



## PRINCIPAL'S MESSAGE

God of peace, mercy, justice and healing, this Remembrance Day:

We give thanks:

- for peace in Australia and New Zealand.
- for armed services personnel willing to put themselves in danger on our behalf to defend what is right.
- for important and hard-won freedoms defended in war.

We grieve:

- with those who have suffered loss through war.
- humanity's repeated failure to prevent war.

We pray:

- for civilians caught up in war and for efforts to help them.
- for servicemen and women on deployment and families awaiting their safe return home.
- for chaplains in parliaments and defence forces, that they may be a force for good.
- for wise, responsible and peacemaking leaders to decide if and how nations take part in war.
- for greater commitment to resolving disagreements through good-faith negotiations.
- for efforts to conduct war ethically when it cannot be avoided.
- for people trying to recover from war and for all who help them.
- for efforts to address war crimes.
- for a future that provides safety, respect and hope for all.

Lest We Forget.

### Charity Challenge

We have a number of staff and students attending the Charity Challenge event tomorrow evening, Saturday 16th November. This is a wonderful annual event that raises funds for our school community, and other like communities throughout the State. Performing on the night will be our awesome Eddie's Drummers and Eddie's Dancers. They will indeed shine bright and inject much joy into the hearts of those attending. Thank you to Mark, Nicola, Lisa O, Brenden J and Julie Mac for the time and preparation they have extended to this group of students. Thank you to Sharon who will be assisting on the night as well. Thank you also to Susan, Matt, Cathy Mac, Julie Mac and David who will be assisting the organisers of the event on the night with the various auctions taking place.



# PRINCIPAL'S MESSAGE

## Year 7 2025 Orientation Day

We recently invited our Year 7 2025 students onsite for their Orientation Day. It was a wonderful occasion, and it was so lovely having the opportunity to meet our newest community members. A huge thank you to the staff involved in supporting the students on the day, to bring about a very successful transition, in particular Jackie R!



## Eddie's Live at Abbotsleigh

We are very excited about this annual event which will take place on Thursday evening, 21st November. This is an opportunity for our Year 10/11/12 students to showcase their creative abilities through the performing arts. Thank you to the CAPA Team and other staff who are involved in ensuring this is an enjoyable experience for all – Sharon, Teresa, Nicola, Tracey D, Katie, Gen, Julie M. We hope you can come and attend!



## Open Afternoon

We will be hosting an open afternoon to celebrate the official opening of our new school buildings for current families, past families/students/staff and also our neighbours. Please feel free to come and attend, or inform past students/families. Details regarding the event can be found later in the Newsletter.

## AIM Initiative

We welcome staff and students from Mater Maria, Warriewood, who will be joining us on Monday 18 November for our AIM Initiative. We have received such lovely feedback from those who have already participated in this program, and our students have loved the opportunity for connections to be made with students from other schools. Thank you to Terry for facilitating this for us!

**Vanessa Dillon | Principal**

## DEPUTY PRINCIPAL

### Remembrance Day

This week St Edmund's marked Remembrance Day in a number of ways. On Monday, our College leaders attended a service at Roseville along with many other schools from the Kuringai area and laid a wreath on behalf of our community. Hugh, Christian, Sonnet and David should be congratulated on their wonderful participation and impressive representation of the College. Back at the College, the rest of the community observed 1 min of silence to mark this special day. Today, we held a service within our College assembly where each class laid poppies and we heard the Last Post. All students should be acknowledged for the respectful way in which they engaged with this ceremony.



### Save the Date – Friday December 6th

Please save the date for our end of year College Mass where we will gather to celebrate the end of our school year as well as the graduation of our Year 12 students. This day will include a Mass, BBQ and farewell arch for our Year 12's. Further details to follow however it would be wonderful to see some of you there on the day!

### Year 12 Formal

Just a reminder for Year 12 families that our Year 12 formal is fast approaching at Miramare Gardens in Terrey Hills. Students need to return their decorated individual starts by Monday 18th November. Tickets can be purchased for the event and will need to be finalised by Monday 18th November also. It will be a very special night for our amazing graduates and one full of fantastic memories.

### Presentation Day

As you will see contained within the invitation within this newsletter, we will have our St Edmund's Presentation Day on Wednesday December 4th. This will be a time for all students to be acknowledged for their efforts for 2024 and for our Year 12 students to officially graduate. We hope to have many families join us for this special occasion which will be held onsite in our new hall this year. The festivities will also continue in the afternoon where we will hold our popular Eddies Got Talent show with performances from each homeroom class.

Looking forward to seeing many of you at some of these end of year events and celebrations

**Rebecca Kirwan | Deputy Principal**



St Edmund's  
COLLEGE

# OPEN AFTERNOON

You are warmly invited  
to come and explore our  
new school buildings

**WEDNESDAY 20 NOVEMBER**  
**3.30PM - 4.30PM**

60 Burns Road, Wahroonga  
*\*Entry from Braeside St*

Enjoy light refreshments and a  
guided Tour. Bookings are available  
at 3:45pm, 4:00pm, 4:15pm.

Please RSVP at  
[www.stedmunds.nsw.edu.au/  
open-afternoon](http://www.stedmunds.nsw.edu.au/open-afternoon)





**EDDIE'S LIVE @  
ABBOTSLEIGH PRESENTS...**

# **THE JOURNEY**

**2 0 2 4**

ENTRANCE BY  
**DONATION**

**SHOWCASING THE TALENTS  
OF YEARS 10, 11 AND 12**

*21 November 7pm*

**PETER DULY HALL ABBOTSLEIGH**



**ALL FAMILY AND FRIENDS ARE  
INVITED**



**St Edmund's**  
COLLEGE

THE PRINCIPAL, MRS VANESSA DILLON  
INVITES OUR FAMILIES & FRIENDS TO THE  
ST EDMUND'S COLLEGE

# *Presentation Ceremony*

**WEDNESDAY 4 DECEMBER**  
**10AM - 12PM**

**ST EDMUND'S COLLEGE**  
**60 BURNS ROAD, WAHROONGA**

Eddie's Got Talent, our annual talent  
show will be held that afternoon  
from 1.35pm - 2.50pm.  
All welcome.



## 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 19 November 2024**

10.00am-12.00pm

Facilitator: Terry Williamson

### ADDRESS:

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

### EMAIL:

mytimewahroonga@gmail.com



Unwind and share experiences with others who understand



It's support for you



It's free to join



Professional support



Pre-school aged children are welcome



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



**FREE**

# MyTime Wahroonga

## Wreath Making Evening

### Tuesday 3 December 2024

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.

**WHERE:**

St Lucy's School  
21 Cleveland St, Wahroonga

**WHEN:** Tuesday 3 December 2024

**TIME:**

6.30pm-8.30pm

**CONTACT:**

Terry Williamson [mytimewahroonga@gmail.com](mailto:mytimewahroonga@gmail.com)



It's support for you



It's free to join



Professional support



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



# NURSE ALI

## National Skin Cancer Action Week – 17 – 23rd November

Often called our 'national cancer', Australia has the highest rate of [skin cancer](#) in the world, with approximately two in three Australians diagnosed with skin cancer during their lifetime. Sadly, around 2000 Australians will die from this disease this year, and it is estimated that almost twice as many men as women will die from [melanoma](#) this year alone.

Research shows that many Australians, particularly men, aren't regularly using all five forms of sun protection. This year, Cancer Council Australia is urging all Australians, especially men aged over 40, to be SunSmart and reduce their risk of developing skin cancer. UV radiation is a major workplace hazard, putting outdoor workers at a higher risk of developing skin cancers that can't simply be cut out.

In NSW the UV is high (3 or above) for at least 10 months of the year. A [UV index](#) of 3 and above can damage unprotected skin, this means you still need sun protection on cool or cloudy days, even in autumn and spring. The UV levels usually peak between 10am–to 2pm (or 11am–to 3pm during daylight savings).



✔ If you or your team work outdoors, prevent skin cancer by including these 5 simple steps as part of our routine.



**SLIP**  
on protective clothing



**SLOP**  
on SPF50+ sunscreen



**SLAP**  
on a wide-brim hat



**SEEK**  
shade



**SLIDE**  
on sunglasses

The good news is that sun protection is easy and effective – no matter where you work outdoors. Sunny weather can make for very enjoyable days in Australia, but it only takes minutes to damage your skin. The sun is constantly bathing exposed skin and even your eyes with ultraviolet (UV) radiation. Even on cool and cloudy days, sun damage is possible if you don't take precautions. As uncomfortable and unsightly as sunburn is, the damage isn't limited to that. UV radiation damages the DNA in your skin.

**It's easy to protect yourself from UV exposure...**

- Long-sleeved shirts, pants, and a wide-brimmed hat offer the best protection. If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.
- Use a sunscreen of at least SPF 15 on any exposed skin, and don't forget to re-apply it every two hours, as well as after swimming, sweating, or toweling off.
- Seek shade as much as possible between 10 a.m. and 4 p.m., which are peak times for sunlight. Avoid indoor tanning.
- If you work outdoors, ask about sun protection at your job, like wearing sun-protective clothing.

## NURSE ALI

The effects are cumulative and can lead to skin cancer. The good news is that it is easy to protect yourself.

### 5 of the Best Ways to Treat a Sunburn

Apply Cold Compresses avoid applying ice directly to the sunburn

Apply Moisturizing Lotion avoid petroleum or oil-based ointments as they can trap the heat in your skin and make the burn worse.

Replenish Your Fluids – water is best

Reduce the Inflammation it can be beneficial to take a non-steroidal anti-inflammatory drug such as ibuprofen to help with discomfort and inflammation if safe to do so

Seek Medical Care if you experience a severe sunburn where you have symptoms such as blisters, facial swelling, fever or a headache, you will need to seek immediate medical care.

Here is a YouTube link reminding us to look after our skin ( it has references to skin cancer - content maybe disturbing for some individuals) - [conquering skin cancer](#).

**Alison Andrews | College Nurse**

## KEY DATES

Sat 16 Nov **Charity Challenge Gala Dinner**

Thurs 28 Nov **Yr 12 Formal**

Wed 20 November **St Edmund's Open Afternoon**

Wed 4 Dec **Presentation Day**

Fri 22 Nov **Abbotsleigh Concert**

## RETAIL



The Retail students sold a lot of Halloween lollies and we had fun doing it. The Squishmallows are almost sold out now and we are approaching \$200 for the Aboriginal Literacy Foundation. Thank you again for all your support. I will keep you informed of the end result.

Now that the Advent season is approaching, we will start selling Christmas themed items. Year 11 is working on their Christmas stall which is held together with the Hospitality students for all Year 11 parents and carers on Friday 22 November from 2pm-2.45pm. There will be complimentary refreshments and lovely Christmas goodies for sale. Hope to see you there.



# AWARDS

## Student of the Week

7M	Bara and Diesel
7N	Jaydon and Will
8G	Daniel and Monique
8V	Holly and Aaron
9E	Daniyal and Olive
9F	Ashley and Sophia
10M	Isabella and Gemma
10S	Sam and Christopher
11D	Jameson and Rosie
11P	Andreas and Bradley
12J	Moses and Annamieke
12O	Sonnet and Brandon

## Eddie's Best

Lucas
D'arcy
Ted
Aaliyah
Daniel
Indigo
Leela
Brendan
Nathan
Adam
Zane
Chloe

*congratulations*

# LOST PROPERTY

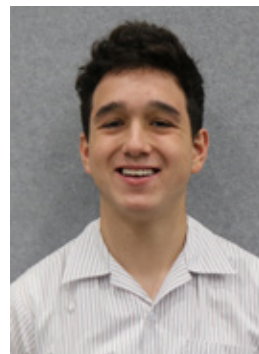


## YEAR 12 CAFS

“Year 12 CAFS are, again, packing bags for Share the Dignity’s ‘It’s in the Bag’ appeal. While shopping this weekend, if you can throw some extra items in your trolley to help us out, it would be greatly appreciated. Please send in body wash/ soap, shampoo, conditioner, deodorant, period products, toothbrushes, toothpaste, bags and any other little luxuries. All items need to be in by Thursday 21 November so Year 12 can pack the bags and get them to the collection point at Bunnings.”



## CAPTAIN'S CORNER & STUDENT VOICE



This week the captains went with Mrs Kirwan to the Ku-ring-gai Remembrance Day Commemoration Ceremony at Roseville Memorial Gardens. It was great to hear speeches and to show our respect by laying a wreath. We felt honoured to be part of such an important day and ceremony.

Next week the College is having an Open Afternoon. It will be a good opportunity for our families and friends to tour the new build and enjoy light refreshments and great company.

**Hugh, Christian, Sonnet and David | College Captains & Chloe | Student Voice**

## ALUMNI NEWS

Braille By Luca is a microenterprise run by previous St. Edmund's student Luca Weber. After finishing school in 2020 Luca decided to put his knowledge of Braille to good use and so Braille By Luca was born.

Besides offering Braille workshops at schools and other community groups, Braille By Luca produces handmade beautiful tactile cards and the new season edition Christmas cards have just been launched. All cards come with a Braille

insert which says Merry Christmas and a Happy New Year, or if you prefer, Luca can braille any personal message. These cards are lovely and good fun for Braille and non Braille readers alike as they come with the Braille code and can be decoded by anyone.

If you are interested in getting some unique handmade Christmas or other cards made locally on the Northern Beaches please head to the website to have a look: [braillebyluca.bigcartel.com](http://braillebyluca.bigcartel.com)

All the best and "Thanks!" again for your support,

Luca and his team



E: [braillebyluca@gmail.com](mailto:braillebyluca@gmail.com)  
W: [braillebyluca.bigcartel.com](http://braillebyluca.bigcartel.com)

  @braillebyluca

# **INCLUSIVE BEACHES DAY**

**Sunday 17 November • 9.30am start  
– to run everyone together with nippers**

**Narrabeen Beach SLSC  
cnr Albert and Ocean St Narrabeen**

**Contact: Brett McDonald 0418208470  
[finance@narrabeach.org.au](mailto:finance@narrabeach.org.au)**



# RCIA

## Rite of Christian Initiation of Adults at Holy Name Parish Wahroonga



### Interested in learning more about the Catholic faith?

The RCIA enables adults interested in the Catholic faith to learn more about it and grow spiritually. The next round of the RCIA will start mid November 2024 and culminate at Easter Vigil 2025 for those seeking baptism into the faith. Read the testimonies from our past candidates below.

For the past 39 years, I haven't had a religious belief, and my knowledge of Catholicism was very limited. But since my daughter and son started learning about Jesus Christ at school, they've often asked me questions about God and faith. I suddenly realised that it might be time for me to begin my own faith journey.

At the start of RCIA, I felt anxious and uneasy due to my lack of understanding of Catholic teachings and culture. I hesitated to ask certain questions, fearing I might appear ignorant. However, I gradually realised that my worries were unnecessary. All the RCIA members were incredibly kind and accepting. They understood my concerns and patiently answered all my questions, making me feel increasingly confident and open to expressing my thoughts and feelings.

RCIA is not just a course to learn about the Catholic faith; it has also become a key for me to begin my journey in search of faith.

*Zoe Zhang*

All my life I had not followed any belief and the closest experience I had with Christianity was at primary school with Anglican scripture once a week. Up until 18 months ago, I felt a calling again to pick up and read the Bible again, but was unsure of the differences with Protestantism, its various denominations and Catholicism. My reading into Catholicism brought up the RCIA program, and I wanted to bring not just myself but my entire family into the Catholic faith, as there is not only the beauty of the faith that drew me in, but the calling to come back to God and take the path towards our Heavenly home.

I was steadfast in becoming Catholic, but had learned a deeper understanding of the faith not only through scripture and prayer, but the glory of the sacraments and the Mass. I hope in telling my story that my family can serve as a beacon to bringing other people into the Catholic faith and to carry the glory of God in our lives.

*David Simpson*

For twenty years, I walked in faith as a Protestant Christian, yet something in my heart yearned for more. When our son began attending Catholic school, my wife and I felt an unmistakable calling—a gentle whisper drawing us deeper into God's embrace. The journey from Protestantism to Catholicism through RCIA became a profound transformation for our entire family. Together, we embraced this step with hearts full of joy and anticipation, knowing we were responding to God's call.

Through RCIA, we found not just a program, but a journey that bridged our past and present faith, deepening our relationship with Christ and His Church. It wasn't just about changing denominations; it was about coming home to the fullness of faith we had always sought—a homecoming that filled our family with spiritual joy and a sense of completion.

*Rex Wang*



Interested? Please contact the Parish office at (02) 9489 3221 or [holyname@bbcatholic.org.au](mailto:holyname@bbcatholic.org.au)



SAVE THE DATE

FOR

# Christmas Carols

AT HOLY NAME WAHROONGA

## CAROLS IN THE GARDEN

Sunday 8 December 2024

11am onwards

Join us for live music and carols on our beautiful Parish lawn **after 9:30am Mass.**

Bring your own nibbles, drinks and favourite picnic blanket/chairs.

Delicious, freshly cooked paella will be available for purchase.

In the event of wet weather, we will move inside the church for the concert.

Are there any **singers or musicians** from the Parish community who would like to join?  
If so, please contact Rosalie,  
[rosaliebelsey@gmail.com](mailto:rosaliebelsey@gmail.com)



*Everyone is welcome*

Holy Name Wahroonga, 35 Billyard Avenue, Wahroonga



# Wahroonga Village Fair

Sunday 1st Dec 2024 - 9am-4pm

Railway Avenue & Carpark - Wahroonga



REMOVALS & STORAGE



McCarroll's  
Volkswagen



Club of  
Wahroonga

*Freedom*  
LEAGUE

Join the fun

## Try adaptive baseball/T-ball

Inclusive for all abilities and ages  
coach/buddy assisted

Free session

Friday, 13 December 2024

5pm-7pm

Aquatic Reserve Baseball Field

Aquatic Drive, Frenchs Forest

**RSVP Contact:** Gail Henderson

**Mob:** 0412 554 899

**e:** [freedomdivision.forestbaseball@gmail.com](mailto:freedomdivision.forestbaseball@gmail.com)



**FORESTBASEBALL.COM**



# **INTERNATIONAL DAY OF PEOPLE WITH DISABILITY (IDPWD) EVENT**

We invite you to celebrate International Day of People with Disability (IDPWD) with us!

This event is open to everyone -bring your friends, family, support workers, carers, and community members as we come together to honour diversity and inclusion.

[Please register here:](#)

## **Event Theme:**

This year's theme for International Day of People with Disability (IDPWD) is:

“Amplifying the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future.”

## **Event Details:**

Date: Monday, December 2, 2024

Time: 10:00 AM - 12:00 PM

Location: PCYC Hornsby Ku-ring-gai, 1 Park Lane, Waitara, NSW 2077

## **Event Highlights:**

Participating Services:

Headspace • Training Services NSW • Centre for Volunteering  
Empowering Parents in Crisis (EPIC) • Carer Gateway • Gamble Aware  
National Disability Insurance Scheme (NDIS) Uniting • Mission Australia  
TAFE NSW • Hornsby Ku-ring-gai Community College (HKCC) • NSW Police  
Services NSW • Service Australia (Centrelink) • Ku-ring-gai Council • Care Finder

## **Fun Activities:**

Stacking Cups • Jenga • Quoits • Noughts and Crosses • Shuttlecock • Archery • And more!

## **Special Launch:**

Hornsby Ku-ring-gai Community College will launch the “Abilities United – Inter-College Sports Competition” for students with disabilities.

## **Networking Opportunities:**

Connect with community leaders, disability advocates, and service providers.

## **Additional Information:**

Light refreshments will be provided.

The PCYC is just a 3-minute walk from Waitara Train Station.

Plenty of free street parking available.

Let us come together to celebrate inclusion, raise awareness, and amplify the voices of people with disabilities!

We look forward to seeing you there!

Thank you.

Devan Nathan

Service Navigation Officer

Psychosocial Support Service, Northern Sydney

nathand@missionaustralia.com.au



# Managing Your Mood Group

## DELIVERED IN 8-WEEK MODULES

**Are you looking to enhance your skills in mindfulness, emotional regulation, distress tolerance, and communication?**

This DBT-informed psychological skills group assists young people (aged 14-18) struggling with distressing thoughts and feelings, or experiencing symptoms of anxiety and depression.

The group is free with a GP referral and is conveniently located near public transport. You'll be supported by experienced group facilitators and learn skills and strategies to better manage your mood.

**Content will be covered in 8-week modules, during school terms. The group is free to join with a GP referral.**

**Call us on 02 8287 1158**  
**or scan the QR code to learn more:**



# Summer Holiday Program

Exclusive program for  
**KIDS WITH SPECIAL NEEDS**

## WHAT DOES INCLUDE?

1:1 support  
Transport  
Meals  
Age: 3 - 25

Our prices are in line with the  
NDIS Standards

LEARN MORE



**BOOK NOW!**

0468 684 949  
[www.howecare.com.au](http://www.howecare.com.au)  
[admin@howecare.com.au](mailto:admin@howecare.com.au)





CITY OF  
PARRAMATTA



freedom  
solutions  
australia



FREE EVENT  
JOIN US  
FOR A DAY OF  
SPORTS & FUN!

PARRAMATTA  
INCLUSIVE COMMUNITY

# ALL-IN SPORTS DAY

REGISTER TODAY!



SAT NOV 30<sup>TH</sup>  
10:30am-1:30pm

📍 CAMELLIA INDOOR  
SPORTS CENTRE

CELEBRATING

International Day of  
People with Disability

[idpwd.com.au](http://idpwd.com.au)