



FROM THE PRINCIPAL

Staff Vaccinations:

For the information of parents we are continuing to strongly promote voluntary vaccinations across our staff. I am pleased that some have previously organised this for themselves and others are increasingly doing so. The school has linked with Wahroonga Medical Clinic to give first jabs recently to 45 of our staff. Currently there are 35 % that are fully vaccinated. By the middle of next week a further 45 staff will receive their second jab. So our total of staff fully vaccinated by 18 August will be 75% leaving a further 25% or 27 staff yet to be vaccinated in any way. This is good news for us all and trending in the right direction.

Student Vaccinations:

Equally important for our collective safety is student vaccinations.

As parents may be aware it is now possible to get your child, aged 12 and above, vaccinated as a priority due their deemed vulnerability to Covid by NSW Health. Parents with students in this age group will have received a brief survey to assist the school help our planning in this vaccination space. Thank you for responding so quickly to the survey.

Following our Parent Vaccination Survey of 38 High School families the results indicate :

- Vast majority wanted their child vaccinated
- Vast majority preferred that the vaccination be done through the school
- Most preferred Wahroonga over Mona Vale as a location
- One student is partially vaccinated already

I do know of a few families who have now booked their vaccination for their child in September and October which is also great news.

The vaccination policy approach of St Lucy's is simply that:

- Let us all (students, families and staff) get fully vaccinated as soon as possible
- This gives us all peace of mind as we seek to remain open and keep going about our daily school business as normally as possible.
- It also puts us, as a community, in the best possible position for when and if a Covid case emerges in our community. This knowledge of our vaccination status at St Lucy's will greatly assist NSW Health as they advise us on how best to proceed in such a circumstance.

So, bring on the vaccine and let's all get the jab for each other and our nearest and dearest. It something we can actively DO to take some control!

MOVING
TOWARDS **K-12**
13 August 2021

TERM 3 DATES

Thursday 26 August

Introduction to the Zones of
Regulation Workshop.
See page 5 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

Late breaking news: Mona Vale Medical Practice situated at 10/5 Bungan Street, Mona Vale telephone 9997 4266 has very kindly offered to assist parents expediate their child's vaccination for students 12 and above. One of our parents, Michaela Townsend, (Jake's mum) works on Reception and assures me the staff there know our students and can help them and you feel supported through the process. Some parents have already booked in and had their child vaccinated there and have had a marvellous experience.

Wellbeing at St Lucy's During Lockdown:

Our team of psychologists has been sending out material to us all, both parents and staff, to help each of us have some sense of agency in this extended lockdown. Here is their next piece which has also been emailed to parents this week:

Last week we tried to focus on what we can control, and while that is a useful way to deal with difficult situations that simply are beyond our control, it is also important to acknowledge and allow for difficult feelings.

You may experience feelings of hopelessness, anger, anxiety, and exhaustion.

This is the next part of Dr Russ Harris 'Face Covid' model.

In an ongoing crisis, we're all going to experience 'emotional storms': unhelpful thoughts spinning inside our head, and painful feelings whirling around our body. And if we're swept away by that storm inside us, there's nothing effective we can do. So, the first practical step is to 'drop anchor', using the simple ACE formula:

A = Acknowledge your thoughts and feelings

Silently and kindly acknowledge whatever is 'showing up' inside you: thoughts, feelings, emotions, memories, sensation, urges. Take the stance of a curious scientist, observing what's going on in your inner world. As you do this, often it's helpful to put this into words, and silently say to yourself something like, 'I'm noticing anxiety', or 'Here's grief', or 'There's my mind worrying' or 'I'm having a feeling of sadness' or 'I'm having thoughts about getting sick'.

And while continuing to acknowledge your thoughts and feelings, also

C = Come back into your body

Come back into and connect with your physical body. Find your own way of doing this. You could try some or all of the following, or find your own methods:

- Slowly pushing your feet hard into the floor.
- Slowly straightening up your back and spine; if sitting, sitting upright and forward in your chair.
- Slowly pressing your fingertips together
- Slowly stretching your arms or neck, shrugging your shoulders.
- Slowly breathing

Note: you are not trying to turn away from, escape, avoid or distract yourself from what is happening in your inner world. The aim is to remain aware of your thoughts and feelings, continue to acknowledge their presence and at the same time, connect with your body, and actively move it. Why?

So, you can gain as much control as possible over your physical actions, even though you can't control your feelings. (Remember, F = Focus on what's in your control)

And as you acknowledge your thoughts and feelings, and come back into your body, also

E = Engage in what you're doing

Get a sense of where you are and refocus your attention on the activity you are doing. Find your own way of doing this. You could try some or all of the following suggestions, or find your own methods:

- Look around the room and notice 5 things you can see.
- Notice 3 or 4 things you can hear.
- Notice what you can smell or taste or sense in your nose and mouth
- Notice what you are doing
- End the exercise by giving your full attention to the task or activity at hand. (And if you don't have any meaningful activity to do, see the next 3 steps.)

Ideally, run through the ACE cycle slowly 3 or 4 times, to turn it into a 2- 3 minute exercise.

If you wish, to help you get the hang of this, you can download some free audio recordings of 'dropping anchor' exercises, varying from 1 minute to 11 minutes in length. You can listen to these and use them as a guide to help you develop this

skill. You can download or stream them from the left-hand box on this webpage: <https://www.actmindfully.com.au/free-stuff/free-audio/>

Please click on the link if you wish to read Dr Russ Harris 'Face Covid' - How to respond effectively to the Corona crisis: <https://indd.adobe.com/view/41481cb0-67e0-40c5-abab-22793f4fff32>



So, one and all, stay safe and stay connected and even if you are feeling alone take as much control as you can and acknowledge, get physical and engage (ACE). Until next time.

David Raphael
Principal



Mary, our Mother, your total giving of yourself reminds us that we hold in trust from God our Father all our accomplishments and talents and gifts - trusted as we are to offer them in his service, and bring happiness and well-being to all.

Your “Yes” to God’s invitation to be the mother of his Son reminds us that prayer is not just words but is from the heart.

We ask you to pray to Jesus for us that the Holy Spirit may live fully in us, too, so that we may be prepared to join you in saying “Yes” to God our Father, so as to ensure God’s love is offered to all, especially the most vulnerable and ignored. Amen.

On the 15th August, it will be the Feast of the Assumption within the Catholic Tradition. This is when Mary was assumed, body and soul, into Heaven, as recognition of the faith she held in God and the model of discipleship she provided to others during her time on earth.

St Dominic held much love and devotion to Mary throughout his life. Often the rosary beads and the white lily are common symbols associated with St Dominic, and this strengthens the belief that he taught his followers about the example of Mary and was guided by her faith within his own practice and journey.

Mothers hold special significance within our lives and it is in Mary that we pray for the guidance, love and support of our mothers who often give of their all.

Celebrating St Dominic’s Day: The staff and students of St Lucy’s celebrated the Feast Day of St Dominic, our school’s patron saint last Friday. Usually, this celebration involves jumping castles, live performances by the Knox Pipe Band and MVP Group, mini-concerts, face painting, etc. Evidently, with the need to adhere to COVID-19 guidelines and restrictions, we had to re-think the way we celebrated St Dominic’s Day once again this year, whilst still ensuring it was a joyful and memorable day for all.

Judging by the photos on the next page, it looks like we achieved this with a class based liturgy, mufti day, visits from our Creative Artists, a special lunch and a pre-recorded performance by the Knox MVP Group and our very own Percussionistas all on offer! We even provided online

communication opportunities for our friends at home to join in!

A couple of weeks prior, we also engaged our students K-9, in the making and creating of special cards that were sent to the Dominican Sisters of Eastern Australia and the Solomon Islands. We have since received so many messages of gratitude from the recipients, which highlights all the more how significant a gesture this is.

A massive thank you to all the staff and students for getting involved, in particular Mrs Pinker, Mrs Picone, Miss Anneleise, Mr Hayes, Miss Marci, Miss Lucy, Mr Simon and the entire Onyx Team for helping to ensure the coordination and delivery was so smooth!



Donation of meals: A massive thank you to those in our parent and volunteer communities who have been so generous in supplying meals for us to have on hand at present. These have been so gratefully received by a number of families currently experiencing some challenging times. Such a kind gesture is so warmly appreciated! If you would like to support our school with some meal donations of your own, please get in touch with either me (vanessad@stlucys.nsw.edu.au) or Jono (JonathanC@stlucys.nsw.edu.au). Wishing you peace and blessings!

Vanessa Dillon

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 4

AMBER	Anna Simpson
AQUAMARINE	Paddy Sweeney
EMERALD	Oliver Whittaker
MALACHITE	Anna Bray
PERIDOT	Karuka Uthayakumar

MERIT AWARDS WEEK 5

AMBER	Maggie Noonan
AQUAMARINE	Alex Gordon
EMERALD	Joey MacDermid
MALACHITE	Nathan Brown
PERIDOT	Oscar Hay



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 4)

AMETHYST	William Statis
CITRINE	Gus Lindsay
DIAMOND	Samara Macklin
GARNET	Cruz Balfour
JADE	Rachel Stewart
JASPER	Stella Shen
MOONSTONE	Alsher Manlapoa
ONYX	James Deasy-Kennedy
OPAL	Dov Kresner & Ruby O'Brien

PEARL	Ayden Lacana
RUBY	Grayson Turner
SAPPHIRE	Charlie Harris
SUNSTONE	Angelo Alloggia
TANZANITE	Joseph Oh
TOPAZ	Ruby Daddia
TOURMALINE	Claudia McWilliam
TURQUOISE	Jamie Hunter

STAR OF THE WEEK (WEEK 5)

AMETHYST	Maye Akra
CITRINE	Liliana D'Silva
DIAMOND	Finlay Jameson-Vine
GARNET	Arlo Tombolato
JADE	Charlotte Low
JASPER	Matthew McArthur
MOONSTONE	Luca Cohen
ONYX	Max Torbarac
OPAL	Caitlyn Shin

PEARL	Tayla Tobin
RUBY	Jai Campo
SAPPHIRE	Sophie Elder
SUNSTONE	Austin Sproats
TANZANITE	Owen Davis-Brown
TOPAZ	Oskar Groenewald
TOURMALINE	Rose White
TURQUOISE	Kinsley Woo

RUBY CLASS CELEBRATING 100 DAYS OF SCHOOL

Ruby class celebrated 100 days of school last Tuesday. The boys had lots of fun making towers with 100 cups, decorating biscuits and drawing monsters with 100 features (10 eyes, 10 mouths, 10 legs etc). We even had party food and balloons.

Here's to the next 100 days!



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 alex.f@stlucys.nsw.edu.au.

