



PRINCIPAL'S MESSAGE

An Autumn Blessing

O God of Creation, you have blessed us with the changing of the seasons.

As we welcome the Autumn months, may the earlier setting of the sun remind us to take time to rest.

May the brilliant colours of the leaves remind us of the wonder of your creation.

May the steam of our breath in the cool air remind us that it is you who gives us the breath of life.

May the harvest from the fields remind us of the abundance we have been given, and the bounty we are to share with others.

May we praise you for your goodness forever and ever.

Amen.

We are now in the Season of Autumn, a season that brings with it many changes in our natural world. The daylight hours become shorter, the temperature begins to drop, the leaves start to change colour and the celebration of Easter occurs. Autumn is often a favourite season for many, as it brings with it the opportunity for mindful moments to occur within nature. As we find ourselves in the midst of a busy first term of schooling, may we look for ways to practice mindfulness, be peaceful in our intentions, and find times for restoration and rejuvenation of body, mind and soul.

International Women's Day

Last Friday 8 March was International Women's Day. We marked this occasion with a special bell song 'Respect' by Aretha Franklin, and a special prayer focus during Morning Homeroom. A morning tea was provided for staff to enjoy and quotes of empowerment and respect were displayed. Thank you to all women everywhere who contribute so much in allowing our world to be full of such richness and diversity, and to the men who enable the strength of women to be a blessing that is embraced and celebrated.

Open Day

Last Wednesday 5 March we welcomed many prospective families onsite for our 2025 Open Day. This day showcased all the joy, faith, community and relationships that exist within the environment and the people of Eddie's. Thank you to all who were involved in making the day so special and welcoming, in particular our current College Captains and Vice Captains, as well as past College Captains and Vice Captains who facilitated the leading of tour groups.



PRINCIPAL'S MESSAGE



Clarification for Parents and Carers

Thank you for your attendance and cooperation during this week's Personalised Planning Meetings. Round Two of these meetings will take place on 25th March. It was lovely having the input and presence of our Homeroom Learning Support Assistants within these meetings, as well as many students. Enabling opportunities for rich collaboration and perspectives, regarding student goal setting, is something we continue to prioritise here at St Edmund's.

Some staff have reported to us that some parents/carers are seeking further clarification regarding the involvement of external therapists, as well as the request for extended/special leave. Please refer to the following snippets from the Parent Handbook that will help answer these questions. If you are still unsure, please feel free to email me.

External Therapy Providers

There is no provision for external therapists (speech, occupational, behavioural, and psychological) to facilitate therapy sessions at the College. In exceptional circumstances and on an individual case-by-case basis, parents/guardians may request for an external Therapist to attend St Edmund's to conduct a 'one-off' observation of a student. This may only take place in the context of the child's learning environment. All requests need to be made through the Deputy Principal/Head of Wellbeing.

Parents are welcome and encouraged to invite external therapists to personalised planning meetings and to share all reports and assessments with the Homeroom teacher. Parents are encouraged to make therapy appointments either before or after College hours, so that a child's learning is not disrupted. Students in Secondary College have mandatory hours that they are required to meet for each subject so it is important that they are not withdrawn from the College on a regular basis.

Exemption From Attendance (*Not related to Illness/Sickness*)

For extended periods of leave not related to illness/sickness, Parent/Guardians are required to submit a Student Exemption from College form. These are available from Ms Louise Drescher. If exemption is granted, the student will be issued with a Certificate of Exemption.

Each exemption request will be considered on a case by case basis and where an exemption from College is granted, the exemption will be for a specified period. Families are encouraged to travel during the College term break. Parents/guardians wishing to make application to the Principal for a student to be absent from attending College for reason e.g. travel or holiday (domestic or overseas) must do so by completing a Student Extended Leave form available from Ms Drescher. If the request for leave is granted, a Certificate for Extended Leave – Travel will be forwarded to the parent/guardian.

If the request for leave is declined the Parent/Guardian will receive a Letter of Decline for Extended Leave from the College.

PRINCIPAL'S MESSAGE

Change of Procedure re Celebrating Student Birthdays

Each student's birthday is a special time of celebration, and it is something we acknowledge here at St Edmund's when the occasion arises. In order for all students to enjoy one another's birthdays, in a safe way here onsite, we have made the decision to no longer allow for items to be brought in from home. We instead ask families to 'Buy a Bucket' of iceblocks from our canteen for \$5 per bucket. [Please see the online ordering link here.](#)

Thank you for your cooperation and understanding regarding this.

Harmony Day

Next Monday 17 March marks the beginning of Harmony Week across the nation. We will be using this as a focus for Justice and Solidarity and Inclusive Community which are two of our EREA Touchstones.

On Monday 17 March, students are invited to participate in a non-uniform day. Students may wish to wear the colour "orange" to acknowledge the theme of Harmony Week, or may even wish to wear something that represents their family heritage such as traditional dress/colours.

- Please note all students should be wearing appropriate clothing and enclosed footwear i.e. no short shorts or dresses and no singlet tops no sandals or thongs.
- We encourage families to email their child's homeroom teacher with photos that promote their cultural background and identity – photos will be shared during homeroom with the rest of the class.

Thank you to Terry for organising this day and promoting the diversity of our community which is indeed worthy of being celebrated!

A Visit from Brigidine College Students

On Thursday and Friday we welcomed some students from Brigidine College who spent time with our students in classes as part of their Mission Outreach Day. It was lovely observing the wonderful way our students welcomed our guests into their classes and into their social groups at break times. It was a rewarding experience for the students who attended, with so many comments regarding the joy they experienced and how friendly and kind everyone was.



PRINCIPAL'S MESSAGE

World's Greatest Shave

Please join us in supporting this wonderful initiative as we raise funds to support the Leukaemia Foundation, as well as stand in solidarity with those in our community who are a constant source of inspiration in their courageous battle with cancer.

One of our staff members, Julia, is a qualified hairdresser and she will be shaving and colouring the hair of some Eddie's staff members from 2pm on Friday 21 March in our school hall. As a school, we will gather and support those who are participating, whilst raising money at the same time! Parents and carers are welcome to come along and watch and cheer!

You can also [donate to the Eddie's team](#) at this link.



Eddie's Big Night Out

We are very excited to be able to confirm that this year's Eddie's Big Night Out will take place on Saturday 14 June at Miramare Gardens. As this is the 20th community event of this nature that has been supported by our Eddie's Mates, we have chosen the theme 'Into The Future' for 2025. Our fundraising focus is a re-imagining of our Inner Quad area, transforming it into a piazza-style space that allows for all-round and all-weather use. Market stall set ups, Hospitality events, Kitchen Gardens, Visual Art displays and increased connection with the local community are examples of initiatives that we would love to cater for within this area.

Please refer to the flyer within the Newsletter and start spreading the word to friends and families – it's a fabulous event that brings our community together for the benefit of the students and their learning here at the College!

Good Luck Rachelle

Today marks Rachelle's last day with us before commencing her maternity leave. Rachelle is a valuable team member in her role as Occupational Therapist, who contributes much to the lives of staff, students and families. I'm sure you will all agree that the many gifts we have received from Rachelle, along with her kind and caring nature, will provide many blessings to her little one who is about to enter the world. We continue to hold Rachelle and her husband, Anthony, in our thoughts and prayers as they await the safe and healthy arrival of their baby. We look forward to hearing the good news!



Vanessa Dillon | Principal

DEPUTY PRINCIPAL

Harmony Day

On Monday 17 March we will celebrate Harmony Day on St Patrick's Day. Students are invited to wear mufti including the colour orange for Harmony Day or indeed any appropriate inclusive jersey or outfit representing their cultural background, identity or story. I haven't decided yet between my Irish 6 Nations Rugby Jersey or Fred Hollows Foundation Aboriginal styled running shirt. Please refer to Mr Terry O'Keefe's communication later in this newsletter for more details.



Eddie's Walk to School - Road Safety Day

On Friday 21 March St Edmunds students and staff will participate in Walk Safely 2 School Road Safety Lessons Day.

Students should wear Sports Uniform to school, and after a shortened Period 1 will move into House Groups to rotate through four lessons:

Homeroom and P1 as normal until 9.20am

Period 2 9.20am

House Groups gather in a line Year 5 – Year 12 Field or Hall (weather dependent under Mr Brannan's direction.

Wrist bands and medical kits to be distributed per House.

Students to receive an: "I participated in Eddie's Road Safety Day" sticker.



Order of Rotation: (15 - 20 minutes on each station: 9.30 – 10.50)

Callan House (Red) – Walk around block Braeside, cross Wairoonga Ave, up Wairoonga Ave West side, cross back Wairoonga Ave and Burns Rd Safely.

Mt Sion (White) - Walk via front gate to pedestrian crossing on Burns Rd, cross safely lesson walk East along south side of Burns Rd, cross back in front of Burns Rd Second crossing and walk back West along Burns Rd to enter school gate.

Kilkenny (Blue) - Remain in Hall for a lesson run by Allied Health on Road Hazard Perception and Road signs.

Waterford (Green) – Move to Field (How to approach Police for help) and Staff Carpark (Components of a Highway Patrol Car) for lesson with Police Liaison Officers and Patrol Car.

Period 1 to end 9:20am. Students return to homeroom and get hats and morning tea and move to the Hall. Students and staff distributed to first activities to commence at 9:30

Activity	9:30am	9:50am	10:10am	10:30am
Walk around the school	Callan -	Kilkenny	Waterford	Mt Sion
Road Crossing	Mt Sion -	Callan	Kilkenny	Waterford
Road safety education Hall	Waterford-	Mt Sion	Callan	Kilkenny
Police Talk on field and Staff Car Park	Kilkenny -	Waterford	Mt Sion	Callan

DEPUTY PRINCIPAL

Thank you to Ku-ring-gai Council Road safety Officer Maria Leotta, Police Liaison Officers Snr Constables Lynda Hart, Natalie Smith and Michael Alexander and the many connections and staff who are supporting this valuable learning experience for our students and community.

If you have any questions or concerns in support of this event please contact Homeroom Teachers or myself: at brannan@stedmunds.nsw.edu.au

World's Greatest Shave - Cancer Awareness and Fundraiser

Also on Friday 21 March, during our Period 5 House Meetings session, we will conduct an awareness and fundraising event: The Worlds Greatest Shave which will raise awareness and funds for Cancer research. Thank you to our resident Hair Stylist Mrs Kickert (Year 5/6 Teaching Aide) who will shear some volunteers including Mrs Dillon, Mr Brannan, Mr James and others with either a hair shave, hair cut or hair colour spray. We hope our student audience will enjoy the festivities along with normal House get together times.

Please see the flyer on the next page as to how you can support this event and very worthwhile cause.

Reconciliation Choir and Reconciliation Action Plan (RAP) Team as we prepare for Reconciliation Week 23 May - 3 June 2025

Advance notice to keep an eye out for communication from our new CAPA (Creative and Performing Arts Coordinator) Ms Meg Minkley for opportunities to participate in a choir to prepare a performance of Goanna's 1980s hit song "Solid Rock" as part of a wider Australian Voices for Reconciliation Choir! Visit the [Reconciliation Australia website](#) the for more details on this initiative, more opportunities to support our Reconciliation Action Plan Team, the Reconciliation cause generally, and to practice singing and signing "On Sacred Ground"!

Open Day

Thank you to all who supported our College Open Day last Wednesday when the College was at its best for our guests to develop an understanding of the best practice teaching, learning and pastoral care students are engaged at St Edmunds. There were many impressed visitors and our recent former student leaders, along with the quality of student learning evident throughout the school were the best ambassadors of St Edmunds we could hope for.



Personalised Planning Meeting Preparations

Thank you for the ongoing support of collaborative Personalised Planning meetings continuing on Tuesday 26/5/25 between 2- 7pm. The collection of data and documented evidence to support each student's learning profile and learning plans, developed with data from student, staff and parent input, is yet another example of the high standard of learning and care for the wellbeing and growth of each and every student and family at St Edmunds.



Leukaemia
Foundation

World's Greatest Shave

World's Greatest Shave | Friday 21 March

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One of our staff members, Julia, is a qualified hairdresser and she will be shaving and colouring the hair of some Eddie's staff members from 2pm on Friday 21 March in our school hall. As a school, we will gather and support those who are participating, whilst raising money at the same time! Parents and carers are welcome to come along and watch and cheer!



DONATE TO THE EDDIES TEAM

DEPUTY PRINCIPAL

Catholic Schools Broken Bay Diocesan Mass with Bishop Anthony Randazzo

Our staff were well represented at last Thursday's Diocesan Staff Mass co-celebrated by Bishop Anthony Randazzo and our Broken Bay Diocesan Clergy. It was a great opportunity to celebrate our work and mission in concert with over 500 staff from Manly to Warnervale. Congratulations to Mrs Pace and Mrs Dillon who were commended on achieving 25 years of dedicated teaching this year, And to Mr Terry O'Keefe who proudly represented us to receive a 2025 CSBB Diocese Candle from Bishop Randazzo. The candle will be used in our upcoming Holy Week liturgies. Thank you also to Ms Drescher, Ms Funk and Ms McDonald who flew the flag for St Edmund's and enjoyed the opportunity to connect with many of our colleagues and friends from across the Diocese.



Mater Maria - Callan House Funday

Callan House enjoyed a great event last week in being hosted by Mater Maria Catholic College Warriewood to a day of fun involving singing, dancing, a "Colour Run" and "Sprinkler Run" on the Mater Oval. We look forward to other House Groups enjoying their opportunities for such learning and connective reward adventures throughout the year.



DEPUTY PRINCIPAL

Office of the eSafety Commissioner Upcoming Session

Members of the community and families might be interested in an upcoming webinar from the Office of the eSafety Commissioner: Julie Inman-Grant.



Algorithms and Adolescents

For parents and carers of upper primary and secondary school students

Find out about the rewards and risks of recommender systems for young people

Presented by eSafety Commissioner Team

Wednesday 19 March 2025, 7pm – 7.30pm

Please [click here to register](#) or [click here to download](#) the flyer.

The Office of the eSafety Commissioner is a universally unique credible source of advice for Australian communities on how to navigate the online environment in which we are so often engaged.

Our students need to be both protected and educated in how to use this contemporary phenomenon to enrich their lives in a manner which balances safety and risk / rewards. The Office of the eSafety Commissioner is a great resource in support of these endeavours.

More about our Reconciliation Action Plan

With Reconciliation Week: 27 May (anniversary of the 1967 Referendum) to 3rd June (Anniversary of the Eddie Mabo High Court finding) only 3 months away, our RAP Team will be enlisting student leaders support to develop awareness of the positive outcomes of Reconciliation Actions in terms of celebrating story and culture for each member of our community. The link on the image below provides teaching resources, colouring in sheets, posters and an invite to submit a rendition of this year's iconic 1982 released Goanna anthem: "Solid Rock" by Shane Howard.

It's time to get active about reconciliation

#NRW2025

With National Reconciliation Week less than three months away (27 May – 3 June), start getting ready to share, reflect and act on the theme **Bridging Now to Next**. Show your support by using the **#NRW2025 posters, virtual meeting background, web banners, social tiles, colouring sheet and files to create your own t-shirts**. Don't forget the **information and posters in ten key community languages other than English**.

In your workplaces, schools and community groups, or with friends and family, **get ready for National Reconciliation Week!**

Raise your Voices for Reconciliation



Choirs and singing groups from across the country are invited to raise your voices in support of reconciliation. **Registrations are now open for Voices for Reconciliation 2025!**

The song this year is the iconic Australian anthem *Solid Rock*, written by Shane Howard.

Solid Rock was released by Goanna in 1982 as a call to action to the broader Australian community to **understand the truth of our history and the importance of land rights**.

Find out more and register your choir for **Voices for Reconciliation**. Once you register, you can access free choir arrangements and backing tracks for your performance.

DEPUTY PRINCIPAL

Lent

As we began our Lenten journey after Ash Wednesday last week we reflect on the 40 days of solitude in the desert, sacrifice and example of Jesus in the Gospels. Thank you for your respect to our Faith tradition under Mr Terry O'Keefe's and Mrs McDonald's leadership. There is a sacred space in each classroom, and staff who are encouraging and modelling reflection, prayer, alms giving (to Project Commission), and appropriate service to others, for our students.

International Women's Day

At staff meeting last week we considered the wonderful example of Mercy Nuns: Sr Pat McDermott, Sr Jackie Ford and Sr Joan Doyle, who after a career of service, teaching in Australian schools, dedicated themselves to empowering women in the Peruvian community of Candela to break the shackles of a toxic patriarchal culture to bring their families out of poverty to greater purpose. They were supported more recently in this endeavour by local advocate and Mercy Order Mission and Identity Leader Mrs Mary Rajca. [Part of their story is linked here.](#)

Visit by former staff member Br Vince Hawley and former Diocesan Schools Director Br Tony Whelan

St Edmunds was honoured last Monday to host a visit by Br Hawley who turns 90 next week and Br Whelan. As a staff member at St Edmunds in the 1980s and 1990s Br Hawley pioneered the use of computer technology to enhance the use of Braille and Voice - Text - Voice technology in education. He received a NSW Education statewide award for the manner in which he and St Edmunds Wahroonga led the way in this field.

It was great for our students to be able to meet and ask questions of these great pioneers of our school and education. It was also wonderful for the staff and students to celebrate Br Vince's 90th birthday with him.

Our Student Leaders also took the opportunity and visit to connect with our Edmund Rice Beyond Borders partner in St Damien of Molokai Memorial School set up by the Christian Brothers in Honolulu Hawaii.

"Those who drink the water remember those who dug the well".



Visit to St Edmunds College by former staff member Br Vince Hawley and former Diocesan Schools Director Br Tony Whelan



Br Vince Hawley celebrates his 90th birthday with St Edmunds Wahroonga Principal Mrs Vanessa Dillon and staff

DEPUTY PRINCIPAL



St Edmunds student leaders, Br Whelan and Br Hawley, share our story with Edmund Rice Beyond Borders School St Damien of Molokai Edmund Rice School, Honolulu, Hawaii.

Congratulations

Well done to Mrs Cherie Pisani, Elycia, Gen and the Year 12 Hospitality team who flew the St Eddies flag at the Ku-ring-gai Seniors Festival at Turrumurra Uniting Church on Wednesday this week. They made over 140 coffees to the delight and energy of the gathered audience of grateful eminent Senior Leaders of our community!

Finally congratulations to our Swimming Team, Mrs Horne, Mrs O'Neill and Mrs Grogan who represented us so proudly at the CSBB Carnival at SOPAC Homebush Olympic Pool last Tuesday. See Mrs Horne's communication of their outstanding results and progression to higher competitions.

More opportunities for our students to "shine their lights" as safe, caring and great learners ready to do great things in the world, in the best St Edmunds traditions.

Sean Brannan | Deputy Principal

SCHOOL PHOTO DAY

Please note Tuesday 27 May has been confirmed as the date for our upcoming school photo day.

All students are requested to wear full winter uniform on this date, including blazer.

Further details to follow close to the date.

KU-RING-GAI SENIORS FESTIVAL | YEAR 12 HOSPITALITY



CURRICULUM CORNER

Exciting Start to Literacy Instruction for Years 7-10!

We are thrilled to announce that our students have commenced their literacy instruction for the year. To ensure each student receives the support they need, we have divided them into four distinct reading groups across Years 7-10. Groupings may change as the year progresses and a large part of the remainder of term will be devoted to revision and the establishment of instructional routines.

Group A: Early Readers Our Early Readers are focusing on foundational skills such as phonics, letter-sound correspondences, and the blending and segmenting of CVC (consonant-vowel-consonant) words.

This group follows a carefully designed scope and sequence that complements the Moondogs and Sounds Write Readers. Additionally, we are utilising specially selected SPELD resources to enhance their learning experience.

Our Speech therapists Caitlin and Claire have worked meticulously to ensure that we have a bespoke program presenting age-appropriate materials and graphics that are motivating and engaging for our teenage cohorts.

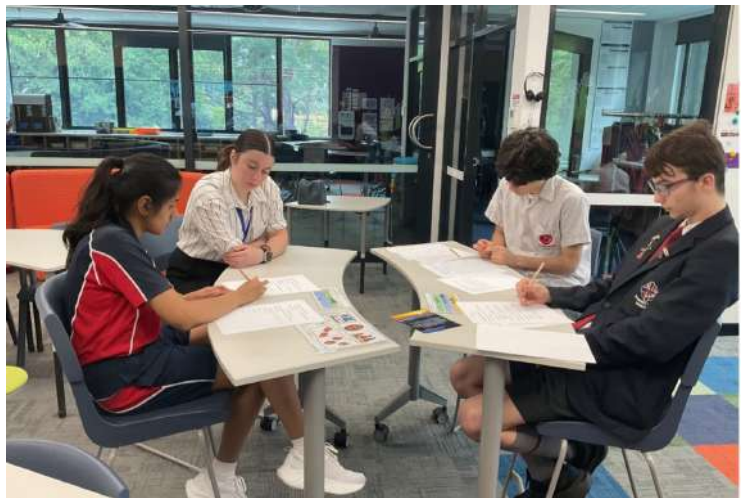
Group B: Decoding Readers Our Decoding Readers are following the Macqlit program, part of the MultiLit literacy initiative. This program is designed to support students who are progressing more slowly in reading by providing a systematic sequence of lessons to teach essential reading skills. The focus areas include phonemic awareness, phonics, fluency, vocabulary, and comprehension.

The Macqlit program is delivered in small groups of 4 or 5 students. This small group setting ensures that each student receives the attention and support they need to succeed.

Group C: Comprehending Readers Our Comprehending Readers are part of an in-house designed program aimed at fostering better comprehension among students who decode entire sentences well but struggle to summarise what they have read and to answer targeted questions about texts. Students focus on a variety of text types, from Hi-Lo readers to news articles, and from instructions for taking medication to assembling LEGO projects.

Across each year group, our comprehending students learn to understand texts with the aid of colourful semantics for visual scaffolding and text type templates to aid in creating their own writing across varied text types. A heavy focus on introducing and consolidating tier 2 and 3 vocabularies, in a systematic way is also an integral part of this program.

Group D: Skilled Readers Our Skilled Readers have mastered decoding and comprehension, and the aim of this group is to extend their reading range by exposing them to rich and meaningful texts and text types. We also focus on enriching their written sentence structures with more complex sequencing, conjunctions, appositives, and more. Each lesson also devotes time to improving fluency, pace, and prosody of reading.



Arpita, Nathan, and Antonio this week working on the subordinating conjunctions if, unless, and although

CURRICULUM CORNER

In Years 11 and 12, Literacy instruction is conducted in whole class groups with adjustments and supports that allow for all students to participate at their best according to their needs. We amalgamate approaches depending on skills. Tools and techniques such as collaborative pairings, one to one support, alternatives to handwriting, colourful semantics templates and digital accessibility tools as well as extension activities across listening, reading and writing domains are all employed at various times throughout our English classes.

We look forward to seeing the progress our students will make in their literacy journey this year!

Jennifer Barange | English Coordinator

WELLBEING

Online Safety

This week's first round of PP meetings with Homeroom teachers, along with incidents that students have brought to our attention, highlight the need for at-home guidance by parents and carers regarding their child's use of personal devices as a form of communication outside of school. In response to this need, I have put together the following dot points and links that I hope you find helpful:

- Establish clear rules and boundaries for online technology use, these may include a time-limit to using technology or using technology in the same room as an adult.
- Engage parental controls where possible
- Regularly monitor communication between your child and their peers
- Check-in with your child and allow them to express any concerns they have around using online technology

There are also ways that you can connect your child's phone to your phone, so that you are able to monitor messaging taking place.

At school, we continue to maintain a focus with our students regarding online behaviour in many different ways through explicit teaching in Pastoral care lessons, Homeroom sessions, House Team meetings and curriculum areas.

Niamh Mulkeen | Head of Wellbeing



MISSION AND IDENTITY

Harmony Week 17 - 21 March

Next week we will celebrate Harmony Week.

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds.

It's about inclusiveness, respect and a sense of belonging for everyone.

We will begin our celebrations with a **Mufti Day on Monday 17 March**. Students may wear clothes that represent their cultural heritage or they can wear something orange. There is no requirement to bring in a gold coin for this mufti day as we will have our Project Compassion mufti day in week 11.

We will also have a special Harmony Day prayer each morning. On Monday morning we will create our Hands of Harmony to display in our foyer for the week.

Sacramental Program

We are about to start our first sacramental program for 2025. This will be the Sacrament of First Reconciliation. It will be celebrated at Holy Name Parish Church, Wahroonga on Wednesday 26 March.

If anyone is interested in their child receiving this sacrament, please contact me by email at okeefe@stedmunds.nsw.edu.au and I can organise your child to be enrolled in the program, which is run at school by me, but celebrated in the church with our local parish community.

Project Compassion

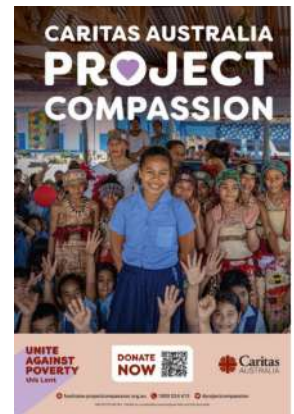
As we journey through this time of Lent, we focus on three key words at St Edmund's.

Prayer, Fasting and Giving.

For the giving part of Lent, we give to Project Compassion.

Project Compassion is a fundraising program for Caritas Australia, that uses the funds to support poor and disadvantaged people all over the world. They provide, water, education and skills training for people and communities so they can better their lives. We encourage our students to donate at least once during Lent to the Project Compassion box in their classroom, any coin will do. We will also have a **Mufti Day on Monday 7 April** where students can bring in a gold coin to put in the box that day. Thank you for your support of this excellent service provided by Caritas.

Terry O'Keefe | Coordinator Mission and Identity



PDHPE AND SPORT

Catholic Schools Broken Bay Combined Swimming Championships

Congratulations to the following students who were selected into the St Edmund's College Swimming Team to compete at the Broken Bay Combined Swimming Championships on Tuesday 11 March at Sydney Olympic Park.

St Edmund's College Swimming Team: Zara, Dylan, Gemma, Isaac, Ruby, Lucy F, Sam, Bara, Jaydon, Elodie, Indigo, Cameron, Sophia, Isabella and Fred.

Some of the highlights of the day were: 7 new records, 4 Age Champions, 37 place ribbons and 12 students selected into the Broken Bay Swimming Team.



St Edmunds College Results

Name	50m	50m	50m	100m	50m
Bara	BR- 2 nd	BK- 2 nd	FR- 2 nd 40.60R		FLY- 1 st 1:09.51R
Elodie	BR- 1 st 57.04R	BK- 1 st 47.84R	FR- 1 st	FR- 1 st	
Sam		BK- 3 rd	FR- 3 rd		
Jaydon	BR- 1 st	BK- 1 st 51.67R	FR- 1 st 38.62R	FR- 1 st	
Dylan		BK- 2 nd	FR- 2 nd		
Sophia	BR- 4 th	BK- 5 th	FR- 2 nd	FR- 1 st	
Indigo	BR- 1 st		FR- 1 st		
Zara		BK- 3 rd			
Ruby	BR- 3 rd				FLY-1 st 1:10.93R
Isabella		BK- 2 nd	FR- 3 rd		
Gemma	BR- 2 nd	BK- 3 rd	FR- 3 rd		
Lucy		BK- 1 st	FR- 5 th		
Fred			FR- 3 rd		
Isaac	BR- 1 st	BK- 1 st	FR- 1 st	FR- 1 st	FLY- 1 st
Cameron		BK- 2 nd	FR- 2 nd		

Age Champions: 12-15 Years- Elodie (40 points) and Jaydon (40 points), 16+ Years- Sophia (32 points) and Isaac (50 points)

Catholic Schools Broken Bay Swimming Team: Dylan, Bara, Elodie, Jaydon, Sophia, Indigo, Ruby, Lucy, Gemma, Isabella, Isaac and Cameron will be competing at the NSWCCC Swimming Championships on Thursday 3rd April.

Congratulations on your outstanding results and best wishes for your upcoming competition!

Lois Horne | PDHPE and Sports Coordinator

PDHPE AND SPORT

2025 St Edmund's College Swimming Team



Congratulations on the terrific results achieved at the Broken Bay Swimming Championships

4 Age Champions



7 new records

37 place ribbons

12 through to NSWCCC

Well done team!

2025 CSBB Swimming Team



NURSE ALI



It's time
to think about sleep as the
beginning of our tomorrow
rather than
the end of our today.



**The theme for this World Sleep Day March 14 2025 is
*Make Sleep Health a Priority.***

What does healthy sleep look like?

Healthy sleep is sleep which restores and energizes a person, so he or she feels wide awake, dynamic and energetic all day long.

It is well known that sleep is vital for health and well-being. Healthy sleep is important for cognitive functioning, mood, mental health, and cardiovascular, cerebrovascular, and metabolic health. Adequate quantity and quality of sleep also play a role in reducing the risk of accidents and injuries caused by sleepiness and fatigue, including workplace accidents and motor vehicle crashes. Short-term sleep deprivation, long-term sleep restriction, circadian misalignment, and untreated sleep disorders can have a profound and detrimental impact on physical health, mental health, mood, and public safety. Chronic insufficient sleep is associated with an increased risk of mortality and several medical epidemics, including cardiovascular disease, diabetes, obesity, and cancer.

Common causes of sleep deprivation are parenthood, shiftwork, travel across times zones, illness, poor sleeping habits, some medications and late night usage of screen time.

Most adults need 7 hours of quality sleep a night and teenagers 8-10 hours.

Fact - The longest someone has gone without sleep (observed) is 11 days (264 hours).

In a nutshell, our brains transition through four different stages of sleep several times throughout the night. Three that are classified as non-REM (NREM) sleep, followed by the fourth stage, REM sleep.

Sleep care - recommendations for improving your sleep

10 hours before bed – no more caffeine

3 hours before bed – no more food or alcohol

2 hours before bed – no more work

1 hour before bed – no more screen time

Please speak to your GP if lack of sleep is affecting your daily living.

<https://www.sleephealthfoundation.org.au/>

<https://www.beyondblue.org.au/mental-health/sleep>

<https://www.healthdirect.gov.au/insomnia>

Alison Andrews | Nurse



OCCUPATIONAL THERAPY

I am excited to have stepped into the role of Occupational Therapist this year at St Edmund's College. The students have already made me feel so welcome and I am looking forward to getting to know many of you throughout the year. Please feel free to get in contact with me if you have any OT related questions. I am at school on a Tuesday, Thursday and Friday.

Students have been working very hard in our schoolwide typing program [Typing.com](https://www.typing.com). The program uses a graded approach, along with fun games and repetition to improve accuracy and typing speed. The program has supported our students to become more familiar with the layout of the keyboard, gaining independence in logging in and logging off and improving confidence in using a laptop. Certificates will be handed out at assembly to congratulate them on achieving certain milestones. All students should be commended on their hard work and persistence with the program so far.

Instructions for accessing the [typing program can be found here](#), so students can continue with the program at home if you so choose. There will also be opportunities to continue working on the program throughout the year at school.

If you have any questions about the typing program or wish to know more details, please feel free to email me at meyer@stedmunds.nsw.edu.au

Morgan Meyer | Occupational Therapist



CAPTAIN'S CORNER



At the St Edmund's College Open Day some of our leadership team spoke at the Presentation and led the prayer. We enjoyed greeting the guests to the Open Day and showing them around our fantastic school. They seemed very impressed! It was an exciting week for our Year 12 Hospitality students, who took orders and made over 140 coffees at the Ku-ring-gai Council Seniors Festival. It was fun to bring the portable coffee machine out and represent Eddie's.

Nathan, Arpita, James, Ella, Will and Liam | Student Leadership Team

FAMILY ENGAGEMENT

It has been a very positive and full term already with lots of great opportunities for me to meet students, parent and carers, as well as take part in our wonderful Open Day last week.

It's been a privilege to work with families with one-on-one Family Engagement meetings, as well as seeing you at our Family Engagement Information sessions - with lots more sessions planned, especially as our Term 2 Theme is 'Post-School Planning'!

I would like to thank you for being so welcoming of me to the Eddie's Community, as well as trusting me as a member of your support team.



What is up next?

1. Expressions of Interest: Sibling Support

One of the ongoing priorities of St Edmund's College in 2025 is whole of family support, including the specific support needs of the siblings of our students.

We would love to seek your expression of interest regarding the potential facilitation of a specially-designed group-based sibling support program, known as Sibworks.

Sibworks is a Sibling Peer Support Group for children who have a brother or sister with a disability.

The program aims to provide an opportunity for sibling children to connect with other siblings, learn more about the needs of their brother or sister, share their feelings and experiences, develop skills for their future relating to emotional wellbeing and resilience, and provide opportunities to connect with others who may share similar experiences.

We ask you to [complete a quick survey](#) so that we can determine if Sibworks might be of benefit to our community, and therefore be provided for families to access during the July or September school holidays.

For more information about Sibworks and Siblings Australia Inc, please visit: siblingsaustralia.org.au/

2. NDIS Pricing Arrangements and Price Limits: Live Webinar (will be recorded) Tuesday 25 March, 12-1:30pm

[Teams Meeting Link](#) • Meeting ID: 499 340 464 629 • Passcode: nA7tT3ZM

This Webinar will make sense of the NDIS Price caps, Support Categories and Support Descriptions, explore different support purposes (Core, Capacity Building, Capital), make sense of support items such as 'Non Face to Face Supports' and 'NDIA Requested Reports', and support ratios. We will explore the Pricing Arrangements and Price Limits document and realise its value in NDIS plan budgeting and spending NDIS funds in line with funded supports.

3. Speaking NDIS: Live Webinar (will be recorded) Tuesday 8 April, 6-8pm

This is a repeat of the same information session held at school on February 25th, all about some of the significant changes that we have seen in NDIS legislation and policy since October 3rd, 2024 (and what it means for NDIS Participants), including information about:

- Key sections of NDIS Legislation to know (and why): NDIS Act 2013 Sections 24, 25, 34
- NDIS Act 2013 Section 34: Reasonable and Necessary Supports, and why understanding this is critical for funding justifications
- Key changes in NDIS Legislation and what this means for NDIS funding decisions
- Impairment Notices
- NDIS Eligibility Reassessment

FAMILY ENGAGEMENT

- Unpacking the new definition of an 'NDIS Support'
- Supports that are not 'NDIS supports'
- Understanding the new concept of a 'Replacement Support' and when and how an application can be made
- Understanding the impact of changes to key sections of the NDIS Legislation on NDIS Access, NDIS funding criteria, and spending NDIS funds
- The importance of understanding specific 'NDIS Language' (and its use in supporting evidence and reports)

What you may have missed: Please email me if you would like a copy of these webinar recordings that have already occurred this term:

1. NDIS Plan Changes webinar: Tuesday 11.3.25

Topics covered included:

- NDIS Participant Check-ins
- Change in Situation/Change of Circumstances applications
- Internal Reviews/requesting an internal review of a decision
- External reviews/external appeals and applying to the Administrative Review Tribunal (ART)
- Evidence requirements through all of these processes

2. NDIS Access Webinar: Tuesday 4.3.25

This included information about NDIS eligibility criteria, the application process, and the evidence required for applying to the NDIS for the first time (or if you have made an application that was not accepted).

Information Share

1. Did you know that the NDIS has an ['Events' page](#) that summarises face to face and online events that you might find helpful? [This event](#) is one example.
2. The NDIS also has [e-newsletters](#) that you can subscribe to, to stay up to date with information and changes. There are different newsletters for different purposes. For example: General NDIS e-newsletter, Participant First e-newsletter and NDIS Provider e-newsletter. You can sign up for these [newsletters here](#).
3. Did you know that local councils often host information and newsletters about Disability services? For example, Northern Beaches Council produces a monthly [free newsletter called The Wave](#) that you can subscribe to. The Wave is emailed on the first Wednesday of every month to 1,400 people and organisations throughout the Northern Sydney region. It's full of activities, resources, financial information, and training opportunities for people with disability, their carers or families, and disability service providers.
[Ku-ring-gai Council Disability Services](#) provides information and resources to the community.
4. Hidden Disabilities Sunflower
[This organisation has created resources](#) to support people with 'hidden disabilities' and to encourage inclusivity, acceptance and understanding. Some disabilities, conditions or chronic illnesses are not immediately obvious to others. For some people, this can make it hard to understand and believe that someone, with a "non-visible" condition genuinely needs support. Check out the website for ideas about wearing the Sunflower: as one way to let others know that you might need extra help, understanding, or just more time.

Yours in Community,

Lisa Duffy | Family Engagement Officer



St Edmund's
COLLEGE



YOU ARE INVITED TO

Eddie's Big Night Out

INTO THE
FUTURE

ENJOY AN UNFORGETTABLE EVENING WHILE RAISING FUNDS TO TRANSFORM THE EDDIE'S QUAD.

TICKETS INCLUDE A 3 COURSE MEAL, BEVERAGES AND LIVE ENTERTAINMENT.

Date Saturday 14 June • 7pm - Midnight

Venue Miramare Gardens
48 Myoora Rd, Terrey Hills

Tickets \$210pp or \$2000 for a table of 10

Dress After 5 with a touch of green

RSVP Monday 2 June

Booking www.stedmunds.nsw.edu.au/ebno

Queries events@stedmunds.nsw.edu.au

Eddie's Big Night Out

Mates Tables

TOP MATE \$12,000

- 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
- \$8000 tax deduction – sponsorship

BEST MATE \$8,000

- 1 table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening
- Quarter page advertisement in the Events Program
- \$6000 tax deduction – sponsorship

GREAT MATE \$4,000

- 1 table of ten guests
- Table signage & company logos on screens during evening
- Acknowledgement throughout the evening & in the Events Program
- \$2000 tax deduction – sponsorship

BOOKINGS

- Online www.stedmunds.nsw.edu.au/ebno-mates
- Enquiries events@stedmunds.nsw.edu.au

Thank you for your support



St Edmund's
COLLEGE



INTO THE
FUTURE

Eddie's Big Night Out

Donation Request

The silent and live auctions are central to the success of Eddie's Big Night Out. If you, your employer or one of your contacts have any items or experiences that can be donated it is much appreciated.

The live auction is centred around premium items/experiences such as box seats to a sporting match or concert or a stay in a holiday home. The silent auction is based upon smaller scale items that can be made up into hampers.

All donations are welcomed and valued. Below are some suggestions.



ELECTRONICS

Headphones, electronic equipment, tech items, electronics vouchers



GOURMET

Wooden boards, aprons, bbq equipment, gourmet products, vouchers to restaurants/cafes



SPORTS

Sports equipment, footballs, sports memorabilia, team clothing, vouchers to sporting fixtures



VOUCHERS

All vouchers including supermarkets, retail, restaurants, theatre, experiences and hotels



SPA PRODUCTS

Luxury soaps/lotions/bath products, perfumes, bath robes, gift certificates to day spas



ALCOHOL

Wines and spirits bottles, glasses, vouchers for bottle shops, beverage experiences

Please email events@stedmunds.nsw.edu.au if you would like to discuss potential donations.
Thank you for your support.

AWARDS

	Student of the Week	Eddie's Best
5/6	Adam and Clemmie	Adam
7S	Cody and Caitlyn	Lucinda
7V	Beau and Roy	Jonny
8B	Diesel and Bara	Chloe
8P	Sam and Brandon	Will
9P	Aaliyah and Daniel	Alex
9M	Ted and Maxyne	Kwasi
10L	Charlie and James	Ashley
10O	Daniel and Ruby	Sophia
11A	Leela and Mia	Alexander
11J	Lia and Riarna	Ben
12D	Jameson and Lauren	Nathan
12E	Arpita and James	Adam

congratulations



SOCIAL MEDIA

If you haven't followed St Edmund's on social media (Facebook, Instagram and LinkedIn) and would like to, please click the below icons to visit our pages. We love community involvement in this space!





ALL STARS

Sports Day
Parramatta



Saturday 15th March



Netball Central

2 Olympic Boulevard Sydney Olympic Park, NSW 2127



10:30AM - 1:30PM



FREE!



ALL STARS

Sports Day

FREE EVENT

JOIN THE ACTION IN MARCH!

Our award-winning Inclusive Community Sports Days are back!

What's Happening?

People with disabilities and their families are warmly welcomed to enjoy a day packed with accessible and inclusive sports and recreation activities in a friendly, supportive community environment.

Give Everything a Go!

From biking to basketball, dancing, tennis, and so much more, there's something for everyone! Whether you're exploring a new sport or revisiting a favorite, our friendly staff and skilled coaches are here to help you get started and have an amazing time. No experience necessary, and all equipment is provided!

Designed for Everyone

This event is fully wheelchair accessible, ensuring that every participant can join the fun and enjoy the day to its fullest.

For any questions, contact:

Ross Patel, Event Coordinator
events@freedom solutions.org.au

DETAILS:

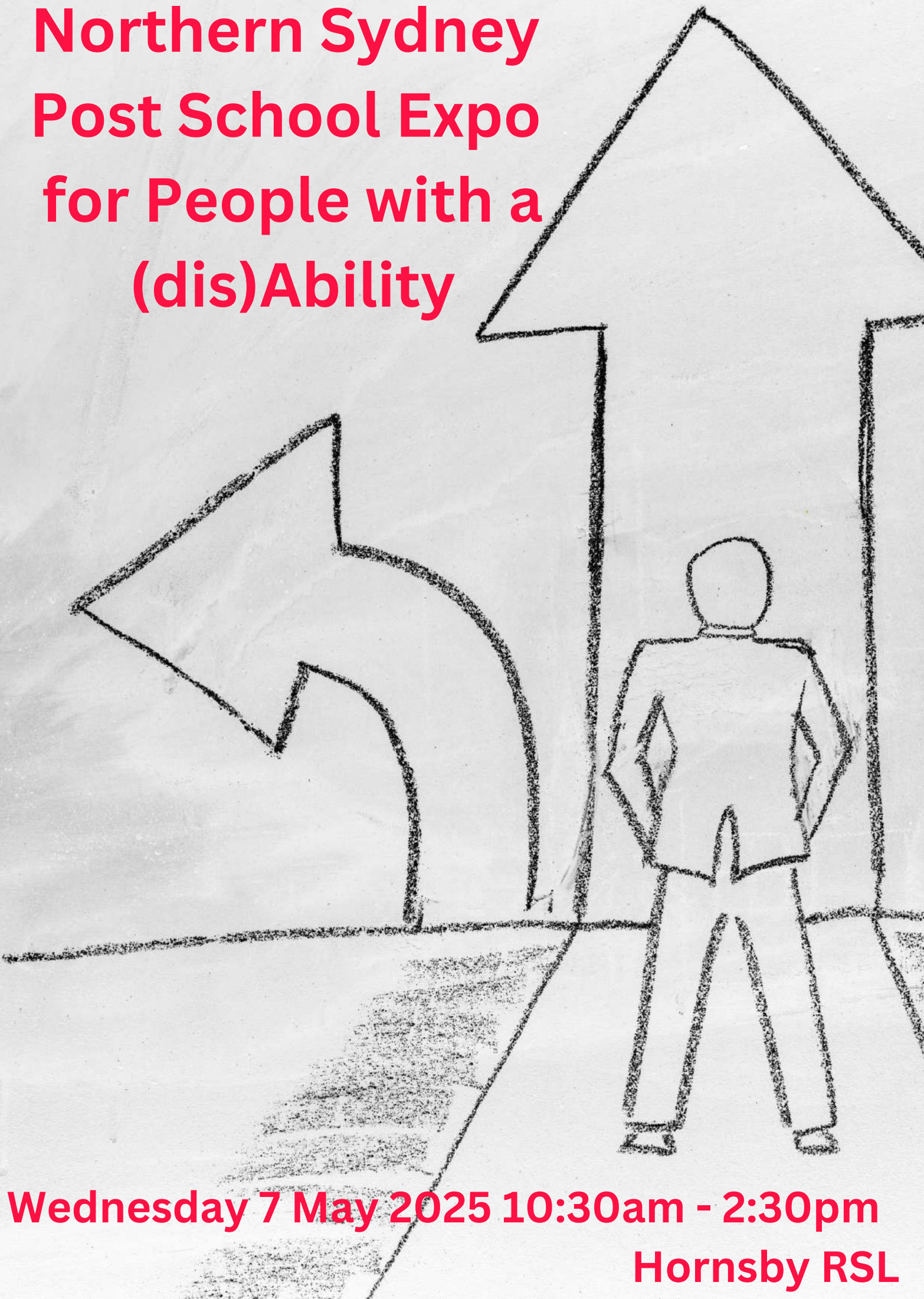
Parramatta » Sat 15 March

10:30am-1:30pm

Netball Central, Olympic Park



Northern Sydney Post School Expo for People with a (dis)Ability



Wednesday 7 May 2025 10:30am - 2:30pm

Hornsby RSL



**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:

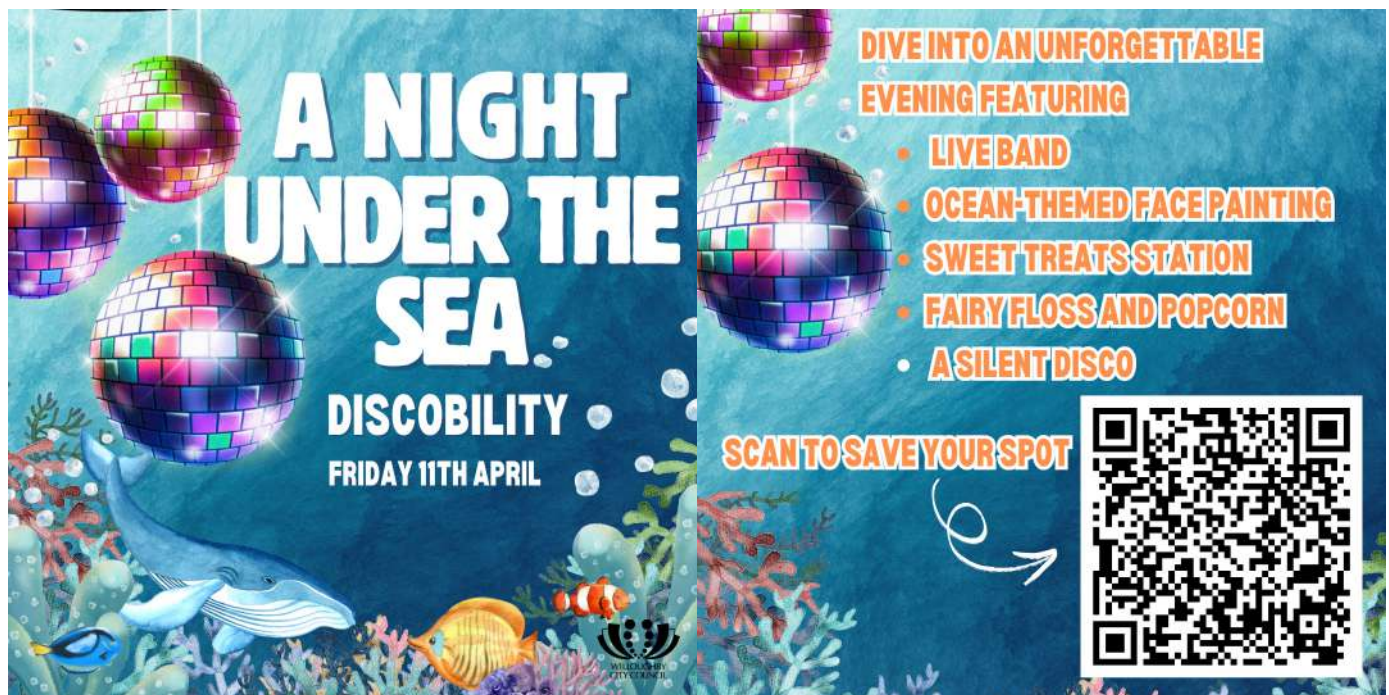
Pizza followed by a group discussion

CONTACT:

Warren Hopley mytimewahroonga@gmail.com



mytime.net.au



Discobility: A night under the sea

Next date: Friday, 11 April 2025 | 6pm to 8.30pm

Location: Dougherty Community Centre, 7 Victor Street, Chatswood, 2067

Bookings: <https://www.willoughby.nsw.gov.au/Eventbrite/Discobility-A-night-under-the-sea-1204317809989>

Join us for 'Under the sea: A discobility event', a vibrant, all-abilities disco experience filled with music, lights, and underwater magic

Discobility is delighted to host this all-inclusive dance party for young people of all abilities, ages 12 to 18. Dive into an unforgettable evening featuring a live band spinning your favourite tunes, ocean-themed face painting, a sweet treats station, fairy floss and popcorn, and even a silent disco for those who prefer a quieter vibe.

Teens will have the chance to meet new friends, embrace their individuality, and dance the night away under shimmering lights and sea-inspired decor. Admission includes snacks, themed treats, and refreshments!

We are also thrilled to share that we have partnered with AlongSiders, a registered NDIS provider, who will be hosting an information desk on the night for families and caregivers. AlongSiders offers vital support to individuals living with disabilities, with a focus on providing tailored services and fostering independence. Their team will be available throughout the event to share information and answer any questions caregivers may have regarding NDIS services and support options.

Our mission is to create a joyful, inclusive space that celebrates diversity and empowers every attendee to feel confident and free to have fun.

Don't miss this magical 'Under the sea' adventure—where the ocean's treasures meet the dance floor!

Young people who require 1:1 support or direct supervision will need a carer to accompany them. Carers do not require a ticket. We will have friendly staff wearing fluorescent visors to supervise young people throughout the night, ensuring everyone has a fun and safe experience!

Willoughby City Council may photograph and film the event and its participants. Participant acknowledges that the event may be reproduced for use on Council's website, publications, public displays and in promotional video footage. Please let us know if you do not give consent to your photo being taken.

Sony Camp

Since 1999, The Sony Foundation Children's Holiday Camp Program has given Year 11 students the opportunity to care for children with a disability who are aged between seven and 14 years over a four-day period.

The children are treated to a camp full of thrilling and exciting adventures and are cared for in either Pymble or Shore's (Sydney Church of England Grammar School) Boarding Houses, 24 hours a day, by Pymble and Shore students. These Year 11 students, supported by a team of dedicated teaching and medical staff, will quickly learn about the challenges and demands involved in caring for a child with special needs in a life-changing experience.

Applications to have your child join Sony Camp as a camper in 2025 have now opened. [Please learn more and apply here.](#)

For any enquiries, please email sonycamp@pymblelc.nsw.edu.au or contact Camp Co-ordinator Mariel Lombard on 9855 7610 or email mlombard@pymblelc.nsw.edu.au



KNA ALLSTARS

JOIN THE KNA ALLSTARS ALL ABILITIES NETBALL

**Have fun playing netball on
Saturday afternoons.**

**Enjoy regular social events with
your netball friends.**

**Learn new skills, build your
confidence and improve your health
and fitness in an accessible, inclusive,
fun and supportive environment.**

Contact for information:

Deb Frost

deb frost@bigpond.net.au | 0424 403 065

For: Females and males aged
15 years or older

When: 5th April to 6th September 2025

On: Saturdays from 1:45pm to 3.15pm

Where: Canoon Rd Netball Courts,
South Turrumurra

Cost: Season registration is \$90.00 with
a free uniform supplied

