



Inspiring Independence, Transforming Lives



Principal's Message ...

My last few Newsletter posts have focused on our College values; exploring Joy, Relationships and Community. As part of our Strategic Plan renewal, a new value has been proposed - Growth. In all endeavours, there is an opportunity for growth, from success and failure and everything in between. Our Growth value statement says:

"We strive to cultivate a culture of growth where members of our community are encouraged to achieve and celebrate their gifts and talents to make a meaningful contribution to our society".

Developing a Growth Mindset is an important contributor to cultivating a growth culture. A leader in developing growth mindsets is Carol Dweck – she explains a growth mindset as the belief that a person's capacities and talents can be improved over time.

A growth mindset contrasts with a fixed mindset - the limiting belief that such capacities cannot be meaningfully developed. In today's modern society, if someone claims to possess a growth mindset, they are proclaiming that they are ambitious, an innovator and a risk-taker, always looking to adapt, evolve and change. These are good growth attributes and characteristics often attributed to an entrepreneurial mindset but they represent a narrow expression of a growth mindset in education.

We want our community to embrace challenges as growth opportunities that are exciting rather than threatening. We don't avoid challenges because they shine a spotlight on inability. We are a community that approaches challenges with a growth mindset that focuses on effort, strategies, goal setting and help from others. A growth mindset will take each student's abilities to the next level. Valuing Growth will help our students realise their potential and develop competencies, character and confidence for a bright future.

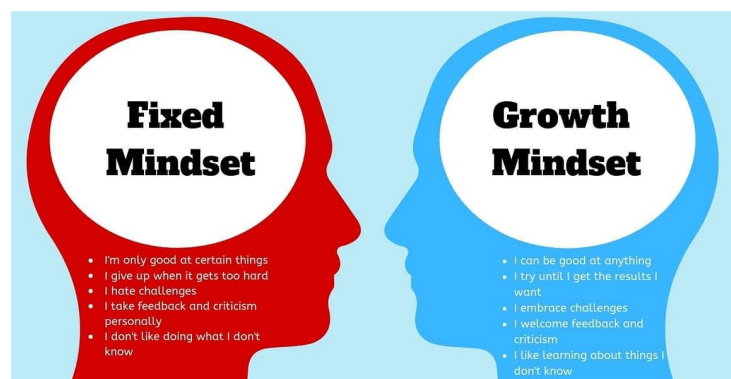
Building Update

Unfortunately, the weather has impacted significantly on progress and will result in delays to our occupation of Stage 1 of the building. Realistically, we are looking to move in mid-May. That would place the move in Week 4 of Term 2.

Personal Plans

Thank you for your contribution towards creating your child's Personal Plan. The Personal Plans provide a collaborative approach to education strategies for your child and remind us that the education of each child is a team effort. We will be reviewing the format and language in our Personal Plans to provide better clarity.

Michael Farrell
PRINCIPAL





Deputy Principal's Message ...

Lenten Season

We are well into the 40 days of Lent, the Christian season of reflection and repentance and many of our students have been learning about this important season in R.E lessons. It is a time to slow down and reflect which can be challenging, especially in a world where things move in a different way constantly and things are always fast and changing. It is a time of change and to particularly think about our relationships with others.

In class, units of work have focused on Fasting, Prayer and Giving. We have spoken with students regarding Project Compassion and the work that they do. Our recent mufti day also helped to support this important work. During Lent, Christians make sacrifices as a sign that they are sorry for their sins. Therefore, they often give up something they really like. It could be chocolate. It could be watching television or playing a favourite computer game. It could even be our free time. For example, we can help mum with cleaning up after meals during Lent. When we do this, we give up time we normally spend on something else. It is a small sacrifice to make but it reminds us of the great sacrifice Jesus made for us.

What to Give Up - A Lenten Reflection

- Give up complaining - **focus on gratitude***
- Give up pessimism - **become an optimist***
- Give up harsh judgements - **think kindly thoughts***
- Give up worry - **trust Divine Providence***
- Give up discouragement - **be full of hope***
- Give up bitterness - **turn to forgiveness***
- Give up hatred - **return good for evil***
- Give up negativity - **be positive***
- Give up anger - **be more patient***
- Give up pettiness - **become mature***
- Give up gloom - **enjoy the beauty that is all around you***
- Give up jealousy - **pray for trust***
- Give up gossiping - **control your tongue***
- Give up sin - **turn to virtue***
- Give up giving up - **hang in there!***

2022 Diocesan Schools' Staff Mass

Last Thursday, our Principal, Mr Farrell, received his Certificate of Commissioning from Bishop Anthony Randazzo at the 2022 Diocesan Schools' Staff Mass which was held at the Light of Christ Centre in Waitara. Congratulations Mr Farrell on this very significant occasion.



Rebecca Kirwan
Deputy Principal



Wellbeing

Understanding Anxiety: information for parents/carers

As we all begin to once again establish our routines after what has been a very impacted couple of years due to the pandemic, along with introducing into our routines the requirements of living and operating in a world where COVID-19 is very much a common reality, we have no doubt experienced some anxiety – either personally, or in the lives of those we love and in particular, our children.

To support you in knowing and understanding anxiety and whether or not it is impacting the way in which your child is currently functioning on a daily basis, I thought it would be helpful to provide some information that might be of use.

Anxiety is a normal emotion, we all have it and it's not always bad! It is important because it helps us to survive, to be safe and to perform better.

"So if everybody has it? What can be wrong?" The difference is the degree of anxiety experienced. It is the level of interference to which it affects our children's lives: at home, at school, at sport and during social interactions.

To understand the measure as to whether or not your child's anxiety response is 'normal', it is helpful to know what are the body's typical anxiety reactions.

PHYSICAL REACTIONS INCLUDE: increased breathing/heart rate; tense muscles; headaches; dry mouth; sleep disturbance; perspiration; blushing; restlessness; sweating; stomach aches; bedwetting; dizziness; appetite; difficulty in swallowing; diarrhoea; flare up of illness (eg dermatitis, asthma);

COGNITIVE REACTIONS INCLUDE: thinking "something bad" will happen (forgetting about other possibilities); fears; underestimation of ability to cope; worrisome thoughts (that can't be ignored); self criticism;

BEHAVIOURAL REACTIONS INCLUDE: loud verbalisations; rigidity; bad mood; aggression; obsessions/compulsions; edginess; rituals; avoidance of activities; socially withdrawn; non-compliance; urge to run away/lash out; to stop doing things you once enjoyed; avoiding anxious situations.

If this is how our body reacts, then when should a parent/carer be concerned about how serious their child's fears and worries are?

Does your child have the sort of worries that other children of the same age have?

As with any behaviour our children have, knowing what is normal for each age/stage of development can assist us. Some fears are to be expected at certain ages related to a child's understanding and experience of the world. For example:

0-2 years	Loud noises, strangers, separation from parents, large objects.
3-6 years	Imaginary things such as ghosts, monsters, the dark, sleeping alone, strange noises.
7-16 years	More realistic fears such as injury, illness, academic/sporting achievement, death, natural disasters.

Can your child explain how they feel, or show how they are feeling, that demonstrates the seriousness of their fears/worries?

Children's worries and reactions to situations will vary enormously. Children can't usually explain anxiety. They find it hard to talk about their fears or distress, so we need to be aware of changes in our children's habits/emotions, including elements of self-harm.

How long does it last?

Normal worries don't last long and shouldn't be overwhelming their life or interactions with the world. If your children's anxiety is beyond these developmental norms or is affecting their everyday lives, then you may need to seek professional help.

Wellbeing continued ...

Suggested strategies that parents/carers can employ to support anxiety in their child/children:

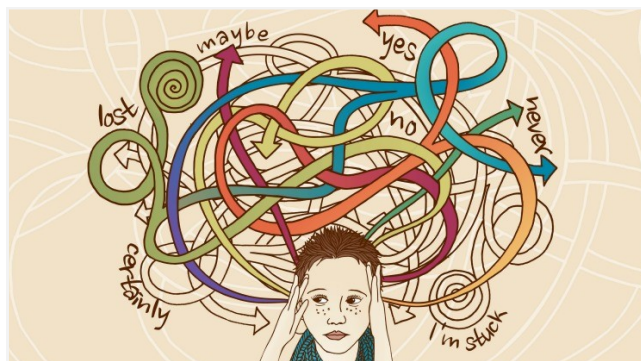
- ✦ Stay calm yourself:
 - Don't let your frustrations or fears take over
 - Model appropriate behaviour
 - Display confidence in your child's ability to cope with their fears
- ✦ Help children learn to challenge unrealistic ideas
 - Re-think the scenario by listing the helpful and unhelpful thinking
 - Support your child by looking at situations in different ways, with different perspectives
 - Engage in 'Big Picture' thinking
- ✦ Help children find a solution to the problem
 - Accept and acknowledge the child's concerns
 - Encourage small practice steps (i.e. exposure/face their fears)
 - Consider your child's sleeping habits – are they receiving adequate sleep?
 - Limit exposure to unhelpful triggers (e.g. technology use, social media, news)
- ✦ Avoid giving too much reassurance
 - Children need to learn to rely on their own judgement
 - It is not helpful to tell them 'Everything will be fine' when in reality no one can guarantee that. Consider the use of phrases like 'Let's ride the wave' to help them understand that this feeling will pass
 - Rather than saying 'There is nothing to be afraid of' ask 'How likely is that?'
- ✦ Encourage brave or non-anxious behaviour
 - Paying attention to anxious behaviour increases it – avoid asking questions like "What happened at school today?" as it promotes the thinking that something bad occurred. Consider asking 'Who made you laugh today?' or 'What did you enjoy today?'
 - Reward bravery and encourage it to happen again

Sometimes additional expertise or intervention is required to support your child's heightened levels of anxiety. Such avenues for this include:

- ✦ Family G.P.
- ✦ Private Psychologist
- ✦ Macquarie University: Emotional Health Clinic
- ✦ Headspace
- ✦ KYDS – Kuring-gai Youth Development Service

Parenting is indeed a journey; one that brings with it many joys, but also challenges. Engaging in your children's emotional journey takes a lot of strength and compassion, as well as empathy and commitment. Remember, to remain kind to yourself.

***"Self-care is like an anchor in the midst of an emotional storm:
The anchor won't make the storm go away but it will hold you steady until it passes."***



Vanessa Dillon
Head of Wellbeing

Around the College

From the Parent Group



We are happy to be holding our first **Parent Group Meeting** for the year on **Tuesday 29th March via Zoom**.

It promises to be informative with Mr Farrell providing us with an update on the progress of building works at St Edmund's and details about Eddie's Big Night Out. Also an opportunity for classes who don't have Class Reps to volunteer for the role.



We are pleased to advise that next term our meeting will have a former parent and student talk about Independent living post school with Achieve Australia.

Our meetings are always informative and whilst it is disappointing that we are still unable to meet in person, it is important to stay connected. This forum is one of the opportunities we have to do this, with opportunities to ask questions and provide feedback.

"Your success and happiness lies in you.

Resolve to keep happy; and your joy and you shall form an invincible host against difficulties"

Helen Keller



Janine Eastham – Tom's mum
Parent Group Leader



St Edmund's College

EXCELLENCE IN SPECIAL EDUCATION



ST EDMUND'S COLLEGE AND EDDIE'S MATES EXTEND A
WARM INVITATION FOR YOU TO ATTEND THIS YEAR'S

Eddie's Big Night Out

SILVER LINING BALL

Date: Saturday 18th June, 2022, 7pm–Midnight

Venue: Miramare Gardens, 48 Myoora Rd, Terrey Hills

Tickets: \$180pp includes 3 course meal,
beverages and live entertainment

Booking: Please secure your ticket(s) online
at <https://www.trybooking.com/BYBBQ>

Dress Code: After Five with a touch of silver

RSVP: 8th June, 2022

Enquiries: Please email Candice
at events@stedmunds.nsw.edu.au

CORPORATE MATES TABLES ARE AVAILABLE
Contact Candice on events@stedmunds.nsw.edu.au

— Eddie's Big Night Out —

SILVER LINING BALL

MATE'S TABLE OPTIONS

TOP MATE TABLE \$10,000

- 2 tables of ten guests each
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Half page advertisement in the Events Program
- (\$6,400 tax deduction – sponsorship)

BEST MATE TABLE \$5,500

- 1 table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Quarter page advertisement in the Events Program
- (\$3,700 tax deduction – sponsorship)

GREAT MATE TABLE \$3,500

- 1 table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening & in the Events Program
- (\$1,700 tax deduction – sponsorship)

All Mate's Tables can be booked online via
www.trybooking.com/BYBBQ or please email Candice to be
invoiced or for any enquiries at events@stedmunds.nsw.edu.au

Thank you.



St Edmund's
COLLEGE



Around the College

FIVER FOR THE FLOODS

Special Mufti day – last day of term!

As you have all watched on television, NSW has had tens of thousands of homes and businesses damaged by flood waters. People and families have been evacuated and don't know when they will be able to return home. Donations to the NSW Floods Appeal will help the Red Cross to provide vital humanitarian support to the people and communities affected by the floods. That support will include:

- ⇒ Enabling volunteers and staff to help with relief centres and outreach services;
- ⇒ Supporting people and communities to recover and to build resilience to disasters.



Please come along on the last day of term, **Friday 8th April**, dressed in Mufti clothes with a \$5 note if you can! Every dollar collected will be sent through to the Red Cross NSW Flood Appeal.

The Dish

Many thanks to our parents for providing main and dessert dishes for last night's contribution to "the Dish". Also huge thanks to the St Edmund's staff who organise and deliver the dishes.



Correspondence from the Prime Minister

In November 2021, world leaders met in Glasgow to discuss climate change. Our 2021 Year 12 Science class, who were studying human impacts on the environment, wrote to the Australian Prime Minister, Scott Morrison, about climate change. The College received a reply to their letters this week. The 2021 Year 12 Science students were: Mitchell, Zac, Michaela, Jesse, Lachlan, Anant, Corey and Emilia.



PRIME MINISTER

Reference: MC21-134614

3 March 2022

Year 12 Students
PO Box 582
WAHROONGA NSW 2076

Dear Students

Thank you for writing to me about climate change. You are right to be very serious about climate change and I want you to know that I am too.

The world shares one atmosphere which means climate change is a global problem that needs a global solution. Australia is working very hard with other countries to fix this problem.

Australia has a plan to get our emissions down to net zero by the year 2050. Already we have reduced emissions by 20 per cent, more than New Zealand, Canada, Japan and the United States.

Our investments in new, low emissions technologies will help get us there by reducing our emissions, improving energy use in homes and business, and getting us ready for exciting new technologies like hydrogen and electric cars.

We are already leading the world in renewable energy, installing it nearly eight times faster than the world average per person. One in four homes in Australia have solar panels on their roof – more than anywhere else in the world.

I strongly encourage you to keep learning more about science, technology, engineering and maths. By understanding these challenges and working together on solutions, we will be able to make a real contribution to our environment and take strong climate action.

Every step helps to make a difference and Australia needs young people like you who are passionate and want to help care for our air, oceans, rivers and forests.

Thank you again for writing to me on this important issue.

Yours sincerely

SCOTT MORRISON

Parliament House CANBERRA ACT 2600

Well done to those students who were passionate voices for climate action. The College is proud of you.
Vivienne Gilkes
Head of Teaching & Learning

Around the College - Important Dates

Term 1

Wed 30th Mar	2021 Year 12 Reunion (pizza night)
Thu 31st Mar	Men's Group meeting at St Edmund's
Wed 6th Apr	Year 7 Immunisation
Fri 8th Apr	Special Fiver for the Floods Mufti Day (see this Newsletter)
Fri 8th Apr	Last day of Term 1

Term 2

Tue 26th Apr	Staff Day (pupil free day)
Wed 27th Apr	First day of Term 2 for students
Thu 5th May	Mother's Day Breakfast
Fri 6th May	Blessed Edmund Rice Day celebrations
Tue 10th May	College photos for students
Tue 24th May	The Dish
Tue 31st May	Term 2 Mufti Day
Wed 8th - Fri 10th Jun	Years 7 & 8 Camp - Stanwell Tops
Thu 9th Jun	Men's Group Meeting
Mon 13th Jun	Queen's Birthday public holiday
Tue 14th Jun	Staff Day (pupil free day)
Sat 18th Jun	Eddie's Big Night Out
Fri 24th Jun	Leadership Assembly & Cadet Graduation
Fri 24th Jun	Last day of Term 2

Term 3

Mon 18th Jul	First day of Term 3 for students and staff
Tue 30th Aug	Term 3 Mufti Day
Thu 1st Sep	Men's Group Meeting
Fri 2nd Sep	Father's Day Breakfast
Tue 6th Sep	Athletics Carnival (to be held at PLC Pymble) new date
Tue 6th Sep	The Dish
Wed 21st - Fri 23rd Sep	Senior Retreat
Fri 23rd Sep	Last day of Term 3

Term 4

Mon 10th Oct	Staff Day (pupil free day)
Tue 11th Oct	First day of Term 4 for students
Tue 25th Oct	Swimming Carnival (to be held at PLC Pymble) new date
Tue 25th Oct	The Dish
Tue 8th Nov	Term 4 Mufti Day
Thu 17th Nov	Men's Group Meeting
Fri 25th Nov	Year 12 Graduation Formal
Wed 30th Nov - Fri 2nd Dec	Year 9 & 10 Camp - Canberra
Thu 8th Dec	Presentation Day
Fri 9th Dec	Year 12 Farewell Mass
Fri 9th Dec	Last day of Term 4

Please note two dates have been changed above:
Athletics Carnival now Tuesday 6th September; and
Swimming Carnival now Tuesday 25th October



Around the College

Awards

Students of the Week:

- | | | | |
|-----|---------------------|-----|---------------------|
| 7E | Ava and Sophia | 7V | Daniel T and Rachel |
| 8D | Sienna and Bento | 8F | Leela and Evangelia |
| 9C | Alessio and Seul Yi | 9E | Parmida and Antonio |
| 10J | Tom and Christian | 10S | Sean and Summer |
| 11A | Ben P and Sam | 11S | Thomas E and Byron |
| 12M | Koosha and Lucas | 12O | Indira and Sid |

Eddie's Best:

- | | | | |
|-----|---------|-----|---------|
| 7E | Matthew | 7V | Ruby |
| 8D | Daniel | 8F | Sam |
| 9C | Adam | 9E | Jameson |
| 10J | Hugh | 10S | Chloe |
| 11A | Ben W | 11S | Mikayla |
| 12M | Angel | 12O | Claire |

Congratulations everyone!

Lost Property

If any of these items look familiar, please contact Ms Acret in the College office.

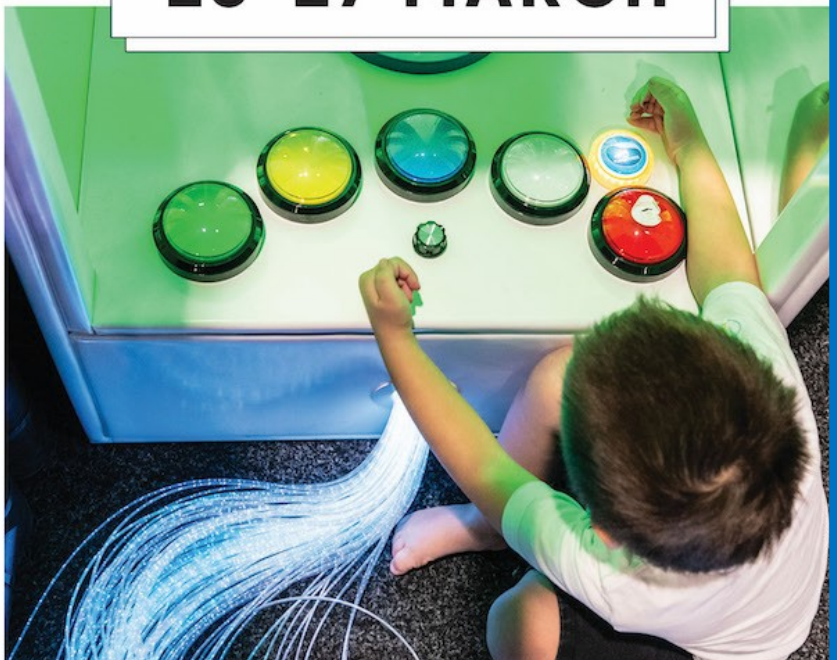




sourcekids
**DISABILITY
EXPO
SYDNEY**

26-27 MARCH

FREE ENTRY



WE ARE EXCITED!

St Edmund's College is holding a stand
at the [Source Kids Disability Expo](#)
on March 26-27
at ICC Sydney.

There will be over 140 businesses showcasing their products and services.

Please register now for your FREE ticket to attend: <https://bit.ly/3sr6a03>

We are on Stand 83. Please share with family and friends.

Around the College

Love and best wishes Vivienne!

This week we held the Baby Shower for the very exciting and impending arrival of our Baby Gilkes! A big thank you to everyone who contributed including Claudia Mudbidri who made the most beautiful pink and white Peruvian biscuits!

Your life will change completely Viv, but in such an amazing way. We're so happy for you and can't wait to meet your baby!



If you would like to enjoy the biscuits go to [Mabuel's Kitchen](#) on Instagram or Facebook to order!


Happy
St. Patrick's Day



Men's Group Gathering - Term 1

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 next gathering is **Thursday 31st March**

6.30 p.m. Light dinner and drinks
7.00 p.m. Discussion

Venue: St Edmund's College, Cnr Wahroonga Ave & Burns Road, Wahroonga

RSVP: Warren or Brendan
hopleywarren@hotmail.com or brendan.wingrave@gmail.com

Dates for our 2022 gatherings are:

Term 2: Thursday 9th June
Term 3: Thursday 1st September
Term 4: Thursday 17th November

Looking forward to seeing you.
Warren and Brendan.



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

Absentees

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

- ⇒ Please phone Ms 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 Farrell on farrell@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 Farrell will respond to your email, copying in the Homeroom teacher and Ms Acret. This is also a legal requirement for the class roll.





WELCOME TO ABILITY FIT CO

PROVIDING A FUN YET EMPOWERING SPACE FOR MOVEMENT OF ALL
ABILITIES

OUR VISION

Better well-being for people of all Abilities, through lighthearted movement and fun education. Ability Fit will lift spirits during classes and raise awareness of what it really means to move well.

.....

WHAT WE OFFER

FACE TO FACE TRAINING:



WHERE EMPHASIS IS ON VERY PERSONAL GOALS , WE HAVE AN ALL INCLUSIVE SAFE SPACE WHERE WE CAN FOCUS ON STRENGTH TRAINING USING MACHINES AND FREE WEIGHTS. LEARN BOXING SKILLS, IMPROVE STABILITY AND MOBILITY ALONG WITH CARDIOVASCULAR HEALTH. ADVICE AND GUIDANCE OF NUTRITION IS ALSO AVAILABLE .

ONLINE FITNESS CLASSES:



A GROUP TIMETABLE WITH MAX OF 8 IN A CLASS. THIS ALLOWS THE COACH TO GIVE ATTENTION TO ALL PARTICIPANTS

THESE ONLINE SESSIONS CATER TO PEOPLE WHO FIND GOING TO A DEDICATED SPACE FOR MOVEMENT A LITTLE OVERWHELMING.

Our easy accessible online exercise classes bring fun movement into your home . We focus on social participation by encouraging conversations in the breaks around health and fitness goals. We encourage everyone to play an active role by helping to choose movements they enjoy.

HABITS SCORECARD:

Our Healthy Habits Scorecard encourages ownership and awareness around each individual's goals.

ABILITYFIT

----- Ability Fit Co-Habits Scorecard

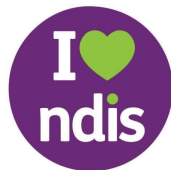
This form is for daily assessment of Ability Ft Co clients. This will serve as a daily tracker of the essential habits that we recommend.
All information is kept confidential and will be used for Habit Scorecard monitoring only.

ONLINE CLASS TIMETABLE - follow the link www.abilityfit.com.au to find out more and trial a free class.

- Monday: 10.30am Stretch
- Tuesday: 5pm Move and Groove
- Wednesday: 12pm Stretch
- Thursday 5.30pm Move and Groove
- Saturday 10.30am Move and Groove

WHAT PEOPLE ARE SAYING ABOUT ABILITY FIT :www.abilityfit.com.au

[READ MORE ON OUR WEBSITE](#)



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