



Inspiring Independence, Transforming Lives



Principal's Message ...

Last week I attended EREA's national Principals' Conference in Wollongong. It was a great opportunity for me to meet colleagues from around Australia and to learn from their experiences and share the great work of our schools. The Executive Director of EREA, Dr Craig Wattam, opened the Conference with a discussion on the value of humility and the importance of humility in leadership. In his talk, Craig referenced the work of Jim Collins, who wrote the book 'Good to Great'. I read Jim Collins' work years ago and his level 1 – 5 concepts of leadership has remained foremost in my thinking – particularly Level 5 Leadership.

From Collins' website he writes:

Level 5 leaders display a powerful mixture of personal humility and indomitable will. They're incredibly ambitious but their ambition is first and foremost for the cause, for the organization and its purpose, not themselves. While Level 5 leaders can come in many personality packages, they are often self-effacing, quiet, reserved and even shy (Jim Collins - Concepts - Level 5 Leadership)

Reading the description of each level of leadership I enjoyed placing a leader against each category. Where would I place Barack Obama, a former colleague, Nelson Mandela, Bill Gates or Donald Trump – that last one is probably easy to place. Many of our most notable leaders sit at Level 4 with only a few elevated to Level 5. Between Level 4 and Level 5, there is a shift in focus from me to we. Level 5 leaders have no desire to be larger than life or to be put on a pedestal. They are seemingly ordinary people who are defined by their humility and fierce resolve to see important goals achieved.

The Principals' Conference was an opportunity to unofficially launch the new EREA learning statement. Although I can't share much with you yet, the supporting definition of the Learning Statement is:

We are explicitly co-creating the learning conditions, dispositions and relationships to enable deep listening, confidence, agency and freedom.

It is reassuring to know that EREA will achieve the above statement for the benefit of our children through the Level 5 Leadership being cultivated throughout the organisation – It is certainly something that I aspire to. No matter your occupation, I would recommend Jim Collins' 'Good to Great' as a beneficial read.

Eddies Big Night Out

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. It will be a fantastic night!

COVID Update

Our staff have returned to wearing masks when students are on campus.

Students who are a close contact will continue to isolate and not attend school for 5 days.

Students who show COVID symptoms must remain home. If your child shows COVID symptoms while at school you will be asked to pick them up. 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 RAHT until we have exhausted our supply.

Michael Farrell
PRINCIPAL



Deputy Principal's Message

National Volunteer Week

National Volunteer Week is Australia's largest annual celebration of volunteering. Volunteering brings people together; it builds communities and creates a better society for everyone. It is also a chance for all of us to recognise the vital work of volunteers and to say thank you.

Unfortunately COVID-19 kept the St Edmund's volunteers away from our College for a long time but we are delighted now to welcome them back over the next few months as it becomes safer for them to be out in our community.

One very special lady has already returned to us and was waiting with bated breath at the door to be let back in! Diane works with our senior classes and has done so for many years. Her grandson, Angus, is a former student. This is our chance to say **THANK YOU DIANE!** We love seeing your happy face every time you walk in our door!



Heartfelt 
THANKS
TO OUR VOLUNTEERS!

TERM 2 PARENT GROUP MEETING



SAVE THE DATE

We are lining up a guest speaker for the meeting and it will be onsite.

WEDNESDAY 22nd June, 2022

Meeting will start at 6.30pm



St Edmund's
COLLEGE

Rebecca Kirwan
Deputy Principal



Wellbeing

“It’s your reaction to adversity, not adversity itself, that determines how your life’s story will develop.” – Dieter F. Uchrdorf

The Resilient Mindset

Resilience is a vital personal capability that determines not only your own social-emotional wellbeing but also the social-emotional wellbeing of those around you. The stronger your resilience, the more equipped you are to deal with the many emotion-provoking moments that life can throw your way. Having a resilient mindset means that when faced with challenging situations, you are able to:

- ⇒ be aware of your negative emotional reactions (anxiety, anger, deep sadness) including your degree of upset (low, medium, high, extreme);
- ⇒ be able to prevent yourself from getting extremely upset;
- ⇒ be able to control your behaviour when extremely upset, so that you do not procrastinate, behave aggressively or withdraw from others;
- ⇒ calm down within a reasonable period of time when extremely upset;
- ⇒ bounce back to being around others and engaging again in life in the way you were previously.

By helping you maintain control of your negative emotions, a resilient mindset helps you to think, feel and behave in positive ways in order to overcome difficulty and move on. A resilient mindset involves your use of rational thinking and a variety of coping skills that help you regulate the intensity of your negative response to adverse events in your life.

Rational thinking and positive self-talk means not ‘blowing things’ out of proportion, switching from negative to positive thoughts and not taking the situation personally. This approach helps you to stay calm and be in control of your emotions when the adversity cannot be readily eliminated from your life.

Along with rational thinking and positive self-talk, coping skills can also help you to stay calm, as well as eliminate the adversity. These coping skills include asserting yourself, managing your time, relaxation and meditation and finding someone to talk to.

Resilience also involves using your other behavioural strengths to take positive actions when confronted with challenging and difficult situations and people. These behavioural strengths include self-worth, confidence, persistence, organisation and amicability.

Resilience is not about eliminating negative emotions and behaviours completely but empowering yourself so that you have control over your thinking in order to effectively manage adverse events.

To strengthen your resilient mindset, mindfully accessing helpful self-talk when experiencing adversity is a great starting point. Some examples of self-talk include:

- ⇒ “This is bad, but not awful”
- ⇒ “I’ve overcome hard things before, I can do this”
- ⇒ “I won’t judge this person by his/her behaviour”
- ⇒ “I might be feeling really upset by this now but I can choose to put this behind me and move on”
- ⇒ “I can only control what is within my control”
- ⇒ “I have the power to shift how I feel about things”
- ⇒ “This isn’t great but there is so much more that is great in my life”
- ⇒ “I’m never going to know, unless I give it a go”

Wellbeing continued ...

Wellbeing continued ...

Another way to strengthen your resilient mindset, is to increase the number of coping skills that are helpful. Some examples of these are:

- ⇒ Find the 'right' person to talk to. This person might be a professional (i.e. counsellor, psychologist, therapist) or someone you know who will not just agree with everything you say but will offer you alternative perspectives that are helpful and useful;
- ⇒ Deep breathing techniques and muscle relaxation exercises;
- ⇒ Healthy exercise and a good diet;
- ⇒ Good sleep;
- ⇒ Be assertive, rather than aggressive or passive;
- ⇒ Practising gratitude.

“Things are neither good nor bad, but thinking makes them so” – Shakespeare

We now understand that the greatest influence over the extent to which you are emotionally calm and in control when facing adverse situations, is your thinking. This is another way in which you can support the strengthening of your own resilient mindset, as well as the resilience of others in your family.

Catastrophising situations or events isn't helpful in regulating one's emotions, nor is it helpful in finding ways to overcome adversity. Maintaining a healthy perspective and engaging the positive self-talk and coping skills is a more helpful approach to guide yourself and others, in being able to 'bounce back' more readily and effectively.

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 - winner of the free ticket!

We have drawn a winner for the 'Book and Pay Before 20th May' promotion as part of Eddie's Big Night Out 2022.

The **WINNER** is **Danielle Harris**, one of our Year 7 parents.
CONGRATULATIONS from all of us at St Edmund's!

Thank you to everyone who has booked in to Eddie's Big Night Out 2022.
There are still tickets available, so please don't miss out!

Please go to our trybooking link <https://www.trybooking.com/BYBBQ>

We look forward to celebrating with you!



EDDIE'S BIG NIGHT OUT RAFFLE

All parents would have received a book of Raffle tickets in support of Eddie's Big Night Out. There are 4 great prizes below to be won so please encourage family, friends and workmates to purchase a ticket or a book of tickets.

Funds raised from the raffle go towards resources and facilities for the direct benefit of our students.

If you would like more raffle books sent home please contact the College office on 9487 1044 or email secretary@stedmunds.nsw.edu.au

All sold and unsold raffle tickets **must be returned to the College no later than Tuesday 14th June.**

Thank you for your support!

These are our prizes:

1st Prize	Visa Gift Card	\$1,000
2nd Prize	Delsey of Paris Maseru Luggage Set	\$999
3rd Prize	Radisson Blu Hotel Sydney - Accommodation for one night in a Standard room including full breakfast For two	\$510
4th Prize	Bunnings Gift Card	\$100

Tickets are \$5.00 each OR \$50.00 for a book of 12!

From the Parent Group



Only three weeks to go until the biggest event on the Eddie's calendar. There is certainly a buzz in the air about it. **Do not miss out!** Make sure your ticket is booked. It is definitely not a night to miss. Ross Greenwood as our MC, our very own wonderful Eddie's Entertainers, fabulous prizes with raffles and silent auctions - all at the new location The Venue!

It's also not too late to donate some prizes for our silent auctions. Some ideas are:

- ◆ Wine – red, white, champagne, Beer or Spirits
- ◆ BBQ items
- ◆ Gourmet items - oils, gourmet biscuits, relish, pickles, chocolates
- ◆ Restaurant Vouchers for restaurants, butchers, hairdressers, shops
- ◆ Beauty products - male and female

SAVE THE DATE - Our next **Parent Group meeting is the 22nd June at 6.30 p.m.** please mark it in your calendar. More details to come.



Candice Palin our Head of Marketing & Communications here at St Edmunds and at St Gabriel's will be leaving us today. Candice has worked tirelessly across both schools for over 10 years. Candice has always worked with passion, dedication and a huge heart when she has represented our schools and students to bring awareness, fundraising opportunities and fostering relationships with our major supporters and sponsors.

Always working behind the scenes at our Eddie's Mates meetings, Marketing Committee Meetings, Community and Fundraising events and all school functions. Candice has always gone the extra mile for our school communities, working tirelessly, organising speakers and attending every Parent Group meeting; she has been instrumental in supporting Eddie's Big Night Out and both Golf days for the schools.

Candice has been a valued member of our school communities, always contributing her time to make sure things run seamlessly. On behalf of the St Edmund's Parent and Carer community and students, I would like to thank Candice for her dedication and commitment and wish her the very best for her future endeavours. Candice's time with us has been greatly appreciated and she will be missed.

Janine Eastham – Tom's mum
Parent Group Leader

Dear Parents and Carers

Today is my last day after serving 10 wonderful years at St Edmund's. I would like to sincerely thank our parent community for the amazing connections, generosity and happy times that you have provided in my time and role in the St Edmund's Marketing and Development team. Working in partnership with families to provide the best educational opportunities for students here at Eddie's has been an absolute joy. I will miss our many conversations at events and in the corridors. Thank you for the very thoughtful gift of flowers and scented candle pack that arrived for me today.



I wish you and your families well for the remainder of your time at Eddie's and beyond. I will continue in assisting with preparation for Eddie's BIG NIGHT OUT on Saturday 18th June and I look forward to saying goodbye in person.

Best wishes and take care.
Candice

Men's Group Gathering - 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 next gathering is **Thursday 9th June**.

Light dinner at 6.30pm followed by a meeting 7 - 8pm. At our last meeting the group asked to continue discussion on the issue of generally keeping private their child's disability verses sharing of it with friends and relatives. The guys listed so many advantages and disadvantages and we ran out of discussion time. Everyone wanted more time to reflect on the issue. It was a very emotional and spirited discussion. The stereotype that men don't talk and are poor at expressing their feeling is constantly refuted by our dads.

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

Venue: St Lucy's School, Cleveland Street, Wahroonga

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

Dates for our 2022 gatherings are:

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.

Assembly Awards

Congratulations to all our students who received medals, ribbons and awards at Assembly this morning.



Do you have a BIG EVENT COMING UP?

Now that life is returning to socializing again, if you have an event coming up - 18th, 21st, 40th, 50th, engagement or even wedding - please support one of our former families - Nikki and Marc Comensoli who own **Pizza Event!**

Nikki and Marc have supported Eddie's Big Night In and Eddie's Big Night Out over many years and many of our staff and families have enjoyed having them arrive at their homes, set up and serve delicious pizza to their friends and families!

Please email nikki@pizzaevent.com.au or phone 1300 720 204. Let Nikki know you are one of the Eddie's community.

Enjoy!



Term 2 Mufti Day

At our College Leaders' meeting this week, our student Leaders made the decision to support Aussie Animals in Crisis with funds raised at our Term 2 Mufti Day - **the last day of term, Friday 24th June**. This suggestion came from Joshua - our College Vice Captain - and was voted in with a unanimous show of hands.

Two popular suggestions for causes to support were:

1. The Menzies Institute for Medical Research, University of Tasmania which is conducting research into Devil Facial Tumour Disease which affects the Tasmanian Devil; and
2. Australian Koala Foundation which conducts research and raises money to ensure that all koalas are protected.

Our students intend to split the money raised on Friday 24th June between these two organisations.

Please enjoy the Mufti Day by wearing casual mufti clothes and bringing along a gold coin.



College Leaders



Awards

Students of the Week:

7E Matthew and Ashley
8D Sienna and Daniel
9C Seul Yi and Ella
10J Kate and Tom
11A Johann and Lachie
12M Josh and Christian

7V Daniyal and Daniel T
8F Sam and Brendan W
9M Lauren and Emma
10S Sean and Summer
11S Mikayla and Luke
12O Ben and Claire

Eddie's Best:

7E Ava
8D Gemma
9C Saskia
10J Krish
11A Victoria
12M Brendan

7V Charlie
8F Leela
9M Arpita
10S Luke
11S Mark
12O Lorelle

Congratulations everyone!

Catching up with old friends!

This week Terry O'Keefe managed to meet up with our former College Captain, Harry Langford. A great chance to chat about old times and let Harry know what is going on at St Edmund's. It is wonderful to see you Harry!



Around the College - Important Dates

Term 2

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
Wed 22nd Jun	Term 2 Parent Group Meeting
Fri 24th Jun	Term 2 Mufti Day
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

