



## PRINCIPAL'S MESSAGE

*At this time of year in the Northern Hemisphere, flocks of geese can be seen and heard as they fly in V-formation, migrating into Britain from Iceland or Russia.*

*Scientists at California's University of Technology have used computers and flight simulators to show that flocks of geese fly in V-formation because that is the most energy-efficient way to fly.*

*The air turbulence from the lead goose gives uplift to the two geese on either side. In turn, uplift is passed on to the geese further out in the V-formation. Each goose takes its turn to be leader, and then moves to rest on the outer edge of the V-shape. As the geese co-operate with one another, a flock can fly over 70% further than the same number of geese flying individually.*

*Let us pray:*

*In times of difficulty, Lord, we appreciate the support and encouragement of others. In better times we feel stronger and more secure.*

*Remind us then to co-operate with other people and look out for the needs of others, being ready to offer a smile, a word, and other support and encouragement.*

*Amen.*

October is Mental Health Awareness month, and this reflection and prayer provides a lovely metaphor, as well as meaningful words, regarding the ways in which we might look to assist others when times are challenging.

Additionally, it is National Carers Week this week – a time when we recognise, celebrate, support and raise awareness about those who provide care for a family member or friend. Knowing the importance and significance that the role of carer is for many in our community, we remind carers to also take time to ensure their own wellbeing is prioritised, too.

May we each contribute to the wellbeing of each other, by adopting the wonderful example of the geese – look for ways to be uplifting to those around you, to seek rest when our energy levels are depleted, to remain connected and 'in sync' with others we trust, seek guidance and support when times are challenging, and continue to soar.

### **Welcome Back!**

A warm welcome back to all of you, after what I hope was an enjoyable holiday period! It's been lovely to hear of the experiences the students have had these past two weeks. It is also hard to believe that we are in Term 4 already – the year has flown! This time of year is always an exciting one, with many special events and happenings to look forward to, namely: School Swimming Carnival, Year 9/10 Camp, Year 7 2025 Orientation Day, Whole School Presentation Day, Year 12 Formal, End of Year and Year 12 Graduation Mass, election of 2025 School Leaders and more. We look forward to sharing these moments with you all!



# PRINCIPAL'S MESSAGE

## Official Opening of New School Buildings

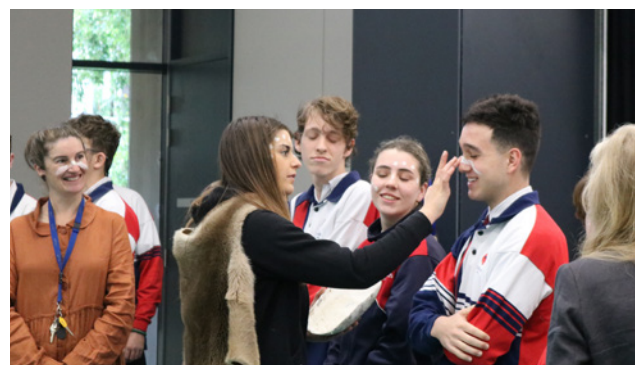
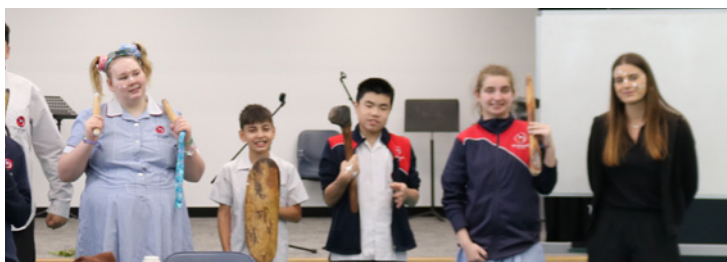
Next Friday 25th October, we will be hosting a number of special guests who will be in attendance with staff and students for our official opening and blessing of the new school buildings. Fr David Ranson will lead this special service, with key involvement from past Principals and School Leaders, as well as Members of State and Federal Parliament, members of EREA, our National Chair for the Trustees of EREA Council, St Edmund's supporters and friends, and many more special guests. We look forward to sharing with you images from this special occasion, and I thank those staff who have been supporting me in readiness for this event – Louise, Brenden J, Rebecca, Tiffany, Matt, Susan, Julie Mac, Terry, James, Brendon and Cherie.

## Staff and Student First Nations experience

Our Term 4 Staff Development Day saw the commencement of our journey to undertake the development of a Reconciliation Action Plan. Part of this learning for staff included participating in a weaving project which is currently displayed in our front foyer. This is something you are welcome to contribute to, using the strips of material provided.

Also included on this day for staff was a walk on Darramurragal Country at St Ives Flower Garden. Leading us in this walk was Gabby and Brian from Wandana.

Gabby and Brian were also instrumental in leading the students and staff in learning more about First Nations heritage and culture on Tuesday. This included contributing to a collaborative artwork, which now belongs to us here at St Edmund's. There is rich symbolism and meaning within the artwork that has been created.



# PRINCIPAL'S MESSAGE

## St Edmunds College, Wahroonga Painting

The St Edmunds College, Wahroonga painting is a modern, contemporary Aboriginal painting that pays homage to the local Darug Aboriginal people and the rich history of the College.

At the centre of the painting are the two boomerangs to depict the local Aboriginal people's deep connection to Country and community. They are placed to also represent the Catholic Cross and the spirituality of the College community through the Edmund Rice teachings.



The concentric circles are traditional Aboriginal symbols to represent a meeting place. This also represents the College of St Edmunds. The large U shapes are the Aboriginal Elders and the smaller U shapes the children. They have a white border to depict the white ochre used in Ceremony.

Next to the College can be seen the women's Coolamon bowl with fresh gum leaves for Ceremony. And the clap sticks used to signal that Ceremony was about to take place also.

The four connected circles represent the Touchstones of the College and contain four of the local Aboriginal Kinship Totems. The top right has the goanna as well as the bottle brush flower used for hydration with water.

The bottom right shows the kangaroo along with the traditional ochre pits. The white is a community colour used by everyone, Men, women and children. The yellow is typically used by initiated Aboriginal women. And the red is typically used by initiated Men.

The bottom left shows the bandicoot along with the local Lamandra plants used for making food from the seeds and strings from the leaves for weaving. The top left shows the Bream fish and the yellow wattle flower which indicates the whaling season along the coast.

The large dots flowing through the painting represent the Aboriginal ancestors of the past as they travelled over the land for many generations to share knowledge & wisdom with a purpose to inspire their local communities. As well as their connection to the Spirit world.

This painting was created by Ms Gabby Collins from Wandana Aboriginal Education, a proud Aboriginal Lady from the Biripi tribe of coastal NSW, with the assistance of the St Edmund's students and staff.



# PRINCIPAL'S MESSAGE

## Whole School Presentation re Bullying Behaviours

As mentioned via email to all parents/carers on Thursday afternoon, a decision was made for a whole school presentation to be created by Ms Mulkeen and I which was facilitated for all students, and shared with all families. This decision was based on a number of incidents being reported and observed by staff, that were raising concerns around the behaviour being expressed between students at St Edmund's.

We are a community that wishes for all its members to feel accepted, safe and respected – where a sense of belonging is nurtured and encouraged by all. We seek your support in ensuring this message is communicated clearly with your child, so as to continue supporting the positive and caring culture we seek to achieve here at Eddie's. As always, if you have any questions please feel free to reach out to me.

## Visit from EBNO Supporters

On Tuesday 13 October we welcomed the second of two Tour and Talk events that involved our generous EBNO Supporters. Our guests loved coming onsite to meet the staff and students whom they have long supported. This occasion was coordinated by our longtime supporter Sheridan McCarroll. Included in the Tour was a visit to our Mini Woolies, the Eddie's Café. All in attendance commented on how delicious their beverages and banana bread were, and how capably our students took their orders. They also commented on the friendly atmosphere and the significance of meeting the staff and students they support, as well as the facilities they have helped finance. We also discussed other ways we can meaningfully partner with their businesses, such as work experience or involvement in our AIM Program. Thank you to Susan, Brendon, Gen, Diana, Year 12 Hospitality, Year 12 Retail and all of you for enabling this positive experience to take place.



## Year 9/10 Camp

Thank you to Ms Mulkeen, Mrs North and Ali who are coordinating our upcoming Year 9/10 Camp to the South Coast region of NSW. We know that students are becoming very excited about this experience, and I thank in advance those staff who will be attending so as to ensure this experience is enjoyed by all!

## School Swimming Carnival

Thank you to Mrs Horne and Mrs Campbell who have been busy coordinating our whole school Swimming Carnival, which will occur next Tuesday 22nd October at PLC Swim Centre. This is always a very well organised event which the students thoroughly enjoy! We look forward to welcoming you along to be part of the fun and positive atmosphere, provided on the day.

# PRINCIPAL'S MESSAGE

## World Teachers Day

World Teachers Day is occurring on Friday 25 October this year. However, as this date falls on our Official Opening of New School Buildings, we will be celebrating World Teachers Day as a school on Wednesday 23 October. It takes a village to raise a child, and so on this day we like to acknowledge all St Edmund's staff for the vital role they play in bringing about the social, emotional and learning benefits for our students.

We thank everyone for the care, expertise and compassion they extend each and every day. St Edmund's would not be the wonderful community it is, without the input of all staff.

Many thanks to Con Kalantzis, our Parent Group Leader and to our Parent Group for the lovely morning tea they are providing for staff on Wednesday. It is greatly appreciated!

## Staffing Announcements

I wish to share with you some exciting news regarding staffing here at St Edmund's:

- We congratulate Ms Judi North, who has been appointed to the role of Head of Teaching and Learning. Judi has had the opportunity to undertake this role over the last 12 months, and her growth and capacity in leading us further in this direction, is something we know will greatly benefit our community.
- We congratulate and welcome Lisa Duffy, who has been appointed to the role of Family Engagement Officer for 2025. Lisa is someone we have been fortunate to engage with over the last few years, where she has facilitated many parent information sessions on the NDIS and Disability Support Services, as well as supporting families in navigating post-school pathways. Lisa will attend some onboarding days this term, to familiarise herself with the Eddie's community, in particular the students and staff. She will then commence her 4 day a week position at the beginning of next year.

Please join me in congratulating Judi and Lisa! We feel very blessed to have them contribute their strengths, skills and passion within our community here at Eddie's.

## MORE News of Congratulations!

Congratulations to our College Captain, Hugh Davidson, who recently received a Community Service Award from the Rotary Club of Balgowlah. This was in recognition of Hugh's outstanding volunteer work with Rainbow Swimming Club and Belrose Scout Group.



Congratulations also to our Speech Pathologist Ms Claire Formby, her partner Doug and their family for the healthy and safe arrival of their newest addition, Sonny Gilchrist Watt over the weekend! He weighed 3.58kg and all are doing well, feeling very happy and grateful.

We also extend our congratulations to our Occupational Therapist, Rachele Moait, who recently announced her pregnancy! This is wonderful news for her and her husband, Anthony, and we continue to pray that the life that has been created continues to grow safely and healthily.



**Vanessa Dillon | Principal**

## DEPUTY PRINCIPAL

Welcome back to our final term. Its hard to believe we are already at this point of the year and very soon we will be farewelling our Year 12 students. We have many College events over this term as we celebrate our students learning and achievements in 2024. The first major event for the term will be our College Swimming Carnival at PLC Pymble next Tuesday 22nd October. Looking forward to seeing some of you there as well as the excitement of our students.



At the end of last term, Personalised Planning meetings occurred and there was wonderful collaboration between staff, parents and students to set goals for our students to work on this term and into the next school year. The paperwork which summarises this information is currently being collated and will be posted to families at the end of next week. Please contact your child homeroom teacher if you have any questions regarding goals and related progress.

Year 12 families will also be informed in the next few weeks about the opportunity to engage with an Exit Interview with their homeroom teacher. This interview enables us to formulate a letter of reference for graduating students, as well as to provide an opportunity for families to give feedback to us as a College regarding your experience at St Edmund's. Please keep your eye on your inbox for further information from homeroom teacher soon.

Finally a quick reminder regarding hats and water bottles as we move towards the summer months. We are having variable weather however all students need to wear a hat when outdoors during break times. Wishing you a wonderful fortnight ahead.

**Rebecca Kirwan | Deputy Principal**

## SWIMMING CARNIVAL

A reminder, that on Tuesday, October 22, 2024, we will be having our 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 1pm.

If you would like to pick up your child from the carnival you will need to be there by 1pm, as roll call and departure will occur at 1pm.

Please contact the school office before October 18, 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**

## CURRICULUM CORNER

### Senior Subject Information Evening

The Senior Subject Information Evening will be held on Monday 4 November via zoom (link to be sent in the coming weeks). This will help inform information about subjects and requirements for Years 11 and 12. It will be held at:

- 6.30pm-7pm for Year 11 2025
- 7.15pm-7.45pm for Year 12 2025

Parents, carers and students are welcome to attend online.

**Judi North | Head of Teaching and Learning**



## ADMINISTRATION

Welcome back to what promises to be a busy and rewarding term!

Term 4 Timetables should have been emailed or sent home. If you need a visual copy, please reach out to your Homeroom teacher. These timetables, along with updates on Class Dojo, will help foster discussions at home about your child's learning. Timetables will indicate when sports uniforms or swimmers are needed; otherwise, students should wear their summer uniforms.

Some students approach Term 4 with trepidation, others with anxiety but most with excitement. It is a time for evaluating one year whilst considering and preparing for a new year. A time to reflect and time to plan. For Year 12 students and their families, this marks a significant transition from College to new adventures.

Whilst the College is preparing to say goodbye to some, we are thrilled to be welcoming new students. Next month we will hold Orientation Day for the Year 7 students of 2025. Next year, we are adding on Stage 3 with a combined class of Year 5 and 6 students, and we will be greeting them later in the term. It is always an exciting time for the new students as well as present students, many of whom welcome friends who they first met in primary school.

Please check the College calendar for upcoming excursions and events requiring your involvement. This can now be accessed on the Sentral Parent Portal App under the calendar feature.

**Tiffany Hosken | Head of Administration**



## KEY DATES

Tues 22 October **Swimming Carnival**

Wed 6 Nov **Parent Group Meeting - Special Disability Trusts with PW Lawyers**

Mon 28 – Wed 30 Oct **Yrs 9 and 10 Camp**

Sat 16 Nov **Charity Challenge Gala Dinner**

(Year 11 and 12 performers)

Fri 22 Nov **Abbotsleigh Concert**

Thurs 28 Nov **Yr 12 Formal**

Wed 4 Dec **Presentation Day**

# NURSE ALI

As we approach National water week (inspiring individuals, communities, and organisations to build awareness around the value of water), I thought this would be a good opportunity to remind us of the importance of water and hydration for our health and wellbeing.

Water is vital to our health. It plays a key role in many of our body's functions, including bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature.

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive.

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

How much water should you drink each day? It's a simple question with no easy answer.

No single formula fits everyone. An adequate daily fluid intake is about 10 cups a day for men and about 8 cups of fluids a day for women.

You might need to modify your total fluid intake based on several factors - exercise, environment, overall health, pregnancy and breast-feeding.

You don't need to rely only on water to meet your fluid needs. What you eat also provides a significant portion. For example, many fruits and vegetables, such as watermelon and spinach, are almost 100% water by weight.

In addition, beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake. But go easy on sugar-sweetened drinks.

As mild to severe dehydration starts to set in, individuals can expect symptoms such as: headaches, fatigue, lack of focus, dizziness, fainting.

These are [telltale signs](#) that you're not drinking enough water to maintain healthy hydration. Water is the most important nutrient for us on the planet, and ideally, we should be drinking water every day. For many, it's a challenge to keep up with this near-constant need for water. Busy everyday activities like work, school, and travel can distract us from drinking water as often as our bodies need.

## Tips to drink more water daily

1. Create routines. Get in the habit of drinking a tall glass of water when you wake up and before each meal.
2. Remind yourself. Set a timer on your phone to notify you throughout the day to drink, drink, drink.
3. Gulp.
4. Love your water bottle.
5. Add flavor.

**Alison Andrews | College Nurse**





# AWARDS

## Typing Program

Leela Kidd-Hick – Completion of Beginner Typing Program

Brandon Goh – Completion of Intermediate Typing Program

*congratulations*

## STUDENT NEWS AND ACHIEVEMENT

Liam (11P) had a very productive school holidays. He initiated interest with Busways and completed another work experience supported by Ability Options. Liam also completed the online course for the Driver Knowledge Test (under new online system) and passed the DKT online test independently!

### Work experience busways Oct 1-3 to Oct 2024

I had a work experience at Busways on the school holidays for 3 days. This is my second work experience. Busways is a bus company.

First I signed in. My boss gave a tour of the office and grounds.

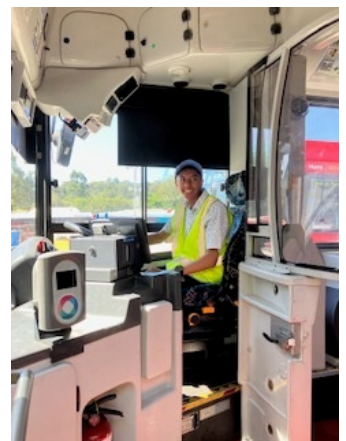
Next, I was shown the bus schedule, the roster, the route, security cameras, the bus parking lot. There are over 200 buses at the busways Ryde depot.

Then I was shown the bus driver seat. I had a feel of how it is to drive a bus. Of course I did not drive a bus.

Last I was shown safety rules and safe behaviours.

I had an exciting work experience. I am thankful to Ability Options for my second work experience.

**Written by Liam | 11P**

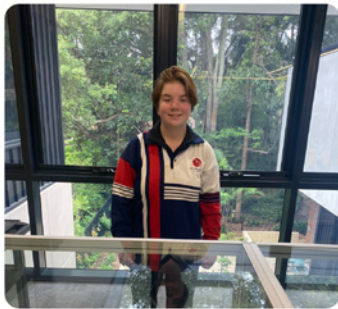


# RETAIL

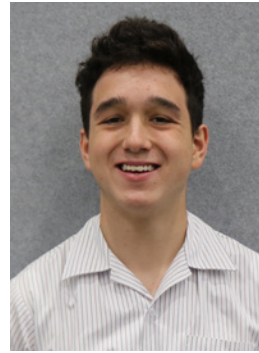
As per the recent Dojo post Retail students are now selling \$1, \$5 and \$10 dollar as new Squishmallows for the Indigenous Literacy Foundation. They have been kindly donated by a member of staff.

We are also looking for contributions for our fantastic new glass display counters so our students can practise their virtual merchandising skills. We are looking for scarfs, old jewellery, little handbags, nice empty toiletry packages, perfume bottles, hats etcetera. Please see below some photos of our visual merchandising.

**Diana van Esch | Languages Coordinator**



## CAPTAIN'S CORNER & STUDENT VOICE



We hope everyone enjoyed their holidays! We had a very special return to Term 4, when our college took part in an Immersion Day with Wandana, an Aboriginal Education Organisation. We learnt about artefacts like boomerangs and stone axes. It was a fun experience learning about Indigenous culture. We were proud to contribute to the dot art on the amazing painting that helps tell the story of St Edmund's and the land upon which we are situated.

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

## RISKY BUSINESS

### Reflect, Support, Thrive

As we enter the last few months of the year, it is important that we continue to take care of ourselves. Just like when we fly on a plane and we listen to the safety briefing and the flight attendants say, "in case of an emergency, put your own mask on first before assisting others", we must take of ourselves in order to care for others.

Take some time to reflect on the support you have provided yourself and how else you can support your own wellbeing.

**David Mitchell | Risk and Compliance Officer**



# PARENT GROUP

## World Teachers Day

World Teachers Day is an opportunity to say thank you to the teachers who continue to make a difference today – and everyday – to our children and young people's lives.

We are blessed with magical surroundings and a state of the art building but none of this would function without the passionate teachers and staff at St Edmunds.

In order to celebrate the wonderful dedication and work of our teachers, learning support, and all members of staff the parent community will be hosting a morning tea on Wednesday the 23rd of October onsite at the school.

The class representatives have been in touch to let you know how you can contribute to show your appreciation on this special day.

## Parent Group Evening

Save the Date! For our final parent group meeting for the year, we have secured the services of PW Lawyers to discuss with us the ins and outs of Special Disability Trusts on Wednesday the 6th of November from 6pm - 7pm. Such a vital event for future planning, PW Lawyers - who are a local practice - will be available after their presentation for any questions.

## My Time Wahroonga

Please see below and on the following pages information about the upcoming MyTime Wahroonga and Men's Evening. Both are wonderful opportunities for support and connection.

## Con Kalantzis | Parent Group Leader



### MyTime Wahroonga

MyTime is a peer support program for parents and carers of a child with a disability.

**Tuesday 22 October**  
10.00am-12.00pm Facilitator: Terry Williamson

**MEN'S EVENING:**  
**Thursday 24 October**  
6.30pm-8.30pm Facilitator: Warren Hopley

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

**Email:** mytimewahroonga@gmail.com

Unwind and  
share experiences  
with others who  
understand



Our school community  
is full of gems



Celebrate yours this World Teachers' Day



PW Lawyers



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 24 October

**WHERE:**

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

**WHEN:**

Thursday 24 October 6.30pm-8.30pm




**WHAT:**

Pizza followed by a group discussion

**CONTACT:**

Warren Hopley [mytimewahroonga@gmail.com](mailto:mytimewahroonga@gmail.com)



-  It's support for you
-  It's free to join
-  Professional support





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**10.00am-12.00pm**

Facilitator: Terry Williamson

**THURSDAY 24 OCTOBER**

**Men's Evening**

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### ADDRESS FOR BOTH EVENTS:

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

### EMAIL:

[mytimewahroonga@gmail.com](mailto: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

# CLEAR PATHWAYS



## NAVIGATING THE EDUCATION SYSTEM WHEN YOUR CHILD HAS A LEARNING DISABILITY

### COST-FREE WORKSHOP

Support for your child who has the diagnosis of ADHD, Dyslexia, Dysgraphia, Dyscalculia, Developmental coordination disorder (DCD), Apraxia, Central auditory processing disorder and Nonverbal learning disorders

Join professional advocates to gain clear and practical advice that will empower you to create informed and detailed educational plans for your child's future.

Wednesday 23rd October, 2024

10.00am - Registration & refreshments

10.30am - Start

1.30pm - Finish

Rock Lilly Auditorium,

Pittwater RSL Club

***Lunch provided***



Scan here to  
secure your spot