



## FROM THE PRINCIPAL

### Sacrament of Confirmation

We were delighted to once again welcome Bishop Randazzo and Father Paul, Father Anselam and Deacon Sam from Holy Name parish. The students looked so mature and the families were delighted to share in this sacred and important event in the religious life of these 5 students. Thank you to Sister Helen and Vanessa Dillon REC for preparing and organising this wonderful occasion.



MOVING  
TOWARDS **K-12**  
11 June 2021

## TERM 2 DATES

**Monday 14 June**  
PUBLIC HOLIDAY

**Friday 18th June**  
Last Day Term 2

Ph: 9487 1277  
Principal: Mr David Raphael  
[www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)





### St Joseph's Catholic Primary School satellite class :

Jason Falinski MP Federal Member for Mackellar visited our satellite class this week. He came because last year St Lucy's received Local Schools Funds Grants to instal Hearing Loops in all our satellite classes at Narrabeen and at St John's at Narraweena. Ruby O was a star in demonstrating this wonderful facility for the hearing impaired to greatly enhance teaching and learning.



### Post Opening Visits:

We have had the joy of several donors, friends and supporters visiting the School to see for themselves the wonderful facilities that are the Dominic Centre. Trustees, Charles Curran AC, Bernard Curran and Margaret Armstrong from the Bernard Curran Foundation (which has faithfully supported the school with significant funds since 1983) came along with Jane Magor from Perpetual. We also enjoyed a visit from Anton Tagliaferro with his son Eddie (former student now 22 years old) and a colleague Daniel (former Knox buddy of St Lucy's 26 years ago!) It is so wonderful to know there are so many people beyond the school who still generously support all that St Lucy's offers.



### Rainbow Obstacle Course:

What a great kaliedascope of colours we enjoyed as the students ran the course today to raise money for Assistive Technology. Thank you to Mrs Willis & Ms Toner for organising today and supporting our senior students who did a wonderful job organising this most engaging event. Enjoy the photos on page 3 and 4 for those parents who could not attend.

We send a big thank you to the staff from Salesforce who assisted us during the day and most importantly assisted with the sausage sizzle provided to all.

Thank you to you our parents for your continued support of all we do here. Enjoy the holidays!

**David Raphael**  
Principal













*As we find ourselves well and truly within the Season of Winter,  
we become mindful of the little gifts that God provides during this time.*

*The crisp mornings; the stillness in the air; the vibrance of the blue in the sky;  
the stark branches in contrast to the green; the fog and mist; and the dew upon the ground.*

*May we use this time to slow the pace of our busy lives and embrace the warmth that we seek.*

*May we also use this time to be mindful of those within our community who don't receive the comforts  
available to us that keep us warm, sheltered, safe and nourished during these cooler months.*

*Next Friday, 25th June, will be our end of term mufti day and fundraiser.*

*This term we will use your gold coin donations to support the work of St Vincent de Paul and their Winter Appeal,  
and the inspiring work they do to address child homelessness.*

*If you would like to learn more about this important appeal, and the confronting statistics associated with it,  
feel free to use the following link:*

**[https://www.vinnies.org.au/page/Get\\_Involved/Fundraise/WA/Winter\\_Appeal/](https://www.vinnies.org.au/page/Get_Involved/Fundraise/WA/Winter_Appeal/)**

**Sacrament of Confirmation:** Last week, five of our students received the Sacrament of Confirmation here at school in front of their families. This very special occasion was led by Bishop Anthony Randazzo, along with Sr Helen, Fr Paul, Fr Anselm and Deacon Sam. The significance of Confirmation is in realising the many gifts we have been graced with by God through the Holy Spirit, and how we are to live them so that others may come to know the message of Jesus. Every day we are indeed graced with many gifts that our students at St Lucy's bless us with, and this was realised by Bishop Anthony when he spoke to the children and their families within our ceremony. Congratulations to Madison, Angelo, Beau, Ollie and Ayden!



**Mum's Night Out event:** We recently hosted our first of two Mum's Night Out evening events for 2021. It was so lovely to once again provide these social opportunities for our mums to come and gather. The night included a pampering session, drinks, a two course meal and a little self-care package to take home. It also included the opportunity for mums to take some time out for themselves and connect with others who know and

understand the way that life is, and can be. It was full of laughter and gratitude, and we look forward to hosting our mums again at our next evening in Term 4 – so if you couldn't make this one, be sure to look out for the next! We'd love to see you!



**SAVE THE DATE:** Friday 16th July: Just a heads up that our first Friday back into Term 3 will be a mufti day and fundraiser in recognition of NAIDOC Week. NAIDOC Week is celebrated throughout our country from July 4-11, and at St Lucy's we openly celebrate, embrace and acknowledge the significance of this event each year. The theme for this year's NAIDOC Week is Heal Country, heal our nation. On Friday 16th, students will be encouraged to come dressed in the colours of our Australian indigenous flags – black, yellow, red, blue, green and white.

We also ask that students bring with them a gold coin to donate towards our chosen charity: Country Needs People <https://www.countryneedspeople.org.au/about> This not for profit organisation empowers indigenous Australians through their mission to protect our environment, create local jobs, and keep culture and community strong.

Wishing you peace and blessings!

Vanessa Dillon



## HIGH SCHOOL MERIT AWARDS



### MERIT AWARDS WEEK 7

AMBER	Lachlan Hunter
AQUAMARINE	Alexander Gordon
EMERALD	Tiarnoan Malone
MALACHITE	Mia Richardson
PERIDOT	Karuka

### MERIT AWARDS WEEK 8

AMBER	Leo Papa
AQUAMARINE	Pedro Boyle
EMERALD	Nicholas Antoun
MALACHITE	Addison Williams
PERIDOT	Sam Lewis



## STAR OF THE WEEK AWARD



### STAR OF THE WEEK (WEEK 7)

AMETHYST	Connor Anderson	PEARL	Ayden Lacana
CITRINE	Monty McNeil	RUBY	Sasha Urukalo
DIAMOND	Poppy Botheras	SAPPHIRE	Finn Tokic
GARNET	Gavin Hunter	SUNSTONE	Beau Lyall
JADE	Rachel Stewart	TANZANITE	Rock Batchelor
JASPER	Chace Erceg	TOPAZ	Mikaeel Karami
MOONSTONE	Axel Maloney	TOURMALINE	Naomi Baumgartner
ONYX	Joshua Garrett	TURQUOISE	Mia Morrissey
OPAL	Dov Kresner		

### STAR OF THE WEEK (WEEK 8)

AMETHYST	Elina Arevalo	PEARL	Branson Atkins
CITRINE	Fahad Omar & Austin Cameron	RUBY	Ethan Richey
DIAMOND	Sofia Shepherd	SAPPHIRE	Cassiano Bernal
GARNET	Arlo Tombolato	SUNSTONE	Ruby Mercer
JADE	Jessica Mettam	TANZANITE	David Salsano
JASPER	Boston Smith & Alex Crowley	TOPAZ	Oskar Groenewald
MOONSTONE	Elliot Dinsdale	TOURMALINE	Annabelle Zabulic
ONYX	James Deasy-Kennedy	TURQUOISE	Trey Simon-Pritchard
OPAL	Heidi Foxall		



## JADE CLASS GOES TO CAMP

Last week the Year 5 and 6 students in the Jade Class attended camp at the Collaroy Centre with the Year 5 and 6 St John's students. The students were amazing and participated in all activities across the 3 days with lots of enthusiasm and fun. We were so proud of them and all the achievements they made.



Siobhan O'Neill  
Classroom Teacher

## HIGH SCHOOL SCIENCE CLASS - INVESTIGATING DIFFERENT SOLUTIONS

As part of a science physical and chemical unit in Stage 5, Amber class had a lot of fun investigating different solutions (bicarb, lemon juice, orange juice, cola, vinegar, coffee) and using PH strips to determine the Ph levels and which ones are acidic, and which ones are more alkaline. As a class they graphed the results on the Smartboard and used the data to complete their desk work.





Dear St Lucy's Community,

It is Men's Health Week next week from the 14th to the 20th of June 2021. We decided to get in early as the Men of the Ku-ring-gai council LGA, St Edmunds and St Lucy's school met together on June the 10th for our joint Men's Evening.

Guest Speaker David Smith, Managing Director of Employ for Ability Pty Ltd and a neurodiversity employment specialist shared his extensive research and wisdom surrounding his autism studies. It was encouraging, informative and inspiring to have David also share about his own personal story in having a son who is neurodiverse.

The men particularly found his insights into special needs and autism informative and useful. Feedback received indicated that the men were able to take away useful tools and increased their awareness of carer self-care. The men also gained a deeper understanding into strategies to support our families, partners, children or young people with diverse needs.

### Why Men's Health Week in 2021? [www.menshealthweek.org.au](http://www.menshealthweek.org.au)

The Australian 'Men's Health Week' campaign and website's focus in 2021 is focused on these two questions:

- What factors in men's and boy's environments contribute to the status of male health as indicated in the table below?
- How can we turn that around and create positive environments in men's and boy's lives?

Do you know any men that need support to prioritise their health? Are you needing support to focus on your health? By health we are not just talking physical but mental and social wellbeing as well!

Take up the challenge and support Men's Health Week. See following posters for ideas!

Kind regards,

Jonathan Carey

Family Support Worker

Mob: 0456 681 710

## THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

14-20 JUNE

### SHARE

a positive message about men in your life on your social media and tag #Menshealthweek

### HOST

a community event

### GET IN TOUCH

with your 3 best mates to avoid social isolation

### ASK FOR HELP!

If you need help, check out these resources:

- [headtohealth.gov.au/supporting-yourself/support-for-men](http://headtohealth.gov.au/supporting-yourself/support-for-men)
- MensLine Australia (online counselling and forum for men) **1300 78 99 78**
- Dads In Distress (peer support for separated dads) **1300 853 437**
- SANE Australia (people living with a mental illness) **1800 187 263** or chat online at [sane.org](http://sane.org)

[menshealthweek.org.au](http://menshealthweek.org.au)

WESTERN SYDNEY UNIVERSITY

In partnership with **Men's Health Week**

## 7 HEALTH FACTS MEN NEED TO KNOW

- GENETICS**: Only 30% of a man's overall health is determined by his genetics. 70% is controllable through lifestyle.
- MENTAL HEALTH**: Inactive men are 60% more likely to suffer from depression than those who are active.
- SLEEP**: Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.
- NUTRITION**: Getting your 5-7 servings of fruit and veggies is as simple as 1 apple, ½ an avocado, 1 stalk of celery, ½ a grapefruit, 5 pieces of broccoli.
- ACTIVITY**: Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.
- DRINKING**: Those who consume 4 to 10 drinks a week at most have a **lower risk** of developing type 2 diabetes. Drinking more than 10 drinks a week almost **doubles** your risk of type 2 diabetes.
- GENERAL**: Men live 9 years in poor health, mostly preventable by making small lifestyle changes.



## CAN YOU DONATE A PRIZE FOR THE ST LUCY'S 2021 RAFFLE?

The aim of the raffle is to raise funds for our Central Coast Bus Service.



### St Lucy's School is looking for prizes for our 2021 Raffle.

This year we are raising funds to continue to provide the St Lucy's Central Coast Bus Service which enables students from the Central Coast to get to St Lucy's.

If you know of anyone that could donate a prize to help St Lucy's achieve our goal, please contact Alex Fisher on 9487 1277 or via email [alexf@stlucys.nsw.edu.au](mailto:alexf@stlucys.nsw.edu.au).



SYDNEY SIXERS

## ALL ABILITIES HOLIDAY PROGRAM



We're running a school holiday program in July for boys and girls with disabilities from 6 – 14 years.

- Personalised coaching
- All Equipment provided
- Fun & safe environment
- Get a Woolworths Cricket Blast Pack that includes a ball, drink bottle and drawstring bag



5th & 6th July

9am -12pm @ Lionel Watts

Register by contacting Ben Bryant 0478 283 661

**Cost:**  
**FREE**



# Sahara School Holidays (June 2021)

## Week 1

### Monkey Mania Top Ryde

**June 29, 2021 (Tuesday)**

**9:00 AM – 3:30 PM**

**Cost: \$35 (Please bring lunch, snacks, drink & Companion Card)**



 All images

### Golden Ridge – Animal Petting Farm Dural

**June 30, 2021 (Wednesday)**

**9:00 AM – 3:30 PM**

**Cost: \$35 (Please bring lunch, snacks, drink & Companion Card)**



### Blaxland Riverside Park, River walking trail Homebush

**July 1, 2021 (Thursday)**

**9:00 AM – 3:30 PM**

**Cost: \$15 (Please bring lunch, snacks & drink and companion card)**

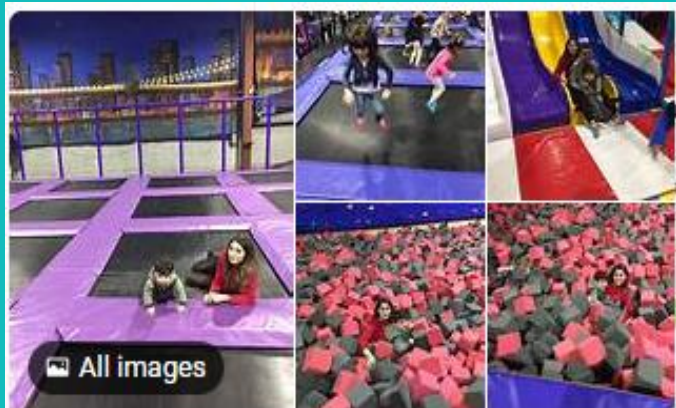



### Ultimate Family Entertainment Centre Northmead

**July 2, 2021 (Friday)**

**9:00 AM – 3:30 PM**

**Cost: \$35 (Please Bring lunch, drinks & snacks & Companion Card)**



 All images



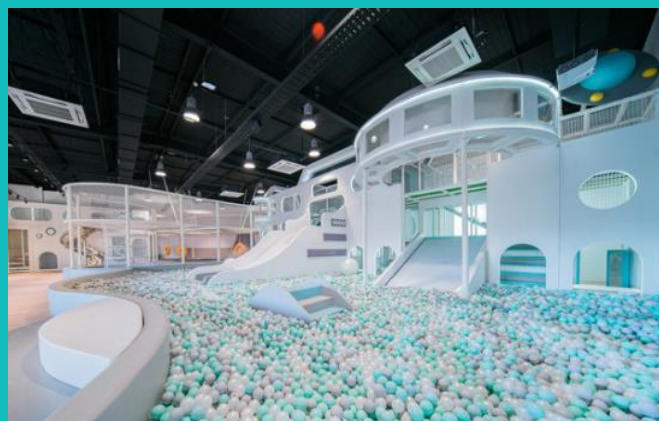
# Sahara School Holidays (July 2021)

## Week 2

### Planet Mino Kids Interactive Centre Willoughby

**July 6, 2021 (Tuesday)**  
**9:00 AM – 3:30 PM**

**Cost: \$40 (Bring Lunch, snacks, drinks  
 & companion card)**



### Bowling, Laser Tag, Movies Macquarie

**July 7, 2021 (Wednesday)**  
**9:00 AM – 3:30 PM**

**Cost: \$35 (Please bring lunch, snacks  
 & drink & companion card)**



### Ryde Aquatic Centre & BBQ

**July 8, 2021 (Thursday)**  
**9:00 AM – 3:30 PM**

**Cost: \$30 (Please bring a hat &  
 companion card)**



### Costume, Dress up, Fun Themed Party Hornsby

**July 9, 2021 (Friday)**  
**9:00 AM – 3:30 PM**

**Cost: \$30 Please bring lunch, snacks &  
 drink & companion card)**







# 2021 School Holidays with Sahara

## Please Read & Note:

*COVID-19 safety rules apply to all our community group programs and activities*

- Please consider carefully the suitability of the activity for your child, we want everyone to have a fantastic day out.
- If you have not accessed Sahara Services programs previously, please contact Sahara to arrange the completion of intake and participant information forms on **02 8406 0842**
- The Meeting and Pick-up point for all days will be at Sahara Services Hub located in Hornsby, not far from Hornsby train station at **502/20 George Street**
- Once you have nominated your preference of activities a confirmation letter will be emailed out to you before the program starts.
- This Program only shows the cost of activity and does not include the associated NDIS cost of staffing support on the day. This additional cost will be determined by the level of support required by your child, the number of children in the group and the nature of the activity.
- Please give at least 7 days notice if you need to cancel attendance to any activity to avoid being billed for the day in accordance with NDIS guidelines.
- Once booked in if you are unable to attend any of the above activities, or if you have any queries, please contact **[enquiries@saharaservices.com.au](mailto:enquiries@saharaservices.com.au)**
- If you require your days on the program to be longer or need travel assistance (pick up or drop off) to access the program, please let us know so we can make arrangements that will suit your needs.

We look forward to meeting you soon!

***Sahara Services***