



**St Edmund's**  
COLLEGE

**Newsletter**

**Term 3, Week 1**

**21 July 2023**

## PRINCIPAL'S MESSAGE

### **A New Era for ERSSES**

St Gabriel's and St Edmund's are cherished schools within Edmund Rice Education Australia (EREA). They embody the very essence of education imagined and realised by Edmund Rice. I learned from my trip to Ireland that Edmund's first attempt to start a school was a huge failure. But he persevered, learned from his failure and was ultimately successful. Our students and young men and women around the world are the beneficiaries of his vision and determination to educate the poor. We see this determination alive in our schools as we seek to better ourselves individually and as a community. St Edmund's and St Gabriel's are schools with a rich history of providing special education and adapting their educational settings to the needs of their communities. Mrs Kathy Freeman was appointed as Principal of St Edmund's College in 2006 and a decision to form Edmund Rice Special Education Services (ERSSES) was made, which would incorporate both St Edmund's and St Gabriel's. Kathy Freeman was appointed Director of ERSSES and Principal of both schools. It was a necessary step to ensure St Gabriel's survival as enrolments were approximately 20 students. ERSSES was also an opportunity to share expertise and resources, within our community and beyond our schools - ERSSES would lead, and continues to lead, excellence in special education.



St Gabriel's enrolments slowly grew under ERSSES. In recent years, the re-imagining of Gabe's and Eddie's, supported by the building of dedicated and contemporary learning environments ignited possibilities and growth. The one Principal for both schools has been a key factor in stimulating growth and securing a strong future for both schools. St Gabriel's is now 60% larger than St Edmund's and is a thriving, mature educational community that no longer needs the support of its brother College. Kathy Freeman steadied and grew the schools followed by Jon Franzin who secured the funding and initiated the building work that has propelled both schools into the 21st Century. When I was appointed Principal in 2022, it was evident that I needed to evaluate the continuation of one Principal approach to ERSSES. This evaluation was completed with feedback gathered from parents and staff prior to my arrival, contributions from the executive team at both schools and consultation with our ERSSES Advisory Council and Matt Hawkins who is the Director and Chief Executive Officer of Edmund Rice Education Australia Flexible Schools Ltd.



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# PRINCIPAL'S MESSAGE

Beginning January 2024, St Gabriel's and St Edmund's will have their own Principal.

I am confident many of you are pleased with this news and possibly exclaiming 'about time!'. It's an important and significant change that required careful consideration. ERSes will remain our shared identity within EREA. We will still have staff who work across both schools. We will remain schools that support each other and we will continue to celebrate each school's success and the achievements of our students and staff. I have decided to remain at St Edmund's so that a new principal can lead St Gabriel's at this important time in the school's growth. In 2024 St Gabriel's will come of age; its first Year 12 class and its own Principal. I am looking forward to dedicating all my time to one school and St Edmund's was the right choice given my association with the College since 2006, assisting with the annual Eddie's Concerts held at Abbotsleigh.

Edmund Rice Education Australia Flexible Schools will begin a search for a Principal for St Gabriel's and advertising for the position will begin shortly.

**Michael Farrell | Principal**

## KEY DATES

### TERM 3

**Tuesday 1 August**

Athletics Carnival

**Thursday 3 August**

Post School Provider  
Meeting - Year 10-12

**Tuesday 8 August**

The Dish

**Thursday 10 August**

Men's Group

**Tuesday 29 August**

Mufti Day

**Friday 1 September**

Father's Day Breakfast

**Tuesday 5 September**

Parent Group Meeting

**Wednesday 6 -**

**Friday 8 September**

Years 9-10 Camp

**Thursday 14**

**September**

Charity Challenge

Golf Day

**Friday 15 September**

Eddie's Got Talent

**Wednesday 20 -**

**Friday 22 September**

Senior Retreat

**Friday 22 September**

Last Day of Term

### TERM 4

**Monday 9 October**

Staff Day

**Tuesday 10 October**

First Day of Term  
(Students)

**Tuesday 17 October**

Swimming Carnival

**Thursday 2 November**

Men's Group

**Tuesday 14 November**

Mufti Day

**Tuesday 21 November**

Parent Group Meeting

**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

Farewell Mass - Year 12

# ACTING DEPUTY PRINCIPAL'S MESSAGE

Next Wednesday 26 July is the Feast Day of St Joachim and St Anne. Joachim and Anne were the parents of Mary, and the grandparents of Jesus. They are known to have been faithful, loving servants of God, and provided for Mary many opportunities for her to strengthen and develop her relationship with God. On this day, may we give thanks for the gift of grandparents in our lives and the lives of our children. May the special bond shared between grandparents and grandchildren enrich and enliven the lives of all who experience it.



Our focus for Assembly this week was 'Family', with a particular focus on the importance of family.

Katie Peacock produced a lovely video asking various students to offer their reasons for why family is important, and what type of family they each belong to. We learnt that there are many different examples of what a family is for students here at St Edmund's. No one family is exactly the same. That's what makes us unique and special as individuals, and also what makes our world unique and special.

However, even if families might look different, all positive family connections will have similarities. A positive family experience for any family member should provide safety, stability and love. It is in a family relationship like this, that all members live happily, securely and with the chance to grow and develop as a person.

Positive family values also help shape the way in which members of the family grow and develop. These values include:

A sense of belonging – being loved and accepted for who you are.

Support – this is when achievements are celebrated and tough times are shared so that no individual feels as though they are battling something difficult on their own.

Purpose – contributing to the family in an active and responsible way, helps every member understand that what they put into the family connection, can benefit others. Having a purpose helps increase self-confidence.

Here at St Edmund's, we are LIKE a family. We want for everyone to experience positive connections with each other.

We want for everyone to feel as though they belong.

We want for everyone to feel supported.

We want for everyone to have a purpose.

When we allow for these things to be the focus, then we allow for each individual to grow and develop in a safe, stable, caring and happy environment.

Let's think about ways we can encourage this with each other every day we are here at St Edmund's.

## Welcome Back!

It has been lovely for us to welcome back our students this week after the recent holiday period. We have been able to hear many recounts of how the holidays were enjoyed, as well as to settle them into the routine of school life once again. We have a few staff who are on leave, and so we warmly welcome additional casual staff who are assisting us over the next number of weeks. We especially thank and welcome Mrs Eldridge, Mrs Francis, Mrs Stein, Ms Austin, Lin, Elycia, Mel and Meg.

# ACTING DEPUTY PRINCIPAL'S MESSAGE

## PPEP Talk

On Wednesday we welcome Polly from PPEP who provided two invaluable information sessions for our Year 9/10 female students and Year 11/12 female students regarding menstruation and managing the pain and discomfort that is often associated with this. A parent information session was also provided that same evening which was also well attended and gratefully received. A special thank you to Ali, Caitlin and Judi for organising this for our community and to Polly for her wisdom and expertise. We look forward to engaging with Polly each year moving forward however, until her next visit, you might want to refer to the message she sent as a follow up below:

PPEP Talk® Next Steps is a FREE online session for students who have identified a complex pain concern or would like their caregiver to know more. It's a brilliant opportunity for students and parents/caregivers who are struggling or have more questions.

Students attend with a caregiver and have the opportunity to ask questions with our Gynaecologist and Pain Specialist Dr Susan Evans.

[Students can register here.](#)

I have attached the PPEP Talk Next Steps flyer for more information.

Please feel free to share this via your newsletter or other communication channels.

The next session is coming up on 2 August.

The app I recommended to track more complex period/pain related symptoms is QENDO. It is free, and Australian!

## Uniform Reminders

Just a reminder that we encourage students to follow the uniform guidelines and expectations. We understand that some manicures may have been had over the holidays, whereby the fake nails or coloured nail polish might still be visible. This, however, wouldn't be something we would want to have continue as the term progresses. We thank you for your support with this.

## Athletics Carnival

A reminder that our whole school Athletics Carnival will be taking place on Tuesday 1st August. This event will take place on the grounds of PLC with all students being transported to and from the venue. Parents and family members are welcome to attend. Thank you to Mrs Lois Horne for all the organisation she is providing to ensure a successful event and wonderful experience is had by all!

## New School Entry Display

We have recently had installed a new screen in our reception area. As this is internal to the school we would love to include all students on this screen (including those without media permission for external platforms such as social media and advertising) because this is a wonderful way to promote all the fun and varied experiences that occur here at St Edmund's. The screen will include photos of students at events, as well as highlighting who is celebrating a birthday for those months that occur within each term. These Happy Birthday messages for each student only include a photo under the month of their birthday - no date listed for privacy/security reasons. If you would not like your child to be included on this screen please email Susan on [dickenson@stedmunds.nsw.edu.au](mailto:dickenson@stedmunds.nsw.edu.au)





# ACTING DEPUTY PRINCIPAL'S MESSAGE

## Barker Student Immersion Experience

Today we had the pleasure of hosting twelve Year 8 students from Barker College. They were able to join in with our Junior Assembly and then participate in the learning that took place for our Year 8, Year 9 and Year 10 students for the remainder of the day. Break times enabled the students to engage, interact and socialise with all our students Year 7-12 across the many areas of our school that are made available at this time. Both our students and the Barker students commented on what a positive and joyful experience this was!

**Vanessa Dillon | Acting Deputy Principal**



## WELLBEING

## Supporting our Students as they Return from Holidays

Returning to school after holidays can be overwhelming, which is why it is important secondary school students learn strategies and methods to manage their wellbeing and mental health. For students with intellectual disabilities, learning to manage their mental health can positively impact their educational experiences and personal development. As they learn to take care of their emotional needs, they become better equipped to handle setbacks, build healthier relationships and develop a positive life outlook.



The link between mental health and learning adjustments is instrumental in promoting student engagement and learning. A combination of appropriate classroom supports, and mental health and wellbeing strategies, fosters a positive attitude towards learning, improved ability to focus on learning and retain information during lessons, and improved participation in lessons and tasks. In the long term, students are more likely to enjoy learning, and have more confidence to participate in the community, setting the stage for their life after school.

St Edmund's has focused on embedding classroom adjustments and social emotional learning into lessons, along with promoting emotional awareness, self-regulation and interpersonal skills throughout the day in all settings. Home-school partnerships are highly valued and have an essential role in developing students' wellbeing for learning. The collaborative efforts of educators and families to create a supportive and unified approach promotes the best long-term outcomes for students. We look forward to the upcoming Personalised Planning meetings in weeks five and seven to continue to build that partnership.

Attached are some links for more information about supporting your child with wellbeing and mental health strategies:

## Beyond Blue

## Mindfulness for Teens

## Headspace

**Judi North | Acting Head of Wellbeing**



## AWARDS

	Student of the Week	Eddie's Best
7G	Daniel	Aaliyah
7M	Nathan	Maxyne
8S	Zara	Matthew
8V	Daniel T	Daniel L
9C	Brendan	Isaac
9F	Christopher	Lia
10M	Nathan	Ella
10N	Will	Lauren
11J	Claudia	Sonnet
11S	David	Sean
12G	Mackenzie	Sebastian
12O	Sam and Mark	Ben P

*congratulations*

## FROM THE PARENT GROUP

Welcome back! I hope you all enjoyed the holidays. It was tough getting up early in the cold on Monday morning, we are already one week down.

There are lots of exciting things to look forward to this Term, starting with our informal parent social on Friday 4 August from 6.30 pm at the Greengate Hotel Killara. This is not a school organised event - rather an opportunity to gather as parents casually. Please show your interest by emailing me at [janine@itsd.com.au](mailto:janine@itsd.com.au) so that an area can be booked for us.



This term our Parent Group Meeting is on 5 September so lock that in your diaries.

We will also have our Father's Day Breakfast and Charity Golf Day. Both events are always popular with our dads so look out for these details and dates in the coming weeks. September is not that far away.

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



# PDHPE AND SPORT

## NSW All Schools Cross Country Championships

Five of the St Edmund's students who were selected into the NSWCCC Cross Country Team will be competing in the NSW All Schools Championships today at Eastern Creek. We wish them all the best in this state-wide competition.

12-14 Years | Daniel N & Sophia L

15-16 Years | Cameron D & Isabella L

17+ Years | Ben P



## The Australian School Swimming Championships

Congratulations to Ben P for gaining selection into the NSW All Schools Swimming Team. Ben has been selected to co-captain the multi-class team at the Australian School Swimming Championships from 21-26 August at Sydney Olympic Park Aquatic Centre. Well done Ben!

## St Edmund's Athletics Carnival

The St Edmund's Athletics Carnival is scheduled to occur on Tuesday, August 1st, at Pymble Ladies College (PLC). The back-up date is for Tuesday, August 8th.

Parents and spectators are welcome to attend the carnival between 10am and 1:30pm, however cars must be parked outside of school grounds. Buses have been booked to transport students to and from St Edmund's College, as per previous years.

The PDHPE staff are busy conducting athletics lessons off-site for the first few weeks of term to prepare all students for the school carnival and to select students for the CSBB Athletics Championships on September 4th. Please note that if your child is selected to compete at the CSBB Athletics Championships, parents will have to have them registered with Sports Inclusion prior to September 4th for them to be eligible to progress to the next level of competition.

This registration now lasts for all their high school years, so it will only need to be completed once, unless your child's classification changes. [I have included the link to see what is involved.](#)



**Lois Horne | PDHPE and Sports Coordinator**



## CLUBS & MORE



**Book Club**

**DON'T FORGET!**

**SCHOLASTIC Book Club LOOP for Parents**

**SCHOLASTIC Book Club** orders are due: **07.08.23**

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**LUNCHTIME IN U5 EVERYDAY!**

**MINECRAFT CLUB!**

**MINECRAFT EDUCATION EDITION**



**\$1 Milkshakes**

Thursday Yr 7, 8, 9  
Friday Yr 10, 11, 12

Lactose free & Rice milk available

Vanilla Caramel Chocolate Strawberry



**ABBOTSLEIGH**

**R O B O T S CLUB**

**MAKE LEGO ROBOTS MONDAY LUNCH LAB 2**

**EAT YOUR LUNCH IN THE QUAD**

**FIRST TO ARRIVE WILL JOIN**



**Unclaimed Lost Property**

**smc clothing**

**PIC•COLLAGE**



# DISABILITY PENSION



## IMPORTANT INFORMATION

## DISABILITY PENSION

- Your child may be eligible for the disability pension once they are 15 yrs and 9 mths old.
- Go to <https://www.servicesaustralia.gov.au/disability-support-pension> to see if they are eligible

## GOLD OPAL CARD

- If your child receives the disability pension, they may be eligible for a gold opal card
- This card allows for travel on public transport for no more than \$2.50 a day
- Go to <https://www.service.nsw.gov.au/transaction/apply-for-a-gold-senior-pensioner-opal-card> to see if they are eligible

## COMPANION CARD

- Your child may be eligible for a Companion Card
- The Companion Card allows a cardholder's support person free entry into participating venues and events.
- Go to: <https://www.nsw.gov.au/community-services/companion-card>

## ELECTORAL COMMISSION

- When your child turns 16 they can enrol to vote.
- They cannot vote until they are 18.
- Go to: <https://elections.nsw.gov.au/voters/assistance-for-voters/people-with-disability>

## NSW PHOTO CARD

- When your child turns 16 they can apply for a NSW Photo Card.
- This will help give; proof of age, proof of identity and proof of address.
- Go to: <https://www.nsw.gov.au/> and search 'photo card'



Employment.  
For All.

# Invitation to **Omnia Inclusive Afternoon Tea**

Are you or do you know a young  
person who would benefit?

Come and visit our office, and find out  
about our employment, social and  
independence programs!

**Date:** Thursday the 14<sup>th</sup> September

**Time:** 4PM-5PM

**Location:** Omnia Inclusive Employment Solutions,  
Level 7/465 Victoria Ave, Chatswood NSW, 2067

**RSVP:** By Friday the 8<sup>th</sup> of September

[Sarah.kingwell@omnia-inclusive.com.au](mailto:Sarah.kingwell@omnia-inclusive.com.au) or 0481 729 943

We look forward to having you here!

If the above dates/times do not suit, please contact us for an individual time





KYDS are running two free webinars for parents & teachers on 31 July at 12:30pm and 16 August at 6:30pm around helping young people with social anxiety.

[Please click here to register.](#)