



FROM THE PRINCIPAL

Dear Parents,

General Covid Overview: Thank you parents for your on-going care and caution around all things Covid related at the moment. As a school community we are doing really well despite some challenges last week when we had to temporarily close our Narrabeen satellite classes for 2 days and get students and staff tested. Pleasingly all students and staff returned negative tests and we were able to quickly resume normal operations on Monday this week. We also have three families and a member of staff caught up in the Belrose cluster but they are going well despite the challenges of 14 days isolation and ongoing testing with their children.

Thank you for keeping an eye on your children and young people and being watchful for any symptoms. Keeping them at home when in any doubt, getting tested so we all stay safe and well at school.

Don't forget to check the NSW Health website for any sites of concern you may have inadvertently visited and taking the recommended action.

Thank you to our Class Parents for staying connected with as many of you as possible and for our class staff for looking out for your children especially if you are staying at home during this time. Please remember that when you are ready DO return to face to face learning. Meantime take care and keep connected even remotely by the P&F Facebook or other virtual means.

Parents seem to be coping well with all pick up/drop off changes via the underground car park off Billyard Avenue. Do remember that entry and exit is two way and do follow the speed limit of 4km/h for the safety of all who use this great facility.

When arriving late with your child thank you for doing the QR code and signing your child in and remaining outside the Reception door until class staff arrive without entering the building.

For your information student attendance is holding firm. We began Term 3 with about 70% attendance and are now consistently at 80% attendance.

MOVING
TOWARDS **K-12**
30 July 2021

TERM 3 DATES

Friday 6 August

St Dominic's Day
Student's to come dressed
in the Dominican colours of
black and white mufti

Tuesday 10 August

Men's Evening via zoom
7.30-8.30pm. See page 11

Thursday 26 August

Introduction to the Zones of
Regulation Workshop.
See page 9 for details

Friday 27 August

Book Week Dress Up
(no Assembly or Parade)
See page 3 for details

Friday 17 September

Term 3 concludes for students

Ph: 9487 1277

Principal: Mr David Raphael
www.stlucys.nsw.edu.au



Just like some families, some staff are also working from home for medical and other reasons while the overwhelming majority continue to attend work face to face here to assist your children.

Staff Vaccinations: Vaccinations of essential workers such as our staff have been particular matters of public concern of late. I have strongly urged staff to get vaccinated as a matter of urgency when I spoke to them at the start of term. Consequently some 43 staff have answered the call and had their first Pfizer vaccination organised by the school at the nearby Wahroonga Family Medical Practice last Wednesday 28 July. I am continuing to urge others to follow their lead and we have another Medical Practice also interested to assist.

Currently we have 25 staff who have told us they are double vaccinated. A further 49 are single vaccinated. So shortly some 75 of our 111 staff (approximately 67%) will be fully vaccinated which is fantastic. Hopefully others will also join the vaccination surge at St Lucy's and these positive numbers will grow each week onwards.

Student Vaccinations: Some parents have been asking me about the possibility of vaccinations for their adolescent children. Interestingly this is also an issue that is beginning to get some traction in political and educational circles. If there are parents interested in this as a possibility for their child (primary or secondary) please let Kathleen Walsh know. Additionally, if there are any parents willing to lobby the authorities to expedite this process for our students then please make contact with me. I am keen to see how we can go about getting most or all of our approximately 40 adolescent students vaccinated as a priority if parents are willing to give their permission plus eventually our primary students as well as appropriate.

Welfare:

As a school community we recognise the difficulties and challenges that may come with the current extension of lockdown restrictions, particularly in the light of the announcements that were made this week. As always, our Welfare team consisting of Susan Jones, Jono Carey, Vanessa Dillon, Mimi Fraser, Andrea Kuepper and myself are here to support you. You can reach out anytime if you feel like you need extra support at welfare@stlucys.nsw.edu.au. Additionally, in the upcoming weeks we will be offering wellbeing information, including resources, referral information and practical suggestions.

In the meantime, here is some practical advice from our school Psychology Team:

The following factors are important in maintaining your wellbeing:

- Limit your exposure to information – feel free to take a break from the 24 hour news cycle and everyone's opinions
- Get enough sleep
- Try and eat healthy food and drink enough water
- Connect with friends and family
- Exercise regularly
- Actively seek support if you need it

If you are feeling overwhelmed, please:

- Talk to someone! It could be a trusted friend, your manager or someone from the Welfare Team here at school
- Take some deep breaths
- Reach out to your GP and/or psychologist for mental health support

If parents would like to cook a meal for a family in need and drop it off frozen to Reception having worn a mask and gloves whilst cooking the product please do so. Please label it as to what it is and if GF. Please avoid nuts. This is not mandatory but we do know there are some great cooks out there and perhaps you have the time and opportunity at the moment during lockdown. We will then distribute it accordingly to a family in our community.

Individual Education Plan Meetings:

I trust you found the IEP meetings this week using Teams helpful and productive even if they could not be face to face in the normal manner.

Stage 3 and 4 Camps:

Due to the rolling lockdown in Greater Sydney and parts of NSW, the Stage 3 and Stage 4 Camps have been postponed to Term 4 at a date to be fixed. It is most unlikely that even if restrictions are eased during this term that our parents and staff would wish involvement in a camp at a significant distance beyond our local area and with external providers assisting. More information will be provided to parents nearer the time in Term 4 about the format of Camps which will in all probability NOT be overnight stays.

I do hope all of us are enjoying the Olympics as a very pleasant distraction during this challenging period.

David Raphael
Principal

STAGE 4 HISTORY

During History, Stage 4 followed on from what we learned in NAIDOC Week learning about bush food. This term we are looking at how things have changed overtime in relation to our food theme 'My Kitchen Rules'. We watched some videos about the different types of bush tucker and where to find it. Then we went out into the activity space to forage for food like the First Nations people would have done collecting different plants and flowers. Then we gathered together for a Yarning Circle to sort, describe and demonstrate how to eat what we had gathered.



ST LUCY'S BOOK WEEK ACTIVITIES

Our special 2021 Book Week celebrations will commence on the 2nd August, finishing on the 20th August.

The Theme is 'OLD WORLDS, NEW WORLDS, OTHER WORLDS'.

So, let's get curious and support our student's learning, starting with our St Lucy's Reading Challenge. The St Lucy's Reading Challenge will begin on Monday 2nd August with all our students invited to enter! All you need to enter is curiosity and enthusiasm for reading and/or Storytime. Your child/young person just needs to be immersed in a story which could mean reading, listening, watching, and/or looking. Look out for a letter and Reading Log being sent home by your class teacher.

Each student 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 students on Friday 27th August in their classrooms with their usual Merit Certificates. For our home learners, these will be sent by post.

Our usual Book Week 'Dress up Parade' will look a little different this year, with no Assembly or Parade. We still encourage primary students to dress up as their favourite book character on Friday 27th August, with our high school students encouraged to wear crazy socks. We hope everyone gets involved and enjoys our special Book Week this year.

Nikki Dingle

St Lucy's School Library



OLYMPIC EXCITEMENT FOR JADE CLASS!

Jade Class have been getting into the spirit of the Olympics and making the most of our near empty playground to work on our ball skills at playtime.



DIAMOND CLASS NEWS



Our Stage 3 students enjoyed making fruit salad and particularly enjoying eating the finished product! This week they also visited the veggie pods to start their Garden Gurus work unit for Science and Technology which involves learning about plants and what they need to survive, as well as designing and managing a vegetable or herb garden.

RELIGIOUS EDUCATION AND PASTORAL CARE

“The things we do outlast our mortality. The things we do are like monuments that people build to honour heroes after they’ve died. They’re like the pyramids that the Egyptians built to honour the pharaohs. Only instead of being made of stone, they’re made out of the memories people have of you.”

Courage. Kindness. Friendship. Character. These are the qualities that define us as human beings, and propel us, on occasion, to greatness. We carry with us, as human beings, not just the capacity to be kind, but the very choice of kindness. A fresh start gives us the chance to reflect on the past, weigh the things we’ve done, and apply what we’ve learned from those things to the future. If we don’t examine the past, we don’t learn from it. When given the choice between being right and being kind, choose kind.”

(Excerpts from ‘Wonder’ by RJ Palacio)

One of the best books I have ever read is ‘Wonder’ by RJ Palacio. At its very premise is the call to ‘choose kind’. When we think of the many virtues modelled by Jesus in His stories and teachings, love and kindness were often at the core of His message and example. In times like those that we are currently living, given the broader impact COVID-19 is having on our communities, extending a little kindness is even more virtuous than usual. May we find ways to creatively offer little acts of kindness each day, as not only does it benefit the recipient, but also the one who provides.

Pope Francis recently shared a message that challenges us to think of a different perspective on what ‘isolation and lockdown’ means. He wrote:

If we live in a household that is filled with love and safety, then is this lockdown really ‘isolation’? Isolation is what the seriously ill are experiencing in hospital. Whilst some might say that they are bored or upset to leave the home, those in hospital are desperate to return home. And so, despite every adversity that is being faced at present, maybe being thankful to be staying home is what we should channel right now.

Perhaps it is time to transform your home into a wonderful place to stay,

a place of peace and not of war,

of embrace and not of distance,

a place of joy – listen to music, sing, dance...

a place of worship – pray, meditate, ask, thank, praise, plead...

a place of schooling – read, write, talk, paint, study, learn, teach...

a place of hospitality – cook, eat, try and create recipes, grow spices, plant a garden

a place of exercise – find ways to be fit in both body and mind for ‘your body is a temple’(1 Cor 6:19)

Make your place, your family, a place of love.



Wellbeing Needs At Home: We know and understand that many of you are juggling the requirements of working from home and overseeing home based learning of not only our students, but siblings too. Knowing that our current Greater Sydney lockdown is not yet over, the need to focus on one's wellbeing, and that of the family's, remains paramount. The resources below focus on wellbeing, relationships and mental health, and may be of some use to you at this time.

The Black Dog Institute has some good articles on coping with Home-Based Learning, keeping kids safe on screens, and reassuring children about the unknown.

- <https://www.blackdoginstitute.org.au/news/how-parents-can-cope-with-home-schooling-again/>
- <https://www.blackdoginstitute.org.au/news/keeping-kids-safe-on-screens-during-lockdown/>
- <https://www.blackdoginstitute.org.au/news/coronavirus-reassuring-your-child-about-the-unknown/>

Macquarie University's COVID 19: We've Got This Covered, also have some good videos and tips for parents and carers on helping prevent anxiety and depression in children: <https://www.mq.edu.au/research/research-centres-groups-and-facilities/healthy-people/centres/centre-for-emotional-health-ceh/covid-19-weve-got-this-covered!/information-for-parents-and-carers>

The following are free online resources and tools that maybe helpful for members of your family:

- **Kids Helpline:** A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. ph: 1800 55 1800 and website: <https://kidshelpline.com.au/>
- **Brave Online:** A free online treatment program which is based on cognitive behavioural therapy and designed for young people aged 8-17 years experiencing anxiety. There is also a supporting program for the young person's parents. <https://brave4you.psy.uq.edu.au/>
- **URSTRONG online classroom:** URSTRONG is offering free online videos that are made to keep kids connected and learning important friendship lessons and social skills. Please see website: <https://urstrong.com/keeping-kids-connected/#>. These online lessons provide support on how to be a healthy friend, how to be respectful in your relationships, dealing with conflict, making friends, managing big emotions when you are angry/frustrated with friends, and navigating friendships online.
- **ReachOut:** <https://au.reachout.com/> ReachOut is the most accessed online mental health service for young people and their parents within Australia. It is a free online service that includes self-help information, peers

support programs and referral tools that all combine to help young people be well and stay well. Information offered to parents makes it easier for them to assist their young person/s, and everything created is based on the latest evidence and designed collaboratively with experts, young people and parents.

- **Parent Line:** 1300 1300 52 <https://www.parentline.org.au/>
This is a free counselling and support service for parents and carers of children aged 0 to 18 years of age who live in NSW.

St Dominic's Day! This year the Dominican Family around the world is honouring their founding father's 800 year anniversary since his death. An invitation to join the Australian Dominican Family in this celebration has been extended to us through a special livestreamed Jubilee Mass to take place next Tuesday 3rd August at St Mary's Cathedral at 7.00pm: <https://youtu.be/ZNUIVr8f2IY>

Here at St Lucy's, we will be celebrating St Dominic's Feast Day next Friday 6th August. Previous plans have had to be re-shaped so as to align with our current COVID-19 Guidelines and Restrictions, however we are still striving to ensure that the staff and students experience the joy that this day brings for our community. We invite your child/children to come dressed in the Dominican colours of black and white mufti. There is no need for a gold coin donation on this day. In addition to the mufti day, there will also be an in-class liturgy to be held, as well as some fun activities provided by our wonderful Creative Arts Team. Classes will also receive a food budget to provide some special 'party items' for the children to enjoy in a COVID safe way, and we will view the musical talents of our friends at Knox who have sent us a video of their musicians that we can watch and enjoy.

In addition to this day, all classes have also created many beautiful, hand made cards that will be sent to the Dominican Sisters of Australia and the Solomon Islands, as well as our friends at Prouille and Holy Name. No doubt these will be treasured by the recipients!

NAIDOC WEEK THANK YOU! We received a lovely letter of thanks from the Executive Director of 'Country Needs People' Mr Patrick O'Leary. He expressed his gratitude for the donation we presented his organisation following our NAIDOC Week celebrations a couple of weeks ago. Thank you so much for your kindness, support and generosity! Wishing you peace and blessings!

Vanessa Dillon
Classroom Teacher - REC

Students
C/- St Lucy's School
21 Cleveland St, Wahroonga
NSW 2076

July 2021

Dear students at St Lucy's School,

Thank you so much for your kind donation to the work of Country Needs People.

We believe that Australians working together as friends and supporters of each other can do great things. In our case we work around Australia with many First Nations Australians to look after nature, respect culture and support people in their community.

Your lovely donation will help us do more of that kind of work. We are campaigning for Federal and State Governments to support Indigenous Rangers, Indigenous Protected Areas and other ways that the First Australians can be supported to look after their traditional country.

I know our partners really appreciate the support out there in the community and we will be reminded of that this NAIDOC week again by your donation.

Thanks again to your teacher, Mrs Dillon and every student at the school for supporting people on country, because country needs people like you to help keep it healthy.

Kind regards,



Patrick O'Leary
Executive Director
Country Needs People

BEST TEAM

In Terms 2 and 3, the BEST team, in collaboration with teaching staff have implemented a number of play programs across break times and also in class.

Anna Orchard one of our School Occupational therapist had this to say about play...

“There is something incredibly joyous in seeing a child, who is normally anxious and scared, voluntarily surrender the security of their wheelchair, move onto the floor to be with their friends, and begin to feed their doll an imaginary bowl of porridge; or when a child who normally snatches and grabs, reaches out and offers a friend a turn with their magic wand!

Across the school many of us have witnessed this magic at work. Magic that is called “play”. It could have been senior students building towers with blocks together for trolls to destroy; or junior students dressed up in their finery to attend a tea party with the queen. We have seen students set up chairs for an imaginary bus ride, or battle with Dinosaurs on islands made of play doh.

Throughout the school, in the classroom and on the playground, teachers, assistants, and therapists have been setting up opportunities to facilitate play in many different ways including: special interest play groups,

interactive story telling, and a multisensory let's play experience specifically for younger students with mobility challenges.

Some may ask why, in our packed schedule, are we as educators promoting play in our classrooms and play grounds?

Ultimately it is because play promotes joy, healthy child development, and stronger child/teacher bonds.

Play provides us with an opportunity to see what your children like and dislike, as well as how much they are capable of, in an environment which is fun and relaxed. Through play we can model different skills such as: how to use different objects in creative ways; communicate with others; share; resolve conflict; and manage how we feel. Play can also provide opportunities to embed curriculum in a fun, interactive and creative way.

Think back to your own childhood experience of play in the school yard. What are your memories? Hopefully you can remember the feelings of fun, some of the games you played with friends, or toys you cherished and feel comforted in knowing that your child is also creating their own positive memories of play here at school.



AN INTRODUCTION TO THE ZONES OF REGULATION



This workshop is designed to help your child recognise their feelings and use tools and strategies to regulate them. Learn about the program used at St Lucy's that supports students to gain skills in the areas of Self-regulation and emotional control.

Please join the BEST team via zoom to learn strategies for regulation using the St Lucy's Zones of Regulation Program.

DATE: Thursday evening 26th August starting via zoom at 5:45 pm.
The session will conclude around 7.30pm

COST: Free!

REGISTRATION: Bookings essential, closing 25th August 2021.

Please book using this link: <https://www.trybooking.com/BTFRV>

Zoom link will be emailed to registered families.



For further information please contact:

Nikki Alldis, The Best Team

Phone: (02) 9487 1277 | **Email:** nikkia@stlucys.nsw.edu.au

www.stlucys.nsw.edu.au



HIGH SCHOOL MERIT AWARDS



MERIT AWARDS WEEK 3

AMBER	Jai Watson
AQUAMARINE	Pablo Rostirola
EMERALD	Josh Lawrence Slater
MALACHITE	Ben Sherlock
PERIDOT	Jake Townsend

MERIT AWARDS WEEK 4

AMBER	Matthew Threlfro
AQUAMARINE	Pedro Boyle
EMERALD	Tiernan Malone
MALACHITE	Gidon Budai
PERIDOT	Livia Maltby



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 2)

AMETHYST	Neo Suprasert
CITRINE	Fahad Omar
DIAMOND	Rafa Macpherson
GARNET	Christopher Oppen
JADE	Abi O'Keefe
JASPER	Luke Hughes
MOONSTONE	Elliot Dinsdale
ONYX	Ethan Bortolussi
OPAL	Heidi Foxall

PEARL	An-Yu Chueh
SAPPHIRE	Chloe Yuen
SUNSTONE	Sophia Torbarac
TANZANITE	Rock Batchelor
TOPAZ	Keshav Ivaturi
TOURMALINE	Joshua Drummond
TURQUOISE	Jordan Szeto

STAR OF THE WEEK (WEEK 3)

CITRINE	Gus Lindsay
DIAMOND	Will Daly
GARNET	Gavin Hunter
JADE	Luke Donaldson
JASPER	Inika Sandman
MOONSTONE	Stephen Tarantilis
ONYX	Luna Huwazan
OPAL	Zef De Bruin
PEARL	Benson Hiser

SAPPHIRE	Uriel Cheah
SUNSTONE	Xavier Mckie
TANZANITE	David Salsano
TOPAZ	Mikaeel Karami
TOURMALINE	Zac Chen
TURQUOISE	Trey Simon-Pritchard

MEN'S EVENING

Hi Guys,

The great Covid pandemic has done it again to us. Because we are not sure how things will play out this term, let's catch up a check in with each other online. No formal topic but just a chat on how life at home and work is being managed. Big changes in routine can have unforeseen ramifications for each family member in a variety of ways.

Who said men can't talk??? Let's talk.

What: St Lucy's and St Eddies Men's group -
Chance for us to catch up online

When: Tue 10th August, 7:30-8:30pm

Where: You can join us online from home

How: Zoom meeting - please see instructions below –

let us know if you are interested and we will send it to you.

RSVP: Please email Organisers Mr Warren Hopley
hopleywarren@hotmail.com or Brendan Wingrave -
brendan.wingrave@gmail.com

Let us know by Monday noon if you hope to make it - being online we will need to arrange things differently depending on how many of you join.

Zoom: If you have not used Zoom, it is very easy to get going. Zoom is essentially a web conference platform where we can see each other and talk via the internet: <https://zoom.us/>

What you will need:

PC, Mac, Smart Phone or tablet (or Phonline) connected to the internet.

If you are using a PC/Mac you will need a webcam if possible so we can see you, and speakers/headphones and a microphone.

From a PC or Mac you can run it from your web browser, or install the app when prompted if you like (either should be fine).

For Phones/tablets you can install the Zoom app from the appstore/Googleplay. Then, at the time of the meeting, click on the meeting link we will send - best to start connecting 5mins before it is due to start. If you don't have a computer/smart ph/tablet, you can still use a normal ph, we will give you a number you can call, with some codes that need to be entered.

Free Zoom meetings will only run for 40 min and then they will be disconnected and have to join again.

Warm regards

Warren, Brendan and Jono

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.

