



## PRINCIPAL'S MESSAGE

Dear Parents,

It has been a tremendous term with lots of blessings. I would like to give a shout-out to all the staff who have and continue to provide amazing care and learning opportunities for our students.

St Gabriel's has enjoyed an increase in parent events on campus with the building work completed. St Edmund's will enjoy the same return to community gatherings as their building work draws to a close next term. On that, St Edmund students will have access to the lower floor of the new building when they return next term, and this will allow staff to move from their current location so that demolition can begin on the 70s addition to the heritage building. The rear oval will be finished by week 3 of Term 4 for students to enjoy. Unfortunately, the hall won't be finished until mid-December.

### Staff News

As you know, I will be stepping down as Principal of St Gabriel's and a new Principal will be appointed to start in January 2024. Unfortunately, the appointment process has been delayed, but I assure you it is proceeding.

I was to remain the Principal of St Edmund's, but I have recently been appointed as the Regional Director of EREA Flexible Schools NSW/Tas. That means I will continue to be involved with both schools – and I am very grateful for that.

### Charity Challenge Golf Day

On Thursday 14 September we held our annual Charity Challenge Golf Day at Terrey Hills Golf and Country Club. It was an event that brought a wonderful sense of community spirit, with a lot of laughs and stories shared along the course. We are very grateful for the way in which the profile of our wonderful school is raised by our long-term supporters, Gary Dawson and Matt Laverty. Thank you to our College Captains, Athena and Mikayla for their presence on the day, and the wonderful example they provide on behalf of our students. Thank you to Susan and Louise W for the behind-the-scenes work they did to achieve such a successful event that was had by all!

I wish you all a wonderful spring term break.

**Michael Farrell | Principal**



## ACTING DEPUTY PRINCIPAL'S MESSAGE

*For flowers that bloom about our feet;  
For tender grass, so fresh, so sweet;  
For song of bird, and hum of bee;  
For all things fair we hear or see,  
Father in heaven, we thank Thee!*  
*For blue of stream and blue of sky;  
For pleasant shade of branches high;  
For fragrant air and cooling breeze;  
For beauty of the blooming trees,  
Father in heaven, we thank Thee!*

- Ralph Waldo Emerson

### **Years 9 and 10 Camp**

This beautiful Springtime weather served us well recently, when Year 9 and Year 10 attended their Camp at Port Stephens, NSW. The staff and students who enjoyed this experience had the most amazing time! The students responded so joyfully to the new and exciting ventures they had – at the farm, at the shark and stingray centre, on the Dolphin Cruise, at the beach and at Fighter World, too. As well, they interacted beautifully together at the accommodation site, The Retreat, Anna Bay. The staff there commended our students on their manners, their respectful treatment of the facilities, and their kindness towards each other.

A very genuine THANK YOU to the incredible College staff who supported our students every hour of the three days we were away, and who I'm sure experienced many a joyful moment in return. Thank you to Ms Hopkins, Caitlin, Lisa O, Ali, Mrs Macdonald, Lynda, Mr James, Gen, Regina, Sarah, Katie, Ms North, Mrs Gupta, Janine, Mrs Horne and Rachelle. I truly appreciated the way that your kindness, patience, enthusiasm, care and positivity helped create a beautiful culture for the students to thrive within! A special shout out to Ms North, Ms Hopkins and Ali for the additional organisation and troubleshooting they did throughout our time away.

### **Years 11 and 12 Retreat**

We look forward to another lovely overnight experience for our senior students in Year 11 and Year 12, when they head to Mulgoa for their Retreat next week. We trust that they will embrace the serene, natural surrounds and enjoy the time spent connecting with God and each other in a special, sacred way. Thank you in advance to the staff who will be accompanying the students on this Retreat – Terry, Mrs Macdonald, Ms Snell, Mr James, Lisa S, Gen, Mr Borkowski, Zoe and Elycia. Thank you also to Terry for his overall organisation of the occasion, and to him and Mrs Macdonald who will be assisting me in the facilitation of the learning and activities occurring over the three days.

### **Sacrament of Confirmation**

Congratulations to the following students who received the Sacrament of Confirmation last Friday 8 September – Riarna, Aaliyah, Jackson, James L, Alessio and Liam! This special occasion with Bishop Anthony Randazzo took place at Holy Name Church, Wahroonga, along with other children and families from the local Parish. Thank you to Terry who helped prepare the students over the last few weeks here at school, in readiness to receive this special Sacrament. We hold them all in our prayers!



# ACTING DEPUTY PRINCIPAL'S MESSAGE

## Parent Group Meeting

Thank you to Ms North and Caitlin who helped facilitate an input session at the recent Parent Group Meeting on Tuesday 12 September. The focus for the session was the way in which the SoSAFE program is implemented and integrated here at St Edmund's. We have enjoyed being able to provide various input sessions throughout the year, within the Parent Group Meeting, and hope to continue this relationship for 2024 as well. The focus for next Term's Parent Group Meeting will be a chance for parents to socialise and celebrate the year that has been! Thank you to Janine Eastham for the wonderful way she has coordinated and planned these events throughout the year, and indeed over past years, too!

## R U Ok? Day

Thursday 14 September is National R U OK? Day, which we have been promoting within our morning Homeroom sessions every day this week. Hearing the students asking it of each other on the actual day, and throughout the week, was most notable. Thank you to Terry and Ms North for helping to raise such significant awareness around this important societal focus.

## Personalised Plans (Years 7-11)

These documents will be finalised over the holidays and sent home within the first couple of weeks of Term 4. As I'm sure you can appreciate, staff absences, Camp and Retreat, as well as site interruptions due to the next stage of building works that are soon to commence, have pushed the timeline back a little on finalising these plans for families to receive. We thank you for your understanding!

## Mufti Day Reminder

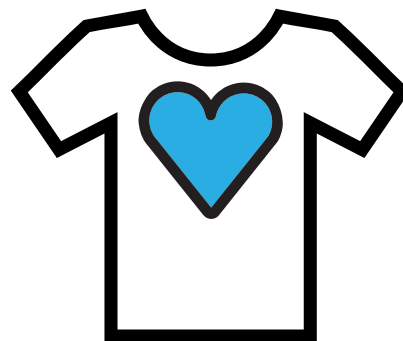
Next Tuesday, 19 September, we will be holding our end of term Mufti Day fundraiser. We ask all students to bring in a gold coin donation on this day, with all proceeds supporting UNICEF. The College Leaders chose this charity organisation as this Term's focus, as they were inspired by what Claudia (11J) did earlier this term with her Lolly Guessing Competition.

Thank you for your support!

## School Uniform Week 10, Term 3

With the weather already getting warmer these past few days, we are aware that the wearing of school blazers and school jumpers aren't as necessary as they were within the Winter months. Next week, the forecast indicates temperatures of 30-plus degrees Celsius. Please reassure your child that the need for the blazer and jumper won't be a requirement, and we will encourage them to remove it here at school if they arrive in it of a morning as the temperatures increase.

MUFTI DAY  
TUESDAY 19 SEPTEMBER  
GOLD COIN DONATION



unicef 

# ACTING DEPUTY PRINCIPAL'S MESSAGE

## **Mercy Student Feedback From Recent Immersion Experience**

We recently received a lovely email from the teacher who accompanied our Year 8 and Year 9 Mercy visitors for their immersion experience a couple of weeks ago. She had invited the students to email her with any thoughts or reflections they had, following on from the visit. Some of the students replied and below are their responses:

*Carla:* My favourite part of my day was the beginning of the day when we had the junior assembly and we got to see photos of the kids with their dads on a slideshow for Father's Day. Another part of the day I enjoyed was playing soccer with them and Christian always stealing the ball and getting the ball through the goal.

*Ceci:* I loved getting to know the students at St Edmund's and learning their strengths. It was good to see, even with setbacks, they still have a very good time and enjoy learning so much. The highlight of my day was playing soccer with some students at lunch. I had a great time.

*Vana:* I just want to thank you for letting us Mercy girls visit your school and have the chance to get to know your students. I enjoyed playing soccer with your students and I must say, they are very good with their skills in the game. I also enjoyed helping them with their work and getting the chance to know their strengths and achievements.

*Mia:* Going to St Edmund's is an experience that I will never forget. I learnt so much from visiting this school and it was a really rewarding experience. There were many highlights that made the day special, so it was impossible to pick a favourite. Attending this school taught me patience, empathy and communication skills. I loved helping the students within the classroom and their unique perspectives and personalities made the day enjoyable & fulfilling. The children were so supportive of each other and their great achievements, which really showed me how strong their sense of community is. Overall, visiting St Edmund's was a wonderful experience that taught me a lot and I would love to go there again.

*Edwina:* The day was amazing and I met some of the loveliest and friendliest people – the students and all the staff were so kind and patient and welcoming. I had a great time spent with 10N and they made the day really enjoyable.

*Angela:* The highlight of my visit to St Edmund's was definitely helping the students during class and talking to the different students at break times. I especially liked the Religion class I went to.

*Rojen:* I enjoyed my time spent at St Edmund's and the experience and knowledge I earned made it all worth it. I enjoyed spending time with them and listening to what they learned. Overall I liked the way the students interacted with each other (the friendliness, supportive behaviour, positivity, etc) and included everyone in their activities.

*Samantha:* St Edmund's provided me with the privilege to experience new things and meet the most generous people in 9C. I will never forget Mia's kind words, Isabella's smile, Ben's kindness or all the other people that I got to meet. I would love to say that Friday will never leave my mind as it is the greatest opportunity I got to have to visit St Edmund's and I look forward to doing it again in the future.

As this is the last Newsletter for the term, I wish you all a safe, enjoyable and memorable holiday break, and we look forward to welcoming all students back for Term 4 on Tuesday 10 October!

Wishing you peace and blessings,

**Vanessa Dillon | Acting Deputy Principal**



## YEARS 9 & 10 RETREAT





## YEARS 9 & 10 RETREAT



# WELLBEING

## Online Safety

Leading up to the school holidays we have been reviewing online safety strategies using our school rules. To Be Safe, Be Caring, Be a Good Learner.

The governments eSafety website has new online webinars for parents and carers of young people to protect them online and provide strategies to have safe and positive experiences when playing games online.

Click on the flyer below for more information and webinar registration.



**Term 4, 2023**  
**Free eSafety parent and carer webinars**

Join eSafety's expert education team for a free live webinar designed for parents and carers.

**Term 4 topics:**

- **Wellbeing and digital technologies (30 minutes)**  
For parents and carers of young people in secondary school.
- **Getting the most out of gaming (45 minutes)**  
For parents and carers of children aged 7 to 14.
- **Navigating online friendships (30 minutes)**  
For parents and carers of young people in secondary school.
- **Getting started with social media: TikTok, YouTube, Instagram (30 minutes)**  
For parents and carers of young people in primary and secondary school.

For more information and to register now: [eSafety.gov.au/parents/webinars](https://eSafety.gov.au/parents/webinars)

 |  eSafety Commissioner

[eSafety.gov.au](https://eSafety.gov.au)



# WELLBEING

## R U OK Day | Thursday 14 September

R U OK day is a special day when we remind ourselves to care for ourselves and others. It's like a friendly check-in with the people around us. This week at St Edmund's we shared ideas and strategies to start the conversation so people feel confident asking and answering this important question. We ask "Are you OK?" to show that we care about how they are feeling. It's spreading kindness and creating a culture of care. So ask, listen, encourage action and check in. Click on the picture for more information.

**Crisis lines available 24/7**



Lifeline 13 11 14 [lifeline.org.au](https://lifeline.org.au)

Beyond Blue 1033 224 636 [beyondblue.org.au](https://beyondblue.org.au)

Suicide Call Back Service 1300 659 467 [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)

Mensline 1300 789 987 [mensline.org.au](https://mensline.org.au)

### Leadership Awards

A huge congratulations to these students achieving their goals and receiving their Leadership Awards this term.

**Gold Awards:** Mikayla, Teena, Dom, Sam, Ben P

**Silver Awards:** Anna

**Bronze Awards:** Luke, Zane

Wishing all our families a safe and happy holiday.

**Judi North | Acting Head of Wellbeing**



# CONFIRMATION

Several of our students celebrated their Confirmation, on Friday 8 September at Holy Name Church.

St Edmund's had six candidates: Riarna, Alessio, James L, Jackson, Liam and Aaliyah. Bishop Anthony came out and met all of our students before the celebration and they were all very excited to receive the Holy Spirit in this sacrament.

They were all joined by family and friends, and celebrated as a part of the Holy Name community on the night.

Congratulations to all these young people for the hard work they did in preparation for the sacrament and we look forward to them celebrating First Reconciliation and First Communion next year.

**Terry O'Keefe | Homeroom Teacher**



# PDHPE & SPORT

## CSBB Athletics Championships Results

The Catholic Schools Broken Bay Athletics Championships were held on Monday, 4 September at Sydney Olympic Park Athletics Centre.

Our 21 student representatives performed extremely well and achieved commendable overall results.



12-15 Years	100m	200m	800m	Long Jump	Shot Put	Discus
Harley	6th	5th	4th	3rd		
Daniel	3rd	3rd	2nd	2nd		
Dylan	4th	4th				
Matthew	3rd	3rd	5th	4th		
Holly	4th	4th				
Isabella	3rd	3rd	2nd			
Arpita	1 <sup>st</sup> -NR 17.94	2nd				
Sophia	2nd	1st-NR 42.93	1st-NR 4:24.63			
Isaac			3rd			
Cameron	2nd	2nd	1st -NR 3:13.42			
Ben F	1st-NR 13.93	1st-NR 29.51		1st-NR 3.88	1st-NR 6.11	
16-18 Years	100m	200m	800m	Long Jump	Shot Put	Discus
Ella		1st			2nd	
Lucy F	1st	2nd	1st	1st		
Sonnet	4th	3rd	2nd	2nd		
Teena					1st	
Dom	4th	2nd	4th			
Will	2nd	3rd	1 <sup>st</sup> -NR 2:59.02	4th		
Ben P	5th	4th	3rd	2nd	1 <sup>st</sup> -NR 6.34	1 <sup>st</sup> -NR 18.69
Bradley	6th	5th	5th			
Michael					2nd	
David T	3rd		2nd	3rd		



# PDHPE & SPORT

## CSBB Athletics Multi-Class Age Champions

Ben F

12-15 Boys Multi-Class Age Champion

CSBB Athletics Championships

Sophia

12-15 Girls Multi-Class Age Champion

CSBB Athletics Championships

Lucy F

16+ Girls Multi-Class Age Champion

CSBB Athletics Championships



## NSWCCC Athletics Championships

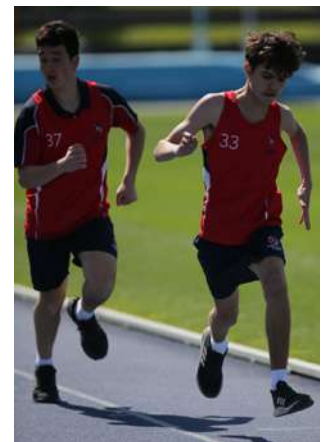
Congratulations to the following 10 students on being selected into the 2023 CSBB Athletics Team.

12-15 Years: Arpita, Sophia, Cameron, Ben F

16-18 Years: Ella, Lucy F, Teena, Dom, Will, Ben P

The NSWCCC Athletics Championships were to be held on Monday, September 11 at Sydney Olympic Park Athletics Centre. Unfortunately, due to safety concerns it was cancelled early on Monday, September 11.

Four of our students have been able to register for the NSW All Schools Athletics Championships to be held at SOPAC in the holidays. We wish Cameron, Ben F, Teena and Dom all the very best at this State Carnival, and look forward to hearing how they performed.



## St Edmund's College Swimming Carnival

On Tuesday, October 17, 2023, St Edmund's will be having their Annual Swimming Carnival at Pymble Ladies College, Avon Road Pymble. Parents are welcome to attend this event, however, no parking will be available onsite.

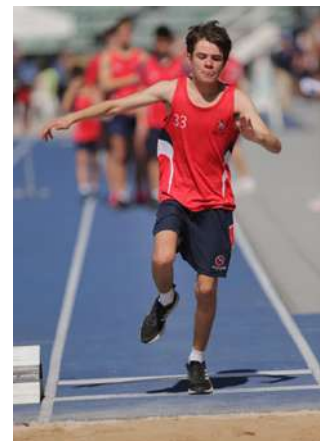
The first race will commence at 10am and all events will conclude by 1.30pm.

If you would like to pick up your child from the carnival you will need to be there by 1.20pm, as roll call and departure will occur at 1.45 pm.

Please contact the school office before 12 October, to let them know if you will be taking your child home directly from the carnival [secretary@stedmunds.nsw.edu.au](mailto:secretary@stedmunds.nsw.edu.au) or 9487 1044. You will also need to let your child's homeroom teacher know.

If your child travels by Transport, please remember to let your driver know of the change.

Students can wear their house colours or school sports uniform and are to bring their morning tea, lunch, hat, swimming costume, towel, goggles and drink bottle. Students should wear their swimming costume to school under their clothes for ease of management at the pool.



**Lois Horne | PDHPE and Sports Coordinator**



## INFORMATION NOTE

<b>Subject:</b> Whole school event		<b>Excursion Title:</b> School Swimming Carnival	
<b>Date:</b> 17/10/23		<b>Year Group or Class:</b> Year 7 to Year 12	
<b>Educational Rationale:</b> To provide an opportunity where students can connect with others to support their house team and compete against others with similar abilities, in a safe and enjoyable environment.			
<b>Venue:</b> PLC Aquatic Centre, Avon Rd, Pymble, 2073			
<b>Cost per student:</b>		Nil	
<b>Travel Arrangements</b> Your child arrives and departs from school at the normal school time	<b>Depart from:</b> St Edmund's College		<b>Time:</b> 9:15 am
	<b>Return to:</b> St Edmund's College		<b>Time:</b> 2:15 pm
	<b>Transport:</b> St Edmund's buses and hire buses will be used for transport		
<b>Dress Requirements</b>		Sports Uniform and/or mufti with house colours can be worn on the day	
<b>Items required</b>		Swimming costume, goggles, towel, water bottle, morning tea, lunch. School sports bag to put items in.	
<b>Other Information</b>		<p>On Tuesday, October 17, St Edmund's College will be having their annual swimming carnival at Pymble Ladies College (Avon Rd, Pymble). Parents are welcome to attend this event, however, no parking will be available onsite. The first race will start at 10:00am with the Carnival concluding at 1:30pm. If you would like to pick up your child from the Carnival you will have to be there by 1:20pm, as roll call and departure will occur at 1:45pm. Please contact the school office before October 12, to let them know if you will be taking your child home at the completion of the Carnival <a href="mailto:secretary@stedmunds.nsw.edu.au">secretary@stedmunds.nsw.edu.au</a> or 94871044. You will also need to let your child's homeroom teacher know of your intention to take your child home with you, as well as their Transport driver If your child travels by Transport.</p> <p>Students are to wear either their school sports uniform or their house colours and are to bring their morning tea, lunch, water bottle, hat, swimming costume, towel and goggles. Students should wear their swimming costume to school under their clothes, for ease of management at the pool.</p>	
<b>Organising Teacher</b>		Lois Horne	



## KEY DATES

### TERM 3

**Tuesday 19  
September**  
Mufti Day

**Wednesday 20 -  
Friday 22 September**  
Senior Retreat

**Friday 22 September**  
Last Day of Term

### TERM 4

**Tuesday 10 October**  
First Day of Term  
(Students)

**Tuesday 17 October**  
Swimming Carnival

**Thursday 2 November**  
Men's Group

**Friday 10 November**  
Eddie's Got Talent

**Tuesday 14 November**  
Mufti Day

**Saturday 18 November**  
Charity Challenge  
Gala Ball

**Tuesday 21 November**  
Parent Group Meeting

**Friday 24 November**  
Abbotsleigh Concert

**Tuesday 28 November**  
Year 12 Formal

**Tuesday 5 December**  
Presentation Day

**Friday 8 December**  
Last Day of Term  
Year 12 Farewell Mass

## AWARDS

### Student of the Week

7G	Matilda and Dylan
7M	Holly and Maxyne
8S	Sophia and Fred
8V	Daniel L and Daniyal
9C	Elle and Campbell
9F	Daniel and Bento
10M	Rosie and Ella
10N	Michael and Emma
11J	Claudia and Moses
11S	Brandon and Sean
12G	Olivia and Mackenzie
12O	Teena and Rafe

### Eddie's Best

Alex
Harley
Ava
Charlie L
Isabella
Bento
Adam
Seul Yi
Chloe
Kavya
Sebastian
Mikayla

*congratulations*

## FROM THE PARENT GROUP

Our Parent Group Meeting was held on Tuesday night. Thank you to those who attended. We were shown the outline of the So Safe Program taught to our kids. It was a very helpful evening where we were able to learn the language used and gain insight in how to demonstrate across all environments social safety and appropriate behaviours for consistent messaging. Thank you to Vanessa Dillion, Judi North and Caitlin Hassell for taking the time to present and answer questions on such an essential and important topic.



Yesterday the St Edmund's Charity Challenge Golf Day was held at Terry Hills Golf & Country Club. It was a great event with fantastic weather and it was enjoyed by all that attended. Thank you to the sponsors and players for supporting our school in this way. A special thank you to Gary Dawson and Matt Laverty for their continued support of St Edmund's in organising this event and raising money for Eddie's.



Next week is our last week of Term 3! On Tuesday 19 September we will be holding a Mufti Day. Donating a gold coin on this day will support UNICEF. This Charity was chosen by the College Leaders in support of Claudia's lolly Guessing Competition earlier in the term. UNICEF Australia works for the survival, protection and development of children worldwide.

Wishing you all a wonderful and safe term holiday break. When we come back we will look forward to celebrating World Teachers Day.

**Janine Eastham | Parent Group Leader, Tom's Mum (Year 12)**

## ALUMNI NEWS

### **Denton Chan | 2019 School Leaver from St Edmund's**

Denton started employment with Dimeo Cleaning Services in August. He works at the International Towers at Bangaroo.

Denton does touch point cleaning of high touch points such as door handles, tables, microwaves, countertops.

Jobsupport assisted Denton to get this job and is currently supporting him.





# YEAR 12 HOSPITALITY HIGH TEA

The Year 12 Hospitality Class went on an excursion to the Centre Cafe at Dural for high tea in Week 9. We participated in a high tea so we could plan to host our own high tea for our parents. Our high tea function will be in term 4. Ben W enjoyed learning about table placement and how to interact with customers taking orders. Dom said, 'At high tea they serve fancy sandwiches and tea'. Sam liked how the food is served on tiered silver stands. Lachie's favourite part of the experience was the range of different teas served in fine China cups and having a chance to practice our good manners. Mark enjoyed the relaxing atmosphere and all the different food. Seb said, his hot chocolate and being with his friends was the best. Ben P said this was a valuable learning experience and so much more than a lesson in the classroom. He especially liked the chicken sandwiches. Mikayla enjoyed learning about all the different types of drinks served.

Mrs Pisani and Diane, said they were very impressed with our knowledge of table etiquette and serving skills we demonstrated and discussed at the event. Zoe was so impressed with our maturity and how we conducted ourselves the entire excursion.

We cannot wait to plan and host our own high tea in term 4.

**Mikayla | Year 12 Hospitality Student**





# YEAR 12 CREATIVE ARTS

## Outer Space Wearable Art

First, we sketched out a design from different inspiration.

We collected recycled cardboard boxes and used tape and other items to make our artworks.

Then we painted with primer, silver spray paint and decorated.

We enjoyed it very much because we made our ideas come to life.

**Synopsis by  
the Year 12  
Creative Arts Students**





# COMMUNITY

Please note any external events or organisations listed in the Community section are not necessarily endorsed by the College, but are included as they may be of interest to our families.

## Photography Exhibition

Hear Me  
See Me

An exploration into the connection between community engagement and mental health, and giving an insight into the experience of those with adverse mental health

October is Mental Health Month

**6 – 11 October, 2023**  
**11 am – 6 pm Daily**

Private group bookings available for community groups – incl artist talk and light refreshments –  
call 0414 559 011 to book  
\$20 per person

**Pulse Life Library**  
**9 The Crescent**  
**Wentworth Point**

**Free entry – donations to the Be Unstoppable Foundation gratefully accepted**

**Official Opening: Saturday, 7 October, 2023**

4:00 pm – 6:00 pm  
\$20 per head donation to  
BeUnstoppable Foundation  
Light refreshments will be served



### Melissa Alderton, Photographer

I started working at St Edmund's in 2009 as a teacher's aide. Part of my role was capturing the day to day life of the college in photographs.

I left in 2018 to pursue other interests. This continued until early 2020.

Due to the pandemic, my employment status changed, and I returned to studying, completing a Certificate IV in Photography in 2020 and a Diploma of Photography in 2021 at Ultimo TAFE.

A personal loss in early 2021 led to my own experiences with adverse mental health. It was whilst navigating this I came to understand the true value of connection to community in supporting someone at this time. My return to St Edmund's in 2021 as a casual and the support and understanding I have received from this community has been instrumental in my own healing.

This exhibition sets out to show the reality behind the words and the façade, and how simply walking beside someone can change how they feel.

## COMMUNITY



### ALL ABILITIES

Athletes of all ages living with a disability.

Come and join us for weekly trainings:  
Wednesdays 5-6pm at Artarmon Reserve.

Learn Touch Football skills and play the sport alongside family members, carers and friends. Our program is led by members of our womens and mens representative teams.

This program offers pathways for athletes to play in Touch Football's Inclusive Divisions of play at competitions throughout the year, including Vawdon Cup, State Cup & Nationals.

For more information reach out;



NorthsTouch



northsjuniorreps@gmail.com



**Jordy Parsonage**  
Director of Representatives  
Norths Touch Association

Providing inclusion, access and opportunity through Touch Football



Nothern Suburbs Touch Association



North Sydney Bears Touch



Northsjuniorreps@gmail.com



0451759100

## COMMUNITY



### **ABBOX of FUN Camp**

It is with pleasure that we invite children between the ages of 5 and 14 to participate in the Sony Foundation Children's School Holiday ABBOX of FUN Camp.

The residential camp will be held over 3 days from Friday 8 December – Sunday 10 December 2023. The camp is for children with intellectual and physical disabilities. This year the camp will be hosted by Knox Grammar School, Wahroonga.

The Sony Foundation (ABBOX) Children's Holiday Camp provides 3 days of care, friendship, entertainment, and activities. It also provides respite for families as senior student volunteers dutifully take on the role of camp carers. Each participating child has three full-time carers who are in turn supported by a team of staff, volunteers, and medical facilitators. The camp offers extensive on-site facilities, 24-hour medical staff and care of the highest standard. Other student volunteers work to run activities and to document through journals and videos the campers' experiences.

The Sony Foundation School Holiday (ABBOX) camp experience the camp is designed to be a fun one, including swimming, art and movement activities and culminating in a Christmas party.

There is NO cost involved for the families of the children involved in the camp.

[Please click here to register your interest.](#)

### **Studio ARTES**

These school holidays, Studio ARTES is hosting a range of creative programs for students 16 years and over at both our Hornsby Studio & Inner West Studio.

Centred around visual arts, performing arts and life skills, Spring is the time to try something new! Engage in art, photography, music, film, drama, independence, make new friends and most important of all – have fun!

Our School Holiday Programs run from Monday 25 September to Friday 6 October, from 9am - 3pm

*Monday 2 October, Studio ARTES will be closed for the Labour Day public holiday.*

[Please click here for more information and timetables](#)





# COMMUNITY

## **Catholic Care Diocese of Broken Bay Holiday Program**

Please [find attached the daily activities](#) timetable for the September/October Budding Creators Holiday Program!

These holidays, we are offering costume creating, painting, card making, photography, a day at the cinema and a creative event at the Opera House!

We are again attending the Bella Program at the Museum of Contemporary Art. Please take a look at the links below for a visual story and more information about the Bella Program:

<https://www.mca.com.au/plan-your-visit/access-visitor-info/visual-story-how-access-mca/>

<https://www.mca.com.au/learn/bella/bella-groups/>

[Here is more information about the Paper Planet event](#)

*Please note that for attending Paper Planet and the movie at the cinema, a companion card is required and a ticket cannot be purchased without one. Similarly, an opal card is required for the ferry over to the MCA and Opera House.*

Please see below the fees and charges;

Daily price for the September/October Holiday Program will be:

NDIS - \$220.00 for ratio of support of 1:3

NDIS - \$310.00 for ratio of support of 1:2

NDIS - \$495.00 for ratio of support 1:1 using the line item - Core: 04\_210\_0125\_6\_1

A daily activity cost will apply - please see the schedule attached. These fees are not covered by the NDIS and are payable on booking You can call 9488 2500 to make payment.

The program times are 9am to 4pm.

# COMMUNITY

## **'Rippers' Disability Nipper Group**

South Curl Curl offers a modified nipper program for children & youth with a disability. The program has been developed to allow inclusion for all children & youth aged 5 to 15 and aims to teach the following skills: surf awareness and beach safety

The sessions will also include fun activities such as: beach races, flags, wade and swim races.

As members of this group become more confident in the water, they learn skills to be able to use nipper surfboards and catch a wave or two to shore.

The Rippers group are supported by volunteers from South Curl Curl Surf Lifesaving Club, however family members are actively encouraged to participate with their child so everyone has the opportunity to share in the excitement as each member masters new skills throughout the season.

South Curl Curl encourage members of 'Rippers' to join in their age mainstream group if they wish and are welcome to participate in both groups. Our main focus is to make sure members are actively learning whilst having fun!

The Rippers group runs on Sunday mornings 10-11am.

For further information [visit this link](#) please contact Kirsten Quinn at [rippers@southcurlnippers.com](mailto:rippers@southcurlnippers.com)

## **Living on the Spectrum**

Free national autism and spectrum directory. Latest news, products and services in one location. For kids, adults, carers, friends and businesses.

[Please click here to learn more.](#)

## **KYDS Webinars**

KYDS are running a series of free webinars for parents, teachers and students for mental health month – if these could be useful, feel free to share wherever you think they could help. Thanks so much!

3 Oct 1pm & 4 Oct 6:30pm (repeated): <https://lu.ma/xgcqlgc8>

### **Parenting a screenager: Helping young people improve their digital mental health**

11 Oct 6:30pm: <https://lu.ma/1n2g1683>

### **From “no” to “go”: Goal-setting and motivation made easy**

17 Oct 1:00pm & 18 Oct 6:30pm (repeated): <https://lu.ma/ek4ct7f5>

### **Living and thriving with ADHD**

24 Oct 1:00pm & 25 Oct 6:30pm (repeated): <https://lu.ma/vmy3pn9v>

We are also running two webinars in the coming weeks in partnership with Headspace and Lane Cove Council: **Small fish, big pond: Managing the transition to high school**

20 Sept 6:30pm: [www.lanecove.nsw.gov.au/Eventbrite/Small-Fish-Big-Pond-Transition-to-High-School-Webinar-Evening-Session-679838865347](http://www.lanecove.nsw.gov.au/Eventbrite/Small-Fish-Big-Pond-Transition-to-High-School-Webinar-Evening-Session-679838865347)

10 Oct 12:30pm: [www.lanecove.nsw.gov.au/Eventbrite/Small-Fish-Big-Pond-Transition-to-High-School-Webinar-Day-Session-679857160067](http://www.lanecove.nsw.gov.au/Eventbrite/Small-Fish-Big-Pond-Transition-to-High-School-Webinar-Day-Session-679857160067)



## ARE YOU THE PARENT OF AN AUTISTIC CHILD?

Researchers at UQ are looking for parents of autistic children who would like to

- **strengthen their relationship** with their child
- **understand autism** from autistic people
- develop personalised strategies for **self-care**

## WHAT IS THIS STUDY ABOUT?

This study seeks to test the effectiveness of a new innovative online parenting group program for parents of autistic children, designed to improve parent-child relationships and wellbeing of autistic families.



## WHO CAN PARTICIPATE?

- Adults fulfilling a parental role (e.g. biological, adoptive, foster parents or legal guardians) of autistic children (10 years and younger)
- Able to commit to 3 sets of assessments and a 5-week online program (zoom), across 4 months
- All parents will receive free access to the full program

### I want to participate!

For expressions of interest or more information, please contact

Sarah Lee at  
[lee.jy.sarah@uq.net.au](mailto:lee.jy.sarah@uq.net.au) or  
scan the QR code to  
find out more!



COMMUNITY



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