



PRINCIPAL'S MESSAGE

Frank Baum was a newspaperman who put his writing talents to use in a series of children's books about a fairyland called the Land of Oz. His characters had wonderful adventures. Frank Baum later adapted his book into a musical. 20 years after his death, a musical film called "The Wonderful Wizard of Oz" had its première on the 18th August in 1939.

In the story there are four unhappy characters: - a scarecrow who thinks he has no brain; - a tin woodsman who thinks he has no heart; - a lion who thinks he has no courage, - and a girl called Dorothy who thinks she has no power to change anything in her life. These four characters - all thinking little of themselves - believe that if they reach the Wizard of Oz he will change them so that they have the qualities and talents they would like. What they discover is that the Wizard doesn't force people to change; instead he cares about them. He sends each of them an invitation to see in themselves what they had not seen before.

And so the scarecrow discovers that he already does have a brain. The tin woodsman realises that he does already have a heart. The lion possesses all he needs to be courageous. Dorothy has what it takes to change things in her own life. When Dorothy returns to Kansas (from where she had been taken by a tornado) she says to her aunt: *"Oh, Aunt Em, I've been to many strange and marvellous places, looking for something that was right here all along... right in my own back yard!"*

Let us pray:

God our Father, in saying that you have written our names on the palm of your hands, you are telling us that each person is unique and special to you. We pray that individuals may discover in themselves the treasures you have given them, and develop and put to good use the qualities they hold in trust from you. We pray and commit ourselves today to promote goodness and happiness, by treating others with respect and care and understanding. May others treat us, Father, in the same way as we treat them, and so may we all bring out the best in one another and grow in the way we look at ourselves and others. Amen.

This reflection and prayer is a helpful reminder for what it is that we strive to achieve and provide each day, here at Eddie's. There has been much discourse within the community at large, following both the Royal Commission's Report and Recommendations, and also the Report and Recommendations from the NSW State Parliamentary Inquiry. Both the Federal and State Governments have since commented on the reports and recommendations they received. It is encouraging to note that neither Government has adopted the recommendation to phase out schools like St Edmund's.

Even though we now have greater comfort and assurance that schools like ours are seen to be of benefit for families, this situation has also reminded us of the need to continue advocating for our setting, and other settings like ours. At Eddie's, we have been able to do this in many and varied ways of late, including: the continued success of our AIM Initiative days – another one will be taking place on Monday with students from Pymble Ladies College attending; our newest initiative, ACE – Art Collaboration Experience, which has seen our Year 9 students attend two Art immersion days with students from Brigidine College (pictured on top of next page); meetings with Senator Hollie Hughes and an upcoming



PRINCIPAL'S MESSAGE



one with Federal MP, Julian Leeser; advisory input with NSW Health and their review of vaccinations; partnerships with UTS Business and Science faculties; connections with ACU Strathfield and their Education faculty; attendance at Bendigo Bank's Community Pitch event; and the onsite Tour and Talk with our wonderful EBNO Supporters and Donors. We also will warmly welcome our National Director for EREA Flexi Schools, Dr Matt Hawkins, and the newly appointed EREA National Flexi Schools Board Chair, Peter Pearce, onsite at Eddie's next Monday.

Each time we engage in opportunities like this, we are letting more and more people know, understand and embrace what is at the heart and soul of schools like ours – and that's our incredible students!

Whole School Feast of the Assumption Mass

A beautiful celebration of this day took place last Thursday at Holy Name Church, Wahroonga. Our students were amazing and were so well supported by all staff involved. Thank you to Terry for his coordination and facilitation of this event, and to Rachelle and Mrs Kirwan who assisted. The students reverence and active participation brought forth many compliments from parishioners, who were also there. One lady mentioned to Ali how well behaved and engaged our students were, and how proud we must be of them.

Bendigo Bank Community Pitch Event

Mrs Dickenson and Mr Fawkner recently joined me at this annual awareness-raising event at Magpies Waitara last Wednesday evening. This was an invite-only event that was based on a submission we made to support our VET Retail students with much-needed equipment/resources to support the visual merchandising components of their studies. The live pitch on the night was done primarily by our Retail students (past and present) – both through a video and through speeches on the night in front of 150 prospective donors. Nathan, Arpita, James P, Athena and Krish were all amazing! Their pitch brought forth a total amount of \$7250 in donations!!! A huge thank you to Susan, Mark and Diana for assisting in the success of this event!



PRINCIPAL'S MESSAGE

Visit from our EBNO Supporters

On Tuesday 13th August, we welcomed the first of two Tour and Talk events for the year that involved our generous EBNO Supporters. Our guests absolutely loved the chance to come onsite and meet the staff and students whom they have long supported through their attendance, and financial contribution, to our annual EBNO. This occasion was coordinated with the help and enthusiasm of Sheridan McCarroll and her friend, Angela. Included in the Tour was orders taken by our Year 12 Hospitality students at the Eddie's Café. All in attendance commented on how perfectly made their coffees/teas/hot chocolates were, and how yummy their selection of banana bread was. They also commented on how warm, inviting, calm and friendly the atmosphere was, and that meeting the students and staff was heartwarming and meaningful. Conversations were also had regarding other ways the school can meaningfully partner with them and their businesses, beyond EBNO. Really exciting possibilities to pursue for the benefit of our students! Thank you to Susan, Brendon, Elycia, Diane, Year 12 Hospo and all of you for enabling this positive experience to take place.



2024 College Photos

Early this term we received some good news from the liquidators of the Photography company who took our school photos this year. They were able to secure the files from the photography company which they sent to us. As a result, we have made the decision to prepare some photos for families so that they may still serve as a memory for you and your child. A huge thank you to Melissa Alderton who has been working hard on editing and organising all of the files. Our intention will be to provide a class photo and individual pack for all students which will be printed and distributed as soon as possible. We will keep you updated with a date.

Busking with Bennie's for Vinnies

Next week will see some of our students join with students from Mt St Benedict for the annual Busking for Vinnies at Parramatta. We started this partnership last year with Bennie's and it was such a wonderful experience for all involved. Thank you to those staff who have been assisting the students in being prepared for this awesome performance which is for a very good cause!

PRINCIPAL'S MESSAGE

Chef's Table (Il Tavolino)

On Saturday evening, we will be welcoming three tables of guests who were successful in securing a specially prepared dinner, which was part of our Live Auction at EBNO.

We are delighted to welcome back Executive Chef, Manager and Restaurateur, Alessandro Pavoni and two hatted Celebrity Chef, Giovanni Pilu, who have supported this event for many years. Giovanni and Alessandro generously donate their time, talent and resources to create an evening to remember for our students and guests.

Our Year 12 Hospitality students, led by Mr Elcoate will serve 38 guests and we thank Phil McCarroll, Kenneth Lee and Darren Mills who have purchased tables to support our college and students.

Thank you to all the wonderful teachers, teacher's aides, maintenance and administration staff who have helped coordinate this event.

We are very fortunate to have the support of people like Giovanni and Alessandro - if you would like to visit one of their fantastic restaurants there are many to choose from, including [Pilu at Freshwater and Pilu Baretto](#) (Giovanni) or [a'Mare, Ormeggio, Chiosco, Postino Osteria and Cibaria Manly](#) (Alessandro).

Parent Group Social Event

Our Parent Group had a wonderful time at the recent paint and sip evening, held at Monet and Moscato in Crow's Nest. The Evening, titled *Paris Bloom* was kindly organised by Rachael (10M). Our parents were able to paint a French-inspired masterpiece and enjoy drinks, nibbles and sensational company. You can see a video showcasing [some of the highlights here](#).



Vanessa Dillon | Principal

KEY DATES

Thurs 12 Sept **Charity Challenge Golf Day**

Thurs 19 Sept **Eddie's Art Show**

Wed 25 - Fri 27 Sept **Yrs 11 and 12 Retreat**

Tues 22 Oct **Swimming Carnival**

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**

DEPUTY PRINCIPAL

It has been another wonderful week at St Edmund's, filled with inspiring moments of learning and growth. One of the highlights was my recent visit to one of our music classes, which showcased the talent and enthusiasm of our students.

During the lesson, I had the pleasure of watching our 8V students perform 'Try Everything' on tuned percussion. The energy in the room was infectious, with students eager to participate and lots of confidence building and team work. It was a reminder of the importance of the trying something new!



In addition to celebrating our students' efforts in music, I would like to extend a warm invitation to our upcoming Father's Day Breakfast, which will be held next Friday, 30th August, at 7:30am at the College. This is a special opportunity for fathers, grandfathers, and significant male role models in our students' lives to come together, enjoy a delicious breakfast, and share in the College community spirit. Parents and carers will then be welcome to join the homeroom session for the morning from 8:30-9am with their child to get an experience of a typical morning.

We hope to see many of you there for a morning of great food and conversation, celebrating the important role that fathers and male figures play in the lives of our students. Please RSVP as per the flyer on the following page of this newsletter for catering purposes.

Another reminder that Personalised Planning meetings are due to begin for Year 7-11 next week on Wednesday 28th August from 2-7pm with a second session held on Tuesday 10th September. If you are yet to book in for a planning meeting, please use the Parent portal app or contact your child's homeroom teacher as soon as possible.

Rebecca Kirwan | Deputy Principal

FATHER'S DAY

celebrations



please join us for a

**REFLECTION, RAFFLE
& LIGHT BREAKFAST**
FRIDAY 30 AUGUST

7.30AM – 9AM • ST EDMUND'S COLLEGE

RSVP 27 AUGUST AT
[STEDMUNDS.NSW.EDU.AU/FD](https://stedmunds.nsw.edu.au/fd)

YOU ARE INVITED TO UPLOAD A
PHOTO WITH YOUR CHILD WHEN YOU
RSVP TO USE IN OUR SLIDE SHOW



FATHER'S DAY



stall



Tuesday 27 August

Years 7, 8 and 9 will be able to purchase

Wednesday 28 August,

Years 10, 11 and 12 will be able to purchase

Friday 30 August

everybody who didn't purchase previously

There will be lots of choice and most items will be around \$5 mark. There is also an option to buy a little something for carers who aren't male.

Please remind your child to take some extra cash or card on those days to buy something wonderful from our Father's Day Stall. Hope to see them there!

The Retail Studies classes will also sell special star chocolates for dad in the shop on:

- **Wednesday 21 & 28 August**
- **Friday 23 & 30 August**

**THE RETAIL TEAM IN COOPERATION
WITH YEAR 9 WORK EXPERIENCE**

CURRICULUM CORNER

2024 Book Week: Reading is Magic!

St Edmund's will be celebrating book week in Week 6.

Reading truly is magical! In 2024, St Edmund's is excited to celebrate Book Week with the theme "Reading is Magic!" During Week 6, we'll dive into the enchanting world of books and the wonders they hold. On Wednesday, 28th August, students can showcase their love for stories by coming dressed as their favourite book character for our Book Parade in Period 1. *Please note Year 12 Hospitality students are asked*

to bring or wear leather shoes.

Throughout the day, there will be special activities that highlight the joy and magic of reading. To top it all off, in Period 5, we'll have a live magician to capture the magic that books bring into our lives. Let's celebrate the power of imagination and the stories that transport us to magical places!

Judi North |
Head of Teaching and Learning



Children's Book week®

Reading is Magic

Wednesday 28 August

BOOK CHARACTER PARADE

Please come dressed as your favourite character for the book character dress up parade in Period 1.

MAGIC SHOW WITH JACK SHARP

In Period 5 the hilarious entertainer Jack Sharp will perform an exciting magic show for our students.

THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA

PARENT GROUP MEETING

12PM-1PM • WEDNESDAY 4 SEPTEMBER
ONLINE VIA ZOOM

Attendees will learn about our renewed whole school literacy focus, including a consolidated literacy/ language assessment schedule, new literacy groups and embedding school-wide literacy and language strategies.

We will discuss ideas for how parents and carers can support their child at home. There will also be an opportunity for Q&A.

[CLICK HERE TO RSVP](#)

The Zoom link will be sent to everyone who has RSVP'd before the meeting.
The session will also be recorded and made available for those who cannot attend.

www.stedmunds.nsw.edu.au/parent

WELLBEING

So Safe and Types of Relationship

We have been focusing on the different types of relationships that we might have with each other. This is to support students with their interactions with each other at school, and encourage them to develop boundaries. Following the So Safe program,

- **A friend** is defined as: Someone I know, like and can help.

Friends like to talk about the same things, and share the same jokes.

Friends might do things regularly and have fun together.

With consent, we can do the following things with a friend:

- **A close friend** is defined as: someone I know a lot, like a lot and help a lot.

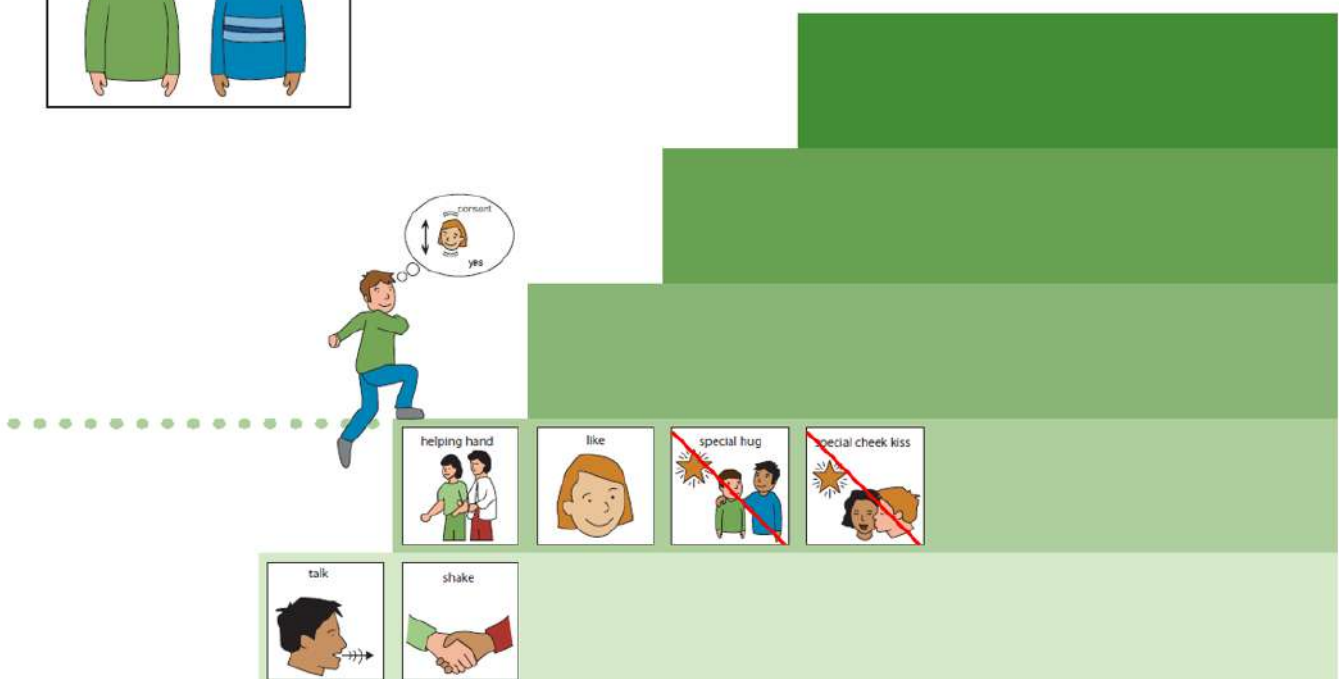
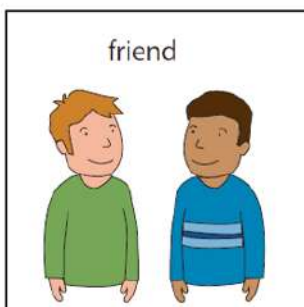
The only addition to the things that we can with close friends is private talk.

Students are taught that they must have consent to be friends or close friends with someone, and they must have consent before they do anything shown on the visual e.g., consent to give a helping hand, consent to high 5 etc.

Consent is taught as: I say yes, you say yes, and it's an Ok thing to do.

Students have been reminded that there are no boyfriends and girlfriends at St. Edmund's, nor is this something they need to think or worry about!

If you feel that this is something your child may require further support with understanding, please reach out to me via email mulkeen@stedmunds.nsw.edu.au as they may be resources I can share to support



WELLBEING

KYDS Webinar

KYDS have an upcoming Webinar on supporting young people with their screen time and setting healthy boundaries when using technology. Please see <https://www.kyds.org.au/webinars/> if you are keen to find out more information on this topic, or click the hyperlink on the image below.

Niamh Mulkeen | Head of Wellbeing



October 1st (1pm) & October 2nd (6.30pm)

This Mental Health Month we are talking about digital mental health. Are you frustrated by your child's attachment to screens? Healthy boundaries, simple tools and awareness are key to improving relationships with young people and technology. Hear simple and practical advice on how to help your teenager develop a healthier relationship with technology.

NURSE ALI

As we see out the last few days of Winter and await Spring we have been blessed with beautiful weather and temperatures heading back up into the 20's **This is a timely reminder for all students to bring their water bottle and hat every day.**



The human body can last weeks without food, but only days without water.

The body is made up of 50 to 75% water. Water forms the basis of blood, digestive juices, urine and perspiration, and is contained in lean muscle, fat and bones.

As the body can't store water, we need fresh supplies every day to make up for losses from the lungs, skin, urine and faeces (poo). The amount we need depends on our body size, metabolism, the weather, the food we eat and our activity levels.

Water is needed for most body functions, including to:

- Maintain the health and integrity of every cell in the body.
- Keep the bloodstream liquid enough to flow through blood vessels.
- Help eliminate the by-products of the body's metabolism, excess electrolytes (for example, sodium and potassium), and urea, which is a waste product formed through the processing of dietary protein.
- Regulate body temperature through sweating.
- Moisten mucous membranes (such as those of the lungs and mouth).
- Lubricate and cushion joints.
- Reduce the risk of urinary tract infections (UTIs), such as cystitis by keeping the bladder clear of bacteria.
- Aid digestion and prevent constipation.
- Moisturise the skin to maintain its texture and appearance.
- Carry nutrients and oxygen to cells.
- Serve as a shock absorber inside the eyes, spinal cord and in the amniotic sac surrounding the foetus in pregnancy.

Some facts about our internal water supply include:

- Body water content is higher in men than in women and falls in both with age.
- Most mature adults lose about 2.5 to 3 litres of water per day. Water loss may increase in hot weather and with prolonged exercise.
- Elderly people lose about 2 litres per day.
- An air traveller can lose approximately 1.5 litres of water during a three-hour flight.

How much fluid to drink each day

Infants 0–6 months* 0.7 litres

Infants 7–12 months# 0.8 litres total (with 0.6 litres as fluids)

Girls and boys 1–3 years 1 litre (about 4 cups)

Girls and boys 4–8 years 1.2 litres (about 5 cups)

Boys 9–13 years 1.6 litres (about 6 cups)

Boys 14–18 years 1.9 litres (about 7–8 cups)

Girls 9–13 years 1.4 litres (about 5–6 cups)

Girls 14–18 years 1.6 litres (about 6 cups)

Men 19 years+ 2.6 litres (about 10 cups)

Women 19 years+ 2.1 litres (about 8 cups)

Dehydration and water

Dehydration occurs when the water content of the body is too low. This is easily fixed by increasing fluid intake.

Symptoms of dehydration include:

Thirst, headaches, lethargy, mood changes and slow responses, dry nasal passages, dry or cracked lips, dark-coloured urine, weakness, tiredness, confusion and hallucinations.

Tips for drinking more water

- Add a squeeze or slice of lemon or lime, or some strawberries or mint leaves to plain water to add variety.
- Keep a bottle or glass of water handy on your desk or in your bag.
- Drink some water with each meal and snack.
- Add ice cubes made from fresh fruit to a glass of water.



Alison Andrews | College Nurse

AWARDS

	Student of the Week	Eddie's Best
7M	Seb and Bara	Chloe
7N	Jack and Sam	Lizzie
8G	Ted and Kwasi	Daniel
8V	Nathan and Dylan	Aaron
9C	Oscar and Ruby	Daniyal
9E	Holly and Indigo	James
10M	Leela and Isabella	Alexander
10S	Daniel and Sam	Brendan
11D	Will and Jameson	Rosie
11P	Bradley and Arpita	James
12J	Christian and David	Krish
12O	Chloe and Brandon	Sean
	Beginner Typing Program Competition	An-Yu

congratulations

CAPTAIN'S CORNER & STUDENT VOICE



It has been an eventful few weeks at St Edmund's. There was lots of fun learning, experiments and special guests for Science Week. We had special visitors who were our EBNO sponsors and supporters and made 36 coffees for our guests and staff during Hospitality! That must be some kind of record! It was very nice to welcome these EBNO supporters and to say thank you and show them our college.

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

ALLIED HEALTH

Speech Pathology Week

Speech Pathology Week is being held from 25th to 31st August this year, and the theme is 'Communicate Your Way'. This theme aims to promote the many ways in which we communicate, including verbally, sign, digital, written. Communication bridges gaps, fosters meaning and understanding, and strengthens relationships. It's about making connections and expressing ourselves in unique ways. There are 1.2 million

Australians with communication disability, with 1 in 7 of those estimated to need formal assistance to communicate. At St Edmund's we have several multi-modal communicators, who use spoken language combined with Key Word Sign, visuals, typing, iPads with communication apps such as ProLoQuo2Go and TouchChat to communicate.

Our College community works to support all of our students' communication needs across all contexts, including maximising participation in class discussion, presenting at Assembly, and connecting socially with peers. At St Edmund's College, we have two College-based speech pathologists, Claire Formby and Caitlin Hassell. You are more than welcome to contact your child's homeroom teacher and either speech pathologist to discuss your child's communication further.

Wishing everyone a happy Speech Pathology Week!

Please contact us via the below emails if you have any queries;

Claire - formby@erses.nsw.edu.au
and Caitlin - hassell@erses.nsw.edu.au

Claire Formby and Caitline Hassell | Speech Pathologists



COMMUNICATE
YOUR WAY

Why is communication important?

Communication bridges gaps, fosters meaning and understanding, and strengthens a person's relationships in all aspects of life.



COMMUNICATE
YOUR WAY

Communication is more than speaking

In Australia more than 1 million people need support to communicate and get their message across.



COMMUNICATE
YOUR WAY

Everyone communicates differently. Such as spoken, signed, digital, and written communication.



Animal Colouring COMPETITION!!

Congratulations to everyone that entered the Stained Glass Colouring Competition!

Year 7 & 8

Jaydon
Russell
D'arcy
Chloe
Elodie

Year 9

Ruby
Zara
Fred
Matthew
Olive
Daniyal

Yr 10

Cameron
Bento
Sam
Lia
Elle
Mia

Yr 11 & 12

Ella
Adam
Antonio
Brandon

Tassie Devil Winner:

Antonio 11D



Wombat Winner:

Chloe 7M



Seal Winner:

Zara 9E



Kookaburra Winner:

Elodie 8G



Koala Winner:

Ella 11P



Species Winner:

Mia 10M



national science week 2024

Animal Spotting Survey !!

Australian Animal Spotting Survey

How many *different* animals can you spot near your home?

How many of *each* animal can you spot near your home?



What to do: Use tally marks below the photos to record how many you saw.

			
Kookaburra	Cockatoo	Magpie	Lorikeet
			
Brush Turkey	Possum	Bandicoot	Wallaby
			
Sea Gull	Bat	Grey Minor	Galah



Congratulations to everyone that completed the Animal Spotting Survey!!

D'arcy 7N

Russel 7N

Sam F 7N

Elodie 8G

Ted 8G

Daniyal 9E

Gemma 10M

Finley 10 M

Daniel U10S

Bento 10S

Emma 11D

Brandon 12O

Science Week Endangered Species Kahoot! Winners!

JUNIOR WINNER

Elizabeth (7N)
18,915 points



SENIOR WINNER

Sam (10S)
22,401 points

COLLEGE CHAMPION!

Zara (9E)
23,069 points



national science week 2024



On Monday, two visitors from Ku-ring-gai council came to show us all about native animal conservation. Our students got hands-on with a variety of nesting boxes for ringtail and pygmy possums, and microbats. We will be having a microbat box installed in the rainforest area on Monday 26th August. There will also be exciting opportunities for our students to learn about technologies used in science with annual visits for monitoring our resident microbat population.



national science week 2024



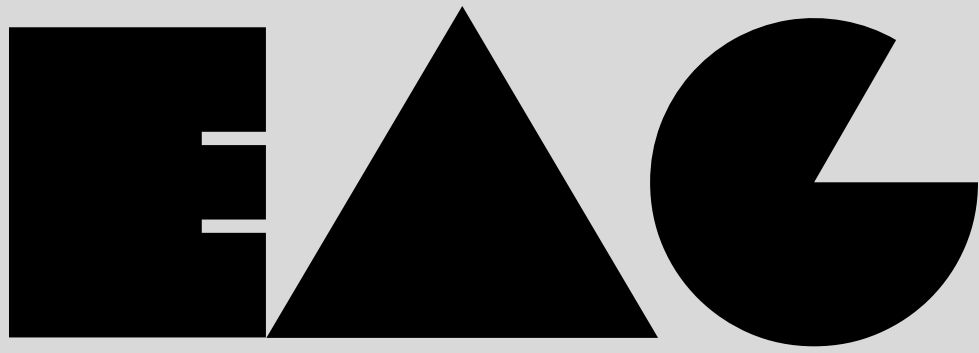
Four scientists from UTS joined us on Wednesday along with lead teacher, Lisa Cabral, to present 2 activities in support of our Science Week theme, Species Survival.



💡 national science week 2024



A group of Year 10, 11 and 12 students learned all about brain folds, corals, ocean acidification, and lots more. Students enjoyed engaging with microscopes, play dough, colouring, photos, and live coral demonstrations.



EDDIE'S ART GALLERY



FIRST ANNUAL ART EXHIBITION

Featuring artworks from the students at St Edmund's College. Please enter from Braeside Street. Donations will be collected for Studio ARTES.

19.09.2024
4-7pm



St Edmund's
COLLEGE



NEW

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.

Tuesday 27 August

10.00am-12.00pm

Facilitator: Terry Williamson

Address

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

Email

mytimewahroonga@gmail.com



mytime.net.au

COMMUNITY



Applications are now open for the Sony Foundation Abbox Camp to be held at Abbotsleigh from 6-8 December 2024.

The program offers residential respite care for children with disabilities at no cost to families for 2 nights in December 2024.

[Please find the link here.](#) Applications close Friday 6th September 2024.

Please direct all enquires to Dr Alison Gates at Abbotsleigh 9473 7777 abbox@abbotsleigh.nsw.edu.au

Spring Holiday Program

Exclusive program for
KIDS WITH SPECIAL NEEDS



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Meals
Age: 3 - 25

Our prices are in line with the
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SOSUNS PICNIC DAY

Our Club is having its first picnic social event on Sunday 15th September!

We don't have many opportunities to come together as a club, so please come along to meet other athletes and families.

Venue: Wahroonga Park Rotunda
Address: Coonanbarra Road, Wahroonga
Time: 9:30 a.m. - 12:00 p.m.
Date: Sunday, 15 September 2024

Catering: BYO food and drinks (cafe nearby)

Activities: Team games, such as bocce and cricket, meeting other athletes and families.

The Committee will be there to greet you. Please let our Club Secretary, Renata know if you can make it.
(SydneyUpperNorthShore.Secretary@SpecialOlympics.com.au)
so we know to expect you.



**Special
Olympics
Australia**

Sydney Upper North Shore



Warrah Spring Picnic

Free Family Event | All Welcome
Saturday 7 September
11am - 2pm

Entertainment | Food and Drink
Activities | Stalls | Raffle | Organic Produce
Artisan Bread | Onsite Parking

Bring your family and friends
20 Harris Road Dural

WARRAH
LIVING LEARNING GROWING

