



St Edmund's College

EXCELLENCE IN SPECIAL EDUCATION



Inspiring Independence, Transforming Lives

Newsletter

Term 1, Week 9,

1st April 2021



Principal's Message ...

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

Easter

As we approach the end of Lent and prepare for Easter, we are asked to be part of a process of reflecting on the ongoing story of our own life, in the context of remembering and reliving the story of Jesus in his last days. The days of Lent have been a time for self-reflection; the days ahead follow a familiar story: Palm Sunday and Jesus' triumphant entry into Jerusalem; Holy Thursday and the Last Supper with the apostles – retold each time Mass is celebrated; followed by his agony of self-doubt in the Garden of Gethsemane; his abandonment by the apostles and betrayal by Judas; on Good Friday his 'trial', carrying of the cross through the streets and execution on the cross; his entombment and on Easter Sunday his inexplicable and incomprehensible Resurrection from death to life.

Throughout Christian history, the best way to understand this, has not merely been to know the facts of the story, but to immerse oneself in them through the various Liturgies and Masses which cover these events every year at Easter, because they bring each story to life again through prayer, ritual and re-enactment. From the young to the old, the best way to connect our own life story to that of Jesus and all the depth of his experiences during those days and what it reveals about the reality of our own existence, is by sharing in this ancient and living season and what it offers, particularly by involvement through your local parish.

Parent Group Meeting

A very big thank you to Renata, Gavin and Sharon for their reflections on life post school and how they navigated this period for their children. Like all significant transitions, life presents a range of opportunities and challenges. The take away message on the night was that there is plenty of support available and that despite the challenges, each child was able to find the necessary work placements where they were able to thrive and flourish and be able to develop the necessary skills for life beyond St Edmund's. This was a reassuring message for those present and a great opportunity for parents to share their experiences and wisdom in what can be a very daunting period for their child.

Building Update

During the school holidays the corridor outside Breathe Easy and the Science Labs will be replaced to help link plumbing work to our construction site for our new Hospitality change rooms and toilets. We are also hopeful with some warmer weather that we will be able to pour the slab for the foundations of our new Administration and Resource Centre. I am sure that the students will be excited to see the many changes on their return.

2020 Year 12 Reunion

Last night saw the return of our 2020 Year 12 students for their reunion and pizza night. It was wonderful to see them all again and hear what they have been doing since leaving school. They were amazed and impressed at our building work and it will be exciting to invite them back to the opening of our new buildings when the time comes.

Term 2

As this is the last Newsletter for the term, I remind you that Term 2 commences on **Monday 19th April** and that students are to return in full school winter uniform. I hope everyone has an opportunity for a break from the normal routines and that any who are travelling, return safely.

Best wishes for the week ahead and I wish you all a safe and blessed Easter.

Jon Franzin

PRINCIPAL



Deputy Principal's Message ...

Swimming Carnival

This week we have had 6 students participate in the NSW Combined Catholic Schools competition who were part of the Broken Bay representative team. Congratulations to Mitch, Niki, Oscar, Ben P, Zac F and Zane who participated in this important competition.

As you may have been aware from Dojo posts and also through calendar dates in the Newsletter, the College Swimming Carnival and Athletics Carnival dates for 2021 have now been set. We look forward to these carnivals which are a highlight for many students and restrictions pending, we hope to be able to welcome parents to these events so mark it in your calendar!

Athletics Carnival - Tuesday 31st August 2021

Athletics Carnival back up date - Tuesday 7th September 2021

Swimming Carnival - Tuesday 12th October 2021

Term Break

We have come to the end of a very busy term and it is time to pause and catch our breath before embarking on Term 2. Congratulations to all of our students who have worked hard this term and been extremely impressive in navigating our College site which presented with significant change and new procedures since last year, due to our building project. I wish all of our students a safe and relaxing term break. Hopefully there is also some time to reflect on the meaning and importance of Easter as well as spend some quality family time with one another.

Rebecca Kirwan
Deputy Principal

St Edmund's
COLLEGE

EDDIE'S BIG NIGHT OUT

Save The Date 2021

SATURDAY 17TH JULY
Miramare Gardens, Terrey Hills


PREVIOUSLY SUPPORTING ST. EDMUND'S SCHOOL & THEIR SPORTS



Mission and Identity

Holy Week The summit of the Liturgical Year is the Easter Triduum - from the evening of Holy Thursday to the evening of Easter Sunday. Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery. The single celebration of the Triduum marks the end of the Lenten season and leads to the Mass of the Resurrection of the Lord at the Easter Vigil.

The liturgical services that take place during the Triduum are:

- ◇ Mass of the Lord's Supper
- ◇ Good Friday of the Lord's Passion; and
- ◇ Mass of the Resurrection of the Lord

Palm Sunday recalls Jesus' arrival in Jerusalem. Palm Sunday is known as such because the faithful will receive palm fronds which they use to participate in the re-enactment of Christ's arrival in Jerusalem with a procession. In the Gospels, Jesus entered Jerusalem riding a donkey to the praise of the townspeople who laid palms or small branches in front of him as a sign of homage. This was a customary practice for people of great respect.

Holy Thursday commemorates the Last Supper, when Jesus consecrated bread and wine. In the morning, bishops typically gather with priests from their diocese for the Chrism Mass. They bless holy oils during the Mass. The washing of the feet takes place during the Mass of the Lord's Supper in the evening.

Good Friday is one of the darkest days of the year for Catholics. It covers Jesus' arrest, trial and crucifixion. His death and burial are also memorialised. The events of Good Friday are commemorated in the Stations of the Cross, a 14-step devotion, traditionally prayed during Lent and especially on Good Friday. Good Friday is a day of fasting within the Church. Traditionally, there is no Mass and no celebration of the Eucharist on Good Friday. Church bells are silent. Altars are left bare. The solemn, muted atmosphere is preserved until the Easter Vigil.

Holy Saturday remembers the day which Jesus spent in the tomb resting. The Easter Vigil takes place at the end of the day because the new liturgical day begins at sunset, the vigil begins at sunset on Holy Saturday outside the church, where an Easter fire is kindled and the Paschal candle is blessed and then lit. This Paschal candle will be used throughout the season of Easter, remaining in the sanctuary of the church and throughout the coming year at baptisms and funerals, reminding all that Christ is our life and light.

Holy Week Prayers

As Holy Week unfolds we pray that at each step we renew our commitment to follow Christ through our authentic love for neighbour.

Palm Sunday

Gracious God, you have heard the cries of your suffering people. You have sent Jesus to us to be our Redeemer and brother. Open our eyes to see the immensity of your love for us and the wonder of what you have done for us. Give us the courage to be your hands and heart for those who are in pain. Give us the wisdom to speak out for justice and righteousness. May your will be done in us today and always. *Amen.*



Holy Thursday

Faithful God, Jesus gave us the gift of his own Body and Blood that we might have food to sustain us. As we share the Eucharist of Jesus Christ, let us become Eucharist for one another. May our lives be blessed, broken and given that your people may live. This we ask in the name of Jesus, our living Bread. *Amen.*

Mission and Identity continued ...

Good Friday

Christ Jesus, your love is made visible through the mystery of your death and resurrection. Make us one in you. Transform us into people of mercy who reach out to embrace you in the suffering ones in our midst. We ask this, as a people reconciled to God through the blood of your cross. *Amen.*



Holy Saturday



Saving God, all creation waits with groaning and longing for the salvation promised to our ancestors and revealed in the resurrection of your Son Jesus. Teach us how to wait for the bursting forth of your saving power when all will be reconciled to you in Christ Jesus. We wait in hope, O God. We wait in the company of all the angels and saints of heaven. Through their intercession may we have the power to say: Holy, Holy, Holy is our God. *Amen.*

Easter Sunday

Jesus, we stand in awe at the mystery of your death and resurrection. We wonder at the depths of your love for us. May all peoples of the Earth receive the good news of your gospel. As your people we ask this day for the power to live in the joy of your rising. May we sing with all creation: Hail, O Light of Christ! Welcome, Risen Lord. *Amen.*



Year 7 Spirituality Day

On Friday 19th March, Year 7 ventured to Oxford Falls for their first Spirituality day together. Students engaged in various activities, exploring and reinforcing our Christian values of belonging and inclusion, care and love for one another. Students also explored the life of Blessed Edmund Rice and his vision for inclusive education for all. Students also engaged with song, games and reflection as they begin their journey in secondary school.

Holy Week Celebration

Today we celebrated the key events leading up to Easter. Students listened to the story of the Last Supper and engaged symbolically through the washing of feet and the breaking and sharing of bread. The Cross is a key feature of Easter and the Christian life of love for others. In our liturgy we not only retold the story but directed students to live the values and example modelled by Jesus to others.



Project Compassion

This term there have been a number of events which supported fundraising for Project Compassion. We thank students and families for your support of this important appeal that supports life changing projects throughout the world, bringing hope to so many. If you would like to explore further the works of Caritas, please go to <https://www.caritas.org.au>

Jason Scanlon
Assistant Principal Religious Identity & Mission



PDHPE

I would like to introduce myself to the St Edmund's College community. My name is Lois Horne and I have recently taken on the role of PDHPE Coordinator and Sports Coordinator. I have taught for many years at Asquith Girls' High School and Tara Anglican School for Girls and I look forward to providing purposeful, engaging programs and sports initiatives over the coming years at St Edmund's. I have enjoyed my first week, being met by friendly, smiling faces on a daily basis. The staff and students have been extremely helpful and supportive as I find my feet and my way around the College.

NSWCCC Swimming Carnival

Congratulations to our wonderful St Edmund's swimmers who attended the NSWCCC Swimming Championships at SOPAC on 29th March. They were a credit to their College and their families with many personal best times achieved. All of the students performed very well and even though there were a few nerves, they really supported each other and cheered one another on throughout the day.

Please congratulate the following students when you see them around the College:

**Oscar (Year 7), Zane (Year 9), Ben P (Year 10), Niki (Year 11),
Mitch (Year 12) and Zac F (Year 12)**

Some of the highlights are outlined below:

- ⇒ Ben picked up 5 medals (1 gold, 3 silver and 1 bronze) and his times were excellent, recording 3 personal best times on the day;
- ⇒ Niki finished with a 4th in the 50m freestyle and a 3rd in the 50m backstroke;
- ⇒ Oscar came 5th out of 8 in his race, which was terrific considering he was swimming in the 12-15 year race and was the youngest competitor;



I must also thank the parents who travelled to Sydney Olympic Park to support their children on the day.

Carnival dates for your diaries:

- ⇒ Athletics Carnival: 31/08/21
- ⇒ Athletics Carnival Back-up date: 7/09/21
- ⇒ Swimming Carnival: 12/10/21



Lois Horne
PDHPE Coordinator

Around the College

2020 Year 12 Reunion



So great to catch up with our 2020 Year 12 students - wonderful to hear all that you have been doing - we hope 2021 allows us to see

Schedule for Term 2 Sport, 2021

Year Group	Day	Sport / Activity	Venue
Year 7	Fri	Both Classes: AFL	Golden Jubilee Field, Esk St, North Wahroonga
Year 8	Thu	Both Classes: Basketball	The Glade Reserve Basketball/Tennis Courts, Tanderra St, Wahroonga
Year 9	Wed	Both Classes: AFL	Golden Jubilee Field Esk St, North Wahroonga
Year 10	Tue	Both classes: CADETS	St Edmund's College
Year 11	Mon	Gymnastics, PCYC Blowfly Cricket Students attending: <i>Sam B, Bianca, Sarah W, Angel, Ben, Piper, Brendon, Ryan, Lucas</i>	Park Lane, Waitara St Leo's Catholic College 16 Woolcott Ave, Wahroonga (Bottom Oval)
Year 12	Mon	Gymnastics, PCYC EBNO Practice Students attending to be confirmed.	Park Lane, Waitara St Edmund's College



St Edmund's College
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Post School Information Evening

for Year 11 and 12 Parents and Carers.

Tuesday 11th May, 2021

6.15pm - 8pm
St Edmund's College Hall

Hear from our guest speaker Lisa Duffy from NDIS Services, Fighting Chance, and former St Edmund's parents.

**Please RSVP to Jacqui, Senior Program and Work
Experience Coordinator at
work@stedmunds.nsw.edu.au
by 4th May.**

Any queries, please contact Jacqui on email. Thank you.



From the Parent Group

Well it is the end of Term 1! Thank you to all the staff at Eddie's from all the families for a term that saw our students transition into a new learning environment, saw families allowed back on site and students enjoying off campus activities again. We were even able to hold our first onsite Parent Group meeting last week with a record number of people attending. A special thank you to Renata, Gavin and Sharon, former parents of Eddie's, who were able to share their "After Eddie's" experiences. Their wisdom and encouragement was very much appreciated. We are such a long way from where we were last Easter and we have a lot to be thankful for.

As we begin the school holidays we acknowledge that for some, the fears of last year could still be present, especially with the recent COVID cases in what could be your upcoming school holiday destinations.

Sometimes just being on school holidays with our children being out of routine, can be challenging. Let me remind you of the the Self Care and Wellbeing program that is still available to parents and carers of St Edmund's. There are a total of 10 x 50 minute counselling sessions per adult, available as part of a NSW Government Grant Scheme, aimed to look after our mental health and wellbeing. This is a free service delivered via zoom or over the phone, by appointment. Please consider this very unique and generous offer of support to us. *A note that this is a completely confidential service. The College does not know who is taking part in the counselling program or any content that is discussed. All confidential privacy privileges are maintained. The only data that is reported to the College is the quantity of participants so that the grant can be reconciled.*

In addition to the counselling sessions and, as part of the Wellbeing Scheme, St Edmund's is also offering "Rest & Rebalance" workshops. Our first is being held Saturday 24/4/21 at 3.30pm-6.30pm in Castle Hill, *more details below*. These sessions are aimed at giving us guided relaxation, meditation and restoration techniques facilitated by Tanya Savva who is an Emotional Freedom Practitioner.

We are looking forward to Eddie's Big Night Out; a fabulous fun night celebrating St Edmund's and raising funds for our College. **So please save the date and start planning a table. It is a night not to be missed – Saturday 17th July 2021!**

Wishing all our families and staff a safe and joyous holiday. Rich in the blessings of Easter as we remember that God loves us so much that he sent us his only Son so that we can be forgiven and be thankful for the gift of eternal life.

He is not here for He is risen - Matthew 28:6

Janine Eastham, Tom's Mum
Parent Group Leader

REST AND REBALANCE WORKSHOPS 2021
PART OF OUR SELF CARE AND NOURISHMENT PROGRAM

This 3 hour session involves guided relaxation and meditation, restoration practice and open discussion facilitated by Tanya Savva, Emotional Freedom Practitioner



When: Saturday 24/04/21, Saturday 29/05/21 and Saturday 19/06/21
Time: 3.30pm to 6.30pm

Where: Kinetica Yoga and Pilates, 100/7 Hoyle Ave, Castle Hill

RSVP: Try booking link - <https://www.trybooking.com/BEI/IV>
groups are limited to 20 people per session so please book early

After the sessions there is the possibility of dinner for those able to attend.

*Cost of these sessions is covered under the My Community Project Grant funded by the NSW State Government



ONE ON ONE COACHING FOR FAMILIES
PART OF OUR SELF CARE AND NOURISHMENT PROGRAM

- Please book in for your confidential and private coaching session with AccessEAP professionals, Netta Daley or Pol Miles McCann.
- 10 Sessions available per person. Be early, limited spaces.
- Sessions up to 50 minutes at a time.
- Support strategies, Self care, Networks, Counselling




Call 1800 818 728 to book your appointment or visit AccessEAP's website on <https://www.accesseap.com.au/>

*Cost of these sessions are covered under the My Community Project Grant funded by the NSW State Government



Around the College

College photos - Tuesday 4th May

Please return the order envelope to the College office by Monday 26th April (even if you are not ordering photos.)

Uniform reminder - girls

- ⇒ All students are to be in full winter uniform (including Blazers)
- ⇒ Girls' winter skirt or College pants
- ⇒ Long sleeve College blouse
- ⇒ Black tights or white ankle socks
- ⇒ Polished black school shoes
- ⇒ Hair ties and/or headbands – College colours only
- ⇒ No jewellery or nail polish



Uniform reminder - boys

- ⇒ All students are to be in full winter uniform (including Blazers)
- ⇒ Short or long sleeve shirt tucked in
- ⇒ Winter trousers or shorts
- ⇒ Tie
- ⇒ College socks
- ⇒ Polished black school shoes
- ⇒ Clean shaven

MENSTRUATION MANAGEMENT WORKSHOP FOR PARENTS

Tuesday 18th May, 6pm-7pm on site.



Learn strategies to prepare for periods, alternatives to menstruation pads, and hygiene tips. This will include a take home menstruation resource pack.

Presented by the Allied Health Team at St Edmund's College.
Please note, attendance is limited to 50 persons on site.

PLEASE RSVP via trybooking
www.trybooking.com/BQFIB by Monday 3rd May. Thank you.



St Edmund's
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If you have any questions about this workshop, please contact Cara Suen (School Occupational Therapist) on suen@erses.nsw.edu.au or Caitlin Hassell (School Speech Pathologist) on hassell@erses.nsw.edu.au. We look forward to seeing you at the workshop.

Around the College - Important Dates

Term 1

Thu 1st Apr Last day of Term 1

Term 2

Mon 19th Apr First day of Term 2 for students and staff
 Wed 21st Apr Year 7 immunisation
 Fri 23rd Apr ANZAC Day Ceremony
 Tue 4th May College photos
 Wed 5th May Blessed Edmund Rice Day celebrations
 Fri 7th May Mother's Day Breakfast and Liturgy
 Tue 11th May Post School Information Evening (see this Newsletter)
 Wed 12th May Year 10 Immunisation
 Fri 14th May Term 2 College Disco
 Tue 25th May Term 2 Mufti Day
 Wed 2nd - Fri 4th Jun Years 7 & 8 Camp
 Thu 10th Jun Term 2 Men's Group Meeting at St Edmund's (see this Newsletter)
Fri 11th Jun Staff Day (pupil free day)
Mon 14th Jun Queen's Birthday public holiday
 Wed 16th Jun Term 2 Parent Group Meeting
 Fri 18th Jun Leadership Assembly
 Fri 18th Jun Last day of Term 2

Term 3

Mon 12th Jul First day of Term 3 for students and staff
 Sat 17th Jul Eddie's Big Night Out (Miramare Gardens, Terrey Hills)
 Tue 3rd Aug Subject Selection Evening
 Fri 6th Aug Term 3 College Disco
 Tue 10th Aug Term 3 Men's Group Meeting at St Lucy's School
 Tue 17th Aug Term 3 Mufti Day
Fri 13th Aug Staff Day (pupil free day)
 Tue 31st Aug Athletics Carnival (to be held at PLC Pymble)
 Fri 3rd Sep Father's Day Breakfast
 Tue 7th Sep Term 3 Parent Group Meeting
 Thu 9th Sep St Edmund's Golf Day
 Fri 10th Sep Eddie's Got Talent
 Wed 15th - Fri 17th Sep Senior Retreat
 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 held at PLC Pymble)
 Fri 22nd Oct Term 4 College Disco
 Thu 28th Oct Term 4 Men's Group Meeting (external venue)
 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



Around the College

Canteen Roster - Term 2

WEEK / DATE	YEAR GROUP	NAME
Week 1 20 April	10	Sabrina Forte, Melissa Mossman, Dale Winckel
Week 2 27 April	8	Sanh Duong, Samantha Gojak, Audrey Yim
Week 3 4 May	11	Frances Bull, Ghazal Hedjripour, Geraldine Pickford
Week 4 11 May	9	Mary-Anne Clifford, Karen Neville, Felicity Taylor
Week 5 18 May	7	Suzanne Casey, Paula Rofail, Elizabeth Whiting
Week 6 25 May	9 & 12	Juliet Phelps, Anne-Maree Zofrea, Michelle Fry
Week 7 1 June	10 & 11	Maria Burwood, Marie Martin, Therese Yeung
Week 8 8 June	7	Georgia Hicks, Tessa Tobin, Tina Triantafilakis
Week 9 15 June	8	Scarlett Howard, Con/Cordelia Kalantzis, Angela Roberts

Men's Group - Term 2

The Men's Group is a quarterly 'get together' for a few drinks and a light dinner with other dads from St Edmund's College and St Lucy's School. 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!

Our Term 2 gathering is **Thursday 10th June**. Please see the Important Dates in this Newsletter for all the 2021 dates.

6.30 p.m. Light dinner and drinks

7.00 p.m. Discussion

Venue: St Edmund's College hall

RSVP: Cathy Laing on 9487 1044 or email laing@stedmunds.nsw.edu.au

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



Around the College

Well done boys!

Zac (Year 12), Ryan (Year 11) and Oscar (Year 7) recently competed in the 2021 NSW Surf Life Saving State titles at Swansea/Belmont, all entering in sprint, flags, swim, board and wade races.

Congratulations boys - the St Edmund's community is very proud of your achievements!



St Patrick's Day Celebrations

A huge thank you to Ellie and Roisin who performed at our recent St Patrick's Day Assembly. Our students and staff were amazed to see the very complicated but entertaining Irish dancing and thoroughly enjoyed their visit.



Around the College





PEERS for Teenagers with Intellectual Disabilities

Our PEERS® group is specifically tailored for teenagers and high school students with Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD) or social anxiety who are verbal with a mild-moderate intellectual disability, who are facing social challenges.

We teach skills to help make and keep friends. This small group session provides teenagers and young adults with an opportunity to practise these skills.

WHAT WILL I LEARN?

- Conversational skills
- Entering & exiting conversations
- Electronic communication
- Using humour appropriately
- Organising get-togethers
- Being a good sport
- Handling disagreements
- Changing a bad reputation
- Handling teasing and bullying

WHERE AND WHEN WILL THE GROUP RUN?

Concurrent teen and parent sessions are held weekly for 14 weeks on Saturdays (excluding school holidays)
Lane Cove Business Park
Sessions run for 90 minutes

Taking Expressions of Interest, once we have enough teens to form a well-matched group, we will confirm a start date

COST?

The 14 week course is \$3150

Self-managed NDIS funding can be used

TO REGISTER EXPRESSION OF INTEREST:

interest form: www.sociablegroup.com.au

call 0414 686 054

email thesociablegroupaus@gmail.com



The
SociABLE
Group



Pathways to Post School Life

A session for young people in Years 10-12 and the people who support them

The NDIA would like to invite young people with a disability in Years 10-12, their parents, carers and education professionals, to attend a virtual information session.

This is a session about building skills and paving a pathway to post school life. We'll discuss a range of NDIS-funded supports and other assistance to help young people build skills to prepare for their transition, and support them in achieving employment and other goals, post-school.

Sessions are offered over multiple dates to allow flexibility for attendees, and will be delivered via video-conference using Microsoft Teams. Registrations will close three business days before the event. If you would like to attend, please register via Eventbrite. Two business days prior to the event, login details (including the MS Teams link to join the session) will be sent from events@ndis.gov.au to the email address you provide at registration.

For any enquiries regarding this session, please contact events@ndis.gov.au. Please include the session name in the subject line.

Where: Virtual Information Sessions via Microsoft Teams

Dates & Times:

Wednesday 5 May 2021	6.00pm – 7.30pm (AEST)
Tuesday 18 May 2021	3.30pm – 5.00pm (AEST)
Thursday 3 June 2021	6.00pm – 7.30pm (AEST)
Wednesday 16 June 2021	3.30pm – 5.00pm (AEST)

RSVP: Please register via Eventbrite at www.eventbrite.com.au/e/pathways-to-post-school-life-a-session-for-young-people-in-years-10-12-tickets-146694728883

Additional information: Accessibility is important to us. If you have any accessibility requirements please let us know when you register for your chosen session. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters and live captioning services.



CARING FOR THE CARER



Quest for Life's Petrea King presents 4 **FREE** Online Workshops- Four Keys to Peace and Resilience.

Living with, and Caring for someone with a serious illness, chronic pain, dementia, mental health diagnosis or a psychological disorder can be distressing. Petrea's workshops will help you navigate an unknown landscape and manage the range of emotions associated with being a carer. Your ability to maintain hope, humour and optimism will be reinforced and you'll be motivated to implement the very necessary strategies for self-care.



(Petrea King- Quest for Life Foundation Founder and CEO)

Register for the FREE Online Workshops through the Try Booking links below. Numbers are limited. If you need assistance contact Carer Support on Ph: 02 9462 9488

Join us at 10.15am - Petrea will commence promptly at 10.30am and conclude at 11.30am These sessions are provided in partnership with Carer Support Services Northern Sydney Local Health District

<p><u>Workshop 1- Tuesday, May 4th</u> Control- Being present to life's challenges and recognising that while we can't always change what happens to us, we can change our response to what happens Try Booking Link to register for free workshop https://www.trybooking.com/BPZYD Zoom Link https://zoom.us/j/98017826745?pwd=MDY2b1duYURGanRTMGUzaG1uaGQzZz09</p>	<p><u>Workshop 2- Tuesday, May 18th</u> Commitment to living- Take responsibility and stop blaming or resisting what is- refocusing priorities and dealing with issues of forgiveness. Try Booking Link to register for Free workshop https://www.trybooking.com/BPZZZ Zoom Link https://zoom.us/j/93159929270?pwd=WXNuQ0ppSHV3cGkwRUdQZ0ZtSlhoZz09</p>
<p><u>Workshop 3- Tuesday June 1st</u> Challenge-Are we living life with a passion for who we are and what we are? Can we find meaning in our suffering? Try Booking link to register for free workshop https://www.trybooking.com/BQABI Zoom Link https://zoom.us/j/96470688578?pwd=RUNtOGlSWnpMU2w2dU9nazFJYmt2Zz09</p>	<p><u>Workshop 4- Tuesday June 15th</u> Connection- Feeling that we were loved and supported by those with who we share our life-family, friends, and community. Try Booking link to register for free workshop https://www.trybooking.com/BQACU Zoom Link https://zoom.us/j/99280692848?pwd=anJQd2F5YTVjcUJET0d2UmlLRHBwZz09</p>



Keen to play netball?

Manly Warringah Netball Association is looking for girls to form a **Junior All Abilities Netball** team to play in the Saturday Competition.

When: Saturday mornings (exact timeslot TBC)

Where: John Fisher Netball Courts North Curl Curl

Dates: 17 April 2021 – 7 August 2021

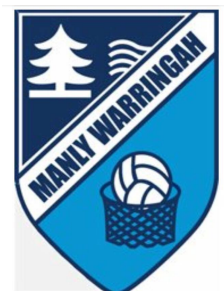
Cost: \$60

Interested ?

Contact **Janelle Burgmann** for more information.

Email: tlady@tforlife.com.au

Mobile: 0419 770 730





A PLACE FOR FUN & LESSONS

WELCOME TO REACH UP SCHOOL HOLIDAY PROGRAM

Your child's welfare is always our top priority!

DROP OFF/PICK UP
2 THOMAS STREET, CHATSWOOD
(OUTSIDE GUIDE DOGS)
9:30 AM – 3:30 PM

These activities are all excursion based to practice community skills and social skills. This is a great opportunity for young people to reach goals, laugh, make new friends and try something new.



BOOKING NOW OPEN

Tuesday 6th April - NSW rail museum
\$35

Wednesday 7th April - Pizza making
\$20

Thursday 8th April - Powerhouse museum - \$20

Friday 9th April - Chinese Garden of Friendship - \$28

Monday 12th April - Papermaking

Tuesday 13th April - Ian potter children's wild play \$25

Wednesday 14th April - Ferry ride \$20

Thursday 15th April - Maritime Museum
\$35

Friday 16th April - BBQ and Games
-\$20

What to bring:

Activity Fee

Morning Tea and Lunch (Nut Free please)

Water Bottle

Hat and Sunscreen

Topped up Opal card

Companion Card

Money for a treat (optional)

NDIS Support Cost for 1:2
\$134

NDIS Support Cost for 1:1
\$268

RSVP BY Tuesday 30th of March

Email: hello@reachup.org.au

Phone: 0433619099

Reach Up ABN 85 194 916 797