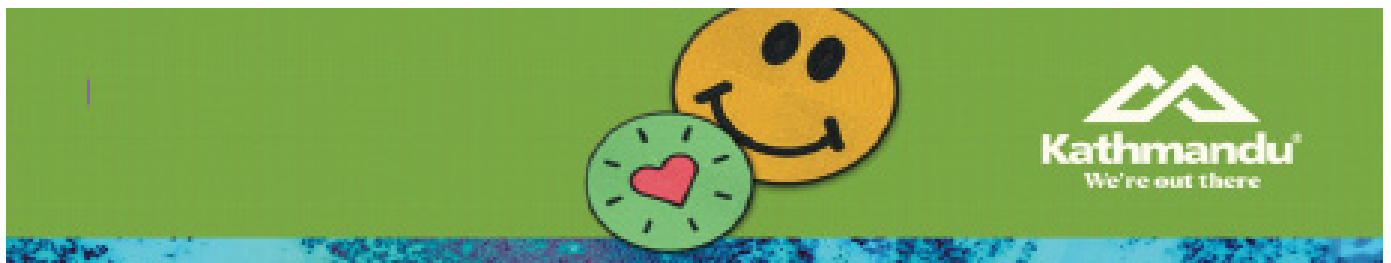


Freedom Wheels provide children and adults alike the opportunity to ride a custom bike with appropriate add ons for stability, support, comfort and skill development – often for the very first time. Our primary offices are in Northmead (Sydney) and Abbotsford (Melbourne), we regularly travel to regional NSW and Victoria and have Occupational Therapist partners in both states. We are an NDIS registered service provider with access to other funding means.

The benefits of riding a bike are many - from physical health, well being and muscular development to fostering inclusion through family and community engagement, sports days, interaction with peers, mental health, movement, independence and more as the list truly goes on. Riding a bike is a common childhood milestone and lifelong recreational activity that everyone should have the access to try and partake in if they would like to.

Many common and less common disabilities prevent a child or adult from being able to ride a standard road bike, and that is where Freedom Wheels come in. We are engaged in many inclusive sports days with partners such as Disability Sports Australia, Variety, cycling associations and more – and we would love the opportunity to be able to put our bikes in front of as many children who may not have access to them as we can. I am also very interested in being able to provide bikes and trikes to schools for use in your day to day and/or one off programs in one capacity or another.

Our team of Occupational Therapists regularly conduct trials on our bikes in a one on one scenario as well as larger days, but I see great sense in providing a larger scale service to either introduce or enable people to ride. We have many bikes and trikes of varying sizes with standard inclusions that would benefit many of your children on a daily basis. Our highly experienced, passionate and dedicated team of Occupational Therapists work with a broad multitude of physically disabled and cognitively impaired children and adults to help them realise the joy of riding.



Kathmandu is pleased to invite the St Edmund's community to an exclusive shopping program.

They are offering a one-off Community Discount on purchases across the entire range.

Promotion Information:

To be held at Kathmandu, Hornsby, Chatswood, Macquarie, Castle Hill, Castle Towers, Burwood, Warringah and Kent St : Thursday 4th May to Sunday 13th May. [Please see further details attached.](#)