



PRINCIPAL'S MESSAGE

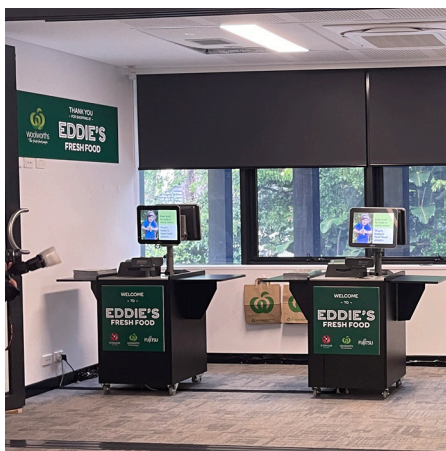
Dear Parents,

I was reminded today of the great relationships we have with external organisations that support our students to flourish. And the cleverness of our teachers to make the most of those relationships. The opportunities that arise make the education we provide dynamic, and our students are prepared for a world that is ever-changing.

Both St Edmund's and St Gabriel's enjoy Mini Woolworths. It is hard to believe it has been five years since the inaugural Mini Woolies opened at St Edmund's College. An initial idea from a parent and Woolworths employee has quickly led to an authentic, immersive learning tool for our students and valued long-term relationship between Woolworth, Fujitsu and St Edmund's College and St Gabriel's. Today we celebrated that milestone with a special assembly and guests from Woolworths, Fujitsu & Omnia.

Our students have gained so much from the implementation and use of Mini Woolies. Literacy, numeracy, communications, problem-solving and retail skills are consistently developed in a low-stress, authentic shopping environment. From handling cash, providing receipts and using scales through to packing bags, monitoring stock and ensuring customer satisfaction; it is clear the competencies and confidence developed through the program have led to transferrable skills that are able to be applied in a range of employment settings post-school.

Having a safe, controlled space, free from external distractions has allowed our students the opportunity to challenge themselves and explore their potential. This gives our students the best chance of success when using their skills independently in the world beyond the college gates. At St Edmund's we have seen students go on to gain employment for a range of organisations including Woolworths, with former student Kiara Misciagna now a proud Mini Woolies ambassador. We excitedly wait for St Gabriel's to introduce Year 12 in 2024 and our Gabe's graduates will benefit from the learning developed from our Mini-Woolworths and other bespoke opportunities tailed to maximise our students' learning.



PRINCIPAL'S MESSAGE

Having our own Mini Woolies store onsite means our students engage in theory and practice side-by-side, with real practical application of skills learnt – including customer service, money skills, stock ordering and rotation.

Visitors to our College are always delighted to see we have a Mini Woolies store, and even more so when they get the opportunity to become a customer! St Edmund's and St Gabriel's are proud to see the expansion of these stores across Australia over the past 5 years – supporting inclusivity and education for students and candidates with intellectual disabilities, sensory disabilities and autism. Watching our students apply the skills learnt at our Mini Woolies throughout their post-school transition is a rich and rewarding experience and we look forward to remaining part of the Mini Woolies family for many years to come.

Warm regards,

Michael Farrell | Principal



DEPUTY PRINCIPAL'S MESSAGE

Personalised Planning Meetings and Parent Portal

These meetings have begun and the second scheduled session will take place on Tuesday 14th March between 2 and 7pm. Parents may attend these meetings in person or via TEAMS (online). The purpose of the meeting is to discuss goals for your child for the semester ahead.

If you are yet to book in your meeting time, please get in contact with your child's homeroom teacher ASAP. If you are not able to access the portal, please get in touch with myself at kirwan@stedmunds.nsw.edu.au. The portal is not only useful for booking these meetings but is also for accessing student report cards at the end of term so I strongly urge you to ensure you are connected to this as soon as possible.



Hats

Another reminder re sending in a hat for your child each day. The weather has still been warm and students who do not wear a hat are being redirected to shade/indoors to eat/play.

Open Day

As many of you may know, we hold an annual Open Day at the College each year. This year we will hold an information evening this Tuesday 7th March which will be followed by school tours on subsequent days. If you know of any families who would benefit from hearing what St Edmund's College has to offer, please encourage them to come along or to contact Jackie Reilly, Registrar for more information reilly@stedmunds.nsw.edu.au

Source Kids Expo

St Edmund's will again be at the Source Kids Expo this year. This event is a 2 day expo that is held at the Sydney International Conference Centre on March 25th and 26th and is free to attend. The expo brings together disability product and service providers for the two-day event with equipment, technology, sport and recreation, plan management, support workers, sensory and other retail products. The Source Kids Disability Expo is the perfect way for families, professionals and people with disability to connect with providers and find the latest options available. St Edmund's and St Gabriel's will be represented there to showcase educational options for families and we look forward to having some of our students displaying their hospitality skills on our stand again this year. For more information [visit their website](#).



Lent

Thank you to families who have sent in coins for students to participate in Project Compassion over this Lenten period. The Year 12 students have begun to lead this across the school by making posters and talking to classes. Students will continue to work on the journey of reflection and renewal as we undertake various activities during this special time in our liturgical calendar.



Mufti Day

To contribute to our College efforts towards Project Compassion, we will be holding a mufti day on Tuesday 21st March with the usual gold coin donation. This day is also Harmony Day and students will reflect on this during House team meetings that week. All money raised from the mufti day will go towards our fundraising efforts for Project Compassion. A reminder that mufti day is an opportunity to scaffold your child in selecting an outfit that is appropriate for this event. Please ensure students make choices that are appropriate to the school setting – i.e. not super short shorts/dress/exposed skin.

The Dish

Many thanks to all of the families who prepared food to support the College in contributing to the Dish which is located in Hornsby. This program serves food to members of our community who require a hot meal, six nights per week. On the 21st February, staff packed and served a huge number of meals which were made from the generous food that was sent in by many from our parent community. It certainly looked delicious and was well received by our local community members who access this service. On their behalf and ours, a huge thank you to both the families and staff who contributed to making this happen.

Prayer Tables – Seeking Assistance

At the College, we are in the process of updating our class prayer tables so that our new classroom spaces have a consistent and easily identifiable prayer space within each room. As part of this process, we have purchased new small tables to be used for this purpose, however we will need new cloths in various colours to drape over the tables for each of the seasons of the liturgical year –green/white/red/purple.

We are seeking any assistance that could be offered from any keen members of our community who are able to sew. The pieces of cloth will basically need to be hemmed so that when we use them they present nicely on the tables. All in all, once we have purchased material, we will need about 14 sets which will have 4 colours per set (a total of 56 cloths that require hemming). They are not all needed immediately and could be something we could work on over the year or perhaps could be something that a few people might be able to work together to do. Any interested parents who may be able to assist, please contact me at kirwan@stedmunds.nsw.edu.au and I can provide more details around sizes and what is required.



Sacramental Program

As mentioned at Eddies Big Night In, we will recommence our Sacramental Program in association with Holy Name Parish this year. The programs will be Confirmation, Reconciliation and Eucharist. We will run the programs during school hours but the celebration will be with the Parish during the evening or weekend times. If you are interested in your child being involved in any of these programs please contact Terry O'Keefe at okeefe@stedmunds.nsw.edu.au



Rebecca Kirwan | Deputy Principal

WELLBEING

How Might Lent Influence Our Own Sense of Wellbeing?

Last week we entered the Season of Lent, with the liturgical celebration of Ash Wednesday marking its beginning. This is a 6 week period that leads to the celebration of Easter, with the primary focus being that of reflection, connection and redemption. To help bring a meaningful, lived experience to those three terms, Christians often adopt a more mindful approach to the ways they engage with prayer (re reflection), almsgiving (re connection) and fasting (re redemption). Using this mindful approach in preparation for a significant Christian celebration, indeed enhances one's Wellbeing and may influence the continuation of healthy practices as a result.

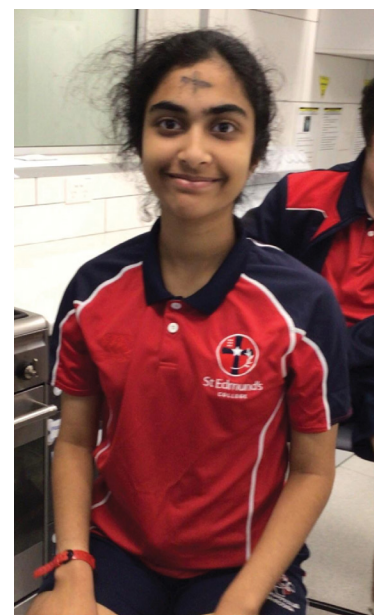


Prayer (reflection): Spiritual wellbeing relates to our sense of life-meaning and purpose. It can include our connection to culture, community, spirituality and religiosity, and includes the beliefs, values, mental models and ethics we hold.

Beliefs are assumptions about what we hold to be true, even without proof. Values are the things that we consider important in the way we live our lives. Mental models are complex representations of the external world around us and are based on our beliefs, and guide our thoughts and behaviours. Developing our sense of spiritual wellbeing can help us feel happier, more in control and helps us deal with stress more effectively. Developing your sense of spiritual wellbeing is about asking yourself what is important to you, and how this influences the way you live your life.

Prayer is an integral component of Christian practice. In fact, it is integral for many faith-based models and practices. During Lent, the reminder for Christians to integrate prayer into their daily life, is to nurture and strengthen their relationship with God. By enhancing such a relationship brings an awareness of the humility of humanity and the greatness of God, along with experiencing God's everlasting and ever-abundant love for humanity.

Almsgiving (connection): Most people would agree that giving to others is a wonderful idea. It's a pro-social behaviour that shows kindness, empathy and support. However, it is also more than that; when you give to others it can have a direct positive effect on your own mental wellbeing.



WELLBEING

Small acts of kindness towards other people, or larger acts such as volunteering in your local community or sponsoring a child, can give you a sense of purpose and make you feel happier and more satisfied about life. Evidence shows that what we do and the way we think has a far more meaningful impact on mental health and wellbeing.

Sometimes we may lose sight of the fact that we have something to offer, however doing things to help others influences your perception of yourself and the world. As well, it brings us into meaningful connection with others – and, consequently, we move away from a self-centred perspective and viewpoint. Much research in neuroscience indicates that helping others and working cooperatively, activates and strengthens those parts of our brain that enhance our wellbeing.



Almsgiving is an integral practice throughout the duration of Lent, with a particular focus in the Catholic Church on charitable works, such as supporting Project Compassion - an initiative of the charity, Caritas. This isn't the only way to give to others though. You might also look for additional ways you can extend a generous connection to others, such as:

- Thanking someone for something they have done for you
- Phoning a relative or friend who may need support or care
- Asking a colleague how they are and really listening to their answer
- Offering to lend a hand if you see someone struggling with shopping bags, or a pram/stroller
- Allowing another car to merge safely into your lane
- Mowing your neighbour's nature strip, when mowing your own lawn.
- Arranging a day out for you and a relative/friend
- Offering to help a friend/colleague with a DIY project
- Using a unique skill you have to make or do something for someone you love
- Volunteering in your local community

Fasting (redemption): It is important to have in our lives, those activities and engagements that bring for us happiness and pleasure. The natural release of dopamine is indeed a wonderful thing that enhances our overall sense of wellbeing. However, the extremities of such a lifestyle can indeed lead to increased harm and volatility; especially if what is being sought to release the dopamine 'rush' pushes the balance and equilibrium into the space of over-indulgence, lack of control, toxicity and addiction.

Lent is a time when we are asked to practise greater self-control and self-discipline, and fasting is encouraged to help us recover such traits. If what we have in place is leading to wrong choices that may require a level of redemption, then Lent is a time for giving 'fasting' a go. Practising fasting goes hand in hand with practising mindfulness. It requires discipline, but it also improves discipline and strengthens your willpower. As well, by sourcing a healthier way to experience a dopamine 'rush', you will still experience the associated happiness and pleasure you are seeking. Healthier alternatives may include spending time in nature, exercising, meditating, attending live theatre, comedy shows or musical performances, etc.

WELLBEING

One habit that has become increasingly prominent in our lives, generally, is that of our use of technology and the trap we can fall into regarding social media, and excessive amounts of time spent online. 'Digital fasting' is something that many people are embracing more and more, as they become self-aware of the damage and disruption their digital reliance brings. 'Digital fasting' may include introducing a restricted period of time for technology use each day; lessening the daily use of some form of technology tool; putting in place a replacement activity for an evening that would otherwise have been spent scrolling, etc.

The benefits from those who have engaged in digital fasting include:

- Being more productive
- Being more present and 'in the moment'
- Having more focus
- Improved relationships with close friends and family
- Better sleeping patterns and habits

So, as we now find ourselves in the Season of Lent, perhaps look at this as an opportunity to explore ways that can enhance your own sense of wellbeing. The Lenten period is known as a period of reflection and preparation, so consider what it is that you ultimately hope to achieve as your outcome – so that you continue on the path of self-improvement and self-compassion. Because, you are worth it.

Planet Puberty Parent/Carer Workshop

On Wednesday evening we welcomed EiLin and Dhavani from Planet Puberty who came and facilitated the parent workshop on Puberty, and the various aspects of this and how it presents within our children. Thank you to all who attended – your openness, curiosity and engagement made for a really rich learning experience for all. It is hoped that this workshop will be an ongoing yearly feature for parents/carers to attend. Meanwhile, feel free to look at what is available for parents/carers online through the [Planet Puberty website](#).

Vanessa Dillon | Head of Wellbeing



Representative Sport Calendar 2023

Key

Catholic Schools Broken Bay (CSBB)

NSWCCC (New South Wales Combined Catholic Colleges)

NSW All Schools (All schools in NSW – Catholic, Independent & State)

Swimming

CSBB Swimming – March 14

NSWCCC Swimming – March 31

NSW All Schools Swimming – June 1 and June 2

Cross Country

CSBB Cross Country – May 30

NSWCCC Cross Country – June 13

NSW All Schools Cross Country – July 21

Athletics

CSBB Athletics – September 4

NSWCCC Athletics – September 11

NSW All Schools Athletics – TBC

Lois Horne | PDHPE and Sports Coordinator



KEY DATES TERM 1

Tuesday 7 March

St Edmund's College

Open Evening

Wednesday 16 March

Year 7 Immunisation

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

AWARDS

STUDENTS OF THE WEEK

7G	Dylan, Anyu, Alex, Aaliyah	7M	Holly, Ted, Kwasi, Nathan
8S	Lucy, Ashley, Jackson, Ava	8V	Ruby, Holly, Rachel, Indigo
9C	Mia, Campbell, Isabella, Sienna	9F	Sam, Christopher, Bridie, Cameron
10M	Adam, Nathan, Liam, Bradley	10N	Emma, Michael, Toby, Arpita
11J	Sonnet, Chloe, Krish, James	11S	Hugh, DaVid, Kavya, Zane
12G	Athena, Lachie, Victoria, Seb	12O	Tom E, Anna, Teena, Mark

EDDIE'S BEST

7G	Daniel, Matilda	7M	Maxyne, Elodie
8S	Sebastian, Olive	8V	Daniel T
9C	Isaac, Leela	9F	Gemma, Bento
10M	Andreas, Ella	10N	Arpita, Will
11J	Claudia, Kate	11S	Luke, Tom
12G	Ben W, Mackenzie	12O	Mikayla, Byron

congratulations



YEAR 12 HOSPITALITY WORK EXPERIENCE AT JOEYS



FROM THE PARENT GROUP

It was great to see so many people attend the Planet Puberty presentation at the parent information evening. It was an informative evening that promoted a lot of discussion amongst parents. Thank you to St Edmund's for providing with such valuable information to us parents. It was good to be encouraged to start the conversations.

Thank you to those who have volunteered to be a class representative. There are a couple of classes that have not had someone volunteer - 10M and 12G. Please consider this role as it is not very onerous and very rewarding. Please let



your home room teacher know if you would like to fulfil this role.

There was an email earlier this week from Wendy asking the parent community to use our contacts to gather donations to Eddies Big Night Out. Please consider if there is anyone in your circle that you could approach to donate prizes to this event. It is best to ask now even though the date seems a while away. There are school holidays in between and the earlier the organisers know prizes the easier the task is for allocating and setting up the silent auction online.

Please also put the date in the diaries and book the babysitter for the 3rd of June. This is a fabulous night in the school calendar one not to be missed.

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

**No matter when you were born or where,
puberty is the same. It's the same for your
parents as it is for you – what's happening
in your body dictates everything.**

Francine Pascal

EDDIE'S 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 school in parent community engagement and events.

Importantly the group is for parents.

**We gather once a term at school
on a Tuesday at 7pm.**

Term 1 • 21 March

Term 2 • 14 June

Term 3 • 5 Sept

Term 4 • 21 Nov

Please mark these dates in your calendar.

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.

COMMUNITY

Open Evening & School Tours

Our Open Evening is being held this Tuesday 7 March. There is no better form of advertising for our College than word of mouth from our families. As valued ambassadors for St Edmund's we kindly ask that you share our upcoming Open Evening with any families who you feel could benefit from an Eddie's education. If you are on Facebook please [share this post](#). Alternatively, please use the below flyer ([click to download](#)) or direct families and friends to our [booking link](#). Thank you for your assistance.



St Edmund's College provides a unique and rich educational experience for students with an intellectual disability in the mild to moderate range, sensory impairment and autism.

Our specialised programs aim to prepare students to live and work independently in the community post school.



OPEN EVENING & COLLEGE TOURS

Our Open Evening Information Session will be held on **Tuesday 7 March at 6.30pm**.

Small group college tours will be held throughout March, with other date options available as requested. Please register your attendance.

🌐 stedmunds.nsw.edu.au/tours

@ reilly@stedmunds.nsw.edu.au

☎ [02 9847 1044](tel:0298471044)

✉ [60 Burns Road, Wahroonga](#)


A CATHOLIC SECONDARY SCHOOL IN THE EDMUND RICE TRADITION

COMMUNITY

Eddie's Big Night Out

St Edmund's College and Eddie's Mates pleased to invite our community to Eddie's Big Night Out. Details are in the flyer below. If you would like to share this flyer with your friends or family, [please download it here](#). Corporate sponsorship packages are [also available here](#). We kindly ask our community to consider if they can help in sourcing prizes for our silent and live auction. A letter is [available here](#).


A flyer for 'Eddie's Big Night Out' with a dark brown background and gold starburst accents. At the top is the St Edmund's College logo, a red circle with a white cross and a blue star. Below it, the text 'ST EDMUND'S COLLEGE & EDDIE'S MATES EXTEND A WARM INVITATION FOR YOU TO ATTEND THIS YEAR'S' is written in gold. The main title 'EDDIE'S BIG NIGHT OUT' is in white, followed by 'TIME TO Shine' in a large, gold, cursive font. A list of event details follows in white text. At the bottom left is the 'Eddie's Mates' logo, and at the bottom right, 'CORPORATE TABLES AVAILABLE' is written in white between two horizontal lines. The background features three bright spotlights at the bottom.


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


Eddie's Mates

CORPORATE TABLES AVAILABLE

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.

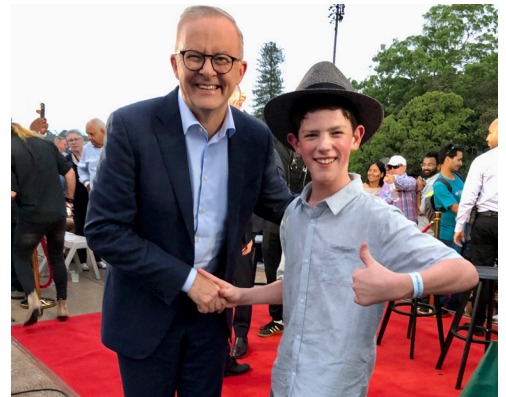
Looking forward to another robust discussion!

Warren and Brendan

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

Jackson at Australia Day Live

Jackson was Invited to celebrate the 'Australia Day Live' concert with his mate Albo (PM Anthony Albanese) at the Sydney Opera House accessible viewing area. He enjoyed a showcase of our best Aussie talent, at our most iconic building, on the biggest day of the year. Jackson and his family saw many performances with spectacular fireworks and maritime display. They would like to thank Karen Wade, Event Access and Inclusion Officer, NSW Department of Premier and Cabinet, for being included in the greatest night ever.



COMMUNITY

Source Kids Expo

Our College is exhibiting at [Source Kids Disability Expo](https://sourcekids.com.au/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

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](#).



COMMUNITY



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



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!

Special Guests

Greg Page
The original yellow Wiggle

Hugh McDermott
Member of Parliament

Greg Cummings
Cumberland Councillor

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)

COMMUNITY



THE 2023 COMMUNITY GALA EVENT

M A R
SATURDAY 11 AT 6 PM
2023

HORNSBY RSL CLUB : 2 HIGH STREET

Generously Supporting



TICKETS: \$75

Includes Bubbles on arrival, two course meal, soft drink, raffle ticket

EVENTS.HUMANITIX.COM/WINEWOMENANDSONG

