



St Edmund's College

EXCELLENCE IN SPECIAL EDUCATION



Inspiring Independence, Transforming Lives



Principal's Message

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

Child Protection Week

National Child Protection Week is coordinated by NAPCAN and runs from 5th–11th September. This year's theme is 'Every child in every community needs a fair go' and aims to raise awareness about the role we all play in protecting the safety and wellbeing of children and young people.

At St Edmund's we believe that all children and young people have the right to feel and be safe. The College is committed to the safety and wellbeing of all children and young people and to provide a child safe and child friendly environment where young people can actively participate in decisions that affect their lives.

The College encourages student voice through an annual student survey, class meetings, student leadership forums and meetings. This feedback is utilised by the College Executive and staff and helps inform our decision making, particularly in relation to those areas which impact our students.

The College regards its child safeguarding responsibilities with the utmost importance and is committed to providing the necessary resources to maintain a child safe culture.

If parents/carers, family and other community members have child safety concerns about a young person at the College, please contact the School Senior Child Safeguarding Officer – Mrs. Rebecca Kirwan or the Principal.

Wahroonga Family Medical Practice

I take this opportunity to thank the staff at the Wahroonga Family Medical Practice for making appointments available for many of our students, 12 years and above, for the COVID-19 vaccine. The care and understanding provided by the staff was extraordinary and we thank them for supporting our young people and families to gain access to the vaccination in such a supportive environment. I also thank Mrs. Alison Andrews – College Nurse for also supporting our young people during this time. It is greatly appreciated.



Principal's Message's continued ...

Reflection

This reflection was shared by Mr. Bob White and helps put into perspective the current situation we find ourselves in. I urge all of us to write our 'own headlines' and find the beauty and joy amidst the negativity that currently surrounds us.

"Sometimes I just want to stop the talk of COVID, looting, brutality, protests, noncompliance. I lose my way. I become convinced that this 'new normal' is real life. Then I meet an 87-year-old who talks of living through polio, diphtheria, Vietnam protests and yet is still enchanted with life.

He seemed surprised when I said that 2021 must be especially challenging for him. 'No,' he said slowly, looking me straight in the eyes. 'I learned a long time ago to not see the world through the printed (or on-line) headlines, I see the world through the people that surround me. I see the world through the realisation that we love big. Therefore, I choose to write my own headlines:

- ◇ *'Husband loves wife today'*
- ◇ *'Family drops everything to come to Grandpa's bedside'*
- ◇ *He patted my hand. 'Old man makes a new friend'*

His words collide with my worries, freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit and a new way to write my own headlines.

This story was shared by Andy Stanley

As this is the last Newsletter for the term I wish all a restful and enjoyable break. A reminder that online learning will commence on **Tuesday 5th October** and students in **year level cohorts** will return on the following dates:

Weeks 1-3 - 5th October – 22nd October: Online learning.

Week 4 - 25th October: Year 12 will have full access to school campuses and their teachers.

Week 5 - 1st November: Year 11 will return to face-to-face learning with level 3 COVID restrictions on school sites.

Week 6 - 8th November: Years 7, 8, 9 and 10 will return to face-to-face learning with level 3 COVID restrictions on school sites.

I will continue to provide further updates to parents/carers as information comes to hand.

Best wishes for the week ahead.

Jon Franzin
PRINCIPAL





Deputy Principal's Message

R U OK Day

This week we acknowledged R U OK Day here at St Edmund's – a day which aims to empower people to meaningfully connect and lend support to each other. Especially during these tough times, I would encourage you to look out for friends and family and 'check in'. There are some good resources around this at <https://www.ruok.org.au/>

This week our Assembly will focus on this day and the need to reach out to others and support. As always, we encourage families from our community to get in touch if they need our support in any way. A reminder also that there is still access available for parents to the confidential counselling service that has been previously advertised in Newsletters which includes 10 sessions. If you are interested, please call Access EAP on 1800 818 728 and mention that you are a St Edmund's parent. You could also book an appointment through the website <https://www.accesseap.com.au/>

Jersey Day

Thank you to everyone who supported our Term 3 Mufti Day by wearing their jerseys both at home and at school for Jersey Day. Jersey Day begins the conversation with family and friends about the importance of becoming an organ and tissue donor. There was a Trick shots competition at school where students showed their talents in shooting into the basketball hoop. Well done to Waterford house who won the most points for the event. Thank you to Mrs Horne and our senior students for running the activity.

Personalised Plans

The Personalised Plans will be posted home during the term break. These PP meetings support our students by identifying goals and reviewing their progress over the year and we thank parents for engaging with Homeroom staff in this process. Please get in touch with your child's Homeroom teacher if you have any questions regarding this document.

Student Illness

Just a reminder that if your child is not feeling well, has a mild fever, running nose, vomiting or diarrhoea, bad pain or coughing, they need to remain at home to rest and/or see your doctor even if they have received their vaccinations. NSW Health requires your child to have a negative result from a COVID test before returning to school and to be symptom free. The results of their test should be sent through to our College nurse on your child's return.

Spring Break

I take this opportunity to wish all our families a well-deserved Spring break despite the fact that our lockdown continues.

A quote to lighten your day: 'I have come to the conclusion that buying craft supplies and actually using them are two separate hobbies!'. I hope that you and your family can enjoy craft, walks, cooking or whatever brings you joy over this break from home learning.

Rebecca Kirwan
DEPUTY PRINCIPAL

COVID-19 symptoms can include:

The infographic features four circular icons on a dark blue background. Each icon depicts a person's head and shoulders with a specific symptom highlighted: a thermometer for fever, a red sore on the throat for sore throat, a hand coughing into the elbow for cough, and a person looking distressed with a hand to their chest for shortness of breath. Below each icon is its corresponding label: fever, sore throat, cough, and shortness of breath.

If your child is sick, keep them at home and get them tested for COVID-19.



Mission and Identity

Spiritual Wellbeing

This week we pause as we recall R U OK? day. What an important reminder to check in with others and ourselves especially while we live in these complex times of lockdowns. Another opportunity is to consider how our spirituality, our faith can support a healthy wellbeing and how Christianity provides various experiences and spiritualities to suit everyone, allowing us to connect, to be empowered and affirmed as loved individuals.

When we talk about spiritual wellbeing this involves our personal values, our beliefs and our search for meaning and purpose in life. Spiritual wellbeing is based on three areas of life experience:

1. Relationships (including self-esteem, connection to others and a connection to a God)
2. Personal values
3. A purpose in life

At a fundamental level, humans are spiritual beings. Spiritual wellbeing is an important part of our physical, mental and emotional health. Through spirituality, we become empowered and realise we are not defined by our circumstances.

Although the terms spirituality and religion are often viewed as interchangeable, they are actually distinct concepts. However, the interconnection of religion and spirituality provide a holistic experience of our spirituality by rooting it into a religious expression. Spiritual wellbeing can be obtained through religion as it involves learning to be kinder and less judgemental through gratitude, compassion and forgiveness as a reflection of Jesus who is our model of a holistic human being. It is a journey to discover meaning and purpose.

Why is Spiritual Wellbeing important?

Your spiritual wellbeing or health is significant. The basic foundation of spirituality is that life is meaningful and you have a place and purpose in it. This search for meaning and purpose in life leads us to strive for harmony within ourselves and with others.

Examples include:

A sense of contentment with your circumstances
Creating alone time as you search for inner peace through prayer
Taking time to reflect, and so working towards resolving some of your life's issues
Finding satisfaction
Taking part and feeling like you belong
Gaining some control over your life
Building relationships and being part of a community
Accepting life's challenges and growing from them
Finding purpose and meaning

Assessing your Spiritual Wellbeing: What does your spiritual wellbeing look like?

Do you make time for daily relaxation?
Do you make time for meditation or prayer?
Do you value your decisions?
Do you accept the views of others?
Do you understand your own motivations?
Do you have strong, clear values?
Do you have a positive outlook and hope for the future?
Do you see meaning, fulfilment and purpose in life?
Do you forgive others and accept yourself?
Do you have a sense of self-worth?



Mission and Identity continued ...

Ideas to achieving Spiritual Wellbeing - So how can you grow your spiritual health?

Take quiet time for self-renewal & reflection
Visit a Church or a peace-filled place in nature to be open to God
Be open to spirituality and new spiritual experiences from the Christian tradition
Search for answers – maybe sit with the Scriptures
Embrace mystery – be open to what can't be explained
Be receptive to your grief and pain
Practise acceptance and minimise judgement (of others and yourself)
Forgive and let go of resentment
Practise compassion (for yourself and others)
Look for, celebrate and embrace joy

What does spirituality means to you?

Where do you find purpose and meaning in life?
What gives you hope?
How do you connect with God?
How do you cope with loss?
Where do you find comfort?
What fills you with wonder?

Prayer for Wellness

Lord, you invite all to come to you.
Allow your healing hand to heal me.
Touch my soul with your compassion for others.
Touch my heart with your courage and infinite love for all.
Touch my mind with your wisdom, that my mouth may always proclaim your praise.
Teach me to reach out to you in my need and help me to lead others to you by my example.
Most loving Heart of Jesus, bring me health in body and spirit that I may serve you with all my strength.
Touch gently this life which you have created, now and forever.
Amen



Awards online

Eddie's Best:

7F	Isabella	7V	Daniel
8T	Bradley	8P	Rosie
9C	Christian	9E	Luke
10M	Nathan	10O	Anna
11J	Josh	11S	Lachie
12G	Emilia	12L	Anant

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.



Books available

We have a few copies left of Mark Bunn's three-time best selling book 'Ancient Wisdom for Modern Health'. These are available from the College at \$20 per book (normally \$29.95 + postage).

Please email Candice on palin@erses.nsw.edu.au if you wish to purchase a copy.



Around the College

Important Dates

Please check below for changes to our previously advertised dates:



Term 3

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 cancelled
Fri 22nd Oct	Term 4 College Disco (current students only) cancelled
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 cancelled
Tue 23rd Nov	Term 4 Parent Group Meeting
Tue 10th Nov	Orientation Day
Fri 19th Nov	Abbotsleigh Concert cancelled
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

College Sport for Term 4

- The St Edmund's Swimming Carnival at PLC has unfortunately had to be cancelled.
- School Sport will be held at St Edmund's College and not off-site during Term 4.
- The College Swimming Program for Term 4 has been cancelled.
- Due to the impact of COVID-19 across New South Wales, the School Sport Unit and CSNSW Sport has regrettably made the decision to cancel all NSWCCC, Mackillop, Polding, NSWPSA, and NSW All Schools events on the revised term four calendar:

NSW All Schools Athletics Championships

Venue: Sydney Olympic Park Athletic Centre - **Date:** TBC

Athletics is an interesting one as it is not a DoE event – it is run by Athletics NSW (despite it being called the “NSW ALL SCHOOLS” championships). 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 occur during Term 4. Unfortunately, the 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. They should then advise me as the College 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.

Unfortunately NSW All Schools Cross Country Championships, scheduled to occur Monday, 18th October @ Eastern Creek have been cancelled.

Lois Horne
COORDINATOR PDHPE



From the Parent Group

So hard to believe this is the last Newsletter for the Term! Such a different term to what was planned. Lockdown hit just as we were commencing school holidays at the end of Term 2 and here we are - a whole term later - and we are still in lockdown. So hard for our children, our school, the staff and for us.

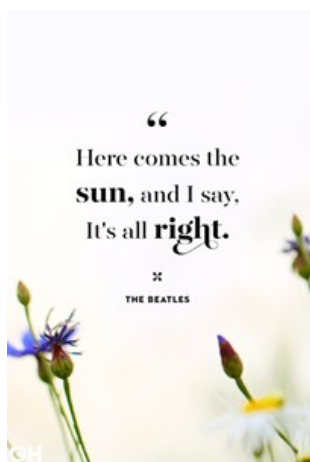
We all miss normality and friendship and being amongst our school community where our children thrive. Lockdown is hard as we continue to look for ways to support each other, to keep our children entertained and to keep the learning engaging. We are hopeful though as we begin school holidays and a new term that we have a way out of lockdown. We can start to give our children dates as to when they can go back to school which makes things look a little brighter, especially with this glorious weather we are starting to experience.

So we thought that as we start the plan to normality it would be remiss of us to not have a memento of 2021 lockdown at Eddie's. It is students home learning in a different way! The Parent Group is collecting your favourite family lockdown recipes and creating a recipe book. This will be something practical and special for us to share as part of the Eddie's community. So over the holidays, please send me your recipes and photos so that we can complete this project before the end of the year.

We think it is best that your photos are only of your finished dish rather than of our children. Details of the recipe book are below:



recipe		
TITLE:	PREP TIME:	SERVINGS:
RECIPE CATEGORY:		
ingredients		
method		



I hope you all enjoy the school holidays. Enjoy walks, the garden and it even looks like picnics are back on the list of things we can do. So we hope that you all get to enjoy one it might even be a recipe opportunity!

With fingers and toes crossed and more than a few prayers, I hope to see you all at school in Term 4.

Best wishes ...

Janine Eastham
Tom's Mum
Parent Group Leader