



PRINCIPAL'S MESSAGE

The recent holiday break allowed me the opportunity to witness a number of beautiful sunrises and sunsets. It never ceases to amaze me how impressive nature is and how captivated we are when we witness such a natural phenomenon. The colours are ever-changing as the sky transitions and the light either extends or fades. The sky, quite literally, transforms before our very eyes, and there seems to be a sense of stillness, of peace, of serenity and of calm.

A sunrise or sunset is an example of the beauty that can be revealed within a change, within a transformation. It is also an example of hope. Hope within the transformation itself, and hope within what is yet to come.

In the Catholic Church, 2025 marks a Year of Jubilee and, interestingly, this year's theme is 'Pilgrims of Hope'. How one's pilgrimage of hope looks, can indeed be a personal endeavour, but it is also one that can be made in connection with others. It is an invitation to take a journey inward, of introspection, so as to examine and evaluate the way we engage with the workings of the Holy Spirit in our day to day lives.

When we undertake a journey of introspection, we invariably encounter the opportunity to undergo a transformation. Interestingly, this theme is not only captured within the Year of Jubilee, but also in the Year of the Yin Wood Snake, which is currently being welcomed within the Chinese culture and Lunar New Year celebrations. The beliefs around this Chinese Zodiac Animal, and how it might have influence on the year ahead, includes a thoughtful and measured energy, paired with Yin Wood's qualities of steady and gentle growth. The snake is seen as a symbol of transformation and renewal which is achieved through creativity and adaptability. It is therefore seen to be a year where one is called to think strategically, to listen to one's intuition, and to approach any challenges with flexibility, wisdom and insight. Furthermore, Chinese culture sees 2025 as a year for subtle, yet significant advancement, for sowing seeds of success that will flourish over time.

There's a parable that Jesus shared regarding a sower, a farmer, and how there is an additional element required in order to allow the seed the opportunity to grow, and that is for it to be cared for and nurtured. Jesus' message here was to remind his followers of the need to nurture their relationship with God so as to deepen the growth of their connection with God.

I see that there is a similar message for us as a community. The seeds we sow here can be many and varied, just like there are many and varied fruits and vegetables, and bushes, trees and flowers. Our seeds might have the opportunity to give birth to ideas and initiatives, they might give birth to evaluation and reflection, they might give birth to connection and cohesion, they might give birth to possibility and potential, they might give birth to joy and positivity, they might give birth to change and transformation. Yet, if we don't see the role we all have as the soil from which they germinate, and we don't collectively nurture these many and varied seeds as they sprout, then they may not develop and grow in a way that we would want for them to. This would greatly inhibit our chance to nourish our community. We would want for all these outcomes to eventuate in a positive and healthy way that brings longevity and sustenance for all.



PRINCIPAL'S MESSAGE

We want these seeds to sprout here at St Edmund's, because all that comes forth helps bring alive our four core values - that of Faith, of Joy, of Community and of Relationships.

We want these seeds to sprout here at St Edmund's because they provide for your children, and our students, a life that they deserve. A life that is full of hope and full of promise. A life that inspires independence and transforms lives.

Edmund Rice Education Australia recently unveiled their new Charter following a lengthy renewal process. This Charter helps to provide a foundation and source of guidance for all EREA schools to uphold. One key aspect of the new Charter is the Call to Transformation. It goes without saying that here at St Edmund's we aim to achieve this through providing a collaborative, caring environment for our students to learn and grow. It asks of us to be courageous and visionary, in the same way that Jesus and Edmund Rice were during their times. It asks that we find ways to let our light and the light of others shine.

Light is a wonderful metaphor, and it resonates with everyone in some way or another. For us today, I see it as being linked to that of the ever-changing light that appears at sunrise or sunset. Let our light be of depth, of beauty, of a variety of hues, of a transformative nature. And let it be a source of hope. Hope is a beautiful desire to seek and uphold – it is an optimistic state of mind, and one that brings a sense of gratitude, too.

As a community, we are encouraged to use this Jubilee Year to guide us in a collective journey of hope – one where we set goals and intentions for ourselves so that we are nurtured within, but also one where we can mindfully shed our collective light so that we can achieve together. May we use tonight as the beginning of this journey as a community. You will have the opportunity to meet the wonderful staff of St Edmund's, to catch up with friends, to meet new people. It's an occasion where we are able to give thanks for the connection we share in belonging to this special community of Eddie's, and I look forward to enhancing this connection and this sense of belonging for you as the year continues.

Eddie's Big Night In

It was lovely hosting you all at our first community event for the year last Tuesday evening! Thank you for finding time in your evening to gather with us, and a note of gratitude to those staff who organised and coordinated a very successful occasion.

EBNI provided both formal and informal elements throughout the night, with time given for you all to connect with each other as well as with your child's Homeroom Team for 2025. I particularly extend a warm welcome to our new families who have joined our St Edmund's community this year – Connolly, Hammer, Harris, Rundle, O'Sullivan, Pellegrini, Greer, Irwin, Low, Shin, Zhu, Chung, Henry, Hawkesford, Lyall, Prior, Zhu, Rodwell and Lewis.

If you would like a copy of the presentation that was shared in the Homeroom information session, please contact your child's Homeroom teacher for a PDF to be emailed to you.

Alternatively, please reach out to Mr Sean Brannan –

brannan@stedmunds.nsw.edu.au



PRINCIPAL'S MESSAGE

Beginning New Year Whole School Mass

All staff and students joined Fr Kelvin and Fr John for this special Eucharistic celebration on Friday. This allowed us to rejoice in the gift of our new school year and to extend blessings to all staff, students and our Year 12 students, too. Thank you to Terry and Mrs Macdonald for providing us with an opportunity to worship and give thanks for the faithful community we belong to, which will no doubt continue to be enhanced and enriched throughout the year to come.



PRINCIPAL'S MESSAGE

Good Luck Mrs Kirwan!

On Friday at Mass and Assembly, we had the opportunity to wish Mrs Rebecca Kirwan all the very best as she begins her secondment with the EREA National Team. Many a sentiment was shared by staff, students and parents which highlighted the wonderful passion, dedication, care and expertise Rebecca has extended to the St Edmund's community these past 11 years. We know that so much of this will now be extended to many other school communities around Australia in her new role for 2025, and we think that EREA is indeed incredibly fortunate to benefit from Rebecca's presence and professionalism over the next 12 months. We look forward to hearing all about her experience upon her return next year!

Vanessa Dillon | Principal

DEPUTY PRINCIPAL

As many of you know, Friday 14 February was my last day at St Edmund's, as I am on secondment to Edmund Rice Education Australia (EREA) head office in the role of Director of Professional Practice for the remainder of 2025. I was truly touched by the very generous and unexpected gift which I received on Friday from the wonderful St Edmund's community. Thank you so much!

The decision to challenge myself in another role for 2025 was a tough one, as I knew in being able to experience this wonderful opportunity, I would need to leave our special community for a period of time. I truly appreciate the acknowledgment and gratitude I received on Friday and the

gorgeous bag, matching water bottle and leather notebook. It was very generous and I love that I have some reminders of 'Eddie's' as I journey on a different path for 2025. Thank you for affording me the privilege of walking alongside you and your children in my time

at St Edmund's thus far and I look forward to continuing this partnership when I return in 2026. In the meantime, have a wonderful 2025 ahead. I know you are in very capable hands with Mr Brannan who has already shown such wonderful enthusiasm for and involvement in our community.

All the best,

Rebecca Kirwan | Deputy Principal



**EDMUND RICE EDUCATION
AUSTRALIA**



DEPUTY PRINCIPAL

On Tuesday evening at Eddies Big Night In I had the great privilege of meeting many parents, both new and experienced up to Year 12. I reiterate my thanks for the incredibly warm welcome which has been extended to me on joining this wonderful community. And again I add my thanks to Vanessa's for our staff who supported this event to kickstart our parent community input for the school year. I hope our staff answered all the homeroom specific questions I could not, and thank you for your patience as we confirm parent codes and access to the Sentral Parent Portal which facilitates the distribution of PP Meeting bookings for 11 and 25 March, Student Reports later in the year, and Subject Specific Parent Student Teacher Meetings on 29 July.



We particularly thank Susan Dickenson and Cassandra Brading who managed the EBNI event, Mr Terry O'Keefe who supported our student leaders in preparation, Lisa Duffy who launched her role as Family Engagement Officer with her typical passion and energy, and Rebecca Kirwan who has been monumental in ensuring a smooth start to Eddies 2025 School year even as she commences her year's secondment supporting Edmund Rice Education Australia (EREA) nationally.



As communicated at Eddies Big Night In on Tuesday evening, it is a WHS requirement that leather or similarly robust shoes are required for TAS lessons held in the Kitchens or Woodwork rooms and Science lessons held in the Laboratories. As such, where students have a lesson requiring them to wear mesh or "soft shoes" for PDHPE for example, it will be necessary to bring a second pair of shoes which meet the requirements of safety in the TAS and Science Labs. Thank you for your support of the safety of our students and the school community in this context.

We remind parents that while Class Dojo is a useful app for sharing photos and information about school and class events, The best two way parent - school communication, is achieved through emails with homeroom staff, and of course Notes and Letters exchanged daily via the Blue Communication Folders.

Student absences should be informed at your earliest convenience via the Sentral App, while planned absences over 3 days should be requested via the Form addressed to Mrs Dillon as per NSW Educational Standards Authority (NESA) requirements.

DEPUTY PRINCIPAL

EREBB Edmund Rice Education Beyond Borders Connection

One initiative being developed by our student leaders this year is our strong connection to other schools in the Edmund Rice Network globally. This week my Year 8 RE class wrote letters to the Damien Memorial School in Honolulu Hawaii! Named after St Damien of Molokai who cared for the Hawaiian people who had fallen ill from introduced disease as Europeans first settled the Islands. The school, founded in 1962 is now co-educational and has a strong Hawaiian First Nations culture of inclusivity.

At assembly on Friday our Year 12 Leaders introduced this initiative to the school taking photos with the Hawaiian and Australian flags and some First Nations themed sports shirts we hope to exchange with the student leaders of Damien Memorial School in the spirit of forming a tangible connection for our students to learn and appreciate that the values we celebrate at school of Kindness, Care and Learning are shared by others in our network throughout the world! That we are indeed part of a bigger calling and cause for Hope in the world, especially in this Jubilee Year of the Church!



Connecting Edmund Rice Schools, and those founded by the Christian Brothers, around the Globe:

Damien Memorial School, Honolulu Hawaii, Damien of Molokai, Hawaii



Damien Memorial School Homeroom with dedicated Pastoral Care Teacher and wonderful students,

Damien Memorial College Chapel Tabernacle



Brent Limos, Director of Admissions, Damien Memorial School Honolulu with Sean Brannan, Deputy St Edmunds Wairoonga, Sydney Australia, Edmund Rice and Christian Brothers Tribute

DEPUTY PRINCIPAL



Damien
Memorial
School
Chapel



Edmund
Rice and
Monarch
Lion Purple
Pride Mural



St Edmund's
COLLEGE

St Edmund's College Wahroonga is proud to be an Edmund Rice Education Beyond Borders School. Professing the EREA Touchstones: As an Inclusive Community, Liberating Education, Gospel Spirituality through Justice and Solidarity.

St Edmunds is a small coeducational Yr 5 -12 school of 120 students, learning the New South Wales Education Standards Authority Australian Curriculum.

Student letter from: Mr Brannan's 8RE Class

St Edmunds, Edmund Rice School, Wahroonga, Sydney Australia

Dear Edmund Rice Student at Damien Memorial School, Honolulu, Hawaii

My name is _____. I am a Year 8 student at St Edmund's College, Wahroonga in Sydney. Our school is a unique school with 120 students. It

founded in 1952 to cater for students with vision impairment. The Christian Brothers ran our school for many years before handing over to Edmund Rice Education

Australia (EREA).

Our current College Principal is Ms Vanessa Dillon and last year when we opened our new building, many of the old Christian Brothers attended to wish us well. At school we study subjects including English, Mathematics, Religion, Science, Art, Music, PDHPE and Technical Applied Studies TAS.

The weather in Australia _____ at the moment, as we are in Summer.

At home I have ____ brothers and sisters, and some of our favourite activities we enjoy include:

I have a pet called _____.

My favourite animals in Australia are _____.

What activities and subjects are popular at your school and among your students? I would love to hear about what life is like in Hawaii.

Thank you for writing back to me if you are able to.

Signed: _____

DEPUTY PRINCIPAL

Safer Internet Day last Tuesday 11/2/25

In the context of the online safety, security, and wellbeing, I refer our community to the information in Ms Mulkeen's communication within this newsletter below, which is consistent with our advice from Eddies Big Night In as endorsed by the Office of the eSafety Commissioner.

We are currently supporting several of our students and families from last year, after it came to our attention that there had been some vulnerability, including the communication of inappropriate private and graphic images online. This is a timely reminder to parents to continue to communicate well and actively supervise the use of social media and online devices including phones. Any feedback in this or indeed other school related contexts is useful in informing our teaching and pastoral care programs in support of the students.

Faithfully,

Sean Brannan | Deputy Principal

WELLBEING

Cyber Safety

This week in Homeroom, students have been reminded about how to Be Safe, Be Caring and Be a Good Learner when using online technology as part of World Safer Internet Day. Students discussed:

- What do to if they receive something that makes them feel unsafe or uncomfortable
- How they must not share photos of others without their consent
- To think carefully before sharing something online
- To use caring and respectful language online

You can access many different formats of resources online at:

<https://www.esafety.gov.au/parents/resources>

Resources include information on parental controls, cyber-bullying and image-based harassment.

Planet Puberty also has free resources, including conversation starters around staying safe online:

<https://www.planetpuberty.org.au/keeping-safe/online/cybersafety/>

Niamh Mulkeen | Head of Wellbeing



CURRICULUM CORNER

Class Dojo

Class teachers are sharing photos of what's happening in classrooms across the school via the Class Dojo app. If you have trouble connecting to your child's class, please email me for assistance (north@stedmunds.nsw.edu.au). In your parent account, you will be able to see general College posts, posts relevant to your child's homeroom, as well as their student portfolio, where teachers can save some of the great work they are completing in classes.



Book Club

Twice a term, Book Club catalogues are sent home with students should they wish to purchase books for home. Books are paid for online and delivered to the College. With each sale, the College receives points which are used to buy learning resources and books for the classroom and library. For more information go to <https://scholastic.com.au/parents>. Issue 1 orders need to be placed before 24 February 2025.

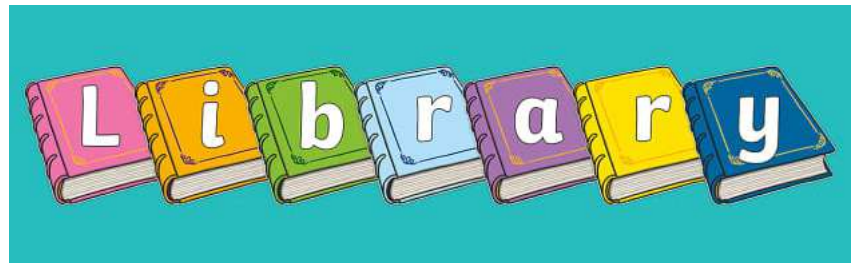
Book Sale Update

A huge thank you to our St Edmund's families who so generously purchased a book to donate to our library at Eddies Big Night In. This is a significant contribution to our growing library collection, providing our students with a greater variety of quality literature.

The accession process is underway, so these wonderful books will be coming home soon!

Thank you for your support in fostering a passion for reading and learning at St Edmund's.

Judi North | Head of Teaching



LIBRARY



SACRAMENTAL PROGRAM

We will be continuing to offer a sacramental program for our students (and their siblings) this year.

This Sacraments of Initiation will be offered to all students of the College.

These include Confirmation, Reconciliation and Eucharist.

If you are interested in any of these sacraments this year, please contact me at okeefe@stedmunds.nsw.edu and I will forward you the appropriate registration forms from our local parish church.

The program will be run during school hours – usually four sessions for each sacrament – and we will join with the Parish community for the celebration of the Sacraments. As part of the program, you are also invited to attend any of the activities at the Parish on weekends, including masses and sausage sizzles for sacramental participants.

The dates for this year are:

First Reconciliation – Wednesday 26 March at 6pm. (Registration next week)

First Communion – Sunday 22 June at a special 11am mass.

Confirmation dates are still to be announced (they are usually in Term 3)

We would love to see as many students as possible involved in these very special milestones in their faith journey.

There is also the opportunity for students to be baptised into the church as well, prior to receiving all the other sacraments.

Please contact me if you have any questions relating to the sacraments or faith development for your child.

Terry O’Keefe | Coordinator Mission and Identity



NURSE ALI

REDFEB

As well as red hearts for Valentine's Day, February is also the month for raising heart health awareness. Heart disease is Australia's leading single cause of death. It kills one Australian every 28 minutes.

Heart disease is an umbrella term for a range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

Almost all Australian adults (99%) have at least 1 of 6 heart disease risk factors—either inadequate diet, insufficient physical activity, daily smoking, overweight or obese, uncontrolled high blood pressure or self-reported diabetes. The good news is that for most risk factors, you can do something about them.

Risks you can control:

Smoking, Cholesterol, High Blood Pressure, Being inactive, Diabetes, Being overweight, Unhealthy diet.

Risks you can't control:

Age: As you get older, your risk of heart disease increases.

Gender: Men are at higher risk of heart disease. Women's risk grows and may be equal to men after menopause.

Ethnic background: People of some origins (e.g. from the Indian sub-continent) have higher risk.

Aboriginal and Torres Strait Islander people have more risk because of lifestyle factors.

Family history: If someone in your family has cardiovascular disease, speak to your doctor about your risk.

The signs and symptoms of a heart attack (myocardial infarction) can vary by person and may be different to what is presented in this list. If you suspect you or someone else is having a heart attack call 000 immediately and report possible heart attack.

The symptoms of a heart attack can be any or all of the following:

- Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- Pain or discomfort that spreads to the shoulder, arm, back, neck, jaw, teeth or sometimes the upper belly
- Cold sweat
- Shortness of breath
- Heartburn or indigestion
- Nausea
- Lightheadedness or sudden dizziness
- Fatigue

Please see [Youtube link](#) re importance of heart attack warning signs.

Nut and Allergy Aware

The safety and wellbeing of all our students is a priority.

Many of you will know someone who is affected by anaphylaxis, a life threatening allergic reaction. Our Staff have had training in severe allergy management and we have implemented lots of strategies to help keep students

at risk of anaphylaxis as safe as we can. We have multiple students who live with the risk of anaphylaxis to foods. We ask that you help us educate your child on the importance of not sharing food with others. To learn more about anaphylaxis and food allergies, go to

www.allergyfacts.org.au and www.allergy.org.au

As the only way to manage a food allergy is avoidance, the school has implemented several strategies to help prevent a severe allergic reaction. We can never totally eliminate the risk of an anaphylaxis but we can all do things that will help lessen the risk. Please consider our students with food allergies when packing your child's lunch or when sending in food for any occasion

Alison Andrews | Nurse



CAPTAIN'S CORNER



It has been a fantastic start to 2025 and we are enjoying our new roles as Captains/Vice Captains/ Student Voice. We have made an effort to look after other students, particularly those that are younger or new to Eddie's and helped support our peers in making the right decisions. Highlights have included taking part in assemblies, mass, Eddie's Big Night In and a prefects afternoon tea at Pymble Ladies College with other school leaders from the local area (pictured).

Nathan, Arpita, James, Ella, Will and Liam



LOST PROPERTY



FAMILY ENGAGEMENT

Hello everyone! It was lovely to meet some of you at Eddie's Big Night In this week. Here's to a great year of community, collaboration, and learning together. Each fortnight, I will endeavour to share information that I hope will help you on your journey in navigating supports, options, and the complexities of the many systems that we must navigate.

I'll also share events that you may be interested in.

Please also complete our [Parent/Carer survey](#) and take the opportunity to share more about your personal learning and support needs:

The first event information to share with you is the first face to face Family Engagement Information Session here at Eddie's, hosted by me.



'Speaking NDIS'

The changes to NDIS legislation that came into effect on 3 October 2024 have had, and will continue to have, profound impacts on how funding is assessed, allocated, and spent. Changes include new definitions of NDIS Supports (and non-NDIS Supports, and what NDIS funds now cannot be spent on, and the new powers that the NDIS has to raise debts against participants), NDIS eligibility reassessments, impairment notices, and support needs assessment: We will cover it all in a relaxed presentation that includes many many links and resources for you, in a slide-deck that we will journey through, together!

When: Tuesday 25 February 6-8pm

Where: St Edmund's College

RSVP: www.stedmunds.nsw.edu.au/family-engagement



ndis

FAMILY ENGAGEMENT

Future Events

Please take note of the following upcoming face to face and online events- more details to follow (and these are only a sample of what we have planned and booked in!):

TOPIC	FORMAT	WHEN	NOTES
NDIS Access and Eligibility	Live webinar (recorded)	4.3.25 Daytime 12-1:30pm	All about: applying to the NDIS for the first time
NDIS Plan Changes	Live webinar (recorded)	11.3.25 6-7:30pm	Changes to NDIS Plans: check-ins, change in situation, internal review, planning conversations, External appeals/ Administrative Review Tribunal, NDIS Plan variations and plan reassessments
NDIS Pricing Arrangements and Budgeting	Live webinar (recorded)	25.3.25 Daytime 12-1:30pm	Understanding NDIS Plan Budgets and making sense of allocated funding over the whole plan period
'Speaking NDIS'	Live webinar	8.4.25 6-8pm	This will be a repeat of the face to face event on 25.2.25, as a live webinar (recorded)
Post-School Transition Planning	Face to face (onsite)	6.5.25 6-8pm	Big picture thinking and discussion about 'what next' after school, when considering goals, support needs, services, and beyond funding
Parent Group Post School Evening	Face to face (onsite)	27.5.25 6-7:30pm	Hear from Eddie's Alumni about their post school journeys and share and learn together
Employment Supports	Live webinar (recorded)	13.5.25 Daytime 12-1:30pm	NDIS funded (including SLES, School Leaver Employment Supports) + Mainstream Employment supports
NDIS: Social and Community Participation	Live webinar (recorded)	9.5.25 Daytime 12-1:30pm	'Core funded' NDIS options: Social programs, Day Programs, making sense of funding categories and support ratios etc
Transport, Travel, Travel Training, NDIS Recurring Transport, Taxi subsidies	Live webinar (recorded)	3.6.25 Daytime 12-1:30pm	Making sense of NDIS funded and Mainstream support options
Disability and Post School Expo	Face to face (onsite)	10.6.25 3-7pm	Social and Community Participation + Employment Support Providers + Allied Health + Mainstream + TAFE + LAC's etc

FAMILY ENGAGEMENT

TOPIC	FORMAT	WHEN	NOTES
Intellectual Disability and Health	To be confirmed	29.7.25 6-7:30pm	<p>People with intellectual disability (ID) often experience poorer health than people without disability. They are more likely to have common health conditions undermanaged, and have more than one physical and/or mental health condition simultaneously. At the same time, health promotion messages (to support people to improve their health or maintain good health) are not targeted at people with ID.</p> <p>This session will bring together research and resources so that we can learn options together.</p>
Navigating Centrelink, Disability Support Pension, Medicare	Live webinar (recorded)	12.8.25 6-7:30pm	Discussion re assessments and eligibility requirements
Carer Impact Statements, Participant Statements	Live webinar (recorded)	20.8.25 Daytime 12-1:30pm	What are they, what should be included, things to think about, what to avoid
Mainstream mental health supports	Live webinar (recorded)	2.9.25 Daytime 12-1:30pm	Mental Health supports outside the NDIS
Circles of Support	Face to face (onsite)	21.10.25 Daytime <i>(pending guest speaker)</i>	Future Planning beyond funded supports: A circle of support is formed by a group of people who regularly meet with you and assist with the thinking, planning and implementation of your personal goals. Your circle provides a great opportunity to develop relationships and discuss your hopes and dreams. With you at the centre, your circle makes decisions by listening to your ideas, supporting your choice, identifying your goals and planning to make things happen. Read more.
Supported and Substitute Decision Making	Face to face (onsite)	11.11.25 Daytime <i>(pending guest speaker)</i>	Specialist Legal Guest Speaker to discuss formal decision making support roles (eg Guardianship), as compared to Supported Decision Making
NDIS Home and Living	To be confirmed		Tackling some of the big acronyms! SIL (Supported Independent Living), STA (Short Term Accommodation), MTA (Medium Term Accommodation), SDA (Specialist Disability Accommodation), ILO (Individualised Living Options)

FAMILY ENGAGEMENT

Today's focus topic is on NDIS Funding Management, and in particular: Self-Management.

Self-Management is the most flexible way to manage NDIS funding, in that NDIS Supports can be purchased from both registered and non-registered providers, and the pricing of those supports are not subject to the price limits set in the [NDIS Pricing Arrangements and Price Limits](#) document.

[The NDIS updated an important page on its website](#) on 28 January this year, relating to self-managing NDIS funding.

This page includes resources relating to:

1. [Responsibilities of self-managing](#)
2. [Directly employing your own staff](#)
3. [And the updated Guide to Self-Management](#)

The NDIS has also commissioned [new videos relating to self-management](#). Short video topics include: 'What is Self-Management?', 'Making claims and paying providers', 'keeping good records', and 'working out how much pay your providers'.

And finally, here are some upcoming events that I'd love to share with the College Community:

Disabled Surfers Association Hands-On Day

Sat 22 Feb, 6am - 4pm

Collaroy Beach

Join this annual event where participants with a disability get help to safely get in and out of the water. Sausage sizzle lunch. Limited tickets. [Book now](#).

NSW Water Ski Federation - Disabled Division Open Day

Sat 8 Mar, 10am

Manly Dam, King St, Manly Vale

People with physical disability or vision impairment can try waterskiing. Use the new SeaAccess chair for easy access to the water. Limited spots. 0412 966 712. [Book now](#).

Any questions, please contact me at duffy@stedmunds.nsw.edu.au

Lisa Duffy | Family Engagement Officer



MyTime Wahroonga

MyTime is a peer support program for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

TUESDAY 18 FEBRUARY

10.00am-12.00pm Facilitator: Terry Williamson

TUESDAY 4 MARCH Café Patina Wahroonga

10.00am-12.00pm Facilitator: Terry Williamson

TUESDAY 18 MARCH

10.00am-12.00pm Facilitator: Terry Williamson

THURSDAY 20 MARCH (Men's Evening)

6.30pm-8.30pm Facilitator: Warren Hopley

TUESDAY 1 APRIL

10.00am-12.00pm Facilitator: Terry Williamson

ADDRESS:

35 Billyard Avenue, Wahroonga.
"The Sunroom" at Holy Name

EMAIL:

mytimewahroonga@gmail.com



It's support for you



It's free to join



Professional support



Pre-school aged children are welcome



Unwind and share experiences with others who understand





**Unwind
and share
experiences
with others who
understand**

MyTime Wahroonga

MyTime is a peer support program for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

Men's Evening - Thursday 20 March 2025

WHERE:

35 Billyard Avenue, Wahroonga.
"The Sunroom" at Holy Name

WHEN:

Thursday 20 March 6.30pm-8.30pm

WHAT:

Pizza followed by a group discussion

CONTACT:

Warren Hopley mytimewahroonga@gmail.com



mytime.net.au

RISKY BUSINESS

How Punctuation Makes a Difference: Four Literary Devices To Support Your Wellbeing

Let me take you to the classroom to look at how one of the core concepts of grammar, punctuation, can have a profound impact on your wellbeing.

Punctuation is important. It provides a guide through any text, giving shape, rhythm and clarity. With our students we encourage them to set out their work carefully and think about the literary devices that support the accuracy of their expression. We also know how hard it can be reading something where the punctuation just isn't right.



Punctuation doesn't just belong on the page or screen though. It's a prompt to engage in self-care.

Commas provide a pause, allowing us a chance to breathe. What strategies do you employ throughout the day to take a moment to re-set and regulate? These minute-by-minute strategies may include saying a quick prayer, mantra, or affirmation, taking a sip of water or taking a long slow breath out. Take note of regular moments in your day you can intentionally use to pause.

Full-stops signal endings. They're used to distinguish the end of an idea and the start of another. What are the activities you can engage in at the end of each day? Daily exercise, enjoying a nourishing dinner, and reading before bed are all examples of day-by-day routines and strategies that give support. Also consider activities you may engage in week-to-week that punctuate your life. Saturday brunch with friends, movie nights with your family, connecting with a faith community, or engaging in a weekly sporting pursuit are excellent ways to refill our tank before the week ahead.

Exclamation marks, when used wisely, pack a real punch! Think about the activities in your life that prompt joy and excitement. Where are the moments of delight in your week or where you can express gratitude and appreciation? Make sure you also give yourself space to properly celebrate your wins or share in the achievements of those around you.

What about question marks? Inviting curiosity into our routine can be a powerful tool to enhance your wellbeing. How can you approach moments in your week with exploration and wonder? Where are the moments that you can take pause and reflect? Times to marvel and be curious. Use these to explore the big questions you may have been putting on the backburner, or to consider different approaches to challenging situations.

Punctuation isn't just a literary device. Used well and with purpose, it can make a difference to support your wellbeing.

Over the year ahead, ask yourself how you can intentionally add punctuation to shape your days and weeks to build rhythm and set a steady pace to support your wellbeing.

By Laura Murphy, AISNSW Education Consultant & Social Worker

David Mitchell | Risk and Compliance Officer

PARENT GROUP

Welcome back to you all I hope you had an enjoyable holiday period.

I particularly wanted to extend a warm welcome our new families and those starting in Years 5/6 and Year 7.

Welcome to the Eddie's Community

My role as parent leader is to be an advocate for the parent community, encourage support for one another, and working with Vanessa and Sean to provide informative and social events to enhance the community spirit. We have a packed calendar this year which I am really excited about with our biggest event on the school's calendar being Eddies Big Night Out locked in for 14 June at Miramare Gardens, Terrey Hills so please make sure you save the date!

In our classroom tours on Tuesday night, you would have nominated a class representative for each class. Feel free to co-ordinate a WhatsApp group amongst your class to help share information, seek support and encourage friendships amongst the class. Some years also have a dedicated year WhatsApp group to help widen the circle. Finally, we also have a broader Eddies Forum on WhatsApp where you can reach out to all parents across the school for any questions or support you may need. I will organise an invite on this to go out shortly, so feel free to opt in if you like.

I hope those who could make it to Eddies Big Night In on Tuesday had a great night, and to all, I wish you a wonderful year.

Con Kalantzis | Parent Group Leader



CAMP ROCK

Since July 2024 past students Hugh (me) and Sonnet and current students Lizzie, Daniel T, Zara and Alexander S are in a Musical. Its called Camp Rock. We rehearse each Sunday afternoon at Forestville and Artarmon. Our performance is coming up in March at the Zenith Theatre in Chatswood. We would like the St Edmund's Community to know they are welcome to watch the show. Ticket information can be found here at [this link](#).

Have a good school year!

Hugh Davidson | 2024 College Captain



AWARDS

	Student of the Week	Eddie's Best
5/6	Milla and Clemmie	Milla
7S	Lucinda and Charlotte	Jeremy
7V	Hunter and Hayden	Lachie
8B	Russell and Seb	D'arcy
8P	Lizzie and Will	Lucas
9P	Maxine and Oscar	Elodie
9M	Holly and Aaron	Daniel
10L	Jack and Seb	Zara
10O	Charlie and Fred	Ruby
11A	Bridie and Sienna	Mia
11J	Gemma and Isabella	Dash
12D	Will and Nathan	Amie
12E	Alessio and Parmida	James

We also congratulate Lizzie and Brandon who received Eddie's Excellence awards for their kindness and friendship.



congratulations