



PRINCIPAL'S MESSAGE

Dear Parents,

It was pleasing to welcome many parents to our two Eddies Big Night In events held this week. I hope you found coming together informative and encouraging. We look forward to many more opportunities to share helpful information, build relationships and community.

In this newsletter, I have a few 'nuts & bolts' things to cover.

Permissions for Leave

When you know in advance that your child will be unable to attend school – for whatever reason – can you please request and return a student leave form as early as possible? Leave is usually approved, and we need to meet our registration requirements by following our process and accounting for a student's absence.

Arriving On Time (Between 8am and 8:20am)

We encourage families to drop off their students on time for homeroom. There is a lot of planning, forewarning and settling in for the day's routine that occurs during this time. There have been a few occasions where students are late and their class has gone out on an excursion. This can be very upsetting.

Your Friendly Pooch

Sometimes parents arrive to pick up their child and they have their friendly dog with them. We have several students who are very fearful of dogs and seeing the dogs outside creates a lot of fear and anxiety. If you arrive with your dog, we ask you please do not bring them onto the property where they can be seen.

Covid Update

In line with the Covid Public Health Order on the 14 October 2022, schools may determine their own College protocols for students and staff who test positive to COVID-19.

Our college requires students and staff to remain at home whilst experiencing symptoms, e.g. fever, chills, headaches, cough, sore throat, runny nose, diarrhea etc.

Students and staff may return to the College when symptom-free. Any student/staff who attends the College with symptoms, without medical clearance, will be asked to return home.

Family/Close Contacts may attend the College if symptom-free. If a student /teacher presents with symptoms, without medical clearance, they will be required to return home.



PRINCIPAL'S MESSAGE

If a student or staff member contracts Covid, I would like the College to be informed so that we can alert our community. We recommend that any student or staff with a pre-existing medical condition that may be compromised by contracting Covid, always wear a mask or at times when the College alerts you of any cases at the College.

Medical clearance – a doctor has determined that the symptoms are not covid related

If you have any concerns please contact Ally, our College nurse.

Syria & Turkiye

Please pray with us for the people of Syria & Turkiye. I share a portion of a prayer written by Sandy Grant, Dean of Sydney.

Almighty and gracious God.

We pray for the nations of Turkiye and Syria, shaken by violent earthquakes and aftershocks. These events remind us of our vulnerability as humans who inhabit this vast earth.

We pray for those in Turkiye and Syria and family and friends abroad, who grieve the devastating loss of life; for the injured or traumatised; for those searching for survivors; for those whose property has been destroyed and livelihoods ruined. We ask for your healing presence in their lives.

We ask you to strengthen all those involved in search and rescue, and in care for the injured and suffering. We commend to your care those who will work in the clean-up. May shelter from the elements, clean water, food and medical care be supplied as quickly as possible.

We give thanks to you, our God, for the blessing in our lives, especially for the gifts we so often take for granted till they are in danger of being taken from us – the gift of family, friends, a home, our possessions.

As the ancient psalmist wrote, "You are our refuge and strength, an ever-present help in times of trouble." Help us to be generous with what we have for the sake of those in need.

Amen.

I hope you enjoy a lovely weekend,

Warm regards,

Michael Farrell | Principal

DEPUTY PRINCIPAL'S MESSAGE

Opening College Mass

This week we celebrated our Opening College Mass for the year as a whole school. We were fortunate to have Fr Kelvin from Holy Name Parish to celebrate the Mass for us. Fr Kelvin is our new parish priest and it was wonderful to have him onsite to meet everyone and to welcome him to our community. Fr Kelvin spent some time at recess meeting students before gathering Year 7-12 in the Junior Hall. Our Year 12 students also showed great maturity and leadership as they contributed to some of the readings and prayers during Mass.



DEPUTY PRINCIPAL'S MESSAGE

Shrove Tuesday

Next week is Shrove Tuesday where we mark the day before the beginning of Lent. On this day we will be enjoying pancakes with one another just before recess and students have been learning more about this tradition in R.E. lessons.

Ash Wednesday

We will be marking Ash Wednesday next week with a liturgy in our homerooms where students will receive ashes. This will also indicate the beginning of Lent. Lent is observed for 40 days prior to Easter Sunday. It is a time as Christians where we prepare to celebrate the death and resurrection of Jesus at Easter. At this time many Christians may fast or give something up and we are invited to make our minds and hearts ready for remembering Jesus' life and resurrection. Lent is a time for Christians to fast, pray and give and we ask God to help us to be better agents of Christ's love.

As part of 'giving', during Lent our Year 12 students will be leading Project Compassion. As part of their work in R.E. lessons, students have been making posters and learning about Project Compassion and will be visiting classes to tell them about this important project. During Lent, we encourage students to bring a coin, where possible, to place in one of the Project Compassion boxes which will be on our prayer tables in homerooms. Lent invites us to think about how we can make a more just world and students learning about some of the Project Compassion initiatives across the world provide an insight into this kind of work. If you would like to know more about Project Compassion, [please visit this website](#)



Eddies Big Night In

It was truly wonderful to see many of you back onsite this week at one of our Eddies Big Night In events. It was an opportunity to meet many of you and for you to meet one another which was long awaited. Information shared by homeroom teachers, an update from Mr Farrell and then some time for refreshments and socialising seemed to be a lovely mix for the evening. Thank you if you were able to attend and to the staff who contributed to ensuring the smooth operation of the evening.

Personalised Planning Meetings and Parent Portal

As you would have been made aware at Eddies Big Night In this week, personalised planning meetings for Semester 1 will take place on the following dates:

Tuesday 28 February

Tuesday 14 March

On both dates, meeting times have been scheduled between 2pm and 7pm and parents may attend these meetings in person on site or via Teams online. Bookings for your meeting with your child's homeroom teacher can be made via the [Sentral Parent Portal](#)

If you require an online version of this meeting, please alert your homeroom teacher via email. If you have any difficulty with logging in or booking your meeting, please get in contact with me via the College office at 02 94871044 or via email at kirwan@stedmunds.nsw.edu.au

Rebecca Kirwan | Deputy Principal

WELLBEING

“The essence of the philosophy of Gross National Happiness is the peace and happiness of our people and the security and sovereignty of the nation” – King Jigme Khesar Namgyel Wangchuck, Bhutan.

I recently read an article written by Christopher Boyce who, for 10 plus years, had been a happiness academic thinking he knew all there was to know about happiness until...he experienced it in a place where it is so highly valued that the country measures its 'wealth' on the status of happiness that exists within its people; the country of Bhutan.



From the experience had by Boyce over the many months he stayed there, he came to identify those factors he identifies as being critical to the pursuit of one's true happiness:

- *For happiness, go deep:* often happiness is perceived to be only what is expressed through laughter and smiles. However, doing them all the time is not at all realistic. A deeper level of happiness is grounded in connection, hope and purpose – yet, it also has room for big emotions like sadness and anxiety, too.
- *Have goals, but prepare to let them go:* whilst goals are helpful and provide direction within our daily lives, it can become too easy to focus only on attaining the outcome, because we believe that it is the outcome that then brings us happiness. However, it is actually the flow – an immersive, 'in the moment' state of being, that brings with it greater happiness. Letting go of focussing on the goal entirely, and instead ensuring that the journey towards it is purposeful and enjoyable, will help bring a more sustained happiness. After all, if we are not happy along the way, then we ought to question whether it's worth the journey at all.
- *Don't be misled by stories:* we can often be swayed into thinking that happiness is attained, rather than realising that it is from within and of other more meaningful means. People often equate happiness to achievement or monetary wealth eg “When I achieve this, I will be happy” or “Money buys you happiness”. However, whilst having enough money to ensure basic needs are met is important, larger amounts are inconsequential when compared with having good quality relationships, looking after our mental and physical health, and living meaningfully in line with our beliefs and values. Sadly, often the economic message we receive from our nations' leaders, counter these ideals and provide a different measure for living happily.
- *You can't beat the million-star hotel:* nothing beats lying under the stars, looking up into the vastness of a night sky and contemplating the universe beyond in a way that fills us with awe and wonder. As humans, we are of nature and yet, we often spend so much of our time indoors or within built-up social spaces that do not meet our fundamental needs. Nature is essential for our wellbeing and happiness – not just to feel a sense of calm and peace, but to grow an awareness of the need for sustainability and conservation for human life to survive for many generations to come.
- *Allow others to give:* warm and loving relationships are essential for living a happy life and yet, they aren't always easy to come by. We are often taught that people will only love us when we meet a certain criteria, rather than unconditionally for who we are. Being open to the generosity and kindness of others, and not being cynical of such gestures, is integral in breaking down those walls that allow others to enter our lives in a way that can lead to deeper connections and a deeper sense of happiness.

WELLBEING

As we embark on a new school year, and set for ourselves (either individually, or as a collective) goals to focus on and achieve, I encourage you to not lose sight of one that you can achieve each and every day – and that is the goal of happiness for yourself and that of others. The above insights help to provide simple, yet significant, ways through which to pursue this aim.

“Let us be grateful to the people who make us happy... they are the charming gardeners who make our souls blossom.” – Marcel Proust

Positive Behaviour for Learning Awards

As part of our Positive Behaviour for Learning (PBL) Framework at St Edmund's, we have our three school rules which are to Be Caring, Be Safe and Be A Good Learner. Assisting our students to understand these rules, we integrate them into all aspects of school life, including Daily Morning Homeroom, Pastoral Care, House Team Meetings and other curriculum areas. This helps build for our students, familiarity and consistency, as well as purpose and relevance when it comes to knowing the choices made within the social, emotional and learning domains. This year, we are also introducing an additional way to acknowledge the way in which our students apply these rules across the school day. We have a system whereby students can receive a certificate aligned to our school rules. These can be handed out by any staff member, at any time – it might be for rewarding great learning in class, kind and caring behaviour during break times, or safe choices when out in the community. We hope you enjoy seeing these certificates coming home with your children.

NSW Family Planning Workshops: Planet Puberty

A parent/carer information session will take place onsite Wednesday 1st March from 6pm until 8pm. This information session will be facilitated by a Planet Puberty representative from NSW Family Planning, which is the State's leading provider of reproductive and sexual health services. Below is the website description of Planet Puberty:

Planet Puberty is a digital resource suite by Family Planning NSW that aims to provide parents and carers of children with intellectual disability and/or autism spectrum disorder with the latest information, strategies and resources for supporting their child through puberty.

[Planet Puberty](#) was co-designed with adults with intellectual disability and/or autism spectrum disorder across Australia who guided the design and development of the project at all stages. We worked closely with parents and carers to create a resource that provides relevant and useful information to help parents and carers support their child through puberty. We thank all these people for their time, feedback and contributions.

We also worked with a variety of organisations with experience and expertise across a number of different fields.

The topics that will be covered on Wednesday 1 March, have been chosen in response to a number of parent/carer requests for more guidance and information when supporting a young person with an intellectual disability, through the massive space that is puberty. The topics will be: masturbation, wet dreams and erections, managing emotions.

If you would like to come along, please register [via this link](#) so that we can ensure we provide a sizeable space to accommodate attendees.

Vanessa Dillon | Head of Wellbeing

MINECRAFT & BOOK CLUB

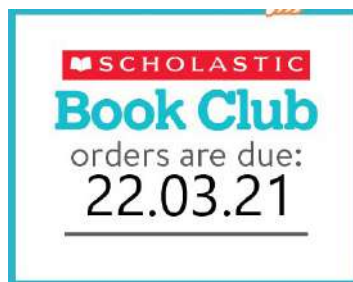
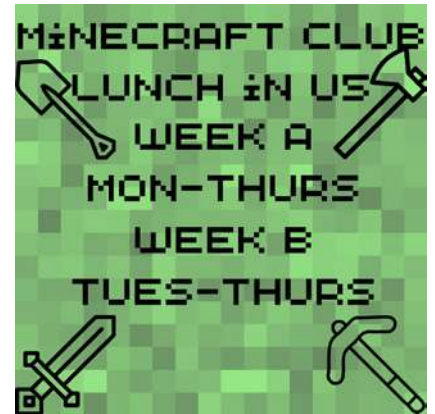
Minecraft Club

Minecraft club is on Mon-Thurs Week A and Tues-Thurs Week B at lunchtime in U5. New members are always welcome!

Book Club

Please note Scholastic Book Club orders need to be placed before 22.03.23.

For more information go to <https://scholastic.com.au/parents>.



SCHOOL PHOTO DAY

Please note the School Photo Day will be held on Tuesday 4 April.

Photo order envelopes will be sent home to families shortly.



HATS REMINDER

A reminder that students are asked to wear their hats during break times and sit in the shade. Please ensure your child brings their hat to school each day.



PDHPE

The Catholic Schools Broken Bay Swimming Championships

The Catholic Schools Broken Bay Swimming Championships (CSBB Swimming Championships) will be held on March 14 at SOPAC, Homebush this year and I will be notifying parents of selected competitors next week. Please be aware that spaces are limited in this team, as it is at a representative level.



Other News in Sport

Congratulations to Zane on receiving the prestigious award for 'Sports Personality of the Year' across all sports and ages at the prestigious Special Olympics Northern Beaches Awards Ceremony. This was presented by Bronwyn Bishop. Zane, through his participation in four sports epitomises what Special Olympic brings to the athlete; 'joy, courage, camaraderie, personal best efforts and success'. He recently swam in the Coles Classic Open Water swim finishing in a time of 19 minutes. Well, done Zane!

Lois Horne | PDHPE and Sports Coordinator



KEY DATES TERM 1

Friday 17 February

Opening College Mass

Wednesday 1 March

Planet Puberty

Parent Information Night

Wednesday 16 March

Year 7 Immunisation

Thursday 23 March

Men's Group

Saturday 25 &

Sunday 26 March

Source Kids Expo

Tuesday 4 April

School Photo Day

Thursday 6 April

Last Day of Term 1

FROM THE PARENT GROUP

It was wonderful seeing everyone at our EBNI evenings. It is also great to be able to be onsite, speak to our homeroom teachers and staff and to mix with each other. It's an event that we have missed the last few years. We are halfway there and look forward to when we can gather as a whole school community.

At each of the evenings I asked if anyone would like me to put parent information in this section of the newsletter to contact me. My details are m: 0412 779 580 or email janine@itsd.com.au.

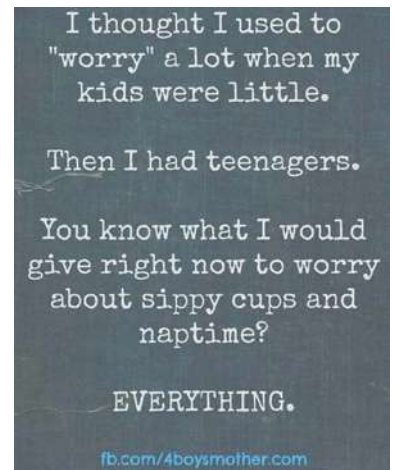


A parent provided me with details of drama classes held at St Lucy's School in Wahroonga after school. The organisation is called Theatre Project and they provide drama training and performance experience for students of all abilities from Years 1 – 5 (Company A) and Years 6 – 12 (Company B). There is an opportunity for your children to join this group if you are interested, there are also transport arrangements between school and St Lucy's. Your NSW Creative Kids Voucher can be used. Please email secretary@stedmunds.nsw.edu.au for a form.

I saw this recently and I had a laugh thought I would share it with you all.

We need not worry though because St Edmund's has our back. They are hosting a [parent information evening](#) on 1 March from 6 - 8pm. Planet Puberty from NSW Family Planning will be presenting information on strategies and resources for parents to support our children through puberty. [Planet Puberty](#) specialises in helping special needs families in this area. It is invaluable information and we are extremely fortunate that St Edmund's is hosting this evening for us. It is a parent only information evening. Please come along.

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



COMMUNITY

Huge congratulations to Brendan in 9C, who climbed to the top of Mt Kosciuszko, Australia's tallest mountain last Saturday to raise funds for sports equipment for Cerebral Palsy Alliance.

There were 100k winds on the 18.6 kms climb so conditions were not easy. Brendan and his family were one of 15 families that together raised over \$500,000.

If you would like to support Brendan and raise funds for Cerebral Palsy please [visit the donation link here.](#)



EDDIE'S BIG NIGHT IN



Y12 HOSPITALITY | KU-RING-GAI SENIORS FESTIVAL



COMMUNITY

Open Evening & School Tours

A key way to raise awareness of our fantastic College is word of mouth from our parents and carers. 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. 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

✉ 60 Burns Road, Wahroonga

A CATHOLIC SECONDARY SCHOOL IN THE EDMUND RICE TRADITION

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.



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.

Northern Sydney Expo For People With a Disability

Date: Thursday 4 May 2023

Time: 11am - 5pm

Venue: The Concourse, Chatswood

Stall holders will include service providers for:

- SLES (School Leavers Employment Support)
- Social and Community Participation
- Support Coordination
- Plan Management
- Disability Employment Services (DES)

Please address enquiries to: Kerri Sommerville | 0488 554 325 | ksommerville@jobsupport.org.au



THE 2023 COMMUNITY GALA EVENT

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



Wine, Women & Song

Wahroonga Rotary are hosting an event to raise funds for The Dish, Hornsby Connect and Fusion Sydney North.

It will be a wonderful evening of entertainment and fun. You can [buy tickets here.](#)

Graduates - TimeOut Basketball @ Barker College

Barker College host a fortnightly TimeOut Basketball session for past students. It is an opportunity for past students to continue their friendships and to make new Barker friends over a friendly game of Basketball.

If you have any queries or know someone who might be interested, please contact Josie (Service Learning Coordinator, Barker College) at jchristoffersen@barker.nsw.edu.au.

Angel Care NDIS Program

Please [download their flyer here.](#)