

Term 4, Week 7 – 23 November 2017

THOUGHT FOR THE DAY

Edmund Rice Education Australia Touchstone

Justice and Solidarity

We are committed to justice and peace for all, grounded in a spirituality of action and reflection that calls us to stand in solidarity with those who are marginalised and the earth itself.

The Touchstone of Justice and Solidarity aims to develop a curriculum that integrates themes of justice and peace, underpinned by Catholic Social Teaching and seeks to provide opportunities for involvement in immersion programs in which students and staff form relationships, work with and learn from those on the margins, leading to mutual transformation.



FROM THE DEPUTY PRINCIPAL

2018 PREMIER'S ANZAC MEMORIAL SCHOLARSHIP ANNOUNCEMENT - PAMS

In July, we were invited by Scot MacDonald MLC and Adam Crouch MP to nominate for a ballot being conducted to select students who would travel to France and Belgium in 2018 to retrace the footsteps of the Anzacs, with the 2018 PAMS tour. From over one hundred registered schools, the College was successful in that ballot, and the College then began the process of accepting nominations from interested Year 9 and 10 students. Students were required to submit their nomination along with an original and personal piece of work based on the Centenary of the Anzac. Shortlisted students were then interviewed by a panel of staff. To say the panel were impressed by each nominating student is an understatement. The level of maturity and understanding shown by each student of the memory of the Anzacs was both outstanding and moving. Their pieces of work were remarkable and yet all so different, and all worthy of the process. After a difficult yet enjoyable discernment process by the panel, the successful applicant was determined to be **Lachlan Smith – Year 10**. Congratulations to all the applicants who were so impressive, and to Lachlan, who will undoubtedly represent the College with great pride and dignity. We look forward to hearing about the trip when he returns.

Link to Lachlan's nominated work:

<https://www.youtube.com/watch?v=SShObKpOO0c&feature=youtu.be>

WHITE RIBBON DAY

In 1999, the United Nations General Assembly declared November 25 the International Day for the Elimination of Violence Against Women (IDEVAW) and the White Ribbon has become the symbol for the day.

The White Ribbon Campaign is the only national violence prevention campaign, and it is unique in that it aims to raise awareness among Australian men and boys about the roles they can play to prevent violence against women. The campaign calls for men across Australia to speak out and take an oath. An oath swearing never to commit, excuse or remain silent about violence against women.

This Friday, 25th November, St Edward's College will be asking the students to take an oath, swearing never to commit, excuse or remain silent about violence against women. Following our assembly, ten of our Year 11 students will be representing the College in a march at The Entrance in support for White Ribbon Day.

I would like to share with you the speech one of our prefects, **Aidan Reid**, will be presenting to the community at the Entrance White Ribbon Day walk:

"Good morning everyone, my name is Aidan Reid, and I am a College Prefect at St Edward's College, East Gosford.

Today, I am here to speak to you all about domestic violence against women, however not JUST domestic violence against women, but the significance that it plays on myself, and the young boys of my generation.

Earlier this morning, back at school, myself and a few of my fellow prefects delivered a presentation in support of White Ribbon day, where I challenged over 1000 Eddies boys to stand up, speak out, and to act.

You see, I am just one male, and I am too young to have a partner in the domestic setting. And so why, you ask, is the message of White Ribbon Day that of the utmost importance to myself and the males in my generation? Well, let me tell you...

Domestic Violence is NOT only physical assault - for most of us, when we hear the phrase 'domestic violence', that is what pops into our head. Domestic violence, yes, can indeed be physical, yet it also can be sexual assault, verbal abuse, financial abuse, isolating a woman from those she loves, or even emotional abuse, and it's not okay.

And at this stage in my life, I am very much still developing, and so now more than ever, is the perfect time to instil memories, facts and values that will hopefully raise awareness for this issue and last for life in my generation of males.

If you want to change something, then I believe that it is best to go to the very beginning, the start of the problem. In this case, we are going to look at the roots of Domestic Violence, which unfortunately, has grown into a giant weed. An unwanted mark on Australia's Garden.

Already, when looking at the attitudes and the occurrences around me, I am worried. I am worried to think that already, boys younger AND older than me think it is okay... Okay to talk behind a girl's back, okay to whistle at them as they walk by, okay to ask for or even share around revealing images... Well in fact, it is not cool, this is NOT okay. But without other boys standing up, intervening and setting the standards as to what is acceptable, the social norm remains the same, and so we grow older, and suddenly, we have a partner in a domestic environment this time.... And so, the horrible statistic of 1 out of 3 women experiencing domestic violence continues.

So, I may not be the "coolest kid" out there, but let me tell you what is okay, let me tell you what IS cool. Stand up for that girl on the bus... yep, that's right boys, maybe even offer her your seat. Maybe smile and wave at that girl walking by. It is these sorts of actions that might not only make the girl think "well he's nice", but it is these sorts of actions that need to become a normal occurrence. And so, I challenge all boys in my generation to speak out, don't just ignore or worse still... laugh along. At the end of the day, the behaviour we walk past is the behaviour we accept as okay.

Let me ask you something, put your hand up if you have a wife, please keep your hands up, now if you have an aunty, put your hands up if you have a sister, a girlfriend, a friend that's a girl. Now if you look around, most of us, if not all of us, have our hands up. You can put your hands down now. I want you to think of that person that came into your mind when you raised your hand, and I want you to think of that person, growing up isolated from those she loves, she is physically, sexually, emotionally and verbally abused, the man in her domestic setting is even controlling how much money she has to spend... Do you want this person you are thinking of to live like this? NO, of course not! This is something you couldn't wish upon anyone.

And so, I challenge you all, to stand up, to speak out, and to act against Domestic Violence against women... This is my oath... I hope it is yours too.

This way together, men young AND old, we can redefine the socially acceptable, turn the statistic of one out of three women experiencing domestic violence into a thing of the past, replacing it with a statistic of zero out of 3. And in doing so, we are working together to make Australia a better place for all.

Thank you. Aidan Reid"

Mr Jay Sutton (College Deputy Principal)

SOCIAL JUSTICE

Mr Pat Dell's contact details are 4321 6439 or pdell@stedwards.nsw.edu.au

2017 EDMUND RICE HONOURS

Edmund Rice Education Australia Distinction Award for Outstanding Commitment to Justice and Solidarity Touchstone: In recognition of four years or more of achieving Edmund Rice Honours.

Aidan Reid	Benjamin Stephens	Lachlan Smith	Liam Seymour	Thomas Judd
Thomas Kennedy	Harry Magriplis			

YEAR 11 FIRST CLASS HONOURS

Liam Bruchhauser Toby McNeill

YEAR 11 EDMUND RICE HONOURS

Nick Armstrong	Liam Seymour	Sam Edwards	Michael Missak	Clayton Ball
Adam Bing	Alejandro Murdoch	Daniel Phillips		

YEAR 10 FIRST CLASS HONOURS

Jack Conroy

YEAR 10 EDMUND RICE HONOURS

Sebastian Waugh	Luke Brien	Harry Smith	Hayden Hansen	Sam Harris
Tyrone Mahfola	Matthew Sturt	Deklan Smith	Alex Waite	Liam Dickson
Callum Sutton	Joshua Ferragamo	George Butlin	Cooper Boelhower	Brent Mayol
Leo Madden-Evans				

YEAR 9 FIRST CLASS HONOURS

Kai Darwin Matteo Krumm Logan Pugsley

YEAR 9 EDMUND RICE HONOURS

Connor Adams	Beau Brackham	Bailey Brown	Liam Oakes	Nathan Ella
Joshua Armstrong	Joseph Hussein	Aidan Davis	Benjamin Selwood	Lars Cleeren
Daniel Osling	Aaron Judd	Ben Kidd	Lars Cleeren	Tejay Hodges
Keegan Heber	Daniel Palmer	Matthew Palmquist		

YEAR 8 EDMUND RICE HONOURS

Jayden Beard	Toby Powick	Joshua Partier	Joshua Gower	Eli Rickard
Kyle Graham	Kai Wheelock	Charlie Crimmings	Jamie Zacher	Jack Gower
Hayden Smith	Andrew Prazauskas	Otis Farrugia	Harrison Martin	Daniel Rosine

YEAR 7 EDMUND RICE HONOURS

Shaun Turnbull

THANK YOU

To the boys and parents who have recently supported our Sunday homeless lunch meal at Gosford Uniting Church, working with Catholic Primary school at Terrigal. Thank you also to the 15 senior students who are giving up a week in January to provide a holiday for disadvantaged kids at Mulgoa, the surf club volunteers, rural fire brigade and others. Your support for Waterford and more importantly, for our local community, is generous and treasured

Mr Pat Dell (Social Justice Coordinator)

PARKING IN FREDERICK STREET

Attention parents and carers who pick up or drop off their sons in Frederick Street. The following incidents have been seen:

- Parking across our neighbours driveways
- Parking in our neighbours driveways
- Double parking
- Reversing into and waiting in the space in front of the College gates – sometimes three cars!

We implore you to refrain from taking these risks as not only are they inconsiderate to all our neighbours, it obstructs the view of students trying to cross the road, and other drivers trying to drive on the road. Parents are to collect their students from either Duke St, Albany St or the northern side of the speed hump in Frederick Street up towards the lights, in a legal parking position. It can also be advantageous to pick your son up after 3.15pm when traffic has cleared considerably. We don't want our neighbours calling on council parking rangers to enforce the rules.

SPORT

NSWCCC REGISTRATIONS 2017/2018

Registrations are open for the following sports

Cricket - U/19 years	Closing Date: Thursday 8th February 2018
Softball	Closing Date: Friday 16th February 2018
Triathlon (Individual)	Closing Date: Wednesday 21st February 2018 (Team entries will be done early next year)

For more information, please go to the CSSS website <https://www.csss.nsw.edu.au/nswccc-home.aspx>

REPRESENTATIVE SPORT UNIFORM - SENIORS

Students going into Year 11 and 12 who wish to represent the College in Sport **must** continue to use the full College Sports Uniform. This includes the tracksuit, which is worn in the winter months (Term 2 & 3). If they choose not to buy a senior sports uniform – then they will have to arrange to borrow one. Otherwise, they will have to wear the full College summer/winter uniform – 'no casual clothing'.

Students will be unable to represent the College at future sporting events if they fail to wear the appropriate College sports uniform. However at the College athletics and swimming carnivals, senior students are allowed to attend these events in casual clothing.

SPORTS AWARDS ASSEMBLY - FRIDAY 1 DECEMBER

This year the Sports Awards Evening will be a morning assembly on Friday 1 December (Week 8) with all students in Years 7-11 in attendance. The daytime assembly will allow for full College participation and peer recognition. The assembly will commence at 9.30am in the ERC and conclude around 11.00am. A morning tea for the award winners, their parents and coaching staff will immediately follow the presentation in the ERC Foyer. Invitations for our awardees and their families will be sent out in the coming weeks with details regarding the assembly.

Mr J Carpenter (Sports Coordinator)

FRENCH EXCHANGE

There are several French students from Lycée Théas in Montauban (Years 10 – 11) who would love to come to St Edward's for about 6 - 8 weeks in June – August next year. This is a wonderful opportunity to host a French student and then go to France at the end of the year to experience life and school in France. It would only cost you your airfare, insurance and spending money. You do NOT need to be studying elective French and you also earn Waterford hours. Please see Mrs Papeix ASAP if interested.

Mrs P Papeix

MOVEMBER

Over the next month, some of the prefects, senior and junior students, and I will be participating in Movember, an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues such as prostate cancer. Testicular cancer, and men's mental health and suicide prevention.

We will be raising funds that will go towards supporting the Movember Foundation's research, as well their various health promotion initiatives that aim to address these prevalent issues through prevention, rather than just a cure.

During Movember, the moustache is a ribbon – a reminder to people in your life about the importance of men's health. When in public, the moustache will often become a conversation starter that can lead to talking about more serious health issues that affect men of all ages, and are often overlooked by individuals, the media and by society as a whole.

Here are some statistics taken directly from the official 'Movember Foundation' Website:

- Prostate cancer is the **second most common cancer in men**, and the rates are on the rise
- By 2030, therefore, there'll be **1.7 million men living with prostate cancer**.
- Most **men affected by testicular cancer are between 15 and 40 years old**
- In most cases, the outcome for men with testicular cancer is positive, but a 95% chance of survival is no comfort to the **1 man in 20 who won't make it**.
- Around the world, **on average we lose a man to suicide every minute of every day**.
- **Three out of four suicides are men**. It is therefore apparent that too many are keeping silent and are struggling alone.

If anyone would like to donate to the Movember Foundation, or sponsor the students individually, **please phone Mrs Pearson at the college or email her at apearson@stedwards.nsw.edu.au**

For more information, please visit the official 'Movember Foundation Australia' Website on <https://au.movember.com/>

Adam Bing, College Captain 2017/18

CALENDAR - TERM 4, 2017

Week 8B	Mon 27 Nov	Annual Drama Night
	Wed 29 Nov	LOTE: Alliance Francoise Workshop Science Marine Studies Excursion
Week 9A	Tue 5 Dec	LOTE Year 8 Maritime Museum Year 9 PASS Snorkelling Excursion
	Wed 6 Dec	PDHPE Year 10 Sports Games Day
	Thu 7 Dec	RE Australian Catholic Youth Festival Level One – Day Out Haven Race Day
	Fri 8 Dec	Last Day for Students for 2017

CANTEEN ROSTER FOR WEEK COMMENCING MONDAY – 27 November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Elizabeth Lamont Katie Ercan Cathy Donnet	Mary Stubbs Karen Strybis Sharon Singleton Amanda Benson	Katie Diamond-Hanhan Laura Fraser Jeanne Ibrahim	Belinda Carroll Rowena Brooks Michelle Gower Lyn Woods	Tania Dewey Susan Medaglia Mia Beavis Veronica Gagliard Sharon Palmer Sun Robinson Janelle Campbell-Taylor

CRICKET CLUBS ON THE CENTRAL COAST

Cricket Clubs on the Central Coast are offering the MILO T20 Blast modified cricket program (for girls and boys aged 7-12) starting this month and running until the end of February 2018. Promoting this in your school is hugely appreciated and encourages getting more kids physically active and involved in sport.

MICHAEL PEACOCK | Development Manager - Central Coast

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OLD BOYS' NEWS – STUDENT'S ACHIEVEMENT

THURSDAY, NOVEMBER 16, 2017 | EXPRESSADVOCATE.COM.AU

NEWS 11

#SNAPCOAST

The ordinary made amazing

Young photographer captures nature's beauty

Cathy Stubbs

WHEN Terrigal photographer Reed Plummer takes to the sky with his camera drone it's to pursue a passion that began in childhood.

His strikingly beautiful images reveal nature's shapes, colours and patterns in an intriguing merger of art and reality — showing familiar Central Coast locations in a whole new way.

Mr Plummer, 22, of Terrigal, has a growing social media fan base — but has turned his skills into a career through his business, Central Coast Drones.

"We are truly blessed to live in such a beautiful part of the world and I am continually amazed from what I see, especially now from a birds eye view," Mr Plummer said.

"I love finding beauty in the patterns of nature, or in moments when it feels like David Attenborough's narration is needed," he said.

Mr Plummer bought his first DSLR at age 10. He took a Year 12 photography class at St Edwards College, East Gosford which gave him the confidence to chase his photographic dream and he later graduated with a degree in design in photography from the University of Technology, Sydney.

When drones became more available at the consumer level, he quickly got on board. Mr Plummer said the Coast was a great place to learn and sharpen your eye for photography.

"Whether it's the stillness in the morning giving me the conditions to shoot the textures below the water's surface, or rough seas and wild conditions enabling me to capture the raw power of the ocean, there's always chances to experiment."

#SnapCoast says thank you to our national partners Canon Australia and Harvey Norman Photo Centre

Avoca Beach wave by Reed Plummer.

Get involved

- Share your Central Coast pics with us on SnapCoast Day on Wednesday
- Instagram: Use the hashtag #SnapCoast, tag @expressadvocatepics
- Facebook: Use the hashtag #SnapCoast, tag @CCexpressadvocate, set posts to public
- Twitter: Use #SnapCoast and tag @ccexpressadvoc
- Email: If you're not on social media but would like to take part — send your high res image to editor@expressadvocate.com.au

A Central Coast bodyboarder takes off on a wave (inset). Reed Plummer with his drone. Pictures: Reed Plummer



The Great Benefits of the School Bus

Have you considered looking into using the school bus service as a way of getting to and from school? Here's some information you may not have known that will help you make up your mind.

Kids catching the bus instead of parents driving them to school has so many benefits, mainly it can help by reducing the congestion that increases unsafe behaviours.

Did you know that bus travel is the safest form of land travel in Australia?

Did you know that school children between the ages of 5 and 16 years, travelling to and from school, are substantially safer travelling by bus than other modes of transport?

Did you know that studies run by the Institute of Transport and Logistical studies, University of Sydney show that travelling by bus is 4.4 times safer than walking, 55 times safer than riding a bike and 1.38 times safer than being driven to school?

Did you know that until the end of Year 2 bus passes are free for all students?

Did you know that if you live over 1.6km (most direct route) from the school, you can get a free bus pass?

Did you know that it only costs approx \$1/per day (\$52/term) to get a bus pass?

Other benefits of catching the bus to and from school include:

- Reducing traffic around the school, thus increasing safety for all our kids
- Reducing environmental damage from running your car
- Not having to get to school ½ hour early to get a parking space
- Promoting and encouraging safe independence with our children
- Drop off right outside the school gate (or closer to the school gate then you can get dropping your child safely with your car)
- Extra 'me' time for busy mums.

Talk to your school office or local bus company about bus routes for your school and getting a bus pass.

