

## JOY | COMMUNITY | COURAGE | TRUTH



### FROM THE PRINCIPAL

Dear Parents,

#### Athletics Carnival:

Well done to our students for their engagement in a great day of fun and enjoyment as well as achievement at the Athletics Carnival last Friday. It was lovely to see the buzz of activity and participation as well as the many happy smiling faces of the children and young adults engaging so positively. All seemed to enjoy javelin, egg and spoon, running and sack races, hurdles and all the fun of the fair. It was such a pity you, our parents, could not see the excitement in person but hopefully you can enjoy the pictures of all the fun. Thank you to all the staff for your participation and leading of the various activities and our Athletics Carnival organisers Mr Gary Edwards and Mrs Julia Murphy as we prepare for the Olympics next year! I hope you enjoy the photos on page 5.

#### Parent Pick Up and Drop Off Arrangements:

Next week from Monday we will commence a trial of the new arrangements for **afternoons only for Primary students for the last week of Term 3**. We will be implementing the use of the underground car park mornings and afternoons from Term 4. Please read the outline from the previous Newsletter repeated here for your information and contact the school if you chose to use this new facility on a permanent basis from Monday onwards. We will make any necessary adjustments at the commencement of Term 4 on the basis of the trial next week.

#### GENERAL:

Parents intending to use the underground driveway for pick up must inform the school in advance – leigh-annh@stlucys.nsw.edu.au. The underground car park arrangement is for those parents for whom it will be a regular and ongoing arrangement rather than on a day by day or ad hoc basis. Please specify which days of the week you will be picking up your child using the underground driveway.

Parents are still welcome to park and drop off or pick up their child via foot from/to the Gallery door on Cleveland Street.

MOVING  
TOWARDS **K-12**  
18 September 2020

### TERM 3

**Friday 25 September**

**Last day of Term**

**MUFTI DAY**

Students to come dressed  
as a farmer A donation of \$5  
for the mufti-day fundraiser  
would be appreciated

**Monday 28 September -  
Friday 02 October**

Creative Arts Holiday Program

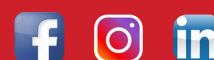
### TERM 4

**Tuesday 13 October**

Term 4 commences for students

**Wednesday 9 December**

Term 4 concludes for students



St Lucy's will provide you with a sign with your child's name to place on your windshield.

Parents should enter the car park by turning left into the driveway off Billyard Avenue. This is to avoid congestion of right turning vehicles.

Follow the arrows which will lead you in a U-shape around the car park starting on the left-hand side.

**All stationary cars should have their engines turned off.**

On reaching the line closest to the glass vestibule – please park your car and come to the door to drop off or collect your child/young person from/to the staff member on duty.

Please then return to your car promptly, ensuring your young person is secured (for pick up), and exit the driveway. A reminder that drop off and pick up times are not a time for handover of information between staff and parents/carers.

A staff traffic marshall will then direct the cars on the other side of the car park to move up and those in the line nearest to the glass vestibule should then follow the same procedure (above).

All speed and other signs need to be obeyed as a 4 kmph zone either off Cleveland Street or Billyard Avenue.

Entry and exit to the car park off Billyard is a two-way traffic area so please stay on your side of the driveway and be aware of cars coming in the other direction.

There is a height restriction for cars of 2.1m – please do not enter the underground car park if you think your car is close to this height as it could do damage to the sewage pipes.

**FOR PRIMARY STUDENTS:**

**Drop off**

The car park will be opened to parents between 8.30 to 8.50am from first day of Term 4.

**Pick up**

Parent pick up for primary students will be from 2.40 – 2.50pm. The car park will be opened to parents at 2.30pm. Students will be brought to the glass vestibule area at 2.40pm. Underground car park will close at 3pm for parent pick up, after that time pick up will be from Cleveland Street.

As we all get used to this wonderful new facility, we need to take extra care for the safety of all and use it wisely. Thank you in advance for your careful attention to these details. Also please be patient with staff, as with any new procedure, there may be a need to make changes once we have trialled the arrangements for a period of time.

**FOR SECONDARY STUDENTS:  
DO NOT USE UNDERGROUND DRIVEWAY**

**Drop off**

Given the small number of high school students in 2020 - Parent and taxi drop off will be through the Cleveland Street driveway from 8.20 – 8.30 as per current arrangements. Parents of Secondary students can still park and drop off their young person by foot through the Gallery.

**Pick up**

Parent pick up for high school students will be between 3.00 and 3.10pm. Any late arriving parents, should pick up at Cleveland Street.

**Parents and Friends Meeting:**

Don't forget to Zoom in to the P&F meeting next Tuesday 22nd September at 6.00pm as I know your Presidents Peta Kerrie and the Committee would love you to join for the meeting. The Zoom link is:

<https://us04web.zoom.us/j/76205701236?pwd=N0p0ajBGWH03c0IPTmM4TTc1SXlRQT09>

Meeting ID: 762 0570 1236

Passcode: 7FxNK6

**Puberty and Relationship Support for People with Disabilities and Autism – A Webinar:**

Parents and carers of children and adolescents with a disability may be interested to know of a useful free webinar from Family Planning NSW about puberty and relationship support.

There are currently two sessions available with details and registration details as follows:

Thursday October 29th

Evening session - 5:00pm - 7:30pm

Zoom link provided on registration

Tuesday November 17th

Morning session - 10:00am - 12:30pm

Zoom link provided on registration

The link to register is: [https://enrol.vetenrol.com.au/\(S\(1fona0bris2ixxfnprpefspl\)\)/Enrol?1342421806](https://enrol.vetenrol.com.au/(S(1fona0bris2ixxfnprpefspl))/Enrol?1342421806)

**Broken Bay Launches Rights of the Child Framework:**

Bishop Anthony Randazzo has recently launched a Rights of the Child Framework as an initiative of Safeguarding Awareness Month. The Diocese of Broken Bay has dedicated September to Safeguarding and has chosen as a theme for 2020, "Promoting Rights of the Child".

Bishop Randazzo made it a priority to express the spiritual rights alongside the natural rights identified by the United Nations.

"In the community of the Church, these human rights of the child are grounded in the truth that each child is made in the image and likeness of God, with unique beauty



and dignity. Each child is known and loved by God. The Framework is one of the many ways in which we are living out our commitment to forming communities of safety and care, especially for our children,” said Bishop Anthony.

The Framework and supporting resources for children and young people are available from the Diocesan webpage [www.bbcatholic.org.au/safeguarding/rights-of-the-child](http://www.bbcatholic.org.au/safeguarding/rights-of-the-child).

If you would like to read the Framework, please download the Framework here

#### End of Term Fundraiser:

Students can attend school on the last day of Term next week dressed as a FARMER as we fundraise for our rural communities that are recovering from drought but now especially hit by Covid-19 affecting international markets and with a lack of backpacker staff to harvest their crops. A donation of \$5 for the mufti-day fundraiser would be appreciated for this most worthy cause next Friday.

#### Stage 3 and 4 ‘Camp’:

It is exciting that we are able at short notice to enable students in Stages 3 and 4 to attend a Covid friendly ‘Camp’ experience next week. We look forward to the joy and excitement that this will bring as well as the educational outcomes. Please see your young person’s bag tonight for the details in a letter and/or an email sent today with the details.

#### Thanks for Your On-going Support:

I trust you and your family manage to enjoy the Holiday Program and have some useful time together over the holidays and we look forward to seeing you all back again for Term 4. Thank you for your individual and collective care and attention to all things medical this term as we have together kept us all safe and well during Terms 2 and 3 of winter.

David Raphael  
Principal

### WOULD YOU LIKE TO SELL RAFFLE TICKETS FOR ST LUCY’S SCHOOL?

Dear families,

You would have now been sent home one packet of 10 raffle tickets with your child in hope that you can help St Lucy’s by selling some raffle tickets. If you do not wish to sell this pack of tickets, please return in your child’s school bag before end of Term as we need all tickets returned sold or unsold.

If you would like to support St Lucy’s by taking more tickets, please fill out the form below and we will send home additional packs:

<https://www.cognitoforms.com/StLucys1/StLucysSchoolRaffleTicketOrderForm2020>

We very much appreciate your support in selling raffle tickets in the hope to raise funds for a new playground suitable for K-12 students with disabilities. Please see the next page with all the raffle details and a link if you wish to purchase tickets online.

Alex Fisher



### P&F MEETING

The P&F would like to invite you to join our next remote meeting via Zoom on Tuesday the 22nd September at 6pm. The Zoom link is:

<https://us04web.zoom.us/j/76205701236?pwd=N0p0ajBGWH03c0lPTmM4TTc1SXlRQT09>

Meeting ID: 762 0570 1236

Passcode: 7FxNK6

At the meeting we will be providing information on some Committee positions that will be looking to fill in Term 4 for a start in 2021. Anyone interested in joining the Committee please let us know on [stlucyspandf@gmail.com](mailto:stlucyspandf@gmail.com) or come along to the next meeting. It is not an onerous task being a member. It's quite fun and rewarding and a great way to meet more parents.

We are seeking interest in the positions of:

• P&F President • P&F Secretary

Both positions can be shared, so if you have 'a friend' who you would like to pair with that's absolutely fine.

There are already a wonderful number of Committee members in place and we would love more members to join or current members to take on a new positions! It really is such a rewarding experience and you get to spend time with some strong, witty, warm and supportive parents!

We look forward to seeing many of you remotely.

Kerrie Dietz &  
Peta Rostirola





# ST LUCY'S SCHOOL



Please support St Lucy's School by purchasing tickets in our 2020 raffle to develop a playground suitable for K-12 students with disabilities.

**11 WONDEFUL PRIZES TO BE WON!**

## 1ST PRIZE HISENSE 75" 4K UHD SMART TV



Hisense 75" 4K UHD Smart TV (2020)

- Ultra HD Panel (3840 x 2160)
- VIDAA 3.0
- HDR10,
- 100 smooth motion rate

## 2ND PRIZE 2 NIGHTS AT HEADLANDS



2 nights accommodation for up to 2 guests in a one bedroom apartment at Headlands in Austinmer Beach.

Donated by Steve Crowe

## 3RD PRIZE BUNNINGS GARDEN HAMPER



Includes:

- \$300 Bunnings gift Card
- 80L Wheelbarrow
- Garden blower
- 1 Spade & 1 kids shovel
- garden gloves & hats
- watering can
- seedlings & trowl bulbs
- mega coir garden soil

Donated by Bunnings Thornleigh

## 4TH PRIZE FACIALS & NUTRIMETICS HAMPER



- 5 facials
- Hamper pack including: Eye mask, Silk pillow case, body cream, body satin, bathing bar, intensive lip treatment, Loofa shower gel, OLC wipes, Beauty Bag

Donated by Dalal D Baumgartner

## 5TH PRIZE NINTENDO SWITCH



Includes:

- Nintendo Switch
- Joy-Con Neon Blue
- Joy-Con Neon Red
- Joy-Con Neon Straps
- HDMI Cable
- Switch Dock
- Joy-Con Grip
- Switch AC Adapter

Donated by Sarah Threlfo

## 6TH PRIZE BOARD GAME HAMPER



Kindly donated by Hasbro

Board games including: Monopoly junior, Monopoly Ultimate Banking, Cluedo Clue Lost in Vegas, Jenga, Mon Petit Art, Rata tat Cat, Guess Who Cluedo, Uno, Risk Mastermind, Fantastic Gymnastics, 3D Puzzle, Educa Puzzle 3000

## 7TH PRIZE LITTLE GIRLS TOY HAMPER

FurReal Cubby Curious Brown Bear, Baby Alive Doll, Play dough Preschool FUNdamentals Box, Play-Doh My Little Pony Ponyville Pies Set, Play-Doh Kitchen Creations, Play-Doh Plus 8-Pack for Decorating, Frozen Figurine (donated by Hasbro).

## 8TH PRIZE STAR WARS HAMPER

Star Wars: Monopoly Board Game, Rey Starkiller centrepiece, Clone Wars Action Figure Pack, Evolution The Legacy Collection figurines, Revenge Starfighter, Lightsaber (donated by Hasbro).

## 9TH PRIZE BOY'S ACTION TOY HAMPER

Nerf, Delta Trooper, Iron Man, Captain America, Bumble Bee Bee Vision AR Experience, Optimus Prime Voice Changer (donated by Hasbro).

## 10TH PRIZE PROJECTOR & SCREEN PACKAGE

Projector/screen Package with 2 EV Speakers (1 night's hire). This package is used for a family event or a kids party watching a movie (donated by Element ICT)

## 11TH PRIZE GLASSHOUSE HAMPER

Glass House Candle, Fragrance Diffuser and body lotion (donated by TerryWhite Chemmart Hornsby).

Drawn on 2nd December 2020

**1 Ticket for \$10 | 3 Tickets for \$25 | 7 tickets for \$50 | 15 tickets for \$100**

To purchase tickets, please visit: [rafflelink.com.au/stlucysraffle2020](https://rafflelink.com.au/stlucysraffle2020) or scan the QR code





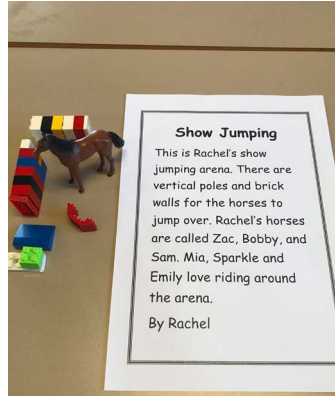
# ST LUCY'S 2020 ATHLETICS CARNIVAL





## BEACHES NEWS - LEGO INSPIRED STORIES

Asteroid Class used their imagination to build an item out of a handful of LEGO pieces and wrote a short story on their creation. Betty the dog, Captain America, A Flying Chair and A Horse Jumping Arena were also created.



## THERAPY TEAM NEWS

Hello from the Therapy Team,

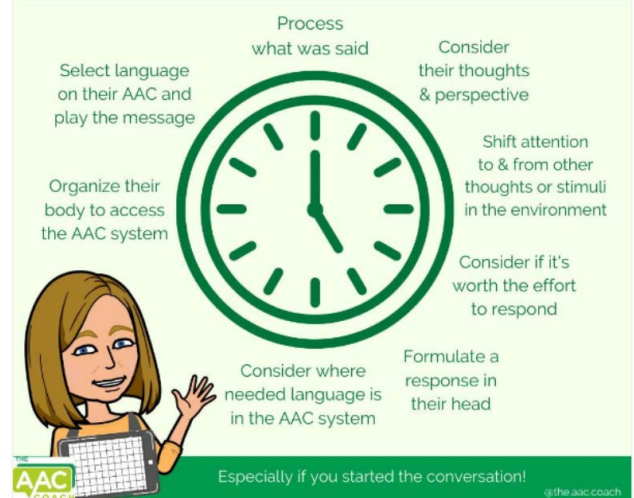
Recently we came across a great & informative website called 'The AAC coach' (<https://www.theaacoach.com/>), which has some fabulous visuals and practical info about using Augmentative & Alternative Communication (i.e. AAC). The thing that caught our eye was the importance of 'wait time' and allowing the child enough time to respond using their AAC system, whether it be: key word signs, visuals, or an iPad App like proloquo2go or LAMP. The AAC coach recommends that after you speak you will probably need to give your child between 15-60sec wait time as there's a lot for them to consider & co-ordinate. See the great explanation in the diagram to the right:

Make sure to check out some of their other resources in the 'free downloads' section. If you have any questions please don't hesitate to ask us.

**Elle & Allanah**

## AAC & Wait Time:

You've got to give them time to...



## ST LUCY'S BOOK WEEK ACTIVITIES

Due to Covid19, our special Book Week celebrations will now commence on the 17th October through to the 23rd October 2020. The Theme is 'CURIOUS CREATURES, WILD MINDS'. So let's get curious and support our children's learning starting with our St Lucy's Reading Challenge, beginning Thursday 1st October, 2020, remembering that all our children are invited to enter! All you need to enter is curiosity and enthusiasm for reading and/or Storytime. Your child just needs to be immersed in a story which could mean reading, listening, watching, and/or looking. Each child who participates will receive a 'Certificate of Achievement,' and the top 10 readers will receive a book, with a name plate, to celebrate their achievement. These awards will be presented to the children on Friday 23rd October in their classrooms with their usual Merit Certificates.

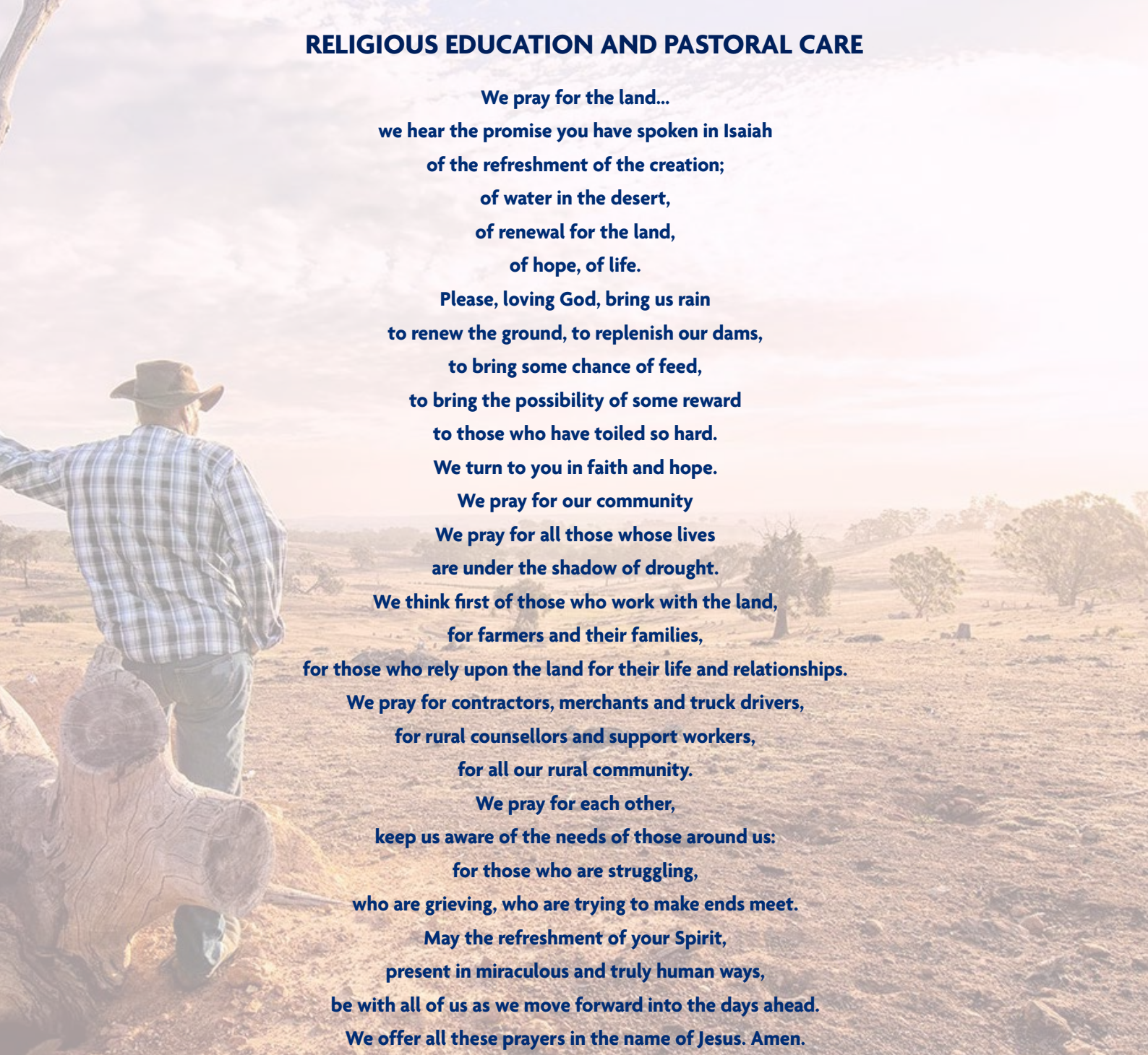


Our usual Book Week 'Dress up Parade' will look a little different this year, with no Assembly or Parade. We still encourage the children to dress up as their favourite book character on Friday 23rd October, 2020. This year we will have an author, via a video link that will be incorporated into the weekly library sessions. We hope everyone gets involved and enjoys our special Book Week this year.

**Leanne Ledlin**  
St Lucy's School Library



## RELIGIOUS EDUCATION AND PASTORAL CARE



**We pray for the land...**  
**we hear the promise you have spoken in Isaiah**  
**of the refreshment of the creation;**  
**of water in the desert,**  
**of renewal for the land,**  
**of hope, of life.**  
**Please, loving God, bring us rain**  
**to renew the ground, to replenish our dams,**  
**to bring some chance of feed,**  
**to bring the possibility of some reward**  
**to those who have toiled so hard.**  
**We turn to you in faith and hope.**  
**We pray for our community**  
**We pray for all those whose lives**  
**are under the shadow of drought.**  
**We think first of those who work with the land,**  
**for farmers and their families,**  
**for those who rely upon the land for their life and relationships.**  
**We pray for contractors, merchants and truck drivers,**  
**for rural counsellors and support workers,**  
**for all our rural community.**  
**We pray for each other,**  
**keep us aware of the needs of those around us:**  
**for those who are struggling,**  
**who are grieving, who are trying to make ends meet.**  
**May the refreshment of your Spirit,**  
**present in miraculous and truly human ways,**  
**be with all of us as we move forward into the days ahead.**  
**We offer all these prayers in the name of Jesus. Amen.**

Over the last couple of years, the St Lucy's Community has proudly supported the 'Fiver For A Farmer' initiative that started in response to the severe impact the drought was having on our farming communities.

Once again this year, we will be directing our end of term fundraiser to our farming communities by sending the money raised to RuralAid. As with many areas and industries impacted by COVID-19, our farming communities have also suffered. Whilst the drought has somewhat 'broken', many crops have been unable to be properly harvested due to a lack of human resources; financial hardships have hit our farming communities due to a drop in demand for agricultural exports; and the increased need for counselling support due to the impact of COVID-19 has become a major focus in rural communities.

RuralAid assist our rural and farming communities in supporting them through any major crisis that heavily impacts them. So, next Friday 25th September, the St Lucy's community will be asking our students (and staff) to come dressed as a farmer and donate a fiver (ie \$5 per family) in support of our awesome farmers.

If you would like to learn more about the wonderful work that RuralAid do, please feel free to access their website: <https://www.ruralaid.org.au/>

**National Carers Week 2020:** When we return next term we will be within the midst of National Carers Week. Whilst the usual array of events and options won't be made available to carers this year, due to COVID-19 restrictions, we will be finding ways to acknowledge and recognise the invaluable role carers have within the lives

of our students. We will also advertise any online events that will be made available through such organisations as Carers NSW.

### **Whole School Friendship Liturgy and 'The Artist Is Me'**

**Day:** This important annual event will take place on Friday 16th October for the students and staff of St Lucy's to enjoy and participate in. This special occasion honours the memory and legacy of Eli and Martin, who shared with us their artistic gifts under the nurturing guidance of their mum, Maria. It is also an opportunity for us to remember our other St Lucy's friends who are with Our Lord in Heaven – Teresina, Harry, Jack and Dionne.

Whilst parents and friends will be unable to attend as per previous years, we will indeed take many photos to share across our various platforms, including class emails. We also invite those of you who would like to share in this day, the chance to gather in your own way around Maria's bench.


Thank you to Ali and the Creative Arts Team for the exciting planning they are currently undertaking, as well as to the Galaxy class staff for organising and providing a

copy of the liturgy to be shared in classes on the day.


**Save the date: C3 Shopping Trip:** A reminder that our friends at C3 Church will be providing a fourth and final FREE shopping experience for our parent community on Wednesday 11th November at their C3 Cares Warehouse located in Silverwater. A TryBooking link will be provided early next term, however you might want to pencil it in to keep the day free!

**Alpha Program:** One of our neighbouring parishes, Corpus Christi St Ives, has extended a warm invitation to Catholic parents within the St Lucy's community to join them as they commence their Alpha program. For more information, please click on the following link <https://www.bbcatholic.org.au/st-ives/groups-and-ministries/alpha/adult-alpha>

Vanessa Dillon  
Classroom Teacher - REC



## STAR OF THE WEEK AWARD



### STAR OF THE WEEK (WEEK 8)

Aquarius	Natasha Wong & Claudia McWilliam	Moon	Loki Smith
Asteroid	Leela Kidd	Nova	Owen Davis-Brown
Calypso	Tayla Tobin	Pulsar	Molly Greer
Eclipse	Trey Simon-Pritchard	Saturn	Bradley Chien
Galaxy	Connor Anderson & Axel Maloney	Star	Cassiano Bernal
Luna	Sophia Torbarac	Stardust	Elliott Chislett
Mars	James Suharta	Titan	Livia Maltby
Meteor	Kwasi Adukonu	Venus	Gabriel Cheah

### STAR OF THE WEEK (WEEK9)

Aquarius	Ethan Bortolussi	Moon	Luke Donaldson
Asteroid	Campbell Dietz	Nova	Eva Quinn
Calypso	William Daly	Pulsar	Rock Batchelor
Eclipse	Jamie Hunter	Saturn	Joshua Gill
Galaxy	Angelo Alloggia	Star	Finn Tokic
Luna	Jordan Szeto	Stardust	Zac Chen
Mars	Oscar Osborne	Titan	Poppy Botheras
Meteor	Ollie Zawodny	Venus	Lucas Cheung





# CREATIVE ARTS NEWS

During Term 3 students have done wonderful work in the Creative Arts Studios. Each week they impress all of the Artists with their talent, dedication and enthusiasm for the Arts.

This term we have also returned to the Music and Drama Studios which has been a wonderful experience for the students and staff alike! It was also fantastic to have our satellite classes at Wahroonga campus for some of their Art session in the Studio! Here are some highlights:



Some of our Dance Project students have begun to learn Tap Dance. The small group were excited to work together for the first time this with our new Dance Project Artist, Sienna Quirk. Our Jazz/Hip Hop Group, led by Artist, Anneliese Kirk has 2 places available for Term 4. If you are interested in Dance Project for your child, please let me know. Dance Project is on Tuesday afternoon during term time from 3.00 – 4.15 pm.



## ST LUCY'S CREATIVE ARTS HOLIDAY PROGRAM

**DIGITAL ARTS**  
Explore how technology can change and enhance a creative process. From green screen VR dancing, to editing dramatic scenes, from composing special effects and recording music to digital art making with innovative software... This series of workshops will be loved by all!

**SEPTEMBER 2020 HOLIDAY PROGRAM ENROLMENT**  
MONDAY 28TH SEPTEMBER - FRIDAY 2ND OCTOBER | 9.00AM – 3.00PM

The Creative Arts Holiday Program Digital Arts will run in the first week of the September/October holidays and we are looking forward to 5 fun filled creative days!

There are still places available for Friday 2nd October.

PLEASE NOTE that any places that are still available by Monday 21st September will be offered to students on the 'extra days waiting list'. If you have NOT enrolled your child in the program and you would like a place on Friday 2nd October, please email me asap so that you don't miss out. Please see the brochure for the Holiday Program on the next page.

Alessandra Picone  
Head of Creative Arts



# ST LUCY'S CREATIVE ARTS HOLIDAY PROGRAM



## DIGITAL ARTS

Explore how technology can change and enhance a creative process. From green screen VR dancing, to editing dramatic scenes, from composing special effects and recording music to digital art making with innovative software... This series of workshops will be loved by all!

## SEPTEMBER 2020 HOLIDAY PROGRAM ENROLMENT

MONDAY 28TH SEPTEMBER - FRIDAY 2ND OCTOBER | 9.00AM – 3.00PM

Child's Full Name	<input type="text"/>	Age	<input type="text"/>	School	<input type="text"/>
Parent's Full Name	<input type="text"/>	Email	<input type="text"/>		
Telephone Contact (H)	<input type="text"/>	(W)	<input type="text"/>	(M)	<input type="text"/>

### PHOTOGRAPHY & FILMING

I give permission for my child to be photographed and/or filmed for promotional & social media purposes. Please indicate: ☐ YES ☐ NO

### MEDICAL INFORMATION - Please indicate below:

**Due to Covid19 restrictions, places are limited for this program. Please select a maximum of 3 days for your child to attend.**

**You can also elect to be on the waiting list for the other day/s by writing a 'W' in the box.**

Cost of each workshop \$125 incl GST (per day). Each workshop runs from 9.00am-3.00pm. Please enrol my child in the following days:

☐ MONDAY 28 September ☐ TUESDAY 29 September ☐ WEDNESDAY 30 September ☐ THURSDAY 1 October ☐ FRIDAY 2 October

### PAYMENT FORM

Total Payment is: \$  ☐ CHEQUE ☐ VISA ☐ MASTERCARD ☐ AMEX

Card Number  Expiry Date  /  Signature

Financial assistance is available for St Lucy's families who are experiencing difficult financial circumstances. Please contact Alessandra Picone for more information. Please return this form to Alessandra Picone, Head of Creative Arts via email: [alip@stlucys.nsw.edu.au](mailto:alip@stlucys.nsw.edu.au).

This form serves as your Tax Invoice. ABN 60 085 372 863



## Sahara School Holidays (October 2020)

Nominations Due Friday 4<sup>th</sup> of September

### Australian Reptile Park

Australian Reptile Park is a hands-on zoo located in a natural bush setting, home to exotic reptiles from around the world and a wide variety of Australian native animals. Enjoy live entertaining shows, themed exhibits and behind the scenes tours

**September 28, 2020 (Monday)**

9:00 AM – 3:30 PM

Cost: \$30 (Bring lunch, drinks & Companion card)



### Botanic Gardens & Choo Choo Express

Come and enjoy a day in the Royal Botanic Gardens. We can have a picnic lunch in the beautiful surrounds and go for a ride on the Choo Choo Express which provides live commentary as we travel around the Gardens.

**September 29, 2020 (Tuesday)**

9:00 AM – 3:30 PM

Cost: \$20 (Bring lunch, drinks & Companion card)



### Sailability

Today you will be able to sail on what is acknowledged as one of the most spectacular waterways in the world. We will sail from Manly Yacht Club, East Esplanade, Manly, and use the expanses of Manly Cove and North Harbour, part of magnificent Sydney Harbour.

**September 30<sup>th</sup>, 2020 (Wednesday)**

9:00 AM – 3:30 PM

Cost: \$20 (Please bring lunch, snacks & drink)



### Sydney Zoo

Which is your favourite Animal? Come and meet a range of exotic and Australian species at Sydney Zoo. Make sure you bring a hat and wear sunscreen

**October 1, 2020 (Thursday)**

9:00 AM – 3:30 PM

Cost: \$35 (Bring lunch, drinks & Companion card)



### Art, Music & Movement & Pizza's

Today we will be led by Sahara's own resident artist in a creative arts session. For lunch we will make some delicious pizza's. After lunch we will join in a fun music and movement session.

**October 2, 2020 (Friday)**

9:00 AM – 3:30 PM

Cost: \$30 (Please bring lunch & drink)



## SENSE RUGBY OPEN DAY

Don't miss  
our FREE  
Open Day



At Occupational Therapy Helping Children we are trying to look at alternate ways of meeting the needs of our clients, and providing services for them. One of these programs is Sense Rugby. Sense Rugby is not just a program for Occupational Therapy Helping Children clients. We have many children who participate who attend other allied health practices and we all work together as part of the child's "therapy team".

We are very excited to announce that we are having a Sense Rugby Open day on Thursday 1st October. Jesse and Carlien Parahi, the founders of Sense Rugby are coming back to the Northern Suburbs of Sydney to run it for us. Jesse is an Australian Rugby 7's Olympian and really enjoys meeting and working with the kids who attend Sense Rugby.

The sessions are going to be run as follows: -

#### Seaforth, Bantry Bay Oval

9:30am-10:15am for 4-7 yrs  
10:30am-11:15am for 8 yrs and over.

#### North Wahroonga, Cliff Oval

2:30pm-3:15pm for 4-7 yrs  
3:30pm-4:15pm for 8 yrs and over.

It is a FREE event and will give your clients a chance to get out on the field and have some fun in the school holidays.

<https://occupationaltherapy.com.au/event/sense-rugby-open-day/>.

## Sahara School Holidays (October 2020)

Nominations Due Friday 4<sup>th</sup> of September

### Horse Riding & Whale Watching

Today we will be led on horses by the friendly staff at Kurnell Riding school. If you do not wish to ride you can groom or feed the horses. After we can enjoy lunch at Botany Bay national park then head to Cape Solander for whale watching.

**October 6, 2020 (Tuesday)**

9:00 AM – 3:30 PM

Cost: \$30 (Please bring lunch, snacks & drink)



### Blaxland Riverside Park and more

This amazing park is located at Homebush. There are forts, tunnels, slides, swings, discovery trails, flying foxes, bike/scooter paths, so much fun! Bring your scooter and helmet on the day if you like. We will even go for a ride/walk around the Brick Pitt and listen out for the endangered Green and Golden Bell Frog.

**October 7, 2020 (Wednesday)**

9:00 AM – 3:30 PM

Cost: \$20 (Please bring lunch & drink)



### Golden Ridge Animal Farm

Join us today as we head to Golden Ridge Animal Farm where we will be able to cuddle baby rabbits, chicks and ducklings, have a go at milking a cow, feed the farm animals and visit the chickens.

**October 8, 2020 (Thursday)**

9:00 AM – 3:30 PM

Cost: \$30 (Please bring snacks & drink)



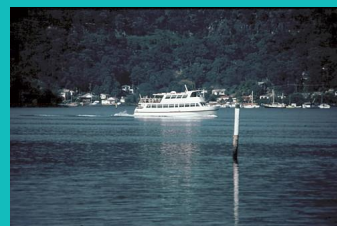
### Dangar Island

Join us on our trip to Dangar Island where we will catch the train to Brooklyn and then the Ferry to Dangar Island. We enjoy our lunch and explore the Island before returning. Please bring your lunch, snacks, drinks, and hat today

**October 9, 2020 (Friday)**

9:00 AM – 3:30 PM

Cost: \$25 (Please bring lunch, drinks, opal card and companion card)



An all-abilities integrative dance program for kids and teens available in Bexley, Castle Hill, Five Dock, & Narrabeen!



Our dance classes are specifically designed to help support your child's existing therapy goals! Through exciting movement and rhythm lessons, your child will work on:

GROSS/FINE MOTOR SKILLS

SOCIAL SKILLS

BODY CONTROL + AWARENESS

FOCUS

MOTOR PLANNING

MEMORY + RECALL SKILLS

CO-ORDINATION

RECEPTIVE/EXPRESSIVE LANGUAGE

AND MUCH, MUCH MORE!

REGISTER TODAY – SPACES ARE LIMITED

Contact [info@allinlife.com.au](mailto:info@allinlife.com.au) for more information.



@allinlife.australia



# National Carers Week 2020, CONVERSATIONS WITH CARERS.

Recognising, respecting, and valuing carers as partners in care.

MON 12 OCT  
- FRI 16 OCT  
EVERYDAY FROM  
**10:30AM to 12 NOON**

Join us for a series of virtual talks about caring for a family member, friend, or neighbour.

## Monday 12 October Caring for the Older Person

**Sue Pieters Hawke** will reflect on her journey as a Carer for her parents Hazel and Bob Hawke.

**Dr Dimity Pond, GP** has strategies for getting the most out of a Doctor's appointment including those uncomfortable conversations about dementia and cognitive impairment.

**Prof Sue Kurrle, Geriatrician**, talking about frailty and care of an older person.

## Tuesday 13 October Developing Emotional Resilience

**Petrea King**, will share some tools and strategies to help carers care for themselves so they may in turn care for others.

Petrea will help you maintain hope, humour and optimism when living with and caring for a family member.

## Wednesday 14 October Let's talk about male Carers

**Relationships Australia** is a leading provider of relationship support services for individuals, families, and communities. They aim to support all people in Australia to achieve positive and respectful relationships.

Listen to professional experts discuss Carers and relationships, focusing on the role and experiences of Male Carers

## Thursday 15 October Better outcomes for people with Intellectual Disability

**Margaret Meaker**, A parent's journey in creating changes and lifelong learning.

**Vince Ponzio, NSW Ministry of Health**, covering new approaches of care.

**Understanding Guardianship:** A Carer's guide on how to make it work for your family.

## Friday 16 October A light at the end of the tunnel - A focus on Trauma and Crisis Management and Care

**Tarja Malone Carer Counsellor** Social Worker Tarja, has worked in clinical and therapeutic settings in areas of complex trauma and mental health. YourSide – for the Carers Gateway

**Roshan** is Carer to a child with complex support needs, she shares insights into effective strategies that have worked for her family.

**Week Round-Up** - Discussion & Questions with Carer Support Service's Barbara and Mary.

## BOOK ONLINE

[lanecove.nsw.gov.au/carersweek](http://lanecove.nsw.gov.au/carersweek)

## BOOK BY PHONE

Contact NSLHD Carer Support Service on 9462 9488

You will receive an email invitation with instructions on how to join a free online talk via a **Zoom** video call.

Booking is essential.

Each talk will be held on **Zoom** from **10:30AM to 12:00PM**,  
**Or by phone.**