



*Inspiring Independence, Transforming Lives*



## Principal's Message ...

Dear Parents,

Our schools have the tagline 'Excellence in Special Education'. As I settle into my role, I have been pondering and exploring what excellence in special education looks like. The schools I came from expressed 'excellence' as a characteristic of who they are, what they aspire to be and a positive attribute they foster in their students.

St Edmund's and St Gabriel's are experiencing significant change that will foster excellence in special education. With the change in learning environments comes the adoption of contemporary learning technologies from the furnishings to ICT – incorporated throughout the schools to foster excellence in teaching and learning. I observe our staff at work, all contributing to creating excellence in special education and parents/carers supporting their child's education and contributing to many aspects of school life.

Is what we are creating any different from the 'excellence' espoused by other schools? What sets us apart when we consider Excellence in Special Education? It's creating the conditions that allow each child to feel safe, appropriately challenged and respected. The conditions that develop life and work competencies and a growth mindset that promotes confidence during and beyond school.

How do we know we are creating the learning and nurturing conditions to a level of 'excellence'? Are we excellent or is 'Excellence in Special Education' just promotional rhetoric? From what I have experienced, it is not rhetoric, excellence is observable everywhere. Excellence everywhere; in all that we do is the main difference that sets our schools apart – excellence permeates all aspects of school life at St Edmund's and St Gabriel's. It's in the attention to detail provided to every student by every member of staff. It's knowing every child; evident in communication and the multitude of considered adjustments, formal and informal, to meet their individual needs.

There is more to explore. To continue providing Excellence in Special Education we have to adapt and change – there is always room for improvement. I am keen for you to share with me, from a parent/carer perspective, what you believe 'Excellence in Special Education' looks like. If you have a view on this, please send me an email. [farrell@erses.nsw.edu.au](mailto:farrell@erses.nsw.edu.au) I look forward to receiving your thoughts and learning from your experience.

Michael Farrell  
**PRINCIPAL**

Excellence  
*in* Education



## Wellbeing

### International Self-Care Day

On Sunday 24<sup>th</sup> July it was International Self-Care Day. Such awareness about the importance of self-care is of major benefit to us all. We're all told to practice self-care as a means to counteract high stress levels or a busy schedule – think a warm bath, a restorative massage, a walk or yoga session but, in order for one to reap the full benefits, self-care should be more than just a rare occurrence or a way to undo damage. Instead, it can be simple, uncomplicated daily rituals that help us to re-centre and re-balance, whether that's a short mindfulness exercise, a brisk walk or simply taking the time to enjoy a nourishing meal with family or friends. If you're guilty of burning the candle at



both ends, hopefully the below suggestions can help provide an easy way to commence your own journey in implementing self-care rituals into your day and, at all times, remember that this is indeed a journey – one that might start, then stop; begin at a fast pace and then slacken off; is undertaken alone or in the company of others; or is a slow, but steady, approach towards the destination. However, keeping that journey in mind, helps keep the purpose at the forefront – and that purpose is you!

### A moment of mindfulness

One of the easiest – and most important – things you can do to show yourself some love is to practice a short mindfulness activity. Whether it's a sound healing session, meditation, or gratitude practice, quieting the mind and focusing on breathwork will help you to feel calm and grounded.

### A nourishing meal

So often, we rush through eating a meal, whether it's snacking at our desk or grabbing something to eat on the go but sitting down and enjoying a nourishing meal not only does wonders for digestion, it can help you unwind, and connect with others when the meal is shared.

### Make time for tea

The soothing power of a cup of tea is a seriously underrated ritual. Whether it's first thing in the morning, before bed or in between errands, in just a couple of minutes, you can be enjoying your favourite blend and relaxing into the moment. It also creates a moment to take that pause you didn't know you needed.

### Movement as therapy

While exercise might not initially scream 'self-care', movement is essential to our mental and physical wellbeing, and it can also be a great way to practice mindfulness for those of us who struggle when it comes to being still. Yoga and pilates is a great way to stretch and strengthen the body, and a long walk in nature or swimming is the perfect way to calm the mind. Running and other high-cardio workouts activates endorphins and serotonin within us that are chemicals which improve our mood.

### Swap your screen for a good book

It's no secret that scrolling social media feeds in bed is detrimental to a good night's sleep. So, why not swap that nightly scroll through Instagram for a good book instead? It will soothe your mind and make it easier to drift off to sleep faster and endure a more sound sleep, too.

## Senior Student Leadership Awards:

A recent meeting with the Year 11 and Year 12 Homeroom teachers at the end of Term 2, has brought about a change to the way in which we hand out Leadership Awards to our senior students, due largely to the change in the lack of gathering spaces within the current stage of building works. The students have been informed of this new process and are excited to soon start receiving what they have been working hard to achieve. We will be trialling the following approach for the remainder of the year:

- ◇ Student leadership goals are negotiated between the student and the Homeroom teacher;
- ◇ These are recorded for the student to view and work towards;
- ◇ As a goal is achieved, the student is awarded their corresponding leadership award in front of their Homeroom at the next corresponding assembly (which are currently occurring in Homeroom classes as we do not have a large space for the school to gather). Mr Farrell or another member of Executive will acknowledge and present the award, and congratulate the student;
- ◇ A photo/video is taken of the student receiving their Leadership Award and is sent to the child's parents.
- ◇ The goal is checked off and recorded according to prior means of recording this data;
- ◇ The Head of Wellbeing is informed of the achievement and will publish the student/s name/s in the next College Newsletter.

At the end of the year, we encourage and welcome feedback on the process outlined above. This feedback can come from students, staff and parents/carers and will help to inform the approach we take as we enter 2023.

Vanessa Dillon  
Head of Wellbeing

# St Edmund's College Post School Provider Webinar Series

Thursday 18th August  
Thursday 25th August  
Thursday 1st September

6pm - 7pm

We are excited to organise and provide for you three online webinars for you to engage in over three consecutive weeks.

These evenings will allow for you to listen to a variety of providers speak about the services they offer. You will also have the opportunity to ask questions.

A full program of presentations and links for each evening will follow shortly.



**JOBSUPPORT**  
Employment for people with intellectual disability



Sunnyfield  
disAbility Services



## From the Parent Group



Now that we have settled into our term we are excited to be able to have our Parent Group meeting.

Our last meeting was cancelled due to the rise in COVID cases and we thought it best to minimise risk heading into school holidays. Thankfully we are now able to hold the meeting next Thursday 11th August on site at school at 6.30 pm.

Our meeting will consist of Mr Farrell updating parents on Stage 2 of the building project and a tour of our new building.

We are fortunate to have our Allied Health Team present to us on the night also. Cara Suen, Occupational Health Therapist and Caitlin Hassell, Speech Pathologist will give us an outline of the work they do with our students and how they support them at school.

There will also be an opportunity for you to table any ideas for future topics or what you would like the group to offer. If you are unable to attend but would like to offer some feedback, please feel free to email them to me at [janine@itsd.com.au](mailto:janine@itsd.com.au) and I will raise them at the meeting.

This is a wonderful opportunity to meet with our Allied Team and to see the progression of the building works and the new space that our children are now experiencing.

Best wishes for the weekend and the week ahead.



Janine Eastham  
**Parent Group Leader**  
(Tom's Mum - Year 11)

## Student absences from College:

### 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](mailto: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](mailto: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.

How will you science this National Science Week?



**national science week**  
**13–21 AUGUST 2022**

[scienceweek.net.au](http://scienceweek.net.au)

#scienceweek

## Science Week

Week 5

Monday 13 – Friday 21 August

This year it's  
all about **GLASS**

In class we will be  
learning about:

The **uses** of glass

The **properties** of glass

How we **make** glass

**Recycling** glass

How glass **bends light**

**Technologies** that use glass

**national science week 2022**  
[scienceweek.net.au](http://scienceweek.net.au) 13-21 AUGUST 2022

# GLASS

More than meets the eye



## 2022 Science Week Activities

**Activities** in Science classes

Science Week **Class Kahoot! Quiz**

**Colouring Competition**

**Assembly Class Kahoot! Quiz Competition**



## News in Sport

### **NSW All Schools Cross Country Results**

Congratulations to Ben P, Zane and Will for being selected into the NSWCCC Cross Country Team. The boys competed at the NSW All Schools Cross Country Championships on July 22 at Sydney Motorsport Park, Eastern Creek. They all performed very well at this elite, State level competition against 69 other competitors in the Multi-Class event.

Their respective places in this large field of competitors were:

Ben: 22<sup>nd</sup> overall and 10<sup>th</sup> in his age division (16-19 Boys)

Will: 23<sup>rd</sup> overall and 9<sup>th</sup> in his age division (14/15 Boys)

Zane: 31<sup>st</sup> overall and 15<sup>th</sup> in his age division (16-19 Boys)

A tremendous effort in the wet weather they faced on the day too!

### **Australian School Swimming Championships**

Congratulations to Ben P for gaining selection into the NSW All Schools Swimming Team. Ben will be competing at the Brisbane Aquatic Centre from August 15-20, 2022. This is a tremendous achievement, and we wish Ben all the very best for his upcoming events.

### **St Edmund's College Athletics Carnival**

The St Edmund's Athletics Carnival is scheduled to occur on September 6 at Pymble Ladies' College (PLC). Buses have been booked to transport students to and from St Edmund's College, as per previous years. The PDHPE staff are busy conducting athletics lessons off-site this term to prepare all students for the carnival and to select students for the BBSSSA Athletics Championships on August 30. Please note that if your child is selected to compete at the BBSSSA Athletics Championships, parents will have to have them registered with Sports Inclusion.

This registration now lasts for all their high school years, so it will only need to be completed once, unless your child's classification changes. I have included the link to see what is involved.

<https://sportinclusionaustralia.org.au/eligibility/>

Lois Horne  
Coordinator PDHPE



**Congratulations Ben for gaining selection into the  
NSW All Schools Swimming Team.**

## Awards

### Students of the Week:

**7E** Matthew and Sebastian

**8D** Sienna and Riarna

**9C** Rosie and Saskia

**10J** Christian and Kate

**11A** Olivia and Lachie

**12M** Koosha and Lucas

**7V** Rachel and Daniyal

**8F** Brendan and Alexander

**9M** Bradley and Will

**10S** Luke and Elliot

**11S** Mark

**12O** Ryan and Piper

### Eddie's Best:

**7E** Lucy

**8D** Bento

**9C** Michael

**10J** Tom

**11A** Dominic

**12M** Angel

**7V** Daniel

**8F** Elle

**9M** James

**10S** Kavya

**11S** Teena

**12O** Indira

**Congratulations everyone!**

### Well done Thomas!

This week we heard the news that a former student, Thomas, has started working at McDonalds at Mount Colah 16 hours per week! Congratulations Thomas - we are thrilled for you!

If you do happen to visit this store, please look for Thomas and wish him well!



## Around the College - Important Dates

### Term 3

Thu 11th Aug	Term 3 Parent Group Meeting
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

<b>Mon 10th Oct</b>	<b>Staff Day (pupil free day)</b>
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

