



PRINCIPAL

As we enter the second week of Lent, this season invites us to slow down and notice the moments that truly matter. While Lent is often spoken about as a time of giving things up, it is also a gentle invitation to reflect, reset, and look for simple ways to bring light into each day. It might be lending a hand to a classmate, sharing a warm smile in the hallway, or taking a quiet moment to breathe and recognise God's presence.

This is a season to deepen our prayer life by paying attention to where God is at work, to practice forgiveness with open and willing hearts, and to give intentionally and compassionately. These small but sincere acts help us move through Lent in a way that feels meaningful and grounded. If anything, this season reminds us that positive change doesn't have to be big, it simply needs to be genuine.

This practice of acts of kindness can be seen daily at the College between staff, students, parents and the local community. We are truly blessed to be part of a community where relationships and community are at the centre of each day.

We also had an opportunity to reflect on the acts of kindness and amazing impact that special women in our lives play. At last week's assembly, the theme of International Women's Day showcased some of our students thoughts about their Mums and other inspirational women in their lives. We heard from students across the College, including some of our Year 5 and 6 students.

At assembly we also farewelled our School Counsellor, Jayel March, who has worked at the College for two years. Jayel has brought such warmth, dedication, and genuine care to her work with our students. We are incredibly grateful for all she has contributed to our community and to the St Edmund's Wellbeing Team.



PRINCIPAL

A change in her personal circumstances means she will now be focusing more fully on her psychology studies and on spending time with her children. Jayel intends to remain connected to the community in a casual and volunteer capacity and will support the Wellbeing Team during the transition of her current responsibilities. On behalf of our whole community, I wish Jayel all the very best as she steps into this next chapter.



Finally, another fabulous moment of community at our last assembly occurred when one of our St Edmund's alumni, Kristian attended to watch his cousin Gracie speak on assembly. Kristian, one of our student leaders, graduated from the College six years ago and now works at Kmart. He has spotted many staff members, including myself, shopping up a storm as he works in this role. This photo shows how happy Gracie was to show her cousin her school and Kristian enjoyed the opportunity to see how the school's facilities have grown since he left. He was impressed! This story highlights how many of our students are proud to be connected to this wonderful community even some time after leaving.

I wish you all a wonderful fortnight ahead.

Rebecca Kirwan | Principal



LOST PROPERTY

This watch was left at Eddie's several weeks ago. If it belongs to you or your child please organise collection.

DEPUTY PRINCIPAL

House Fundays

Pymble Ladies College - Callan and Kilkenny House Funday 1 at Vision Valley Outdoor Educational Campus

A great day was had by all at our PLC Funday 1 where interaction with our PLC hosts and the outdoor educational activities: Archery, Sugar Glider Rope Swing and Crate Stack activity provided for some great social emotional learning for our students. The program works on a Challenge by Choice learning module where students are coached by the PLC students, and encouraged to participate to their own level of choice, comfort and adventure, without being asked to do anything they are not ready to do.

Pictured are Cody and Seb who enjoyed challenging themselves on the Crate Stack activity with a lot of fun resulting!

Waterford and Mt Sion Houses

Our next PLC Vision Valley Funday will be for Waterford and Mt Sion Houses on Friday 1 May in Week 2 of Term 2, and will include some Winter Term Activities, including Damper Making. Forewarnings, permission notes, and the PLC online site informed consent will be distributed at the beginning of Term 2.

Mater Maria Mt Sion and Year 5/6 Funday Friday 6 March

Meanwhile Mt Sion as our Champion House overall for 2025 will enjoy a visit to Mater Maria Catholic College Warriewood next Friday to participate in connecting activities, a treasure



hunt and then a Colour and Sprinkler run (weather permitting) on the Oval. It was a great experience last year as can be seen by the Colour Run photo below. Please wear sports uniform and bring a change of clothes and shoes that can get colourfully dirty and wet! Year 5/6 will join us for this excursion and no doubt will enjoy these safe and fun activities in a wonderful partner school environment.

Any queries can be addressed through homeroom staff to Mr Brannan:

brannan@stedmunds.nsw.edu.au

Ash Wednesday and Commencement Mass

The students were excellent as we commenced our Liturgical School Year with Mass and commissioned Mrs Kirwan as Principal at Mass on Wednesday 18 February.



DEPUTY PRINCIPAL

Reconciliation Action Plan Team Events and Red Dirt Expedition Preparations

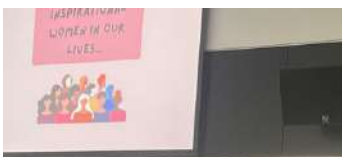
The Reconciliation Week Theme this year is an apt one: "All In" challenges students and members of the community are to join our Reconciliation Action Plan Team to celebrate our First Nations story, and by extension the inclusive story and rich culture of all members of our community. Expressions of Interest are invited for our students to support our RAP, attend the upcoming Jarjum and First Nations Services commemoration as well as the Red Dirt Expedition in late June.

Road Safety and Walk Safely around the School Day

Road Safety and Walk Safely around the School Day has been moved to Monday 23 March to avoid clashes with other school curriculum events. On the day students will engage with a rotation of activities in House groups including: 1. Pedestrian Crossings, 2. Hazard Perceptions Workshop, 3. Police Youth Liaison Officers, 4. Walk around Wahroonga Ave.

Assembly

We have had two great all school assemblies this Term led by our Student leaders with much recognition of student learning and achievement. Below are some students who have been acclaimed at Assembly.



Pictured: Eddie's Best Awardees, Outstanding Mathletes being presented by Ms Snell, Students of the Week, International Women's Day Assembly
Congratulations to all our students for the high standards they are setting in following our school rules: Be safe, caring and great learners.

Sean Brannan | Deputy Principal

DEPUTY PRINCIPAL

Upcoming St Edmunds College Calendar Events		
When & What	Where	Why and Who
Fri 6 March Mt Sion Funday @ Mater Maria	Warriewood	Mt Sion 2025 Champion House Treasure Hunt, Colour / Sprinkler Fun Run
Tue 10 March Open Day 9.30am-12pm Year 13 Pizza Night 5-6.30pm	Open Day – Hall and Classes Pizza night - College Staff Kitchen	9.30am in the Hall P2 Tours of the school Year 13 Welcome Back Pizza Dinner for our recent Class of 2025 Graduates
Wed 11 March Kuring Gai Seniors Festival	@ Turramurra Uniting Church	Year 12 VET Hospo Supporting Ku-ring-gai Seniors Festival with Coffee and Hospitality
Fri 13 March Yr 7 Spirituality Day	@ St Pius X Oxford Falls fields.	Year 7 Orientation to St Edmund's College story & values as an Edmund Rice School
Mon 23 March Walk Safely to School Day 9-12pm	4 House Rotations	All students in House Groups and Staff with Facilitators Liberate Team, Allied Health, PDHPE Team, Local Police
Tues 24 Mar The Dish Social Justice Outreach	Hornsby Uniting Church	St Edmunds supporting with "Food Tech & Domestic Cooking" students preparing dinner and school community donating grocery items via front admin.
Wednesday 25 March CSBB Jarjum	Mercy College Chatswood 1 - 3pm	Gathering of First Nations students and supporters - Student RAP Team reps
Thurs 2 April School Concludes	Holy Thursday	End of Term 1 prior to Easter and Holy Week
Monday 20 April	Staff Day 3	Professional Learning - Teaching Learning and Differentiation
Tuesday 21 April	Students Return Term 2	First Day of Term 2 for students precedes ANZAC Day, Founders Day and St Edmund's 75th
Friday 1 May	PLC Funday 2	Waterford and Mt Sion Houses @ PLC Vision Valley Outdoor Education Campus
Friday 8 May	St Edmund's 75th Anniversary Mass	Celebratory Mass in the School Hall followed by Community Activities

WELLBEING

Planet Puberty Workshops

Planet Puberty have a series of upcoming parent workshops focused on supporting children with disability through puberty and adolescence. These sessions provide practical guidance, professional expertise and strategies to help families navigate emotional changes, hygiene development, sexual health and growing independence with confidence and clarity.

Find information about the [workshops and register here](#).



Circle of Control

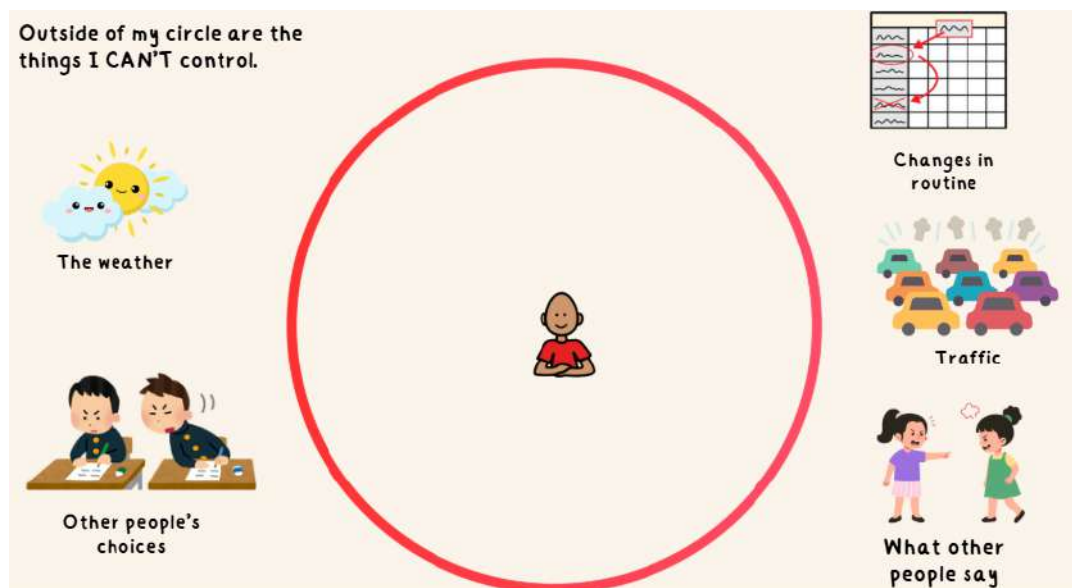
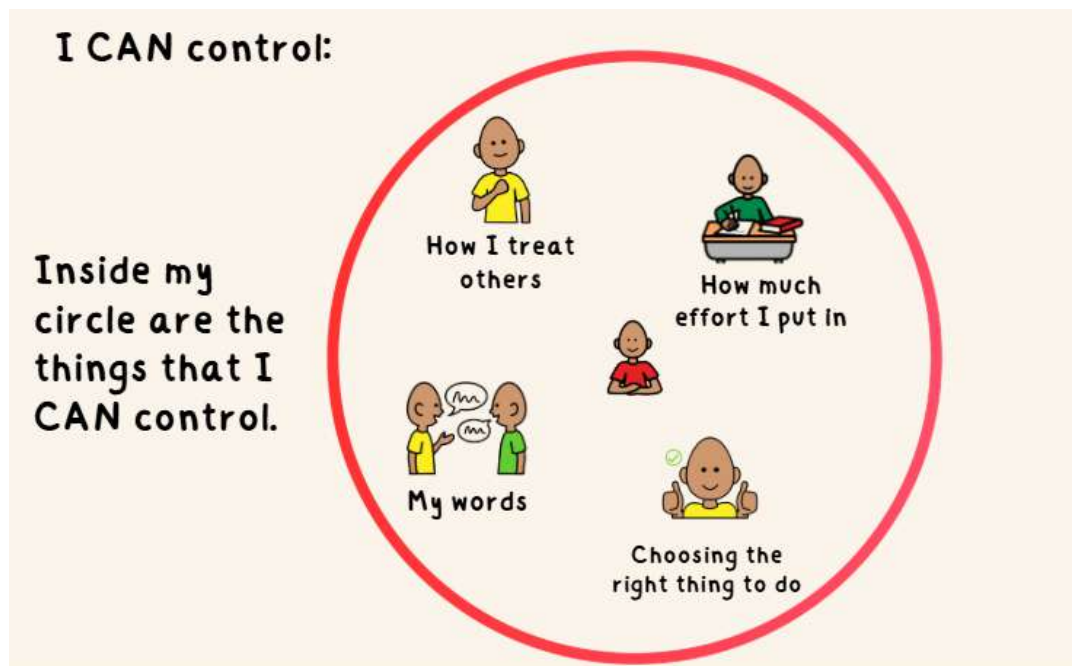
This week in Homeroom, students have been learning about the important difference between what is **within their control** and what is **outside of their control**.

Through daily social scripts and discussions, we explored how we can't control things like the weather, changes in plans, school rules or other people's behaviour, but we can control our own words, actions, effort, and attitude. Students practised recognising that while feelings are valid and real, their behaviour is still a choice.

We also focused on building flexibility when things don't go as planned, using calm strategies,

asking for help, and taking responsibility for personal choices. By learning to stay within their "circle of control," students are developing stronger self-regulation skills, resilience, and confidence in managing challenges.

Niamh Mulkeen | Head of Wellbeing



TEACHING AND LEARNING

Curriculum Corner

ClassDojo

We encourage all families to connect to the ClassDojo app to stay up to date with the wonderful learning happening across the school. Class teachers regularly share photos, celebrations, and important updates, giving you a window into your child's school day and opportunities to talk with them about their learning at home. Through your parent account, you can also view whole-College announcements, homeroom news, and student achievements.

If you are not yet connected, please email me north@stedmunds.nsw.edu.au



Book Club

Our Book Club is a fantastic way to encourage a love of reading at home while also supporting the school. Catalogues are sent home twice each term, offering a wide range of affordable, high-interest books for all ages. Orders are placed online and delivered directly to the College for easy distribution to students.

Every purchase earns reward points for the school, which are used to purchase new books and learning resources for classrooms and the library. To browse current catalogues or place an order, please visit Scholastic Australia. The next order is finalised on 20 March 2026.

Literacy Groups

We are delighted to share that literacy instruction is off to an exciting start for students in Years 7–10. During the first few weeks of term, we have been carefully assessing each student's literacy skills to ensure targeted and individualised support and intervention. Students have been placed into four reading groups—Early Readers, Decoding Readers, Comprehending Readers, and Skilled Readers—with flexibility for movement between groups as progress is made. Each group follows a specialised program focusing on key skills such as phonics, decoding, comprehension, vocabulary, fluency, and advanced reading and writing techniques, delivered through engaging, age-appropriate materials and small-group instruction where appropriate. Our speech therapists have also helped design motivating resources tailored for secondary students. In Years 11 and 12, literacy is taught in whole-class settings with adjustments to support all learners. We look forward to a year of strong growth as students continue their literacy journey.

Judi North | Head of Teaching and Learning

PDHPE AND SPORT



Other News in Sport

Congratulations Isabella and Sophia for competing at the State surf lifesaving championships today.

Isabella won 5 silver medals for: Beach Sprint, Flags, Wade, Ocean Swim and the Board Race.

Sophia won 5 medals for: Beach Sprint (bronze), Flags (bronze), Wade (silver), Board Race (bronze) and Ocean Swim (gold).

This is an outstanding achievement for both Isabella and Sophia, and we wish them all the best in the Aussie Championships in the Gold Coast.

Lois Horne | PDHPE and Sport Coordinator



AWARDS

	Student of the Week	Eddie's Best
5/6	Christian Y	Scarlett T
7B	Juliette O and Andrew G	Adam R
7P	Maxwell S and Claire L	Rosie H
8P	Hayden Z	Beau
8V	Hunter H	Roy
9F	Jack H and Brandon L	Sam F
9S	Chloe and Lucas	Diesel G
10C	Kwasi and An-Yu	Aaron G
10D	Nathan B and Ted C	Monique H
11D	Olive L and Edie S	Zara H
11O	Joshua J and Charles L	Sophia L
12J	Bento GB and Elle M	Riarna B
12P	Sam L and Mia C	Brendan W

congratulations

FAMILY ENGAGEMENT

At **6pm on Tuesday 3 March**, I am hosting the second Family Engagement Webinar for the year: **Intellectual Disability and Health**.

This webinar will be online via Teams ([link here](#)) and will be recorded for those who cannot make it to the live session.

During the webinar we will discuss:

- Current statistics re health outcomes for people with an intellectual disability
- The National Roadmap for Improving the Health of People with Intellectual Disability and current strategies and priorities within Government
- Annual Health Assessments for People with Intellectual Disabilities
- CHAP assessments (Comprehensive Health Assessment Program) for people with Intellectual Disabilities
- Intellectual Disability Health Capability Framework
- National Centre of Excellence in Intellectual Disability Health
- Specialised Services in Northern Sydney and NSW
- Dental care considerations
- Transitioning from Paediatric to Adult Health Services
- Health and Supported Decision Making
- Intellectual Disability Health tools and resources

During the webinar, we will spend some time looking at the CHAP (Comprehensive Health Assessment Program) assessment tool that is used for Annual Health Assessments for people with Intellectual Disability. My aim is to help familiarise families with what is involved, and what sections are completed by you, and which sections are completed by your child's health team.

The Comprehensive Health Assessment Program (CHAP) is an **evidence-based tool** for conducting **Annual Health Assessments** for people with Intellectual Disability in Australia.

There is strong evidence that these assessments are an effective way to identify unmet health needs and preventable conditions in people with intellectual disability.

I will then take an Expression of Interest from families regarding who is interested in being a part of our **Inaugural 'Annual CHAP Day'**, held during the day at Eddie's on Wednesday 25 March. I will set-up our boardroom for up to 10 parents/carers, and we can all band-together and support each other with completing Part 1 of your child's CHAP. That is: it may feel easier to do this task if we do it together and support each other! Setting up an annual day to do the CHAP at Eddie's will hopefully help with planning and keeping a track of this important annual preventative health activity.

I would love to see lots of you on Teams on Tuesday evening, and please let me know if you have any questions and if you are interested in our Annual CHAP Day – if I have more than 10 people interested in attending on 25 March, I will set up additional days!

Yours in Community

Lisa Duffy | Family Engagement Officer



COMMUNITY

Please note any external events or organisations listed in the Community section are not endorsed by the College, but are included as they may be of interest to our families. As with any service provision sourced by families for their young person, we encourage due diligence in making informed decisions.

STEP UP

Your Exercise Partner

Be **happier,**
healthier,
higher!



Programs we offer:

After-school program

- Optional School Pick-Up/Drop-off
- 2:45pm - 5:30pm
- 1:1 or Group ratio available
- Sports, Swimming, Outings

Exercise Physiology

- 1:1 with accredited exercise physiologist
- Customised program
- Tracking, Progression, Goal driven

Adults & School Leavers

- Home Pick-Up/Drop-off
- 9-2:30 (4 hours optional)
- Life Skills/Group OT
- Social Program
- Outings
- School Leavers Employment System

School Holiday Program

- Home Pick-Up/Drop-off
- 9-3
- Activities change daily
- Zoo, Aquarium and much more



Our Team and Mentors

University Qualified Staff

All of our staff are currently studying at university, or have qualified with a health related degree

Experienced & Trained Team

Staff are highly skilled in behaviour management and inclusive practices

Young, High energy, Enthusiastic



Interested?
Contact us
today!

📞 1800 881 719

✉ admin@stepupservices.com.au

WE'RE UNIQUE. JUST LIKE YOU.



COMMUNITY

CAMP KEDRON LIFE EXCHANGE

Dates: April 8-11, 2026

Ages: 15-21

Cost: \$250

Register at www.campkedron.com

Contact: holidaycamps@campkedron.com,
0492 901 678



COMMUNITY



COMPANION PASS

We're proud to introduce our new \$70 Companion Pass annual membership, created to provide a more inclusive and flexible way for guests with disability or additional support needs to visit Featherdale Sydney Wildlife Park.

We believe meaningful wildlife experiences should be available to everyone. We understand that access, mobility and sensory needs vary, and we are committed to reducing barriers wherever possible so guests can enjoy their visit in a way that feels comfortable and supported.

The Pass Includes:

- Unlimited entry for 365 days to Featherdale Sydney Wildlife Park, Mogo Wildlife Park & Hunter Valley Wildlife Park
- 10% off all in-park purchases (including retail, food & beverage, animal experiences and encounters)
- 30% off additional guest entry (up to 4 guests per visit)
- Free entry for up to 2 support workers per member
- 1 FREE Wildlife Adventure Trail Activity
- 1 FREE Mt Franklin Water (600ml) or Coca-Cola Variety (600ml)
- Companion Pass Lanyard & Card Holder

The Companion Pass has been developed for guests who hold a valid Companion Card. It offers a more affordable way to visit while providing consistent support across our parks throughout the year. This ensures that the pass goes to the guests who will benefit most from additional support, helping us create a welcoming and accessible environment for everyone.

Importantly, support workers accompanying a guest who presents a valid Companion Card may receive complimentary entry regardless of whether the guest holds a Companion Pass membership.

We remain committed to fostering a welcoming environment where all guests feel respected and confident when visiting Featherdale Sydney Wildlife Park.

[Buy A Companion Pass Now](#)



COMMUNITY



Pymble Ladies' College

SHORE - PLC

SONY FOUNDATION CAMP

6th - 9th December 2026

Shore and Pymble Ladies' College warmly invite families to apply for the 2026 Sony Foundation Children's Holiday Camp; a four-day respite and recreation program for children aged 7–14 with additional needs.

Held in a safe, supportive, and joy-filled environment, each child is paired 2:1 with trained Year 11 student companions and supported by teachers, volunteers, and an on-site medical team.

The program offers children the opportunity to enjoy fun, inclusive activities while building confidence, friendships, and a sense of belonging.

For families, Sony Camp provides a valuable opportunity to rest and recharge, knowing their child is cared for with compassion, dignity, and professional support.

Camp dates: Sunday 6 December - Wednesday 9 December 2026

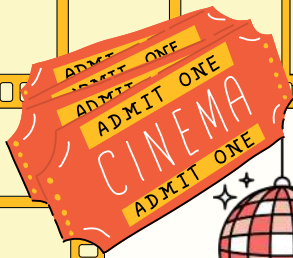
Applications close: Monday 20 April 2026

Apply: <https://forms.cloud.microsoft/r/7XfFc9vvav>

For enquiries or to discuss a child's suitability, please contact:

Email: jlapter@shore.nsw.edu.au Phone: 02 9956 1402

Camp Coordinator: Jeri Apter



GrooveABLE Disability Discos presents:

THE NORTHERN BEACHES

TEEN'S DISABILITY DISCO

with the theme: NIGHT AT THE MOVIES

TEENS WITH A DISABILITY (12-17)

Come dressed in your favourite movie character outfit!

MARCH | 20 | 6 TO 8:30 PM

FRIDAY NIGHT AT: PCYC DEE WHY
40 KINGSWAY, DEE WHY



Tickets available online:
<https://www.trybooking.com/DJCZW>



Tickets bought in advance greatly assist in planning the event and are fully refundable

\$18 Earlybird Price
Bought by the 13/03

\$22 Regular Price
Bought after the 13/03

\$15 per person - Earlybird Group Booking Price (5+ people)

Must be bought by 13/03 - PLEASE EMAIL US TO ACCESS EARLYBIRD GROUP BOOKING PRICE

Carers have free entry

Contact us at: nbgrooveable@gmail.com

PROUDLY SPONSORED BY:



Sydney's Newest Boccia Club



Join an inclusive boccia community

Boccia is a precision ball sport designed for people with disability, from severe physical disability to intellectual – welcoming players of all abilities and experience levels

Why should I join?

- Expert coaching led by a Paralympian
- Build confidence, skills, and connection
- Social and competitive opportunities

 **Ryde Community Sports Centre**

Saturday's 12pm-2pm

Learn more:

[Click here to download Information Booklet](#)

