



PRINCIPAL'S MESSAGE

18 February 1564 saw the death of Michelangelo Buonarroti, one of the greatest artists, architects and sculptors who ever lived. He was commissioned to paint the ceiling and one of the walls in the Sistine Chapel in the Vatican, Rome (the chapel in which the cardinals gather to elect a new pope). Michelangelo was the architect of part of the massive church of St Peter's, Rome, and he designed its great dome. Michelangelo thought of himself mainly as a sculptor. Two of his most famous pieces of sculpture are 'David' (in Florence) and 'the Pieta' in St Peter's (the dead Jesus in his mother's arms).

Michelangelo often saw potential in things that others did not see. On one occasion he was seen to be studying carefully what others simply saw as a large block of marble, and someone asked him just what he was doing.

He was looking at the grain of the marble and its strengths, and he said: "I can see an angel imprisoned in the marble, and I must set it free." He began the long and skilled job of carving a beautiful angel out of that stone.

The story is a reminder that some people only see things as useless; others see beauty and potential.

Let us pray:

God our Father, give us the power of your Spirit that we may see and love in others what you see and love in them. We want to see the positive in people and bring out the best in each other. It's easy to say that, but not always easy to live it out, and so we ask you to help and inspire us to live as you would like us to live this day.

Amen.

We now find ourselves at around the half-way mark of Term 1, which is indeed something to celebrate! The students are becoming increasingly more settled and known by their peers and staff alike. Our upcoming Personalised Planning meetings in a couple of weeks' time will help facilitate rich and meaningful conversation, due to the connections that have been made, the relationships being established between the staff and students, and a clearer understanding of what goals can be discussed so as to support each student's continued growth and progress.

This year, we have extended an invitation for our Learning Support Assistants to also attend their Homeroom's PP Meetings. This trial will create an opportunity for increased collaboration and perspective-sharing, with the focus on the student remaining at the centre of all discussions.

As a community, we have seen Work Experience commence for our Year 12 students, offsite excursions and experiences being regularly incorporated into the timetable of our older year groups, and swimming lessons being enjoyed each week.



PRINCIPAL'S MESSAGE

Our College Captains have engaged in some special leadership opportunities, including the EREA Year 12 Senior Leaders Day at Waverley College this week. We also held a very successful Parent Information Evening on Tuesday night, where Lisa D presented information regarding the NDIS and new legislation changes. Keep an eye out for her upcoming webinars that are scheduled for the remainder of this term.

This week, we were able to finally welcome Ms Meg Minkley to St Edmund's. Meg is our new CAPA KLA Coordinator and 10M Homeroom teacher. Beginning next week, we will have all our new staff officially joining us onsite, and we look forward to welcoming them, too. In welcoming our new staff, I wish to extend our thanks and appreciation to those staff who have been supporting our students with their teaching and learning these past 5 weeks. A very big shout out to Mrs Carolyn Stein and Mrs Jenny Francis for all they have done, and continue to do, in this space for our community! I also want to thank Mrs Teresa Falvey who has also provided assistance in the Homeroom and in the CAPA KLA area in an increased capacity these past number of weeks.

We will be hosting our [College Open Day](#) next Wednesday 5 March from 9:30am. I invite you all to help promote this day within your own network, so that other families might come along and experience what it is that your children are able to enjoy each day, here at St Edmund's. It's incredible how powerful 'word of mouth' is when we meet prospective families as part of our new enrolment process. In the same way as your children help shape the community we become, so do you create an awareness and advocacy for the offering we provide here at St Edmund's to those who may not know we exist. Thank you for proudly sharing your story and journey of St Edmund's with others, as these are the stories which are most authentic, and hold integrity and truth.

Vanessa Dillon | Principal





St Edmund's
COLLEGE

OPEN DAY 2025

**The St
Edmund's
College
2025 Open
Day will
be held on
Wednesday
5 March
from
9.30am -
12pm.**

We warmly invite you to come along and enjoy a tour of our state-of-the-art Year 5-12 campus and facilities. We provide, for Year 5 and Year 6 students, an opportunity to access a high-quality transition program within a special needs educational context. For Year 7-12 students, our high school model provides our students with the delivery of a NESA Life Skills curriculum within a unique and innovative educational environment offering a range of experiences that include VET courses, work experience and transition to post-school opportunities.

Morning tea will be provided, as well as information sessions facilitated by members of our Leadership Team and Allied Health Team. We look forward to welcoming you.

Please register at www.stedmunds.nsw.edu.au/open-day

 www.stedmunds.nsw.edu.au

 reilly@stedmunds.nsw.edu.au

 60 Burns Road, Wahroonga

 02 9487 1044



DEPUTY PRINCIPAL

Thank you all for the Local Area Excursion Consent forms which have been returned to Bernie in our front admin office.

These forms provide your informed consent and permission for typical local area excursions and learning activities in our local area ie within approx. 10km of the school, and involving activities in which the students and staff routinely engage in for learning purposes.

Examples of excursions and activities included in this category:

- Shopping learning activities to Westfield Hornsby, Coles Asquith, IGA Wahroonga and Turramurra.
- Visits to local places of interest such as St Ives Wildflower and Lisgar (Hornsby) Gardens, Bobbin Head Reserve, Kalkari Discovery Centre, for study, nature bushwalks and the like,
- Holy Name Parish Church, Wahroonga for Liturgies and learning.
- Sport and recreational use of local sporting spaces such as Bannockburn Oval, Turramurra Park, Golden Jubilee Oval, The Glade, Storey Park, Icon Gym, Millenium Health Club, Mark Taylor Cricket Centre, Waitara Oval, and Hornsby RSL Bowling.
- Local schools such as Pymble Ladies, Abbotsleigh, St Leos and Brigidine Colleges.
- Local Work Experience venues such as Bunnings Pymble, North Turramurra Café, the SAN Hospital and St Vincent de Paul, Hornsby.

You will receive information regarding your child's involvement in these activities via the normal channels and communication from Supervising Staff on Class Dojo, email etc. However you will not be required to return consent forms for each individual local activity. In any instance, please do not hesitate to communicate information to staff regarding any specific needs or changes pertaining to your child's safety or wellbeing.

For activities which extend beyond the local area and / or activities in which St Edmund's does not normally engage, including Camps etc. You will still be required to receive communication and return a completed or updated informed consent form as a matter of course.

Please do not hesitate to contact myself at St Edmund's, or the appropriate supervising teacher if you require any further information.

Wildlife in our St Edmund's environment

It has come to our attention that some of the local native birdlife including Brush Turkeys, and particularly Kookaburras at this time, are frequenting our playground in search of food scraps at Recess and Lunch. This was addressed by the student leaders at Friday Assembly when students were informed:

Healthy Kookaburras and native birdlife like to eat natural foods such as worms, insects and the like.

It is not healthy for Kookaburras to eat bread, biscuits, grapes or other food scraps from our lunches. Therefore we have a responsibility to keep our food scraps away from the birds we enjoy seeing in the local environment.



DEPUTY PRINCIPAL

This keeps us and the local flora and fauna safe and is consistent with our school rules:

- Be Safe
- Be Caring
- Be a Good Learner

Please take the opportunity to reinforce this message with your daughter / son if the opportunity arises. And do let us know if they have any undue concerns in this context.

Currently many students are eating lunch inside or in shaded areas, given the sunny conditions. However, we do encourage students to access the outdoor field area for exercise, outdoor play and fresh air, which is where these interactions with wildlife can occur.

Thursday 27 February Edmund Rice Education NSW Student Leaders Gathering and Forum

We were well represented by College Student Leaders: Arpita, Nathan, James and Will, at Waverley College where our students proudly flew the flag for St Edmund's as a flagship of Edmund Rice Education. Edmund Rice Wollongong, St Edwards Gosford, St Dominic's Penrith, Christian Brothers Lewisham, St Pats Strathfield and St Pius X College Chatswood, student leaders all had their voice and participated admirably in the sharing of ideas and initiatives.

In this context our student leaders were able to express our school's ethos, values and initiatives such as the AIM Program, Reconciliation initiatives celebrating First Nations culture and stories, Inclusive Community ideals celebrating every student's story and culture, and indeed our Edmund Rice Education Beyond Borders connection with the St Damien of Molokai Memorial, Edmund Rice School in Honolulu, Hawaii.



The Season of Lent and Easter approaches

With the commencement of Lent, we will celebrate Shrove (pancake) Tuesday next week by sharing some pancakes with the students on Tuesday 4 March. Ash Wednesday (5 March) will include a short liturgy involving the distribution of Ashes taken from last year's Palm Sunday burned palms, as is our Catholic tradition. The season of Lent will include some discussion of abstinence (from something we enjoy), and alms giving (eg to Project Compassion), in Religion or Pastoral Lessons, as a way of discussing values of resilience, servant leadership, and sacrifice for others. These values are integral to our Faith tradition as well as good messages for "living a good life", around which we hope you can also have a good discussion at home in your families' context.



DEPUTY PRINCIPAL

Mater Maria Callan House Excursion Friday 7 March

As per the communication from Mr Terry O'Keefe, Callan House students are reminded that as the 2024 House Cup Champions, next Friday 7 March they will be hosted to an Activities and Water / Colour Run Day at Mater Maria Catholic College, Warriewood.

Students in Callan House are reminded to wear appropriate House coloured mufti clothes that can get wet. Bring water bottle, light towel and sports uniform to change into after the water / colour run activities.

A BBQ lunch (sausage sandwich) will be provided by Mater Maria however this can be supplemented by food students bring from home where additional dietary considerations apply.

Students will travel in St Edmund's / St Pius X College vehicles to and from Warriewood, and will return to St Edmund's for normal Friday dismissal procedures.

We look forward to Waterford, Mount Sion and Kilkenny Houses having the opportunity to participate in similar House activities later in the year.

As always please contact myself or the organising staff if you have any questions.

Walk to School Day

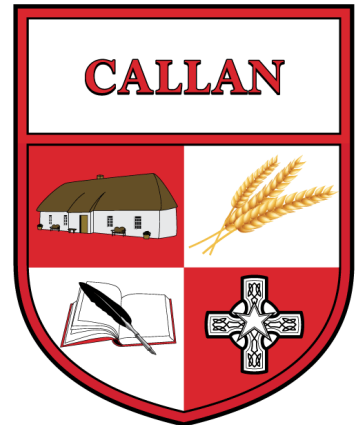
St Edmunds will participate in Walk to School Day 2025 on Friday 21 March by:

Running Road Safety Forums during period 2 featuring

- Our Police Liaison Officer: Senior Constable Lynda Hart hopefully with a Highway Patrol Vehicle as a "Article A" in our staff carpark to run lessons supporting the Police as an approachable resource for our students in the context of Road Safety.
- Resources from the RTA for our staff to run lessons on Road Safety.
- A "spray on" Pedestrian crossing (thank you Brenden) utilising the signage from our resident "Lollipop Officer" to support students' understanding of how to safely cross the road.

In this context if there are any resources or time on the day our parents and contacts might have in sourcing for example a sample Road Traffic Light system or even to participate in the walk around the Wahrenonga Ave block (330m) during the session, please contact me at school and we will do our best to support and enrich this important learning for our students safety and efficacy.

Sean Brannan | Deputy Principal



CURRICULUM CORNER

Encourage Reading With our Digital Library!

At St Edmund's, we're always striving to provide our students with unique and engaging learning opportunities. That's why we're excited to remind you about our ePlatform digital library, which offers free access to eBooks and audiobooks all year long!

Why Choose ePlatform for Reading?

With ePlatform, your child can enjoy 24/7 access to a vast collection of eBooks and Audiobooks, meaning their reading journey doesn't have to stop when school breaks begin. There's no need to worry about library hours or returning books—students can check out titles whenever and wherever they choose. With thousands of options, there's something for everyone to enjoy!

Benefits of ePlatform:

- 24/7 access to eBooks and audiobooks
- No overdue fees or library hours to worry about
- Thousands of age-appropriate titles to keep your child engaged
- Reading and comprehension tools that support all learners
- Customisable reader settings (font, colour, etc)
- Improved vocabulary, pronunciation, and comprehension with the added benefit of Audiobooks
- Decodable Readers for beginner to independent reading. With ten levels available, the program guides the reader on a journey from phonemes to sentence formation.

Judith North | Head of Teaching and Learning



NURSE ALI

Take time for your mental health in Autumn

As we leave official summer behind and move into the autumnal months, cooler temperatures, coloured leaves, golden glows, cozy darker evenings, pumpkins and apples, this is a great opportunity to build our resilience and wellbeing in the outdoors before the Winter months arrive.

Research continues to show that being outside and experiencing nature can improve our mental health. As a society we spend more and more time in front of screens, this can result in sensory overload, tension and mental fatigue.

Studies have shown that our minds and bodies relax in a natural setting.

This increases feelings of pleasure and can help us concentrate and focus more effectively.

Being outdoors can also have relaxing effects on our minds. Nature can provide a mental break by allowing us to temporarily escape the demands of everyday life. It can also boost your creativity and problem-solving abilities.

Nature can improve physical wellness. Getting out into nature can lead us to want to walk, bike, hike, or kayak more often. People typically engage in regular physical activity when they're in nature. So, stepping outside can help you keep a healthy weight or even lose weight by increasing activity levels.

Nature has a positive effect on our bodies by reducing cortisol levels, muscle tension, and demands on our cardiovascular systems (lowers heart rate and blood pressure). Being out in nature often may lead to lower rates of heart disease. The great outdoors can also help you increase your vitamin D level, which is important for your bones, blood cells, and immune system.

Regular access to green spaces has been linked to lower risks of depression and improved concentration and attention. Being outside allows us to be social and come together with family, friends, or even people you don't know while on a hiking trail, for example.

Additionally, you may find that you sleep better when you are regularly outside. Daily exposure to natural light helps regulate sleep/wake cycles. By making sure that you get outside in sunlight every day, you can improve your ability to sleep at night.

If you have a busy schedule and don't have much time to get outside, these may help you get a quick nature fix:

- 5 minutes: Stand outside with the sun on your face or take off your shoes to feel the grass in between your toes. If the weather isn't great, take a few minutes to gaze out a window at the scenery outside.
- 25 minutes: Go out for a stroll and take some deep breaths. You could even eat your lunch outside or take a phone call or meeting outdoors.

Alison Andrews | Nurse



8 ways nature benefits your well-being

There's a reason it's called the great outdoors!



Nature activates the part of the brain associated with emotions, empathy, and self-awareness.



Exposure to plants has been shown to lower cortisol levels, heart rate, and blood pressure by suppressing the sympathetic nervous system.



Grounding, the practice of connecting with the Earth through contact, may reduce pain and decrease inflammation.



Being near water can signal a reduction in stress hormones, causing a meditative effect.



Moderate exposure to UVB rays from the sun prompts your skin to produce vitamin D, which helps protect your bones.



Sunlight helps regulate your sleep patterns and cues your brain to release mood-boosting hormones.



Nature better connects us to ourselves, other people, and the world around us by fostering stronger feelings of community and support.



Evidence suggests exposure to negative ions in the fresh air can boost immunity and increase metabolism.

CAPTAIN'S CORNER



A highlight of being a college leader this week was attending the EREA NSW Youth network day at Waverley College. We enjoyed meeting all the leaders from other schools. Arpita was the only girl who attended and did a great job telling the other attendees what makes St Edmund's so special and the importance of our school rules. The food was delicious - we had sausage rolls, donuts and even some soft drink and spicy food! We discussed how to set examples and how to encourage others to become leaders. It was a good step in our leadership journey.

Nathan, Arpita, James, Ella, Will and Liam
| Student Leadership Team



LOST PROPERTY



FAMILY ENGAGEMENT

For me, the start of the school year has been full of planning, learning, and connecting – it has been wonderful getting to know you and your children.

Last night was a great first Family Engagement Event for 2025. Together, we tackled the NDIS legislation and what it all means to funding decisions and how NDIS funding can be spent. Thank you so much to those that came along, including our leaders: our College Principal Vanessa Dillon and Deputy Principal Sean Brannan!

For families who were not able to make it, I will be repeating the content in an online (recorded) webinar via Teams on 8 April: meeting link to come closer to the date.

The next Family Engagement Event is next Tuesday, 4 March from 12-1:30pm. This session is all about NDIS Access and applying to the NDIS for the first time.

Meeting link details: [Meeting Link](#) • Meeting ID: 499 823 615 912 • Passcode: KJ6GB2m9

Northern Sydney Post-School Expo

Save The Date: this is an event where you can meet lots of service providers, ask lots of questions, grab some flyers and maybe even request a trial day in their service.

This is separate to the Disability and Post School Expo that we will host at St Edmund's in June, for our parents and carers (more info on that to come!).

When: Wednesday 7 May 2025 10:30am - 2:30pm

Where: Hornsby RSL

Carer Support

MyTime Carer Support Group

I met with the facilitators of the Wahroonga MyTime support groups last week and would love to share a little bit more about what I learned, as you may find it helpful for you and your support needs.

MyTime is a support group for parents and carers of children with a disability, coordinated by local facilitators who have a strong history with St Edmund's, St Lucy's, and our local area.

Supported with a Government grant through Playgroups NSW, MyTime is a parent-led support group, meaning that topics raised and discussed are led by what you want and need to talk about. The groups are free, supportive, inclusive, welcoming, and facilitate true empathy and connection between its members.

MyTime meets fortnightly during term-time. To find out more about MyTime, contact Terry Williamson:

terry@caringforfamilies.com.au

MyTime Men's Group meets once per school term. To find out about the MyTime Men's Group, contact Warren Hopley: hopleywarren@hotmail.com

Family Engagement Drop-In Meetings

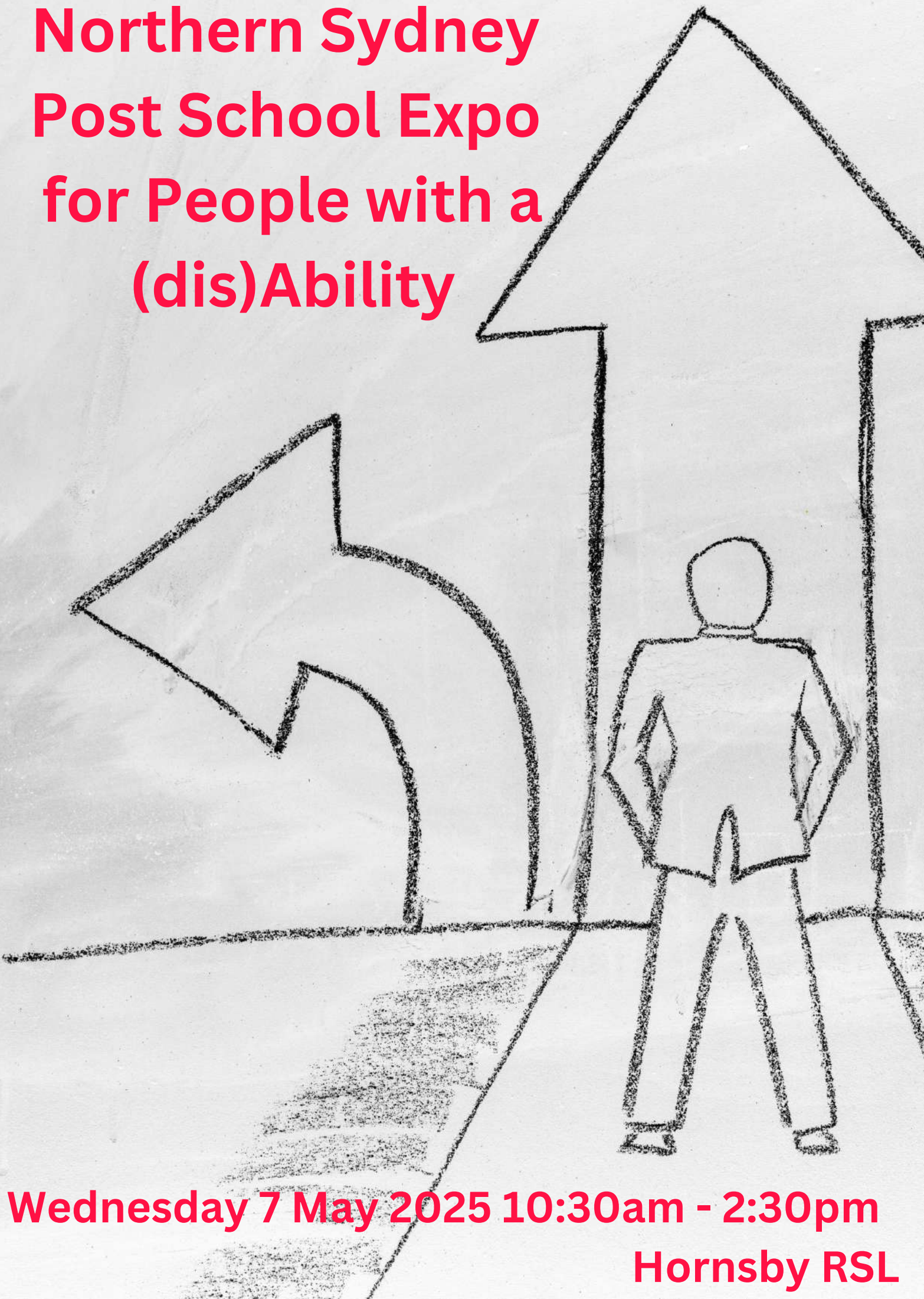
There has been a great response to drop-in meetings this term, with all meeting times booked-up by Eddie's families. I will set-up meeting times for Term 2 soon, and I will notify you when these are open and available to book.

Until next time, Yours in Community

Lisa Duffy | Family Engagement Officer



Northern Sydney Post School Expo for People with a (dis)Ability



Wednesday 7 May 2025 10:30am - 2:30pm

Hornsby RSL



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 18 FEBRUARY

10.00am-12.00pm Facilitator: Terry Williamson

TUESDAY 4 MARCH Café Patina Wahroonga

10.00am-12.00pm Facilitator: Terry Williamson

TUESDAY 18 MARCH

10.00am-12.00pm Facilitator: Terry Williamson

THURSDAY 20 MARCH (Men's Evening)

6.30pm-8.30pm Facilitator: Warren Hopley

TUESDAY 1 APRIL

10.00am-12.00pm Facilitator: Terry Williamson

ADDRESS:

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

EMAIL:

mytimewahroonga@gmail.com



It's support
for you



It's free to
join



Professional
support



Pre-school aged
children are welcome



Unwind and
share experiences
with others who
understand





**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 20 March 2025

WHERE:

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

WHEN:

Thursday 20 March 6.30pm-8.30pm

WHAT:

Pizza followed by a group discussion

CONTACT:

Warren Hopley mytimewahroonga@gmail.com



mytime.net.au

AWARDS

	Student of the Week	Eddie's Best
5/6	Juliette and Laurence	Juliette
7S	Caitlyn and Jeremy	Tom
7V	Jonny and Lachie	Beau
8B	Chloe and Bara	Jaydon
8P	Leah and Ali	Jack
9P	Dylan and Nathan	Monique
9M	Ted and Matilda	Oscar
10L	Ashley and Indigo	Jackson
10O	Matthew and Rachel	Lucy
11A	Christopher and Cameron	Brendan
11J	Elle and Isaac	Finley
12D	Rosie and Antonio	Michael
12E	Lucy and Liam	Andreas

congratulations

CANCER CHALLENGE

Ben F (11J) is taking on Cancer Council's The March Charge...

...a month-long fitness challenge to raise funds for world-class cancer research, prevention programs, and support services.

He is running an amazing 85km! To do this he runs 2.7km each day in March, on his own, mainly around the oval or on the street.

This year in Australia an estimated 162,000 people will hear the words "you have cancer". Ben is doing his part to change this by getting active and fundraising for people impacted by cancer.

Please consider sponsoring Ben to make every KM count! You can [support him by visiting this link](#). Every dollar raised will help support Cancer Council's life-saving cancer research, prevention programs and support services (like their free, confidential Information and Support line 13 11 20) for people affected by cancer.





ALL STARS

Sports Day
Parramatta



Saturday 15th March



Netball Central

2 Olympic Boulevard Sydney Olympic Park, NSW 2127



10:30AM - 1:30PM



FREE!



ALL STARS

Sports Day

FREE EVENT

JOIN THE ACTION IN MARCH!

Our award-winning Inclusive Community Sports Days are back!

What's Happening?

People with disabilities and their families are warmly welcomed to enjoy a day packed with accessible and inclusive sports and recreation activities in a friendly, supportive community environment.

Give Everything a Go!

From biking to basketball, dancing, tennis, and so much more, there's something for everyone! Whether you're exploring a new sport or revisiting a favorite, our friendly staff and skilled coaches are here to help you get started and have an amazing time. No experience necessary, and all equipment is provided!

Designed for Everyone

This event is fully wheelchair accessible, ensuring that every participant can join the fun and enjoy the day to its fullest.

For any questions, contact:

Ross Patel, Event Coordinator
events@freedom solutions.org.au

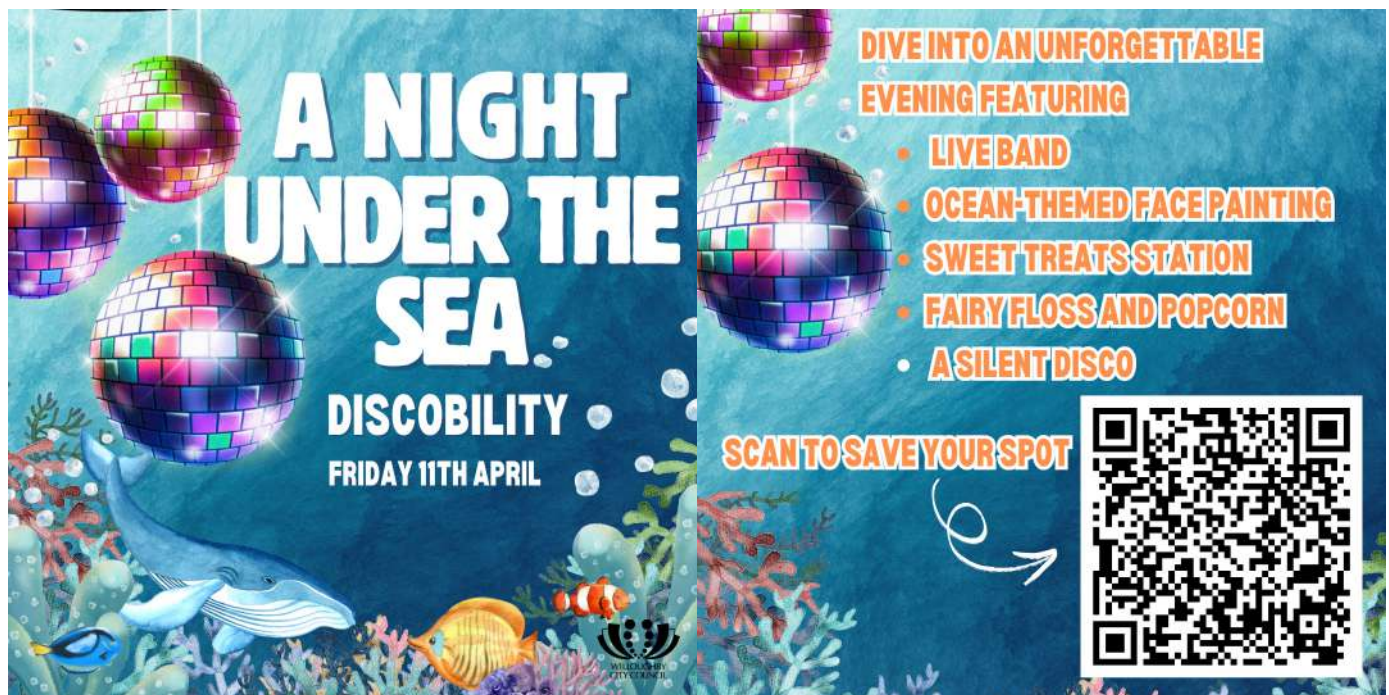
DETAILS:

Parramatta » Sat 15 March

10:30am-1:30pm

Netball Central, Olympic Park





Discobility: A night under the sea

Next date: Friday, 11 April 2025 | 6pm to 8.30pm

Location: Dougherty Community Centre, 7 Victor Street, Chatswood, 2067

Bookings: <https://www.willoughby.nsw.gov.au/Eventbrite/Discobility-A-night-under-the-sea-1204317809989>

Join us for 'Under the sea: A discobility event', a vibrant, all-abilities disco experience filled with music, lights, and underwater magic

Discobility is delighted to host this all-inclusive dance party for young people of all abilities, ages 12 to 18. Dive into an unforgettable evening featuring a live band spinning your favourite tunes, ocean-themed face painting, a sweet treats station, fairy floss and popcorn, and even a silent disco for those who prefer a quieter vibe.

Teens will have the chance to meet new friends, embrace their individuality, and dance the night away under shimmering lights and sea-inspired decor. Admission includes snacks, themed treats, and refreshments!

We are also thrilled to share that we have partnered with AlongSiders, a registered NDIS provider, who will be hosting an information desk on the night for families and caregivers. AlongSiders offers vital support to individuals living with disabilities, with a focus on providing tailored services and fostering independence. Their team will be available throughout the event to share information and answer any questions caregivers may have regarding NDIS services and support options.

Our mission is to create a joyful, inclusive space that celebrates diversity and empowers every attendee to feel confident and free to have fun.

Don't miss this magical 'Under the sea' adventure—where the ocean's treasures meet the dance floor!

Young people who require 1:1 support or direct supervision will need a carer to accompany them. Carers do not require a ticket. We will have friendly staff wearing fluorescent visors to supervise young people throughout the night, ensuring everyone has a fun and safe experience!

Willoughby City Council may photograph and film the event and its participants. Participant acknowledges that the event may be reproduced for use on Council's website, publications, public displays and in promotional video footage. Please let us know if you do not give consent to your photo being taken.

Sony Camp

Since 1999, The Sony Foundation Children's Holiday Camp Program has given Year 11 students the opportunity to care for children with a disability who are aged between seven and 14 years over a four-day period.

The children are treated to a camp full of thrilling and exciting adventures and are cared for in either Pymble or Shore's (Sydney Church of England Grammar School) Boarding Houses, 24 hours a day, by Pymble and Shore students. These Year 11 students, supported by a team of dedicated teaching and medical staff, will quickly learn about the challenges and demands involved in caring for a child with special needs in a life-changing experience.

Applications to have your child join Sony Camp as a camper in 2025 have now opened. [Please learn more and apply here.](#)

For any enquiries, please email sonycamp@pymblelc.nsw.edu.au or contact Camp Co-ordinator Mariel Lombard on 9855 7610 or email mlombard@pymblelc.nsw.edu.au



KNA ALLSTARS

JOIN THE KNA ALLSTARS ALL ABILITIES NETBALL

**Have fun playing netball on
Saturday afternoons.**

**Enjoy regular social events with
your netball friends.**

**Learn new skills, build your
confidence and improve your health
and fitness in an accessible, inclusive,
fun and supportive environment.**

Contact for information:

Deb Frost

debfrost@bigpond.net.au | 0424 403 065

For: Females and males aged
15 years or older

When: 5th April to 6th September 2025

On: Saturdays from 1:45pm to 3.15pm

Where: Canoon Rd Netball Courts,
South Turrumurra

Cost: Season registration is \$90.00 with
a free uniform supplied

