



Inspiring Independence, Transforming Lives



Principal's Message ...

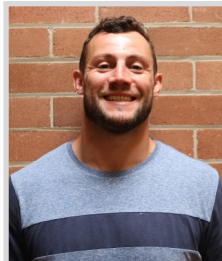
It was great to see so many well-presented, organised and keen students here, on time and ready to launch into the 2020 school year. A very special welcome also to our Year 7 students and parents and those new to St Edmund's College. A few students may be understandably anxious, starting at a new school with unfamiliar people and ways of doing things. They and their parents can be confident that St Edmund's is a friendly and welcoming school and feel confident in approaching teachers with concerns they may have. It is important that any worries are sorted out as soon as possible.

A new decade has tragically opened with bushfires across the country, unprecedented in their scale and ferocity. We keep in our thoughts and prayers all those who have been affected by the devastating fires recently and give thanks to all emergency service men and women who so courageously gave of their time and expertise to fight these fires in service of their community and country.

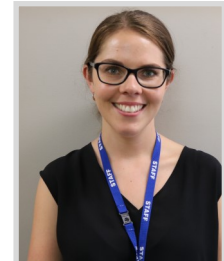
New Staff: I am delighted to advise that we have been fortunate to recruit the following teachers and support staff. I know that you will warmly welcome them to our wonderful College community:



Peter Trainer
PDHPE Coordinator



Jon McMahon
PDHPE 2 days per week



Emma Fotheringham
Teacher's Aide

EREA Student Leaders' Conference: In January, 54 students from EREA schools across the country gathered in Adelaide including the two St Edmund's College Captains, Kristian and Jack. Students developed their own mission statement and focused on issues of reconciliation and sustainability. This was a great experience for our two Captains who represented St Edmund's College admirably. I was also able to provide information to the students about St Gabriel's and St Edmund's to broaden their perspective about the range of schools in the EREA network. I thank Jason Scanlon for his support and assistance over the four days.



Principal's Message continued ...

Communication: A key element in helping your child succeed at school is communication between you and your child's teachers. While the College diary is the primary means of communication between teachers and families, the use of contact by email is also encouraged. Staff can be contacted by using their surname at the beginning of the email. For example; scanlon@stedmunds.nsw.edu.au Please feel free to make contact with staff should you have any questions or concerns.

Upcoming Events: The annual **Eddie's Big Night In (Parent Information Night)** will be held on Tuesday 18th February commencing at 6.15 p.m. with the opportunity to meet with your child's teacher and will be followed by supper in the gymnasium. This is a very important evening and as such, it is hoped that all parents/caregivers are able to attend. As in previous years, children are not required to attend so that parents have the opportunity to meet not only staff but also other parents in your child's year level. The benefits of increased contact between home and school are well known so I strongly encourage you to attend.

Opening College Mass: Our Opening College Mass was a beautiful celebration today. Chief presider was the very Rev Dr David Ranson, Vicar General of the Broken Bay Diocese and Parish Priest of Holy Name Church, Wahroonga. It was a wonderful opportunity for our community to come together in faith and induct our new staff and students to the College. I thank the many staff who were part of the organising team ably lead by Mr Terry O'Keefe our Head of Mission and Identity.

Wonderful news: Rebecca Kirwan and her husband Ritchie announced the safe arrival of their baby daughter, Madeline Aoife Kirwan born 10th December 2019 weighing 3.32kg. On behalf of the St Edmund's College community we congratulate them on the birth of their beautiful baby girl.

Vale Br Gerald McGrath: I write to inform you that former Principal of St Gabriel's School, Br Gerald McGrath passed away peacefully on 22nd December, 2019. Br Gerald was the last Christian Brother to serve as Principal at St Gabriel's School. He dedicated much of his life to the children and staff at St Gabriel's having commenced work as a Novice Brother at the age of 18 years of age in 1945, later becoming a teacher and eventually Principal of the school. Br Gerald McGrath was a wonderful advocate for the deaf and hearing impaired and made a significant contribution to the lives of staff and students of St Gabriel's over many years. He will be greatly missed by his family and friends as well as the extended Edmund Rice family. I attended Br Gerald's funeral which was held at the Sacred Heart Chapel, Rookwood Cemetery along with many other staff and former students of St Gabriel's.

Please keep Br Gerry and the extended McGrath family in your thoughts and prayers during this difficult time.

Live Jesus in our hearts, forever.

Jon Franzin

PRINCIPAL

Picture: Br Gerald McGrath (right) with Bishop Vincent Long (left) celebrating 95 years of education at St Gabriel's School.





Deputy Principal's Message ...

Welcome back to another full year of learning here at St Edmund's. This first term is filled with various events and opportunities for students and families to engage and participate in building strong and positive relationships. Please note what is upcoming in our action-packed College calendar in the fortnight ahead and parents and friends are also welcome to join us for various Masses, assemblies or events.

College Term 1 Disco

Each term the College organises a Disco for students to connect and have fun together. The Disco will be held on Friday 14th February, 2020 - starting at 7.00 p.m. and concluding at 9.00 p.m. here in the College Hall. Food and drinks will be available for purchase.

Communication

As we begin the year, Homeroom teachers will have ongoing communication with parents ensuring that each student's achievements and opportunities are supported and catered for here at the College and at home. A reminder to please inform the office if any changes are made to your child's medication, home routines or anything that may affect their wellbeing and engagement here at school.

Uniform Reminders

Thank you to the families who have ensured that their child has brought in their hats for sun protection. Also I encourage you to continue to ensure that your child has a water bottle so that they can stay hydrated during the day in the hot weather that we have been experiencing.

Eddie's Big Night In (Parent Information Night)

Later this term you will be invited to a planning meeting with your child's Homeroom teacher. This collaborative meeting helps develop your child's Personalised Plan (PP), where goals in various domains are created for the year ahead. More information about the booking process for this meeting will be shared in the coming weeks and at Eddie's Big Night In.

Jason Scanlon
Deputy Principal

Fr David with our College Leaders at the Opening College Mass





Mission and Identity

Welcome to the 2020 school year which has seen an extremely smooth start. All the students seem refreshed and eager to get involved in all that a year at St Edmund's College has to offer.

This morning we celebrated our first whole College mass of the year. Fr David Ranson celebrated with us in our hall space. All family and friends were invited to share this special occasion with us as we came together as a community to pray and ask for God's blessing on all that we do this year. We also recognised our new staff, students and College leaders during the mass. As a Catholic School in the Edmund Rice tradition, we base all that we do around our Touchstones – Gospel Spirituality, Liberating Education, Inclusive Community and Justice and Solidarity. With this in mind, we are always looking for opportunities to do outreach from our community. One of the ways we do this is through our involvement with 'The Dish'. This also links very closely to our College values of 'Faith', 'Community' and 'Relationships'.

'The Dish' provides meals and other needs for the homeless community in the Hornsby area and it is organised and run by St John's Uniting Church in Wahroonga. Several years ago a group of schools in the local area got together and decided to utilise the van to provide a meal for this community on an extra night in the week. So every Tuesday night, the schools provide a three course meal for between 14 and 20 people in the park near Hornsby Swimming Pool. We see this as a great opportunity for our community to unite and serve others in our area who are currently in a situation of great need. Our students get involved by preparing some parts of the meal in their Food Tech classes.



As we have done in previous years, we would like to invite the parent community to become involved and assist with the food preparation for both the main course and the dessert, or come along and serve if you are interested in getting involved in this way. We are only rostered on 4 times in the year and we are looking for people who can provide a main meal or dessert to feed about 10 people or give up an hour on a Tuesday evening to serve the food. The meals can be dropped at the College at any time on the designated Tuesday and we will reheat them before serving at 6.00 p.m that night. Thank you very much to all the parents who assisted us last year and we hope even more of our community can become involved this year.

More details are available in this Newsletter providing the dates each term and a form to return to the College if you are interested and able to assist us in this very worthwhile project. The friends who join us are always very appreciative and head off well fed. Everybody gathered enjoys the social interaction that accompanies the meal and the very positive vibe that flows around the table as they are gathered together. All the staff members who have been involved in this service truly feel blessed to be part of this community action and we hope that our students also grow in awareness of the wider world community.

God Bless,
Terry O'Keefe
Head of Mission and Identity



Administration - The College Timetable

Welcome to all new parents of Year 7 and hello again to parents of students in Years 8-12.

This is an exciting start to the year for all students as they meet new friends in their class, with different teachers and support staff. For Year 12 students it is particularly exciting as they enter their final year of College and many take on leadership responsibilities.

For year 7 students it can be equally exciting but also daunting. Being a high school, the curriculum, organisation of classes and timetabling of staff is prepared in quite a different manner to primary schools. Your child will experience a wide curriculum with some familiar subjects; will be taught by several different teachers throughout the College day; and will be supported by a number of different teacher's aides. The lessons will also take place in a number of different classrooms including specialty classrooms such as Science or Art.

My responsibility as Head of Administration it is to coordinate the timetabling team, liaise with teachers and aides to support the Principal and College Executive as well as to organize the timetable with replacement staff when scheduled staff are absent.

There are two streams to each Year group from Year 7 to Year 12 with classes mostly of 11 students supported by a Homeroom teacher and a Homeroom aide. There are additional teachers and aides who may not be assigned a Homeroom but will teach or support classes throughout the day. If you have a query or concern, usually the Homeroom teacher is your first point of contact. Below are the Homeroom teachers and aides for 2020:

7T: Tracey Snell and Lynda Grogan
7S: Eva Southern and Genevieve Funk
8C: Teresa Cox and Catherine Heuzenroeder/Sarah Inglis
8L: Victoria Lee and Katie Peacock
9F: Mark Fawkner and Janine Brackenreg
9H: Tiffany Hosken and Julie Modra
10J: Ben James and Lisa Stokes/Amanda Keegan
10V: Diana van Esch and Sangeeta Gupta
11G: Vivienne Gilkes and Lisa O'Neil
11T: Peter Trainer and Zoe Starkey
12M: Sheena Macdonald and Jenny Prideaux/Ellana Hickman
12O: Terry O'Keefe and Julie MacPherson

Our College day starts at 8.30 a.m. with 15 minutes for Homeroom, which is a time for prayer, for preparation of the day ahead as well as a time to share news from home. The curriculum is taught over 7 periods of 45 minutes per day, with a recess of 20 minutes between periods 3 and 4 and a lunch break of 40 minutes after period 5. College ends with a Homeroom of 5 minutes each afternoon, after which students go home independently, with parents or carers or by taxi.

You can view your child's timetable in their diaries or by logging in to Sentral. By consulting the timetable, you can share with your child after College what they did in each subject that day as well as prepare them for the next day.

Carl Southern
Head of Administration

Around the College

Congratulations to our 2020 College Leaders

College Captains:

Kristian Deidda
Jack Thompson

College Vice Captains:

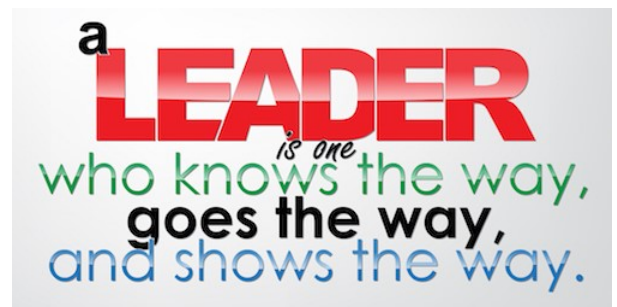
Lucy Chan
Anthony Jones

College Student Voice:

Zack Stanley

College House Captains:

Mount Sion (white)	Joshua Gillett
Waterford (green)	Archie Leonard
Kilkenny (blue)	Ruby Carabetta
Callan (red)	Matthew Swinbourne



Interesting Information

2020 will see some doubling up of names for our students. These students will be identified with their first name and the first initial of their surname in the Newsletter:

- 2 x Joshuas – Joshua G and Josh W
- 5 x Christians/Kristian/Christos/Krish – Kristian D, Christian V, Christian R, Chris M and Krish
- 2 x Nathans – Nathan V and Nathan A
- 4 x Lachlan/Lachie – Lachie J, Lachlan C, Lachie C and Lachie K
- 2 x Michaela/Mikayla – Michaela G and Mikayla H
- 4 x Bens – Ben T, Ben M, Ben P and Ben W
- 2 x Samuels – Sam B and Samuel B
- 2 x Ryans – Ryan W and Ryan M
- 2 x Koris/Coreys – Kori C and Corey L
- 2 x Zac/Zacks – Zac F and Zack S
- 2 x Angelicas – Angelica M and Angelica H
- 2 x Seans – Sean D and Sean Y
- 2 x Lukes – Luke L and Luke B
- 2 x Thomas – Tom E and Tom P
- 2 x Wills – Will D and Will C
- 2 x Ellas – Ella P and Ella T
- 2 x Lucys – Lucy C and Lucy F



Around the College



St Edmund's is an 'Allergy Aware Zone'

To minimise the risk of allergic reactions at St Edmund's, the College supports the 'Allergy Aware' approach. Please do not send any foods containing nuts to the College with your child. For packaged items, the ingredients are listed on the packaging.

College bell times in 2020

Please remember:

- ◆ School commences at 8.30 a.m. and
- ◆ School concludes at 3.00 p.m.

Please note that at 8.30 a.m. during Homeroom our day commences with the College prayer. It is therefore appreciated that all students arrive on time.



Absentees

If your child is absent from the College for any reason:

- ⇒ Please phone Mrs Acret in the College office or email: secretary@stedmunds.nsw.edu.au on the first morning your child is absent so that the homeroom teacher can be advised; and
- ⇒ A written note (or email) must accompany your child when he/she returns to the College - this is a legal requirement for the class roll.

Requesting Leave during College term (for any reason)

It is expected that every endeavor is made for students' leave to be taken during the College holidays. If however, this is not possible, a request should be:

- ⇒ Emailed to Mr Franzin on franzin@erses.nsw.edu.au asking for permission and giving the reason for the leave. The necessary form will be emailed back to you to be completed and returned to the College. Mr Franzin will respond to your email, copying in the Homeroom teacher and Mrs Acret. This is also a legal requirement for the class roll.



Around the College

Mobile phones, iPads and iPods

All mobile phones, iPads and iPods that come to the College **must** be handed into the office in the morning on the way to class. They can then be collected in the afternoon as students leave for their taxis. They should not remain in school bags or pockets during the day.

All mobile phones, iPads and iPods, earphones etc. **must be placed in their own individual pouch/case and labeled with your child's name** (something similar to a pencil case) to make them easily identifiable when they are all laid out for collection. Many of these items are the same for several students and have gone home with the wrong student, causing great distress.

Name Tags/Labels

Please label **all** items of clothing and all other belongings (e.g. lunch boxes, drink bottles, pencil cases, soccer balls, socks and even shoes). Lost property items are kept for a **short** period in the office. Please email Mrs Acret in the office if you have a missing item: secretary@stedmunds.nsw.edu.au.

Newsletter

The College Newsletter will be distributed by email to parents every alternate week. It is also uploaded on the College website www.stedmunds.nsw.edu.au.

College Fees for 2020

PLEASE NOTE:

All College Fees Invoices will be forwarded via email, commencing Term 1

Invoices will be emailed to the College's main contact listing

If you have queries, please contact our Business Manager,
Mrs Marilyn Noonan on 9487-1044



St Edmund's
COLLEGE

Around the College - Important Dates

Term 1

Fri 7th Feb	Opening College Mass - all parents and carers welcome
Fri 14th Feb	Term 1 College Disco (invitation attached to this Newsletter)
Tue 18th Feb	Eddie's Big Night In (parent/teacher meeting and social evening)
Tue 3rd Mar	Term 1 Mufti Day
Tue 10th Mar	Open Day
Tue 17th Mar	Term 1 Parent Group Meeting
Wed 18th Mar	Term 1 Men's Group Meeting (St Edmund's) (see Newsletter)
Tue 31st Mar	Students' school photos
Mon 6th Apr	Year 7 Immunisation
Wed 8th Apr	2019 Year 12 Reunion (pizza night)
Thu 9th Apr	Last day of Term 1

Term 2

Mon 27th Apr	Staff Day (no students)
Tue 28th Apr	Students return to Term 2
Tue 28th Apr	ANZAC Day Ceremony
Fri 1st May	Edmund Rice Day celebrations - Mass and BBQ lunch
Fri 8th May	Mother's Day Liturgy and Morning Tea
Tue 13th May	Year 10 Immunisation
Fri 15th May	Term 2 College Disco
Tue 26th May	Term 2 Parent Group Meeting
Tue 2nd Jun	Term 2 Mufti Day
Fri 5th Jun	Staff Day (pupil free day)
Mon 8th Jun	Queen's Birthday public holiday
Tue 9th Jun	Term 2 Men's Group Meeting (St Lucy's)
Sat 13th Jun	Eddie's Big Night Out (Miramare Gardens, Terrey Hills)
Wed 10th - Fri 12th Jun	Years 7 & 8 Camp
Fri 26th Jun	RFS Cadet & Leadership Award Assembly
Fri 26th Jun	Last day of Term 2

Term 3

Mon 20th Jul	Students & Staff return to Term 3
Fri 7th Aug	Term 3 College Disco
	Senior Information Evening
Tue 11th Aug	Term 3 Mufti Day
Wed 19th Aug	St Edmund's Golf Day
Wed 26th Aug	Term 3 Men's Group Meeting (St Edmund's)
Fri 4th Sep	Father's Day Breakfast
Tue 8th Sep	Term 3 Parent Group Meeting
Tue 1st Sep	St Edmund's Athletics Carnival
Sun 13th Sep	Family Fun Day (St Edmund's field)
Wed 23rd - Fri 25th Sep	Senior Retreat
Fri 25th Sep	Last day of Term 3

Term 4

Mon 12th Oct	Staff day (no students)
Tue 13th Oct	Students return to Term 4
Mon 14th Oct	Year 7 Immunisation
Tue 20th Oct	St Edmund's Swimming Carnival
Fri 23rd Oct	Term 4 College Disco
	Wed 28th Oct - Fri 30th Nov Years 9 & 10 Camp
Tue 3rd Nov	Term 4 Mufti Day
Tue 3rd Nov	Term 4 Parent Group Meeting
Tue 10th Nov	Orientation Day
Tue 17th Nov	Term 4 Men's Group Meeting (St Lucy's)
Fri 20th Nov	Abbotsleigh Concert
Fri 27th Nov	Year 12 Graduation Formal
Tue 1st Dec	Presentation Ceremony
Wed 9th Dec	Year 12 Farewell Mass & BBQ lunch and Last day of Term 4

Community News



From the Parent Group

Welcome to the beginning of the College year for 2020. I hope you all enjoyed the holiday break with family and friends. A special welcome to our new families. We hope you have enjoyed your start here at St Edmund's and we look forward to you being a part of our College community. There are two key dates for the start of the year to mark in your diary:

1. EDDIE'S BIG NIGHT IN (EBNI) - Tuesday 18th February

This event is a parent/carer only evening. It is a fantastic opportunity to see your child's Homeroom and also receive a brief run-down of the year ahead from your Homeroom teacher. An invitation is included in this Newsletter.

Your child's teacher will also ask you to consider being a class parent rep. The key roles of the class parent are:

- Encourage parents and students to be involved in the College community - e.g. Family Fun day
- Encourage friendships and get-togethers such as holiday catch ups, mums' night out etc.
- Encourage support of major College fundraisers such as Eddie's Big Night Out
- Be the "CONTACT" person for information/support and help distribute information for your Homeroom teacher

2. FIRST PARENT GROUP MEETING FOR 2020 - Tuesday 17th March

The aim of our Parent Group is to support and encourage one another whilst providing informative and engaging speakers on topics that are of relevance to us as parents. The topic for our next meeting will be available shortly.

I look forward to meeting many of you at EBNI. Best wishes for the year ahead.

Janine Eastham – Tom's mum

Men's Group Meetings

The Men's Group is a quarterly 'get together' for a few drinks and a sausage sizzle with other dads from St Gabriel's School, St Lucy's School and St Edmund's College.

We have lots of laughs, share stories and discuss relevant topics around the pressures that our families encounter from day to day. Come along and bring another dad from your child's class!

Please watch for reminders in these Newsletters and also information on who the guest speakers will be at the upcoming meetings.

The dates for this year are:

Wed 18th March	(St Edmund's)
Tue 9th June	(St Lucy's)
Wed 26th Aug	(St Edmund's)
Tue 17th Nov	(St Lucy's)

Please RSVP to Cathy Laing on laing@stedmunds.nsw.edu.au



6.30 p.m. - 8.30 p.m.



Open Day

TUESDAY 10TH MARCH
9.15am – 11.15am

Inspiring Independence, Transforming Lives
www.stedmunds.nsw.edu.au

If you have friends and family who are interested in finding out more about St Edmund's College for their child, please let them know about our Open Day!

St Edmund's College Years 7/12 Buddy Program

Adam (Year 7) with
Matthew (Year 12)



Liam (Year 7) with
Aaron (Year 12)

Community News

Canteen Roster

Please see our Canteen Menu attached to this Newsletter

DATE	YEAR	NAME
4.2.20		NO CANTEEN
11.2.20	12	Sharon Gillett Lisa Stanley
18.2.20	7 & 10	Ingrid Beaven Geraldine Pickford Sanh Duong Audrey Yim
25.2.20	9	Maria Martin Therese Yeung
3.3.20	7 & 8	Lee Currie Cordelia Kalantzis Karen Neville Ann-Maree Zofrea
10.3.20	9	Donna Hunt Sabrina Fork Dale Winckel
17.3.20	12	Liza-Marie Barber May Mak Susanna Wagner
24.3.20	7 & 8	Samantha Gojak Angela Roberts Juliet Phelps Felicity Taylor
31.3.20	10	Maria Burwood Sally Carson
7.4.20		VOLUNTEERS NEEDED

College Disco dates

Term 1 Friday 14th February
Term 2 Friday 15th May
Term 3 Friday 7th August
Term 4 Friday 23rd October

**Invitation attached to this Newsletter.
Please click on the link in the Invitation to register your attendance.**



The Dish

What do we need?



We are looking for members of our parent community to volunteer to help us in 2020 to supply dinner to the homeless people of our local community.

Our rostered days for this year are:

Tuesday 25th February - Term 1

Tuesday 26th May - Term 2

Tuesday 25th August - Term 3

Tuesday 27th October - Term 4

What is involved?

- ◆ We need **two main courses** and **two desserts** prepared and delivered to school on the set Tuesdays (see above).
- ◆ Each dish should be able to feed about **10 people**. Some of the people attending have poor dental health and so the meals should not be too hard to chew (pizza and steak are not recommended) so this often includes casseroles, sausages, meatballs and sometimes baked meals. Last year we supplied meatball and sausage casseroles and some very special butter chicken.
- ◆ Mains are complemented with potato based dishes, pasta or rice. Green vegetables served are appreciated by most.

If you are interested, ***please complete the slip below and return to Bernie in the College office*** and she will allocate you to a date. If you have a specific date in mind, please inform Bernie and she will roster you for that date. Also indicate whether you will be providing a main or a dessert.

Your support will be greatly appreciated.

✂-----

THE DISH

I _____ am interested in providing some food for 'The Dish' in 2020.

I will be able to provide (please tick which box applies)

a dessert course

a main course

I am available **any date**

I am **only available on this date**



St Edmund's College

EXCELLENCE IN SPECIAL EDUCATION

INVITATION

EDDIE'S BIG NIGHT IN

Parent/Carer Teacher Information and Social Evening

(parents/carers only please)

Tuesday 18th February 2020

6.15pm Arrival- salads or wine drop off

6.30pm Homeroom Information Session

7.15pm Presentation in College hall

7.45pm Dinner in College hall

We please ask that each Year group bring either a salad or a bottle of wine to share on the night (please see below):

Year 7 salad

Year 8 bottle of red/white wine

Year 9 salad

Year 10 bottle of red/white wine

Year 11 salad

Year 12 salad or bottle of wine

Please RSVP to assist with catering and any dietary requirements by no later than Friday 14th February via <https://www.trybooking.com/BIDDU>

Any questions, please contact Wendy Scott on 9487-1044 or scott@stedmunds.nsw.edu.au

There is also the opportunity to purchase a book to donate to our Library.

An Invitation to...

St Edmund's College

DISCO

When: Friday 14th February 2020

Time: 7pm-9pm



Where: St Edmund's College Gym
60 Burns Road, Wahroonga

Enter via the side gate to the left of the College main entrance
marked 'Pool'

- * Cost: \$15 per person
- * All St Edmund's students must be signed in by a parent at the door
- * Drinks and snacks available on the night

NB: Smoke and bubble machine and laser sometimes used.

Please click on the link below
to register your attendance for the Disco!

<https://forms.gle/NdmSwSe8vWMuca9g6>



St Edmund's
COLLEGE

St Edmund's College Canteen Menu

Hot Food

Fried Rice (gf)	\$2.00
Chicken Nuggets (gf) 6 per serve	\$2.00
Potato Scallops 2 per serve	\$1.00
Spaghetti Bolognese	\$2.00
Sausage Roll	\$1.50
Meat Pie	\$2.00
Ham & Pineapple Pizza	\$2.00
Margherita Pizza	\$2.00



Rolls

Cheese & Salad Roll	\$4.00
Chicken Burger	\$2.50
Chicken & Salad Burger (no cheese)	\$4.50



Drinks

Bottled Water	\$1.00
Apple Juice (just juice)	\$1.00
Orange Juice (just juice)	\$1.00
Coloured Carbonated Mineral Water	\$1.00
Chocolate Milk	\$1.00
Strawberry Milk	\$1.00



Snacks

Plain Chips 28g	\$0.50
Salt & Vinegar chips 28g	\$0.50
Yoghurt Frogs 5 per bag	\$0.50



Special Olympics Athletics Northern Beaches

AT: 5PM FRIDAYS

TERM 1: COMMENCE 7 FEBRUARY

AT: SYDNEY ACADEMY OF SPORT NARRABEEN



CONTACT LAURIE ON 0448 166 200 OR
ANNE-MAREE ON 0413 011 313 FOR A FREE TRIAL

Puberty, Sexuality and Relationships:

A workshop for parents and carers of people with intellectual disability and autism spectrum disorders

Find out how to support your family member's personal development and sexuality in a positive way!



Come join the team at Family Planning NSW and special guest Liz Dore (Relationships & Private Stuff) for an interactive workshop that will cover issues across the lifespan including:

- Disability and sexuality
- Preparing for puberty
- Decision making and safety
- Taking care of health and hygiene
- Supporting friendship and relationship development
- Supporting positive and safe sexual expression
- Tips for talking about sex and answering tricky questions

Parents, foster parents, relatives and other unpaid carers of people with intellectual disability and autism spectrum disorders of all ages are welcome.

Unfortunately we are unable to accept registrations from professionals for this event.

This forum is not suitable for children. We regret we are unable to provide respite/childcare.

Date:

Saturday 29th of February 2020

Time:

10:00am – 1:30pm
(light lunch provided)

Venue:

Family Planning NSW
328-336 Liverpool Road
Ashfield 2131

Cost:

This workshop is fully funded by



For more information:

Erin Donnelly

Family Planning NSW

P: 02 8752 4312

E: erind@fpnsw.org.au

[Click here to register online](#)

Meet the team

Erin Donnelly (Health Promotion Officer – Disability)



Erin has a background in psychology and public health along with three years of experience in delivering state wide health promotion programs and workshop facilitation. In her role at Family Planning NSW, Erin leads a number of health promotion projects to address the reproductive and sexual health and rights of people with intellectual disability.

Liz Dore (Counsellor – Relationships & Private Stuff)



Liz Dore has been working with people with disability to help them achieve their educational, employment and personal goals for 25 years. This includes 15 years experience in relationships counselling and sexuality education. She has qualifications in Special Education, Relationships Counselling, and Sexuality and Training.

Want to learn more?

Family Planning NSW have a range of innovative 'easy to read' resources to support our education activities, along with an extensive range of books and resources available to loan from our Disability Resource Collection.

To learn more and keep up-to date with our latest events contact the Disability team:

Phone: (02) 8752 4300

Email: healthpromotion@fpnsw.org.au



Health
Northern Sydney
Local Health District

Family Carer Forum

People with an Intellectual Disability - Mental Illness

Northern Sydney Local Health District is seeking feedback on your experience of our Health services.

A forum for family carers of people with an intellectual disability accessing Northern Sydney Local Health District Mental Health Services will be held at:

Hillview Community Health Centre

1334 Pacific Highway, Turramurra

Entry and parking at rear of property - off Boyd St

Wednesday 26th February 2020

1.00pm to 3.00pm

We need your feedback to build capacity to meet the needs of people with an intellectual disability, who present to our mental health services.

What needs improvement?

What do you want staff to ask?

What do you want staff to know?

What works?

What do you think we need to know?

What doesn't work?

What would make your care experience better?

Please join us for a cuppa and conversation.

To RSVP | For more information | If you would like to participate but can't attend, please contact:

Kerry Hides-Pearson, Senior Project Manager | Mental Health Drug & Alcohol

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Creative Carers Support Group

Are you caring for a loved one, family member, child with special needs, partner or elderly parent and would like to join a Creative Carer's Support Group? Would you like to connect with other Carers in a supportive and creative environment?

A place where you can meet up, connect and enjoy creating through various mediums, such as painting, writing, drawing and scrapbooking.

The purpose of the group is to be a place of inspiration, one which is fuelled by your experiences as a carer.

The group offers a great opportunity to pursue your creativity in a warm and therapeutic setting. A place to access support, ideas and information needed to help further support you along your caring journey.

It is a place to make friends, access professional support and just take a few hours out of your busy life to focus on your own health and wellbeing.

Group details-

When: Every 3rd Month of the Month, commencing 17th of February 2020.

Time: from 10am-2pm.

Address: The Drawing Room, Wallarobba 25 Edgeworth David Ave, Hornsby NSW

Cost: Gold Coin donation towards morning tea and supplies.

Contact Details

Mary Beijerinck-Gooley
NSLHD Carer Support Service

Mary.BeijerinckGooley@health.nsw.gov.au
Phone: 0434 323 411

