



Inspiring Independence, Transforming Lives



Principal's Message ...

I had the good fortune of attending our Mother's Day breakfast at St Edmunds's and the launch of Gabe's Fresh Food, Mini Woolworths at St Gabriel's last week. They were wonderful gatherings and reminders of how much we need personal interaction with our community. We are fortunate to have strong school communities that enjoy gathering and are quick to support each other in times of need.

We're a community that loves to celebrate, especially when that celebration advocates for our students' learning and life beyond school. Eddie's Big Night Out (EBNO) is our premier fundraising event with an unprecedented number of potential corporate sponsors in the room. Our community must take full advantage of our corporate guests and meet their strong attendance with our own.

You will notice Eddie's Big Night Out has a change in venue. In keeping with our theme 'A Silver Lining', this venue change provides an exciting opportunity for new experiences and new memories to be created. Our new venue is called '**The Venue**' in Alexandria and we have received pleasing feedback from those who have attended events there. You may have seen The Venue on last season's Celebrity Apprentice with Shayna Blaze. This new event venue is a state-of-the-art warehouse conversion with all the event amenities and has ample onsite parking. Our good friends at Miramare Gardens will still be catering the event for us. <https://thevenuealexandria.com.au/>

We are very much looking forward to welcoming Eddie's families to EBNO so our community can promote to our guests the opportunities they have to facilitate positive change in our students' lives - and that we are a great crowd to party with.

Please book your tickets for EBNO using this link www.trybooking.com/BYBBQ as soon as you can - please don't leave it to the last minute.

See you there!

Building Update

It's great to see the fencing removed from the driveway and our new access come into view. The storm water work in Burns Road is taking longer than expected but we are still on track for a move into Stage 1 before the end of the term.

COVID Update

- ◇ Our staff have returned to wearing masks when students are on campus.
- ◇ Please remember that students who are a close contact should continue to isolate and not attend school for 5 days.
- ◇ Students who show COVID symptoms must remain at home.
- ◇ If your child shows COVID symptoms while at school you will be asked to collect them.
- ◇ I would like families to continue surveillance testing with the RAHT tests provided. We have more to distribute and will send them home soon. I would like our community to continue using the RAHTs until we have exhausted our supply.

Michael Farrell
PRINCIPAL





Deputy Principal's Message

Staff Awards

Our tradition on Blessed Edmund Rice Day is to present long-standing staff with awards. Congratulations to the following staff members this year:

10 years' service:



Ms Bernie Acret



Mr Paul Borkowski



Mrs Cathy McNally-Sheppard



Mrs Candice Palin

15 years' service:



Mr Carl Southern



Mrs Wendy Scott

20 years' service:



Mrs Jackie Reilly



Ms Sheena Macdonald



Mrs Carolyn Stein - Casual Teacher
Dedicated service since 1988



Mrs Helen Kelly - Casual Teacher
Dedicated service since 2012

Rebecca Kirwan
Deputy Principal



Wellbeing

“Challenges are what makes life interesting. Overcoming them is what makes life meaningful” – Joshua J Marine.

So much of how we overcome adversity depends a lot on our attitude and our mindset. Mindset is a term that is being used a lot in education and is a practice that greatly benefits one’s wellbeing. A growth mindset is the belief that we are not born, and therefore stuck, with a certain level of learning ability. It means that we enjoy learning new things and view challenges with enthusiasm. It means growing one’s problem solving skills, curiosity and confidence. It means countering negative thoughts with positive attitudes. It means focusing on the present and to not worry or think about what might have been, or what could have been. It means growing our self-belief and building our sense of resilience.

Our brain is our body’s most complex organ – it is the instinct, emotion and thinking centre of the body. It is made up of mostly water and fat and yet it uses 20% of our body’s energy. The brain’s basic building blocks are known as neurons and we have around 100 billion of these. Each neuron has between 1000 and 10,000 connections to other neurons, creating neural pathways between them. There are trillions of neural pathways in our brains.

There are three primary regions of the brain: primitive, feeling and thinking. Our primitive region helps keep us alive and helps us sense our surroundings and triggers our fight, flight or freeze response to danger. The feeling region connects us to our emotions and responds with an emotion-based message that is received from the primitive region. The feeling region also helps us form memories and attach emotions to them. The thinking region of the brain helps us process information, make decisions, think critically and establish preferences. This region also allows us to communicate with others – whatever form that communication might be.

It used to be that scientists thought that the brain you were born with was rigid and unable to form new neural pathways. However, we now know that our brain is changeable – and this is referred to as neuroplasticity. A neural pathway is built each time you do something new and repeat that action or idea in your brain. When you create a new neural pathway, you are experiencing neuroplasticity which supports the idea of a growth mindset.

Sometimes our brains get overwhelmed with all of the information we take in. It can therefore be challenging to work through all of it which is true, important and healthy. It can be easier to remain fixed in our way of thinking, which might feel comfortable at first but usually prevents us from truly respecting ourselves and others. A fixed mindset keeps us stuck. When we feel fixed, we need to employ strategies to help re-centre our focus so that we can learn and grow. It is important to recognise when you are in a fixed mindset and use language that shifts you into a growth mindset.

It is this approach that we are beginning to support our students here at St Edmund’s, especially when feelings of anxiety and worry take over. As well, we are beginning to use the language about control –

e.g. What is the positive way to take control of this situation?

Whose thoughts and feelings can you actually control (i.e. your own)?

What choices and behaviours allow for you to engage positively in your learning and relationships?

Some other examples involve the modelling of positive self-talk:

“I don’t know how to play, but I am willing to try!”

“This is new to me, but it won’t be for long”

“I’m nervous about how this will go, but I think I will feel better after I’ve done it”

“This lesson is so hard, but I have my teachers and friends who can help me”

“I made a mistake, but mistakes help me to learn for next time”

“This wasn’t how the plan was meant to go, but there’s always a Plan B”

“I want to give up, but maybe I should just try and do it another way first”

Wellbeing continued ...

Wellbeing continued ...

Positive self-talk/self-thinking is a great strategy to support your young person when it comes to strengthening their growth mindset. As well, your own example and modelling of this same positive self-talk/self-thinking is helpful in shaping the way in which they embrace a growth mindset.

We will continue the focus on mindsets in our next Newsletter, with the focus being on the resilient mindset.

Builds Confidence 	<h2>The Power of Positive Self-Talk</h2> <p>www.thepathway2success.com</p>	
Improves Attitude 		
Allows for Taking Risks 	Encourages Motivation 	Helps Work Through Challenges 

<p>Negative Self Talk-</p> <p><i>Nothing is good.</i></p> <p><i>I am worthless.</i></p> <p><i>Time will never change.</i></p> <p><i>I am weak.</i></p> <p><i>I will not try again.</i></p> <p><i>Things are never good.</i></p> <p><i>I can't do this.</i></p> <p><i>I am not sufficient.</i></p> <p><i>I am not good enough.</i></p>		<p>Positive self talk-</p> <p><i>Everything will workout.</i></p> <p><i>I am worthy.</i></p> <p><i>This time will pass.</i></p> <p><i>I am strong.</i></p> <p><i>I will not stop trying.</i></p> <p><i>Best is yet to come.</i></p> <p><i>I can do this.</i></p> <p><i>I am sufficient.</i></p> <p><i>I am enough.</i></p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Year 7 and 8 Camp

A reminder to all parents/carers of our Year 7 and 8 students that notes went home with your child/children on Wednesday 11th May regarding the upcoming Year 7/8 Camp from June 8-10. If you have not received these notes, please contact Bernie and let her know. I will be sure to follow it up, as these notes are to be returned to school by next **Friday 20th May**.



Vanessa Dillon
Head of Wellbeing



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

EXCITING NEW VENUE

THE  VENUE

55 Doody Street, Sydney Corporate Park, Alexandria.
Free onsite parking.

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

Coming home next week is a flyer for **EDDIE'S BIG NIGHT OUT 2022** encouraging parents to attend this fabulous high spirited community event. We'd love you to celebrate with us as there is so much to look forward to after having endured a pandemic these past two years. **There is a silver lining!**

Join us in celebrating your students' achievements, talents and skills and through this event be able to afford resources and equipment to increase their opportunities to build greater confidence and independence. That is worth celebrating! Bring a family member, bring a friend, or bring a neighbour. Our students shine at this event. Come along and see for yourself.

There is a chance to WIN a FREE ticket if you book and pay by 20th May!

Thank you
The Development Team



CELEBRATE WITH US

 St Edmund's College
EXCELLENCE IN SPECIAL EDUCATION



Eddie's Big Night Out

SILVER LINING BALL

SATURDAY 18TH JUNE, 2022

CHANCE TO WIN A FREE TICKET TO THE BALL



Eddie's Big Night Out

SILVER LINING BALL



Scan QR code for online invitation

- Celebrate our students' achievements, talents and skills by coming together as a community at this year's ball.
- Your support directly benefits our students through the purchase of resources aimed at increasing their confidence and independence.
- This is the biggest event in the College's calendar – don't miss out!

Book Before 20 May to WIN

If you book and pay for two (2) or more tickets to Eddie's Big Night Out 2022 before Friday 20th May (5pm AEST) via our trybooking link, you automatically go into the draw for the chance to win one of the tickets FREE. Winners will be notified by phone and email on Friday 27th May and a refund for one ticket will be provided.

To book, please use www.trybooking.com/BYBBQ



St Edmund's College
EXCELLENCE IN SPECIAL EDUCATION

Post School Information Evening

for Year 11 and 12 Parents and Carers.

Thursday 26th May, 2022

6.30pm - 8.15pm

St Edmund's College Hall

Hear about post school options available to St Edmund's graduates and past parents speaking about their experiences moving into post school services.

**We will be serving light refreshments
so please RSVP to Jacqui/ Lisa at
work@stedmunds.nsw.edu.au
by 20th May.**

***Any queries, please contact Jacqui/ Lisa on email.
Thank you.***

Mother's Day Liturgy and Breakfast



From the Parent Group



Wow! Just when we thought there weren't enough reasons to attend St Edmund's major fundraiser event they threw another one to us! After over 10 years at Miramare Gardens we are facing the opportunity to attend Eddie's Big Night Out **at a new and exciting venue!**

Coincidentally the new location is called **The Venue** located in Alexandria. It is modern, it is new to us and there is plenty of onsite parking. The main ingredients are still the same. Our Eddie's Entertainers will be welcoming us; Miramare Gardens catering staff will be providing our quality dinner with the help of our Eddie's hospitality students; there will be live entertainment; dancing; auctions; raffles and lucky door prizes.

Plenty of opportunities to enjoy mixing with friends, and meeting with people from our Eddie's community. These are all pretty good reasons for attending the evening. None more so than the opportunity to reconnect and reunite with one another at the same time as raise awareness and support for our students at St Edmund's who will benefit directly from the funds raised from this evening.

Funds raised will go directly back into the College to provide a senior common room for students as they move into the senior school years plus digital technologies such as 3D printers and laser cutters that will be used by all students across the years. These are items that your child will use in subjects and benefit from.

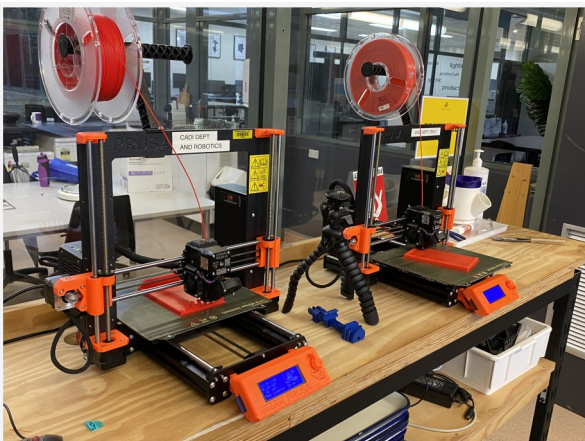
We need your support, so please consider attending this event, if you can't get a sitter please see if you can go with family, friends or work colleagues. Organise a table within your year group and I will see you there!

Bookings can be made via trybooking on www.trybooking.com/BYBBQ. Don't forget, book 2 or more tickets before 20th May and you automatically go into the draw for the chance to win **one** of the tickets FREE. Winners will be notified by phone and email on Friday 27th May. Good luck!

Janine Eastham – Tom's mum
Parent Group Leader

'That's Really Cool!'

Yesterday, the College leaders enjoyed a visit to the TAS Department of Abbotsleigh School with Mr Farrell to develop a prototype design using the laser cutter machine. The students assisted Mr Farrell, who is a qualified TAS teacher, in making an item that you will see at this year's Eddie's Big Night Out. Technology has come a long way and the students were in awe of what they produced in a very short time. A big thank you to Abbotsleigh School and Claire Battikha, the Assistant Head of Creative Arts & Design Innovation, for providing her time and the loan of the machine - something we hope St Edmund's can purchase and all students can benefit from with the funds raised from EBNO.



Blessed Edmund Rice Day



BBSSSA Cross Country Championship Results

The Broken Bay Secondary School Sports Association held their Cross-Country Championships at St Ives Showground on Monday 9th May. St Edmund's College had a team of 17 students in attendance on the day. The weather was not ideal, however all our students competed extremely well and displayed perseverance, determination, and consistent effort throughout the 3km run.

Congratulations to all students involved in the event, especially those who were selected into the BBSSSA Cross Country Team. The NSWCCC Cross Country Championships will be held on Tuesday 7th June at Sydney Motorsport Park, Eastern Creek.

The BBSSSA Cross Country Multi class results are outlined below:

Athletes placed in the top 6 (female)

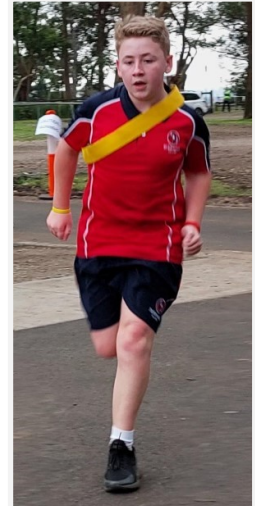
Lucy 3rd
Sophia 4th
Isabella 5th

Athletes placed in the top 6 (male)

Ben P 2nd
Will 3rd
Zane 4th
Johann 5th
Bradley 6th
Dom, Ben M, Ben F, Michael, Isaac, James, Luke, Christian, Koosha

All competitors were polite, respectful and a credit to their College. I always receive positive feedback from event officials about student behaviour. As always, these events cannot occur without the support of parents, so thank you for supporting your child's sporting endeavours.

Congratulations to Ben P, Will, Zane, Johann and Bradley for gaining selection into the Broken Bay Cross Country Team.



Awards

Students of the Week:

7E	Sebastian and Lucy	7V	Indigo and Ruby
8D	Oscar and Ben	8F	Elle and Isaac
9C	Nathan and Michael	9M	Bradley and Will
10J	Hugh, Annamieke and Moses	10S	Chloe, Kavya and Brandon
11A	Olivia and Mackenzie	11S	Athena and Luke
12M	Angelica and Niki	12O	Ryan and Piper

Eddie's Best:

7E	Sophia	7V	Daniel L
8D	Finley	8F	Louis
9C	Rosie	9M	Antonio
10J	James	10S	Sonnet
11A	Lachie	11S	Byron
12M	Brendan	12O	Owen

Principal's Award: Angelica H

Congratulations everyone!

Sneak Peek!

We thought our students and families might like to see our newest member of the Eddie's community, Miss Olive! We can't wait until Ms Gilkes brings her in for a visit. Just gorgeous!



Congratulations

on the birth of your baby girl



Around the College - Important Dates

Term 2

Tue 10th May	College photos for students
Tue 24th May	The Dish
Thu 26th May	Post School Information Evening (<i>see this Newsletter for details</i>)
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
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)
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)
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





Castle Hill United Football Club

All Abilities **GIRLS** Football



Castle Hill United Football Club is proud offer an ALL GIRLS All Abilities program in 2022. The program is for girls 5-16 year's old who would love to come and have fun with their friends while kicking a football.

Session Dates & Times

Sun 15th May 11.45am

Sun 5th June 12.45pm

Sun 26th June 11.45am

Sun 17th July 11.45am

Sun 7th August 11.45am

Location - Field 1, Fred Caterson Reserve, Castle Hill

Any player registered with any club via FNSW can come and join their friends at no additional cost - you just need to confirm your participation via the email below.

For anyone interested who is not currently registered with a club - you can register with Castle Hill United FC for only \$10 - email Jenny for more details on how to register.

We look forward to seeing the girls there!

To register your participation, registration information and all other enquiries please contact Jenny Crandell at allabilities@castlehillfootball.com.au

