



St Edmund's College

EXCELLENCE IN SPECIAL EDUCATION

Inspiring Independence, Transforming Lives

Newsletter

Celebrating **70** *Years*
1951-2021

Term 3, Week 3,
30th July 2021



Principal's Message

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

I hope you are keeping safe and well. The news this week confirming the extension of the lockdown until 28th August, coupled with increased restrictions across eight LGAs was not the news we were hoping for. It is clear that our need for social connectedness and return to normal routines is something that we are all craving and in need of during this time. As a school community we have continued to develop ways to keep our community connected despite the vast majority of students learning from home. Thank you for your ongoing support, patience and understanding as we attempt to keep staff, students and the broader school community safe. It is greatly appreciated.

COVID-19 UPDATE: Further to my correspondence this week regarding the latest COVID-19 update, from midnight, 28th July, the **Parramatta, Campbelltown and Georges River** LGAs will join five existing LGAs of concern (Canterbury-Bankstown, Fairfield, Liverpool, Blacktown and Cumberland) which are subject to an Authorised Workers Order. Only authorised workers in these eight LGAs may leave their LGA for work. Given this intensification of localised numbers, I would ask parents to strongly consider not sending their child into school or reducing their number of days if they have capacity to undertake supervision at home. This is the approach that we have taken with staff, given the low numbers of students on site.

We look forward to further advice about Year 12 students return to face-to-face learning on Monday, 16th August. The NSW Government is finalising plans for the resumption of in-class study under strict COVID protocols. Once information is received, this will be forwarded to families accordingly.

ANNUAL REPORT TO THE COMMUNITY: The 2020 Annual Report is provided to the community of St Edmund's College as an account of the College's operation and achievements throughout the year. It provides a detailed account of the progress the College has made to provide high quality educational opportunities for all students. It outlines the impact of key school strategies for improved learning and the benefit to all students from the expenditure of resources. The Report can be found here:

<https://www.stedmunds.nsw.edu.au/assets/Uploads/F143-176785-2-St-Edmunds-College-Annual-Report-Final-Version.pdf>

SAVE THE DATE – HEALTH AND SELF CARE IN LOCKDOWN: I am pleased to confirm that Mark Bunn, one of Australasia's leading experts on health and wellbeing, will be presenting a one-hour workshop for parents on Tuesday 17th August from 7.00 p.m. – 8.00 p.m. Mark is a former AFL footballer and best-selling author of 'Ancient Wisdom for Modern Health'. Mark's presentation, '*Keeping Positive During a time of Lockdown*' will provide parents with practical strategies to remain positive during these uncertain times. 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 issues with simple, down-to-earth solutions. Mark's highly entertaining and fun delivery style makes cutting edge research from mind-body medicine and positive psychology seem refreshing, uplifting and life changing. Having attended Mark's workshops previously I highly recommend you joining us for this informative and worthwhile evening (please see the flyer attached).

IMPORTANT DATES FOR THE COLLEGE: Please check the next page of this Newsletter for changes to dates of events for the College - those which have been rescheduled or cancelled. The previously advertised Staff Day (pupil free day) **Friday 13th August** will not go ahead and will be a normal school day.

Best wishes for the week ahead.

Jon Franzin - **PRINCIPAL**

Around the College



Important Dates

Please check below for changes to our previously advertised dates:

Term 3

Tue 3rd Aug	Subject Selection Evening via Zoom - to be advised shortly
Fri 6th Aug	Disco (former students only) to be rescheduled
Tue 10th Aug	Term 3 Men's Group Meeting online see this Newsletter for details
Tue 17th Aug	Health & Self Care in Lockdown webinar see this Newsletter for details
Fri 13th Aug	Staff Day (pupil free day) cancelled
Tue 31st Aug	Athletics Carnival (to be held at PLC Pymble) to be rescheduled
Fri 3rd Sep	Father's Day Breakfast to be advised
Tue 7th Sep	Term 3 Parent Group Meeting to be advised
Thu 9th Sep	St Edmund's Golf Day to be advised
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 held at PLC Pymble)
Fri 22nd Oct	Term 4 College Disco (current students only)
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



Congratulations to the winners of our Eddie's Big Night Out Raffle:

1st Prize:	Diego - ticket no. 2289
2nd Prize:	Lisa - ticket no. 1405
3rd Prize:	Davidson - ticket no. 553
4th Prize:	Peter - ticket no. 2282
5th Prize:	Belinda - ticket no. 2271





Deputy Principal's Message ...

It has been wonderful to see some of the great tasks that students have been completing recently during these unusual times. I have enjoyed dropping into some of the online meetings and seeing the enthusiasm of students to engage with their peers as well as seeing and hearing about some of the life skills that students are practising at home. It is also lovely to hear that students are trying to stay connected with their friends where possible.

Connection to the College

As mentioned on Dojo last week, we will have a virtual Assembly every week at the moment. This will be posted at 11:30 a.m. on Friday mornings on the Year Group Teams page (not the Homeroom page.)

This week we encouraged students to wear **green** and **gold** on Friday whether they were at home or at the College. This was to support our Australian Olympic team as they go for gold in Tokyo. Those students learning at home could wear these colours to the Homeroom check in at 9.00 a.m. and could also send in a photo to their Homeroom teacher or me to add to next week's Assembly.

Just to highlight again that the College is also providing each year group with some additional Teams calls opportunity at 1.00 p.m. on a few days a week. This is giving students a chance to touch base with their peers as well as seeing their specialist teachers and asking any questions they might have about the work set.

Personalised Planning Meetings

Term 3 is a time when we usually undertake personalised planning with families to set goals for students for the semester ahead. We had hoped that these meetings could occur in person where possible, however with the extension of restrictions this is not likely to happen for some time. We have therefore decided to use Teams meetings with parents to complete these meetings and we are hoping to set some dates in Weeks 5 and 7 when you can book in a call with your child's Homeroom teacher.

Further information will follow regarding this early next week, however, I wanted to make you aware that these meetings will still in fact occur this term.

Rebecca Kirwan
Deputy Principal

Around the College

Awards online

Eddie's Best:

7F	Louis	7V	Bento
8T	James	8P	Michael
9C	Chloe	9E	Zane
10M	Victoria	10O	Johann
11J	Ella	11S	Ryan
12G	Angelica	12L	Grace

All Eddie's Best recipients will have morning tea with Mr Franzin next Tuesday online! Details to be advised.





Mission and Identity

Being generous in a time of Coronavirus



St Edmund's COLLEGE

Habits of **CHARITABLE GIVING**

53%
PEOPLE
Admit they feel enjoyment after giving

"It is in giving that we receive".
We have a moral responsibility to use what we have to help others — a belief that is taught by Jesus, bringing happiness to others and one self.

"NO ONE HAS EVER BECOME POOR BY GIVING."
- Anne Frank

Having the power to improve the lives of others is a privilege, one that Jesus shows is a key action of loving others. Acting on these powerful feelings of responsibility is an excellent way of reinforcing our own Edmund Rice values and feel like we're living in a way that makes our world a better place.

**TOYS
FOOD ITEMS
CLOTHES
BLANKETS
TOILETRIES**

TAKE TIME TO LOOK THROUGH ALL OF YOUR THINGS. ARE THERE ITEMS YOU CAN SHARE WITH OTHERS?

Vinnies good works

'Generous' is a commonly used word.

It can describe the characteristics of a person or the size of the serve of chips at the local fish and chip shop but because it is such a common word, I find it rather bland. For me, a richer meaning comes to life in a couple of older words that are not so commonly used today.

The first is '**magnanimous**' which comes from the Latin *magnus* meaning great, and *animus* meaning soul. A magnanimous person is someone who has 'great soul'.

It is used to describe a person who is being generous or forgiving, especially towards a rival or less powerful person.

The second word is '**munificent**' which also comes from Latin, *munificus* meaning bountiful. The definition of munificent is giving or sharing in abundance and without hesitation. It describes someone who is bighearted and bounteous, without hesitation.

God is generous! God is magnanimous, having 'great love'.

The letter of Paul to the Romans brims with descriptive references to God having 'great love', telling us how, even when we were 'weak and rebellious', the love of God was poured out on us and now 'we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit!'

God is also munificent, being bighearted and bounteous, sharing everything with us in abundance and without hesitation.

In Genesis, Abraham shows us God's munificence. I love the picture of Abraham who, at 99 years of age, runs to greet three strangers who visit him. Then the almost 100 year old man runs to get a meal ready for them. He is so generous without hesitation.

So is God!

Please see over ...

Mission and Identity continued ...



**St Edmund's
COLLEGE**

DAILY ACTION

Habits of Happiness

1 Do a gratitude activity
Write or collect pictures of what you are grateful for today?
Ideas: Gratitude jar, Journal, Scrap book

2 Do Something Kind/Serve Others
What can I do to be helpful to others?

3 Appreciate Your Friends
Ask them if they are OK?
Write a letter or email to a friend or family member expressing why you appreciate them.

4 Empathy
We do not know what other people are going through.
Reach out to a friend or family member and offer a hand.

5 Reflect on the Great Things
Spend 2 minutes writing down the best part of your day and 2 ways you helped someone else

Just as God did not wait for everything to be okay with us before being generous to us, so we do not need to wait for everything to be 'right' before we are generous in this on-going time of coronavirus.

It is not just about being generous with material things or money which may be tight for many in this time of high unemployment and lock-down but, more challengingly, it can be about giving of our own selves.

As Simone Weil insightfully puts it, 'Attention is the rarest and purest form of generosity'. Giving our full attention to God is generous, or giving our undivided attention to those around us is generous. When we have been neglecting ourself, giving ourself our full, loving attention can be generous. In these simple but challenging ways we can be people who have 'great soul', people who are bighearted, even in a time of restrictions and coronavirus.

So the challenge this week is to re-engage our habit of giving.

Those who are in need in our society have not suddenly disappeared. In this time of lockdown, have the faces and voices of the homeless, those in crisis faded away?

Let us take time to consider what we have and what we can share.

Jason Scanlon
Assistant Principal, Religious Identity & Mission



Eddie's Big Night Out - THANK YOU FROM THE BOTTOM OF OUR HEARTS!

We would like to acknowledge and thank the following organisations and individuals who donated to our prize pool for Eddie's Big Night Out this year so that we could still bring you our event online. The Eddie's spirit is alive and we thank you from the bottom of our hearts for supporting our College.

AAA Tyres
Acrow Group
Agence de Parfum
Ampol
Andrew Kitchen
Australian Chamber Orchestra
Australian National Maritime Museum
Australian Reptile Park
Australian Turf Club
Avondale Golf Club
Bikram Yoga Brookvale
Bundu Textiles
Bunnings Thornleigh
Carol Gibbons Photography
Chemist on Redleaf
Dan Murphy's Willoughby
Deli Gourmet Delight
Dell Computers
Distinction Hair
Divas Performance in Hair
Echo Hill Winery
Elanora Heights Newsagency & Post Office
Endota Spa
Event Cinemas
Event Cinemas Hornsby
FGB Natural Products
Forbes Footwear
Frank Green
Glendenning Szoboszlay Architects
Hayden Theatres Pty Limited
HIP Media
IGA Dural
ITSD – IT Services & Disposal
JHA
Kennards Hire
Kilikanoon
King Living Foundation
Lexus Chatswood
Mars Wrigley Confectionery Australia
McCarroll's Automotive Group
McCarroll's Body & Paint
McDonald's Australia

McFarland's Gourmet Meats Wahroonga
Michelle's Professional Cleaning
Midson
Negociants Australia
North Epping Uppercuts Butchery
Northbridge Golf Club
Novotel Sydney Darling Square
Park Hyatt Sydney
Pastadelli Wahroonga
Peter Lancken
Peterson House
Phil McCarroll
Purify Essential Wellness
Quick Corporate
Rebel Sport Warriewood
Rohrig
Roseville Cinema
Roseville Golf Club
Scerri Auctions
Snap Eastwood
Sydney Cricket & Sports Grounds
Sydney Kings
Tara Dennis Store
Taronga Zoo
Tempus Two
The Blue Gum
The Burwood Family
The Epper Family
The Epping Club Limited
The Killara Golf Club
The Langham, Sydney
The Vintage Golf Course
Toyota Financial Services
Turrumurra Veterinary Hospital
Unique Window Tinting
Woolworths Group
Vagabond Cruises
Wicked Cakes
Mrs July Callachor
Mrs Nancye Cargill
Mrs Allison & Mr Markus Mueller
Mrs Anne & Mr David Oakley
Mrs Jenny & Professor John Turtle



Planet Puberty

Hygiene - it all comes out in the wash!

The next Planet Puberty webinar will be held on 11th August at 6.30 p.m.

Parents and carers can sign up and talk about strategies for teaching good hygiene, changes to your child's body during puberty, teaching new activities in their personal care and hygiene routines. Join the webinar to get helpful tips on using deodorant, showering regularly and shaving facial hair.



This webinar is for parents and carers of children with intellectual disability and autism, runs for an hour and is not suitable for children. There will be an opportunity for you to ask questions at the end.

Cost - free!

<https://mcusercontent.com/b2ab18aead865d56ccc1c263b/images/2bb3c221-3dc4-4563-8a07-69c05df52542.jpg>

Glasses found at the College

We feel that this pair of glasses was left behind at our Leadership/RFS Graduation Assembly last term.

If they belong to you, please contact Mrs Acret in the front office and we will organise for them to go home.



Men's Group

The COVID pandemic has done it again to us. As we are not sure how things will play out this term, let's catch up with a check in with each other online. No formal topic but just a chat on how life at home and work is being managed. Big changes in routine can have unforeseen ramifications for each family member in a variety of ways. ***Who said men can't talk??? Let's talk.***

What: St Lucy's and St Eddies Men's group - Chance for us to catch up online

When: Tue 10th August, 7:30-8:30pm

Where: You can join us online from home

How: Zoom meeting - please see instructions below – let us know if you are interested and we will send it to you.

RSVP: Please email organisers [Mr Warren Hopley hopleywarren@hotmail.com](mailto:hopleywarren@hotmail.com) or Brendan Wingrave - brendan.wingrave@gmail.com

Let us know by Monday noon if you hope to make it - being online we will need to arrange things differently depending on how many of you join.

Zoom: If you have not used Zoom, it is very easy to get going. Zoom is essentially a web conference platform where we can see each other and talk via the internet: <https://zoom.us/>

What you will need:

- PC, Mac, Smart Phone or tablet (or Phonline) connected to the internet.
- If you are using a PC/Mac you will need a webcam if possible so we can see you and speakers/headphones and a microphone.
- From a PC or Mac you can run it from your web browser, or install the app when prompted if you like (either should be fine).
- For Phones/tablets you can install the Zoom app from the appstore/Googleplay. Then, at the time of the meeting, click on the meeting link we will send - best to start connecting 5mins before it is due to start. If you don't have a computer/smart phone/tablet, you can still use a normal phone, we will give you a number you can call, with some codes that need to be entered.
Free Zoom meetings will only run for 40 min and then they will be disconnected and have to join again.



From the Parent Group

Well how has it been?

For us, we are enjoying our 9am Home Teams Meetings!

We try and guess which member of staff might pop in to say hello.

We try to do some school work for three blocks during the day.

It's a little challenging at times; however we are starting to settle into a groove of it being my turn to do some work and then it is Tom's turn to do some school work. Food

Technology is a hit subject, thank you! We do find though that Tom lacks the enthusiasm when it comes to cleaning up; however what else do I have to do but clean the kitchen! We've also enjoyed looking at life in the 60's for History. Getting Grandma to send us some photos of her in the 60's was an eye-opener - seeing her in a mini skirt was great for the kids.

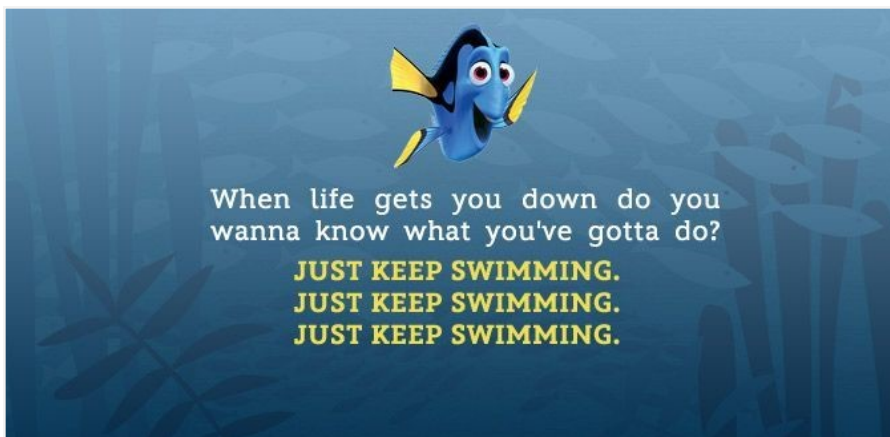
We would love to hear from you and what you are doing at home during lockdown! I personally draw strength from seeing and hearing from our school community. I would love for this section of the Newsletter to be filled with parent tips, photos of life in lockdown and also ideas on how we can connect more as a parent body. Please send ideas to janine@itsd.com.au and I will put it in this section of the Newsletter next fortnight.

It isn't always easy, in fact sometimes it's really hard to be positive and I know some of you are finding it even harder. Consider looking at your class list if you need a chat with someone who gets it because we do get it! Or even send someone a message to let them know you are thinking of them. Remember that school is available with members of staff to talk you through things and to offer support.

THERE IS A DATE TO PUT IN OUR CALENDAR!
PARENT GROUP MEETING VIA ZOOM
17th AUGUST 2021
7-8pm

We have secured guest speaker Mark Bunn. Mark is a former AFL player who understands the importance of wellbeing and working as a team. Mark teaches the keys to higher energy, lower stress and a 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.

Finally I would like to thank, on behalf of the parents, the many, many hours and effort of staff and volunteers who helped organise and then reorganise Eddie's Big Night Out. Whilst it was not the event we would have liked to have had, it was still a success for our school and students. Thank you also to our whole school community who bought and sold raffle tickets, donated prizes and those who wrapped them. Thanks also to those who tuned in to the silent online auction and purchased items. We are lucky to be amongst such an amazing generous community.



Janine Eastham
Tom's Mum
Parent Group Leader

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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