



Inspiring Independence, Transforming Lives

Newsletter

Term 3, Week 5,
13th August 2021



Principal's Message

Dear Parents, Friends and Students of St Edmund's,

FEAST OF THE ASSUMPTION

The Feast of the Assumption of Mary, celebrated on Sunday 15th August is one of a few 'Holy Days of Obligation' in the Catholic calendar - special days, apart from Christmas Day and Sundays. That is, the only day Catholics should go to mass if it is available. The Feast of the Assumption celebrates the living truth that Christ's promises of life after death are not empty. Devotion to Mary is central to our Catholic spirituality. It is a devotion to a figure who herself lived a life of unconditional loving devotion to her son, Jesus. As a school community we celebrated Mary's life by way of an online liturgy which was put together by Mr. Scanlon. We also received a lovely message from our Parish Priest Fr Paul Durkin who helped us to mark the feasts of St Mary MacKillop and the Assumption. We thank Fr Paul, Fr Anselam and Deacon Sam for their ongoing support of our College community during this time.

POST SCHOOL PROVIDER WEBINAR FOR YEAR 11 AND 12 PARENTS

Thank you to those Year 11 and 12 parents and carers who attended two informative post school provider webinars this week. We had several providers present on the night including What Ability, Sunnyfield, NOVA Employment, Fighting Chance – NDIS, Fighting Chance – Jigsaw and Avenue. Next week we will hear from Job Centre, Hornsby-Kuring-gai Community College and Northcott Disability.

These webinars have been recorded and the link will be sent out to Year 11 and 12 parents and will replace our usual Post School Provider evening and expo which is held at this time each year. I thank Jacqui Anderson – Senior Program & Work Experience Coordinator with the support of Lisa O'Neil and Vivienne Gilkes for their coordination of these important evenings. A reminder that the final two webinars will be held on **Wednesday 18th August and Tuesday 24th August** commencing at 6.15 p.m. online.

Further information about these webinars can be found below. Jacqui Anderson will also provide Year 7-10 parents with more information about accessing NDIS supports and providers in the coming weeks.

Date	Provider 1	Provider 2	Provider 3	Zoom Link
Wed 18th August 6.15pm - 7.00pm	Job Centre	Hornsby-Kuring-gai Community College (HKCC)	Northcott Disability	https://zoom.us/j/97392859365?pwd=YU1acWtBaklEZEfMUEthNkxLWUxKZz09 Meeting ID: 973 9285 9365 Passcode: wp3r6y
Tue 24th August 6.15pm - 7.00pm	Ability Options	Job Support	Studio Artes	https://zoom.us/j/99523101475?pwd=NkxkZmNaM29NUGgzQjAreWVndFQvdz09 Meeting ID: 995 2310 1475 Passcode: BZ1u7b

Principal's Message continued ...

STAFFING UPDATE

From Wednesday 11th to Wednesday 25th August **Mrs. Rebecca Kirwan** will be on leave and will be replaced by **Ms. Vivienne Gilkes** who will take on the role of Acting Deputy Principal. We wish Rebecca all the very best during this time and thank Ms. Gilkes for taking on this important role.

Recently, **Mrs. Karen Houlcroft** advised me of her intention to resign at the end of the year after 10 years of outstanding and dedicated service to the St Edmund's College community. Mrs. Houlcroft has made a significant impact on the lives of all students at the College and has been a huge support for our families over the years. Given this news, we have recently advertised for this very important position. We will have an opportunity to farewell and thank Mrs. Houlcroft appropriately later in the year.

Finally, I have recently advertised for the position of a full time Risk and Compliance Officer after the announcement that Ms. Annie Strat will retire at the end of the year. We thank Ms. Strat for her extraordinary work in this area over many years, supporting both St Edmund's and St Gabriel's with this very important responsibility.

PARENT WELLBEING WEBINAR

A reminder that we have a parent wellbeing webinar planned for next Tuesday 17th August at 7.00 p.m. entitled 'Health and Self Care in Lockdown'. Mark Bunn, former AFL footballer and best-selling author of "Ancient Wisdom for Modern Health" is a wonderful and engaging speaker and I highly recommend parents tuning in to learn some practical, easy and effective strategies to take care of yourself during this period of uncertainty. I look forward to seeing you online next Tuesday evening.

Best wishes for the week ahead.

Jon Franzin
PRINCIPAL

Awards online

Eddie's Best:

7F	Louis	7V	Cameron
8T	Parmida	8P	Amie
9C	Sonnet	9E	Kate
10M	David	10O	Olivia
11J	Niki	11S	Piper
12G	Mitch	12L	Zac

All Eddie's Best recipients will have morning tea with Mr Franzin next Tuesday online. A Teams invitation will be sent out to those students.



Around the College



Important Dates

Please check below for changes to our previously advertised dates:

Term 3

Tue 17th Aug	Health & Self Care in Lockdown webinar <i>see this Newsletter for details</i>
Fri 13th Aug	Staff Day (pupil free day) cancelled - normal school day
Tue 31st Aug	Athletics Carnival to be rescheduled
Fri 3rd Sep	Father's Day Breakfast combined with Term 3 Mufti Day to be advised
Tue 7th Sep	Term 3 Parent Group Meeting to be advised
Thu 9th Sep	St Edmund's Golf Day to be rescheduled
Wed 15th - Fri 17th Sep	Senior Retreat to be advised
Fri 17th Sep	Last day of Term 3

Term 4

Mon 4th Oct	Public Holiday
Tue 5th Oct	First day of Term 4 for students and staff
Tue 12th Oct	Swimming Carnival to be rescheduled
Fri 22nd Oct	Term 4 College Disco (current students only) to be advised
Thu 28th Oct	Term 4 Men's Group Meeting
Tue 2nd Nov	Term 4 Mufti Day
Wed 10th Nov - Fri 12th Nov	Years 9 & 10 Camp
Tue 23rd Nov	Term 4 Parent Group Meeting
Tue 10th Nov	Orientation Day
Fri 19th Nov	Abbotsleigh Concert
Fri 26th Nov	Year 12 Graduation Formal
Tue 30th Nov	Presentation Ceremony
Fri 3rd Dec	Year 12 Farewell Mass
Fri 3rd Dec	Last day of Term 4

Father's Day Liturgy

Our Father's Day liturgy will be celebrated online again this year. While we will miss connecting face to face we will still connect in spirit, through images, in song and with memories.

We are asking for photographs of our current students with their dads, grandfathers or other significant male role models in their lives. These photos will then be used in our online liturgy.

If you would like to participate, please email your photos to scanlon@erses.nsw.edu.au by 27th August.

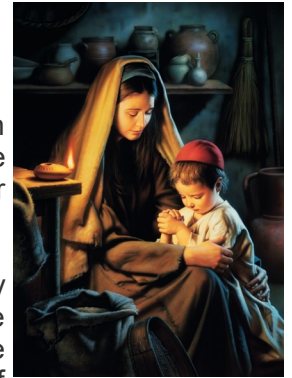




Mission and Identity

Mary the Mother of us all

Mary, the Mother of Jesus, has in effect, two histories within Christian tradition. We have the *Mary of Scripture* and we have the *Mary of Devotions* and both offer something special for our Christian journey.



The *Mary of Devotions* is the more well-known, though mostly within Catholic circles. This is the Mary invoked in the rosary, the Mary of popular shrines, the Sorrowful Mother of our litanies, the Mother with the soft heart through whom we can get the ear of God, the Mary of purity and chastity, the Mother who understands human suffering, the Mother we can always turn to and this Mary is pre-eminently the Mother of the poor.

Karl Rahner once pointed out that when you look at all the apparitions of Mary that have been officially approved by the church you will notice that she has always appeared to a poor person – a child, an illiterate peasant, a group of children, someone without social standing. She's never appeared to a theologian in his study, to a pope or to a millionaire banker.

Much more ignored is the *Mary of Scripture* and the role the various Gospels assign to her. In the Synoptic Gospels, Mary is presented as a model of discipleship. More simply, she's shown to us as the one person who gets it right from the beginning but that isn't immediately evident. On the surface, the opposite sometimes seems to be the case. For example, on a couple of occasions as Jesus is speaking to a crowd he is interrupted and told that his mother and his family are outside wanting to speak to him. His response: "Who are my mother and who are my brothers and sisters? It's those who hear the word of God and keep it."

In saying this, Jesus isn't distancing his mother from himself and his message but the opposite. Before this incident is recorded in the Gospels, the evangelists have been very careful to point out that Mary was the first person to hear the word of God and keep it. What happens here is that Jesus singles out his mother first of all for her faith, not for her biology. In the Synoptic Gospels, Mary is the paradigm for discipleship.

John's Gospel gives her a different role. Here she's not the paradigm of discipleship (a role John gives to the Beloved disciple and to Mary Magdala) but is presented as Eve, the mother of humanity and the mother of each of us. Interestingly, John never gives us Mary's name, in his Gospel she is always referred to as "the Mother of Jesus" and in this role she does two things:

First, she gives voice to human finitude, as she does at the wedding feast of Cana when she tells her son (who is always divine in John's Gospel) that "they have no wine". In John's Gospel, this is not just a conversation between Mary and Jesus; but also a conversation between the Mother of Humanity and God.

Secondly, as Eve, as universal mother and as our mother, she stands in helplessness *under* human pain and *within* human pain when she stands under the cross. In this, she shows herself as universal mother but also as an example of how injustice must be handled, namely, by standing within it in a way that does not replicate its hatred and violence so as to give it back in kind. Mary offers us a wonderful example, not to be ignored.

Our Assumption Liturgy has been recorded this year and shared on Class Dojo.

Jason Scanlon
Assistant Principal, Religious Identity & Mission

national science week 2021

Toca Life: Farm



Science Week starts Monday 16th August.

This year it's all about **FOOD**.

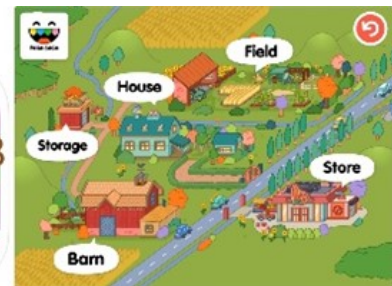
See if you have the **Toca Farm app** on your **iPad** ready for Science Week

(make sure you are connected to Wi-Fi)

This year the Science Week activities will be delivered in eBooks via Teams for all students to complete. There will be a **choice of eBooks** to work on: **Book 1 OR Book 2**. The books will contain worksheets, videos, **Toca Farm activities** and a **Kahoot! Quiz** on food related topics such as:

- Why we need food
- The nutrients in Food
- Healthy and unhealthy foods
- Where our food comes from
- What I ate today PicCollage diary

Toca Life: Farm



Got some time? Go and play with the **Toca Life: Farm app**



*** [There will be another OPTIONAL book of extension activities – Book 3](#) ***

Book 3 will have some **extra activities** based on Toca Farm:

Making an **iMovie** or **iMovie Trailer** about Toca Farm activities
Using **MINECRAFT** to create a **Farm** and **grow crops**, then documenting this in an eBook, Powerpoint, PicCollage or iMovie file

All students from Years 7 to 12 will have the opportunity to participate in the same Science Week Activities.

The **Class Kahoot winners** will be announced in the **Science Week Assembly** on **Friday 20th August** and some examples of presentations created by students will also be shared.

SCIENCE WEEK is coming in Week 6 !!

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Around the College



Sport Updates

Term 3 College Events

St Edmund's Athletics Carnival, scheduled for Term 3, 31st August at PLC has been cancelled.

Term 3 BBSSSA Events

Due to the extension of the public health orders for Greater Sydney all remaining BBSSSA events are cancelled for Term 3 - this includes the BBSSSA Athletics Championships.

Term 3 CSNSW Sport

In line with the Premier's announcement regarding the extension of COVID-19 restrictions for Greater Sydney, CSNSW Sport has cancelled the following events – NSWCCC Athletics Championships on 3rd September at Sydney Olympic Park.

NSW All Schools Athletics Championships

Venue: Sydney Olympic Park Athletic Centre - Date: TBC

Please keep an eye on this website to stay up to date:

<https://www.nswathletics.org.au/events-home/2021-nsw-all-schools-championships/>

All students (including Para-athletes) can self-nominate for the NSW All Schools Athletics championships. The NSW All Schools Athletics Championships will be held during Term 4 but unfortunately dates cannot be confirmed until we have sight of return to sport and major event protocols.

Individual entries will be available here soon

<https://www.nswathletics.org.au/events-home/2021-nsw-all-schools-championships/>

Parents will need to visit this site to nominate their child directly.

Then advise the school/ PDHPE Coordinator, once they have nominated and paid the entry fee so that they are aware of the days your child is competing for absentee and record purposes.

Multi-Class (MC) Competitors - 16 & Over, 15 & Under - 100, 200, 800, Long Jump, Shotput, Discus.

All entered Para Athletes must have a current valid classification- see Athletics Australia Mastersheet or Sport Inclusion Australia.

NSW All Schools Cross Country Championships

The NSW All Schools Cross Country Championships, scheduled to occur on 16th July, have been postponed until Monday, 18th October at Eastern Creek.

Five of our cross-country athletes who made it into the NSWCCC Cross Country Team have made it onto the BBSSSA Honour Role:

Congratulations to the following students:

Will C
Lucy
Zane
Ben P
Johann

Lois Horne
Coordinator PDHPE





From the Parent Group

Hoping everyone has been travelling okay dealing with lockdown and the added pressures that brings with it. Watching the Olympics was a fantastic distraction. It was great to see so much positivity and determination and, as always, a wonderful gathering of global unity. We are so looking forward to the Paralympics where we will see even more guts, determination, resilience and a celebration of amazing abilities.

Last Newsletter I put out a call for people to share their experiences of lockdown, ways that they may be coping, or activities that may make lockdown easier.

Louise (Brendan's mum Yr 11) has kindly shared two podcasts. The first one is an interview by MamaMia with Hugh van Cuylenburg which focuses on Gratitude, Empathy and Mindfulness. Hugh is the founder of the Resilience Project.

<https://podcasts.apple.com/au/podcast/mamamia-outloud/id928350893?i=1000529644063>

The second podcast is 'Too Peas in A Podcast' on Apple Podcasts. This is about two mums who each have children with disabilities and additional needs. They chat, laugh, cry and share about parenting.

<https://podcasts.apple.com/au/podcast/too-peas-in-a-podcast/id1470294201>

Thank you Louise for sharing. Please if there is anything anyone would like to share during lockdown, photos, ideas, or recipes please send to janine@itsd.com.au

I remembered this week that I hadn't applied for the creative kids vouchers issued by NSW Government under the Creative Kids Program. Parents, guardians and carers can apply for a \$100 voucher per calendar year for each student up to the age of 18 enrolled in school. The voucher can be used at many approved activity providers for creative art, drama, dance, coding, music and many other activities. We have just used ours to buy paints; lockdown could be a great time to make use of this opportunity. Below is a link to apply:

<https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher>

Don't forget about the **Parent Group Meeting** being held next week, **Tuesday 17th August 2021 at 7-8pm via ZOOM**. Our Guest Speaker is Mark Bunn, former 6 year AFL player who understands the importance of wellbeing and working as a team. Mark teaches the keys to higher energy, lower stress and better work life balance. He also promotes the importance of having fun! This should be a really relevant presentation to join to preserve our mental wellness during lockdown. Remember to register to attend.

There are several of his books for sale at \$20 each, normally \$29.29 plus postage. Please email Candice Palin for a copy at palin@erses.nsw.edu.au

I hope you enjoy the week ahead, even though it seems a little like groundhog day.

We do not need
magic to transform
our world; we carry
all the power
we need inside
ourselves already:
we have the power
to imagine better.

- J.K. Rowling

Janine Eastham
Tom's Mum
Parent Group Leader

Resources to help through lockdown

There has been lots of discussion around sleep patterns of students during this learning from home period. Below are some resources to help encourage good sleep habits and minimise screen time.

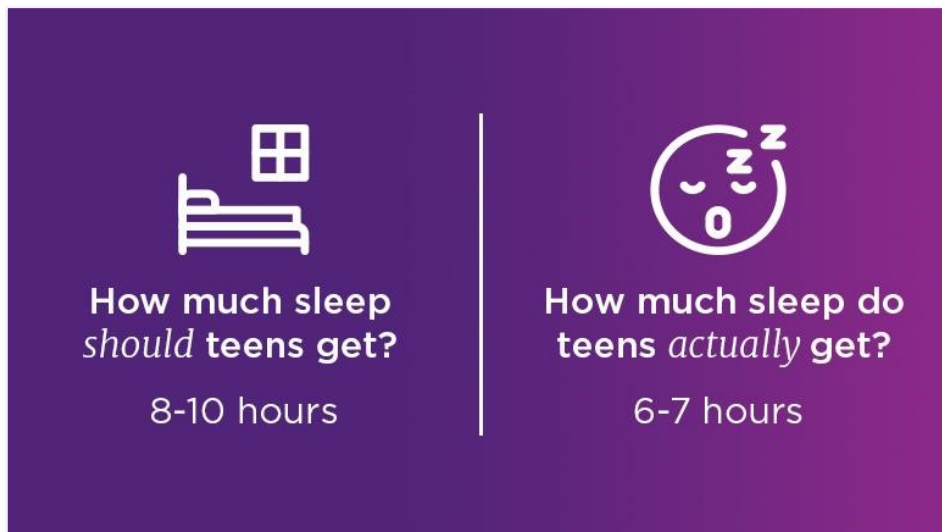
Sleep and Teenagers: <https://parenting.sa.gov.au/easy-guides/sleep-and-teenagers-sarah-blunden>

Sleep and screen use: <https://parenting.sa.gov.au/easy-guides/sleep-and-screen-use-sarah-blunden>

Whilst we are being blessed with beautiful weather you should also go outside and catch some sun during the day. Sunshine may play a role in regulating hormones and sleep patterns by affecting the melatonin circadian rhythm. Melanin is produced in the skin through sun exposure. Melatonin helps with inducing sleep.

It is also believed that when we are in the sun our brains release Serotonin which can also help improve mood and help us feel calmer and more focused – remember to wear a hat and sunscreen even in the winter.

Alison Andrews
College Nurse



Parents and Carers are invited to attend our

HEALTH AND SELF CARE IN LOCKDOWN AND BEYOND

WEBINAR



Presented by Mark Bunn

Mark is one of Australasia's leading experts on health and personal performance, is a former AFL footballer and best-selling author of 'Ancient Wisdom for Modern Health'. Mark understands the difficulties facing people and organisations today – **high stress, poor sleep, negativity, poor work-life balance, low motivation and workplace morale**. Mark's unique blend of both Eastern and Western health-science uses the secrets of the world's healthiest, longest-living people and highest performing business people, to help overcome these issues with **practical, down-to-earth, solutions that audiences love**.

In this webinar, Mark will provide easy, practical tips for parents that can be done anywhere and anytime. **Learn tips on optimising sleep, food intake, energy, positive mindset, emotional health and balance between work and home life**. This webinar has been tailored for parents/carers of children with special needs.

www.markbunn.com.au

**TUESDAY, 17TH AUGUST
7:00PM - 8:00PM**

**PLEASE REGISTER FOR
THIS WEBINAR**

https://us06web.zoom.us/meeting/register/tZYkcuqrDggEtRzk71v6b9S_RWVJNR9Enc6

After registering, you will receive a confirmation email to join the webinar.

This is a free webinar for parents/carers only.

Any enquiries, please contact Candice Palin on palin@erses.nsw.edu.au.

AND

If you would like to purchase a copy of Mark's book '[Ancient Wisdom for Modern Health](#)', at the reduced price of \$20, please advise Candice.

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