



PRINCIPAL'S MESSAGE

*Cold and dark this time of year, the Earth lies dormant,
Awaiting the return of the Sun, and with it – life.
Far beneath the frozen surface, a heartbeat waits until the moment is right...
To spring.*

In what has been yet another busy term, much of which is still continuing as we battle various illnesses and impending holiday plans, I encourage you to take on board the theme that resonates so perfectly with this season of Winter – that being the theme of mindful stillness. This mindful approach of 'stillness' helps ease any tension, anxiety or stress you may experience, and this time of year lends itself to noticing these moments within our natural world because nature itself, is indeed lying in wait.

Today's physical world is very focussed on 'doing'. Society provides the perfect environment for constant busyness, preoccupation, escapism and avoidance whilst leaving less and less time in our day for us to 'be still'. And whilst we may not be able to change the way in which our lives provide us with a certain level of chaos, we can look to change the way in which we allow it to completely consume us.

Makeda Pennycooke identifies 12 benefits from practising stillness which include: less stress, ability to let things go more easily, able to hear your own intuition, anchors you into the present, increases listening skills, brings clarity, improves your sleep, improves your overall health, creativity increases, improves ability to handle adversity, increased self-awareness, connects you to a realisation that there is a higher power at work in the world – and for Christians, that would mean God.

For me, one of the most still moments I have ever experienced took place many years ago whilst I was on the mountains of Thredbo during a fresh snow fall. Never have I experienced such peace and quiet. Even with others around me, all noise was dampened and all that was being experienced was the light touch of the dry, delicate snowflakes as they fell silently around me.

Being still is like replenishing the stores – it provides us time and space. However this might look for you, I hope that you will find this opportunity throughout the upcoming holidays. Whether it be through deep breathing, within nature, whilst walking or exercising, through yoga or meditation, in prayer or contemplation, with intention to seek stillness whilst around you there is chaos... no matter the context, may there be many a still moment that awaits you.

"Your vision will become clear only when you look into your own heart. Who looks outside, dreams; who looks inside, awakens." - Carl Jung

Around the School Happenings

Congratulations Ms Teresa Cox!

This week we acknowledged and celebrated Ms Cox's upcoming wedding to Sam. This special day will take place during the upcoming school holiday break, and there was much excitement shared with Ms Cox by students and staff. We look forward to hearing all about this special occasion next term, when Ms Cox returns as Mrs Falvey!



PRINCIPAL'S MESSAGE

A Visit from Riverview

This week we hosted eight Riverview students for four days at St Edmund's. The students engaged in an AIM Initiative day on Monday, and then linked in with classes for full day experiences Tuesday – Thursday. Our students thoroughly enjoyed having them here for the week, and the Riverview boys expressed how transformative and meaningful it was. They mentioned some particular learnings in their reflection on Thursday afternoon:

- They were proud of themselves for the way they were able to adapt and assist in a meaningful way within the classroom.
- They valued the connections they made with the Eddie's students
- They had an increased understanding of intellectual disability by the end of the fourth day, and focused on what was shared and alike, rather than what was different
- They had fun passing the footy around with our students and enjoying a game of touch footy in break times
- They wondered how they might be able to come back again some day.



PRINCIPAL'S MESSAGE

Farewell Ms Juliann Lee

This week, we thanked and farewelled Juliann, who has been an integral part of the Eddie's community in her role as Risk and Compliance Officer these past few years. Her competency within this space has served our community beautifully, as have her relational qualities. As was noted by Matt Tully when he shared his reflection at the staff farewell morning tea, Juliann has been a wonderful advocate for our school and all those within it. She has been a great sounding board for all her colleagues and, it never mattered who she was talking to, she would always treat them with the same dignity, respect and honesty.



Juliann, herself, expressed how greatly she has enjoyed belonging to the Eddie's community. She sees it as the perfect end to her wonderful career, and will indeed miss all of us. She has loved coming to know the students, and engaging with them regularly on duty. She is looking forward to her next chapter being a more 'present and available' mum and grandma to her family in Geelong. As Juliann has said before, life opens up many doors for us and sometimes we aren't too sure where they will lead but let that be a sign of God – 'God created coincidences so that he could remain anonymous'. We are very grateful that God's coincidence led Juliann to Eddie's. We wish Juliann every best blessing for her future!

Focus on being a safe online learner and user

As we head into the school holiday break, we used our Homeroom time this week to remind the students of ways to remain safe and responsible online and on devices. This is something we revise and re-visit throughout the year, but we are mindful of its benefits ahead of a school holiday period. Many of the resources we use, come from the eSafety Commissioner website. Parents can also access information and tools from this website, to support them in their conversations with their child. [Feel free to check it out.](#)

Important to Know

2025 School Term Dates

We have included a copy of the Term dates for 2025 below. We have also uploaded these to our school website for you to view.

Term 1

Thursday 30 January | Start of Term 1 – Students return

Easter | Good Friday 18 April – Easter Monday 21 April

Friday 11 April | End of Term 1

11 week term - Autumn Holidays

Term 2

Tuesday 29 April | Start of Term 2 – Students return

Monday 9 June | King's Birthday

Saturday 14 June | EBNO

Friday 27 June | End of Term 2

9 week term - Winter Holidays

Term 3

Tuesday 22 July | Start of Term 3 – Students return

Friday 26 September | End of Term 3

10 week term - Spring Holidays

Term 4

Tuesday 14 October | Start of Term 4 – Students return

Thursday 4 December | End of Term 4

8 week term - Summer Holidays

PRINCIPAL'S MESSAGE

NAIDOC Week

A reminder that NAIDOC Week falls within the upcoming school holidays July 7 until July 14. This year's theme is 'Keep the fire burning: blak, loud and proud'. You may find local events and festivities to attend and enjoy, so as to celebrate the rich cultural contribution our Indigenous brothers and sisters make to our national identity. Information regarding NAIDOC Week can be found here: <https://www.naidoc.org.au/>

Staffing Announcements

- This week we welcomed Mr Chris Tabuchi to our IT Team here at Eddie's. Chris has actually been a member of our team in the past, and so we are very excited to have him return in this capacity.
- Mrs Julie Macpherson will be joining our Admin Team for six months, beginning next term. As a result of this, Ms Janine Brackenreg will be the Homeroom aide for 10M throughout Terms 3 and 4. We congratulate Julie and Janine on their new roles and responsibilities!
- We welcome Mrs Jacqui Campbell who will be increasing her days onsite for the next two terms. Jacqui will be here four days a week and will be supporting our teaching and learning focus.
- Mrs Regina Renfree will be our Senior Program Support coordinator for Terms 3 and 4. We thank Regina for the valuable contribution she will make to this role, and we thank Mrs Zoe Starkey for the wonderful way she has supported our staff and students in this role for the past 18 months!
- Ms Elycia Dach will be increasing her days with us beginning next term for the remaining six months. Elycia is a wonderful asset to the teaching and learning focus within the community. Joining her within the learning support assistants group, will be Miss Isabella Tombolato and Ms Jayel March, who will be joining us in a part-time capacity until the end of the year. We are very excited to have such skilled and dedicated staff assisting and supporting and advocating for our students!

Semester One Student Reports

Thank you to all teaching staff who have collaborated to produce our Semester One Student Reports. These will be made available to parents/carers, and we hope they reflect for you the wonderful learning gains your child is making across all areas of school life!

I wish for you a very happy, safe and healthy holiday break! We look forward to welcoming all students back on Tuesday 23rd July!

Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, in line with the NCCD guidelines (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools

PRINCIPAL'S MESSAGE

- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the Australian Government's Privacy Policy <https://www.education.gov.au/privacy-policy>.

Further information about the NCCD can be found on the NCCD Portal <https://www.nccd.edu.au>.

If you have any questions about the NCCD, please contact the school:

secretary@stedmunds.nsw.edu.au

Leadership Awards

A big congratulations to the following students who received leadership awards during assembly today:

Antonio and Arpita (Year 11) - Bronze Leadership

Brandon and Luke (Year 12) - Silver Leadership

David and Hugh (Year 12) - Gold Leadership

Vanessa Dillon | Principal



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



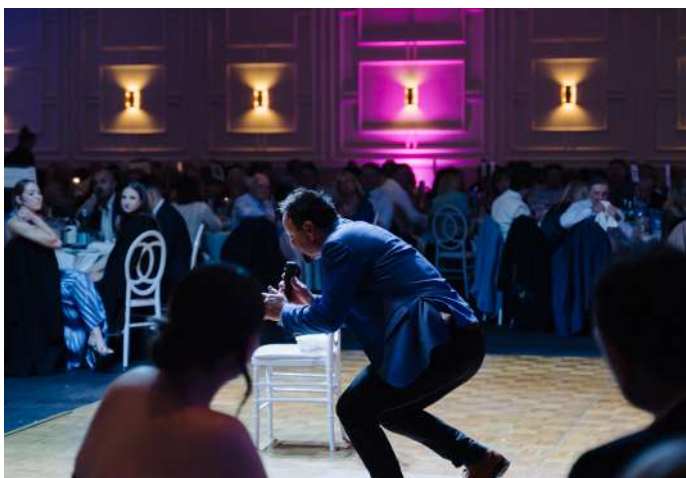
EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



EDDIE'S BIG NIGHT OUT



YEAR 10 WORK EDUCATION



HANDWRITING

This fortnight, I presented to our staff around handwriting data across our school and have provided strategies to support our students to improve their handwriting during lessons. I wanted to share some of the key points from this presentation for you and the ways our amazing staff are supporting students in developing this skill.



IMPORTANCE OF HANDWRITING

- Handwriting and reading are closely linked. Handwriting helps to support letter recognition and activated pathways associated with reading.
- There is increased cognitive development when we write something by hand. Studies show that writing improves memory; students are able to retain learning better and express new ideas better when handwriting instead of typing.
- Functional reasons for writing including writing lists, signing your name and writing a card

STRATEGIES TO SUPPORT HANDWRITING AT SCHOOL

Handwriting is a complex task which requires development of multiple areas to become legible and functional. Areas to consider and some key strategies:

- Posture: Providing a step under feet; Wedge Wobble Cushion; Slope Board
- Visual Perception Skills and Visual Motor Integration: Visual cues; keeping worksheets clear and simple; free time puzzle worksheets
- Fine Motor Strength, Isolation and Dexterity: doing warm up exercises using equipment and videos
- Pencil Grasp: Using triangular pencils; shorter pencils; pencil grips; providing objects to hold under ring and pinky finger
- Pencil pressure: Providing a weighted pencil or hand/wrist weights to increase input to the hand; ensuring the pencil tip is sharp; slant board; regular breaks
- Bilateral Coordination: Reminders to use “helping hand” to stabilise paper
- Teaching Letter Formations: Grouping similarly shaped letters, letter (and number) formation cards, explicit instruction and modelling
- Writing on the line and sizing of letters: Providing clearer lines; Lined books - Sky, grass, ground blue books and Dotted Thirds books
- Spacing: Finger Spaces; Reading sentences back to students with no spaces; Desk prompts

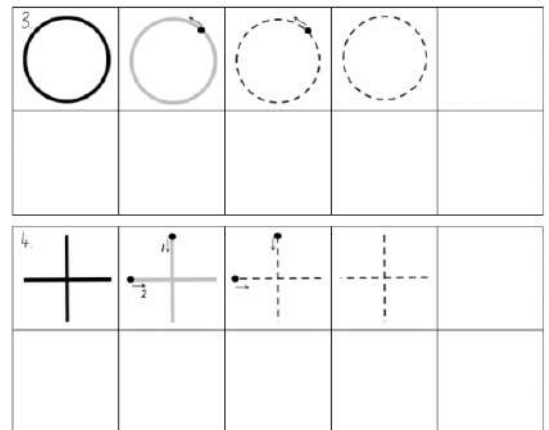
ALTERNATIVES TO HANDWRITING

Of course, there are also alternatives to handwriting such as voice recognition software, touch typing, voice to text or dictation, which we continue to support through use of devices and our schoolwide typing program.

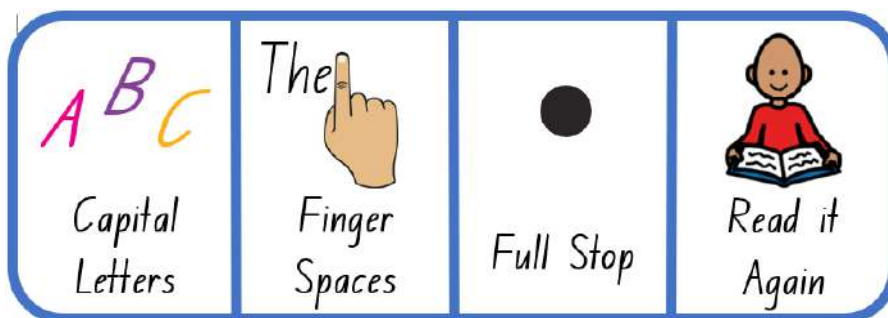
If you have any questions about handwriting at St Edmund's or wish to know more details, please feel free to email me at moait@stedmunds.nsw.edu.au. Have a great holiday!

Rachelle Moait | School Occupational Therapist

HANDWRITING



abcdefghijklmnopqrstuvwxyz



abcdefghijklmnopqrstuvwxyz

AWARDS

	Student of the Week	Eddie's Best
7M	Brandon and Leah	Lucas
7N	Aliyana and Jaydon	Sam
8G	Monique and An Yu	Maxyne
8V	Aaliyah and Nathan	Aaron
9C	Indigo and Daniel	Ashley
9E	Rachel and Daniel T	Zara
10M	Ben and Sienna	Gemma
10S	Sam and Cameron	Dash
11D	Will and Emma	Rosie
11P	Seul Yi and Andreas	Ella
12J	Zane and Moses	James
12O	Kate and Elliot	Sonnet

congratulations

KEY DATES

Tues 30 July **Disability and Post School Options Expo**

Tues 6 Aug **Athletics Carnival**

Tues 3 Sept **CSBB Athletics Championships**

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 Chittick Lodge, Gerringong**

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**

LOST PROPERTY



NURSE ALI

Dry July encourages people to give up alcohol for the month of July and raise funds for cancer patients and their families and carers.

What is alcohol? - alcohol is a depressant drug, which means it slows down the messages travelling between the brain and body.

What does alcohol look like? Alcohol is a colourless fermented or brewed liquid made from ethanol, which is a psychoactive and toxic substance with dependence-producing properties and flavoured water. Alcohol has been widely used in many cultures for centuries, but it is associated with significant health risks and harms.




Alcohol is an established carcinogen and alcohol consumption increases the risk of several cancers, including breast, liver, head and neck, oesophageal and colorectal cancers.

Alcohol consumption also causes significant harm to others, not just to the person consuming alcohol. A significant part of alcohol-attributable disease burden arises from injuries such as road traffic accidents. Other injuries, intentional or unintentional, include falls, drowning, burns, sexual assault, intimate partner violence and suicide.

To reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

Benefits of reducing alcohol consumption - clear your head, more energy, sleep better, weight loss, healthier skin, sense of achievement.

If driving drink no more than two **standard** drinks in the first hour and one per hour thereafter

Zero BAC	Under 0.02 BAC	Under 0.05 BAC
<ul style="list-style-type: none">• All learner and provisional drivers• All visiting drivers or riders holding an overseas or interstate learner, provisional or equivalent licence. 	<ul style="list-style-type: none">• Drivers of vehicles of "gross vehicle mass" greater than 13.9 tonnes• Drivers of vehicles carrying dangerous goods• Drivers of public vehicles such as taxis or bus drivers.	<ul style="list-style-type: none">• All other licenses not subject to a zero or 0.02 BAC• Under 0.05 is the legal BAC limit for most drivers.

BAC – baseline alcohol concentration

Examples of standard measurements in common drinks

Small beer

Full strength beer 285ml 4.8% 1.1 standard drink

Mid strength beer 285ml 3.5% 0.8 standard drinks

Low strength beer 285ml 2.7% 0.6 standard drinks

Large beer

Full strength beer 425ml 4.8% 1.6 standard drinks

Mid strength beer 425ml 3.5% 1.2 standard drinks

Low strength beer 425ml 2.7% 0.9 standard drinks

Bottles and cans of beer

Full strength beer 375ml 4.8% 1.4 standard drinks

Mid strength beer 375ml 3.5% 1.0 standard drinks

Low strength beer 375ml 2.7% 0.8 standard drinks

Wine and spirits

Average restaurant serving of red wine 150ml 13.5% 1.6 standard drinks

Standard serve of red wine 100ml 13.5% 1.0 standard drinks

Average restaurant serving of white wine 150ml 11.5% 1.4 standard drinks

Standard serve of white wine 100ml 11.5% 0.9 standard drinks

Average restaurant serve of champagne 150ml 12% 1.4 standard drinks

Bottle of champagne 750ml 12% 7.1 standard drinks

Straight spirits High strength 30ml 40% 1.0 standard drink

Pre-mixed spirits Full strength 250ml 5.0% 1.0 standard drink

Are you wondering if your drinking is on the high side of normal or crossed the line into a problem?

- You always drink more than planned
- You spend a lot of time on drinking
- Increased tolerance
- You crave alcohol
- You give up other activities
- You're dropping the ball at work, home,
- Causing friction in relationships
- Withdrawal symptoms
- You could have been hurt or gotten into trouble
- It is making you sick

If you answered yes consider cutting back or seeking help and support

Alcoholics Anonymous: 1300 222 222

Alcohol and Drug Information Service (ADIS) 1800 250 015

Alison Andrews | College Nurse



DRY JULY
FOUNDATION
Raising funds for people affected by cancer

CAPTAIN'S CORNER & STUDENT VOICE



We have made it to the end of an exciting and busy term. This week we enjoyed having some students from Riverview visit and we visited Mount St Benedict College. We also made a video to thank our EBNO sponsors. We hope everyone enjoys their holiday break and we will see you all for Term 3 soon!

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

SCHOLASTIC BOOK CLUB

NEW!

Discover even more with Scholastic **BOOKSPLUS** in the catalogue!

SCHOLASTIC **BOOKSPLUS**

Explore additional content for select books to get a greater insight into the story, characters and creators.



SCHOLASTIC **BookClub**

THE VALUE OF BECOMING A
REGULAR READER

R REWIRE YOUR BRAIN



E EXPAND YOUR KNOWLEDGE



A ACADEMIC SUCCESS



D DREAMS TAKE FLIGHT



E EMPATHY & UNDERSTANDING



R REDUCES YOUR STRESS



S STRENGTHEN LANGUAGE SKILLS



SCHOLASTIC **BookClub**



Dear St Edmund's Parents and Carers,

We are delighted to announce that St Edmund's will be holding our first **Disability and Post School Options Expo** in Term 3 on **Tuesday 30 July 2024 from 4pm to 7pm.**

The Expo gives parents and carers a chance to gather information and speak with many service providers. There will be a range of providers, including post school options for employment, independent living options, recreation and social opportunities.

All students are welcome to attend with a parent/carer.

Please RSVP at
www.stedmunds.nsw.edu.au/expo-register



St Edmund's
COLLEGE

COMMUNITY

MLC School Sydney warmly invites families to apply for an opportunity to be a part of our Sony Foundation MLC School Children's Holiday Camp. This is a fully funded program provided at NO COST for successful applicants.

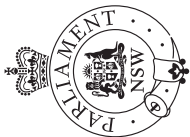
The Children's Holiday Camp is a unique respite program that sees carefully selected, trained high school students, under the supervision of teachers, nurses and community volunteers, take on the responsibility for the care of children, aged between 7 and 13 with additional needs. The camp is designed to allow their families to have valuable time off in the lead up to Christmas. You can learn more about the [Sony Foundation camps here](#).

Children attending the camp will be treated to a range of fun-filled activities from time at the beach to discos, magic shows, drumming workshops, craft and so much more! We might even have a special visit from Santa!

The four-day, three-night respite camp, hosted by selected Year 11 students and staff (including 24-hour onsite medical staff) of MLC School and partner schools is being held from Saturday 7 December to Tuesday 10 December 2024 at Land's Edge Foundation Harbour Lodge, Chowder Bay Rd, Mosman. We ask that you please share this opportunity with families that you might consider in need of respite.

To apply to be a part of the camp, families are required to complete the application form via our [school website](#). If you have any questions, please don't hesitate to contact us by email - sonyfoundation@mlcsyd.nsw.edu.au or by calling the school 97471266.





Parliament of
New South Wales

FREE SCHOOL HOLIDAY
Drawing WORKSHOPS
and chamber visit

Drawing democracy with David Conley

**Wednesday
17 July**

Join us for a children's hands-on workshop, led by illustrator and children's book author David Conley in the beautiful Jubilee Room at the Parliament of NSW.

Children will encounter some of the elements of our representative democracy through drawing. By also visiting the Legislative Assembly and the Legislative Council Chambers, children will further extend their understanding of parliamentary democracy.

BOOK NOW



FREE for primary-aged children, aged 8-12 years (Years 3-6)
2-hour session includes a drawing workshop and chamber tours.

Children must be accompanied by a parent/guardian at all times.
Sessions are available between 9.15 am and 3.00 pm, and can be booked through **Eventbrite**.

LOCATION
Parliament of New South Wales,
6 Macquarie Street
Opposite Martin Place



COMMUNITY

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
	2	3	4	5	6	7
	Stronger Together Fitness Gym Session The Lunch Club Strengthening friendship & building social skills Craft Crew Unleash your inner artist	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Ability in Action Where every skill shines	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections by giving back Stirring up Success Mastering the art of making beverages The Talk Learning about relationships & friendships	Walking Warriors Where every step is a victory Friday Night Group Dinner & Arcade Games at Archie Bros	Saturday Socials Luna Park 10am - 4pm
	9	10	11	12	13	14
	CLOSED Public Holiday	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Social Media Hub Show your best self online	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections by giving back Stirring up Success Mastering the art of making beverages - one sip at a time The Talk Learning about relationships, friendships & communication skills	Walking Warriors Where every step is a victory Friday Night Group Vivid Sydney 5pm - 9pm Holiday Stay Amaroo Homestead	Holiday Stay Amaroo Homestead
	16	17	18	19	20	21
	Holiday Stay Amaroo Homestead	Stronger Together Fitness Gym Session The Lunch Club Strengthening friendship & building social skills Craft Crew Unleash your inner artist	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Ability in Action Where every skill shines	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections by giving back Stirring up Success Mastering the art of making beverages - one sip at a time The Talk Learning about relationships, friendships & communication skills	Walking Warriors Where every step is a victory Friday Night Group Dinner with Friends
	23	24	25	26	27	28
	Stronger Together Fitness Gym Session The Lunch Club Strengthening friendship & building social skills Social Crew Unleash your inner artist	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Social Media Hub Show your best self online	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections by giving back Stirring up Success Mastering the art of making beverages - one sip at a time The Talk Learning about relationships, friendships & communication skills	Walking Warriors Where every step is a victory Friday Night Group Timesone & Dinner	Special Event Winter Fest 5pm - 10pm

Monday to Friday

9am to 3pm

Friday Evening

5pm to 9pm

Our activities have been designed with the below goals in mind

- Developing living skills and independence
- Relationships - Building & keeping strong friendships
- Safety, health & wellbeing both mental and physical
- Developing appropriate social skills

Location
Morhaven HQ
508/88-90
George Street
Hornsby

JULY SCHOOL HOLIDAY PROGRAM

TIMES
Monday to Friday
9am to 3pm
Friday Evening
5pm to 9pm

SUN	MON	TUES	WED	THURS	FRI	SAT
	Stronger Together Fitness Gym Session The Lunch Club Strengthening friendship & building social skills Craft Crew Unleash your inner artist	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Ability in Action Where every skill shines	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections Stirring up Success Mastering the art of making beverages The Talk Learning about relationships & friendships	Walking Warriors Where every step is a victory Friday Night Group Holey Moley Mini Golf	Saturday Socials Bowling & Lunch with friends 10am - 4pm
7	Stronger Together Fitness Gym Session The Lunch Club Strengthening friendship & building social skills Social Crew Unleash your team spirit	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Social Media Hub Show your best self online	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections Stirring up Success Mastering the art of making beverages The Talk Learning about relationships & friendships	Walking Warriors Where every step is a victory Friday Night Group Cooking & Movie Night	13
14	Stronger Together Fitness Gym Session The Lunch Club Strengthening friendship & building social skills Craft Crew Unleash your inner artist	Sweat Squad Gym Session Money Masters & Cooks Corner Where budgeting & cooking meets creativity Ability in Action Where every skill shines	Cooks Corner Unleash your inner chef Taste Testers Food & Friends come together Drop the Mic Podcast Where conversations take centre stage	Community Connect Build community connections Stirring up Success Mastering the art of making beverages The Talk Learning about relationships & friendships	Walking Warriors Where every step is a victory Friday Night Group Dinner with Friends at Millylane	20

Our activities have been designed with the below goals in mind

- Developing Living Skills & Independence
- Relationships - Building and keeping strong friendships
- Safety, Health & Wellbeing both mental and physical
- Developing appropriate Social Skills

MORHAVEN

WINTER HOLIDAY PROGRAM



HOWE CARE



**TRANSPORT INCLUDED!
BETWEEN 9:00AM - 4:00PM**

AGES 3 - 18 YEARS

**COST OF PROGRAM AND
ACTIVITIES INCLUDED NDIS
PRICE GUIDE**

1:1 SUPPORT



CONTACT US



0468 684 949



WWW.HOWECARE.COM.AU



ADMIN@HOWECARE.COM.AU

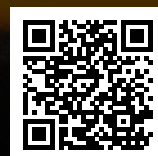




School Holiday Registrations Open!

Join PCYC Hornsby for the School Holidays

Scan the QR Code for
more information



COMMUNITY



ZIP UP YOUR WARMEST PARKA AND BE READY FOR ANYTHING...
DOUGLAS PICKERING PAVILION, ST IVES SHOWGROUND,
11-14 JULY

TICKETS



Holiday Activities
for **YEARS K-6**

MSTYP

MARIAN ST
THEATRE
FOR YOUNG
PEOPLE



MAKE A PLAY
DRAMA WORKSHOPS

ENROL



SCHOOL HOLIDAYS: 09:30 - 12:30
8TH - 19TH JULY KILLARA HORNSBY



Powered by Athletics NSW

CENTRE OF EXCELLENCE SCHOOL HOLIDAY CAMP

8TH-10TH JULY, 9AM-1PM

AGES 10-14

- SPECIFIC SKILL DEVELOPMENT
- NATIONALLY RECOGNISED COACHES
- INTRODUCTION TO STRENGTH TRAINING
- IN THE ANSW CENTRE OF EXCELLENCE



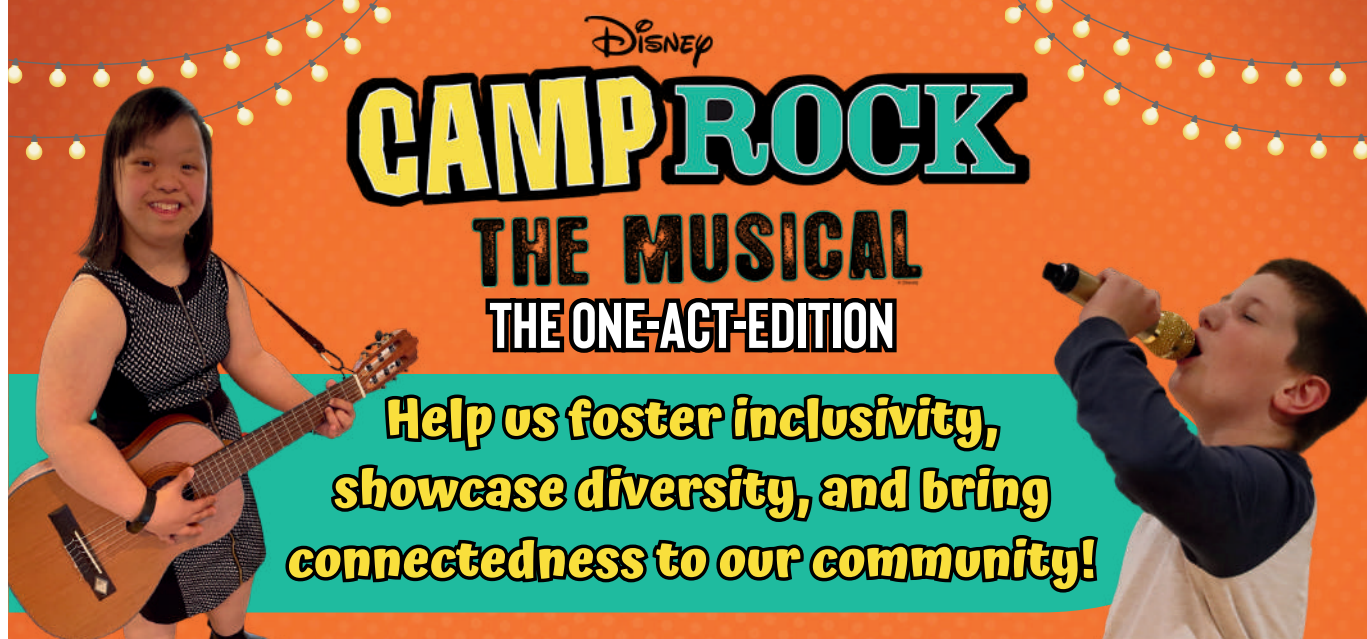
WHATS ON?
MON - TRACK
TUES - JUMPS
WED - THROWS

SIGN UP HERE



billy

SUPPORT OUR SYDNEY-FIRST INCLUSIVE MUSICAL



Umbrella School of Music's production of Camp Rock innovatively pairs individuals with and without disability to share character roles, creating a truly groundbreaking and heart-warming performance.

Be part of Sydney's theatre history by donating to our production (tax deductible receipts available). Funds will go towards ensuring that our show is as accessible and affordable as possible.



Scan the QR code for more information, to stay updated or to donate.

Sign up for our \$15 Pilot Workshop on 23 June, sponsored by Willoughby City Council.



Hosted by **Sam Mac** from *Sunrise, Channel 7*



In partnership with *YourSide*

Winter Wonderland

Presented by *Carer Gateway*

Saturday, June 29th 2024

**10am – 3pm :: Hordern Pavilion, Moore Park,
Sydney, NSW 2021**

Fun for the family
including:

- * **MAKER MARKET STALLS**
- * **ACTIVATION STATIONS**
- * **LIVE ENTERTAINMENT**
- * **FOOD TRUCKS**
- * **AND MANY MORE EXCITING SURPRISES**

FREE Entry

SCAN THE QR CODE
TO REGISTER AND
FIND OUT MORE.



**CALLING
ALL CARERS,
YOUR FRIENDS
& FAMILIES!**