



FROM THE PRINCIPAL

Dear Parents

Book Week:

It has been a lovely distraction today to have Primary students in their dress-up costumes and high school students in their crazy socks as we celebrate Book Week. Well done to all our great readers for your efforts too. Thank you to Mrs Nikki Dingle for all her hard work in preparation for our celebrations this week in the Library for Book Week and congratulations to all our students on receiving their Certificates.

Athletics Carnival:

Also this week the classes have commenced their Athletics Carnival activities too. Many classes also received their Carnival certificates after their wonderful individual efforts on the field of play. Thank you to Mr Gary Edwards and Ms Samantha Edwards for their leadership and organisation. Enjoy some more photos on page 3.

Vaccination Rates:

First things first, here are the latest statistics on the vaccination rates at St Lucy's. We are ahead of the State and national average so well done to all. Go St Lucy's!

Staff:

75% of staff are fully vaccinated (had both vaccinations)
3% of staff have received their first vaccination
Therefore 78% of staff will be fully vaccinated by mid-September

Students:

66 % of our eligible high school students have either had both doses or their first dose of vaccine by the end of August.

All this is great news for the safety and anxiety levels of our staff and students and of course you as parents as well, as you continue sending your child to school or consider returning them to school. Knowing that the vast majority of staff and students have been vaccinated is very reassuring and confidence building for our community here at St Lucy's. Do continue to let Kathleen Walsh know when you child is fully vaccinated for our accurate medical records.

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

TERM 3 DATES

Friday 3 September

Father's Day Liturgy in class

Friday 17 September

Term 3 concludes for students

TERM 4 DATES

Wednesday 6 October

Term 4 commences for students

Friday 10 December

Term 4 concludes for students

Ph: 9487 1277

Principal: Mr David Raphael
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Face Covid Series:

As the extended lockdown here in Sydney continues, so we continue our Newsletter and Parent email series of Face Covid. Please see below an adaptation of what has been shared with our staff this week by our Welfare Team which is equally applicable to you, our parents.

For this week, the focus is on finding actions that reflect grounding ourselves based on the ACE formula. Is there a particular activity that you could pursue, such as learning how to knit so you can show off your skills during winter next year, join a zoom class to polish up your French that you have not used since school, or to commit to cooking through a new cookbook cover to cover?

Also please see below the part from Dr Russ Harris 'Face Covid' model that relates to this week:

C = COME BACK INTO YOUR BODY

Committed action means effective action, guided by your core values; action you take because it's truly important to you; action you take even if it brings up difficult thoughts and feelings. Once you have dropped anchor, using the ACE formula, you will have a lot of control over your actions – so this makes it easier to do the things that truly matter.

Now obviously that includes all those protective measures against Corona – frequent handwashing, social distancing, and so on. But in addition to those fundamentals of effective action, consider: What are simple ways to look after yourself, those you live with, and those you can realistically help? What kind, caring, supportive deeds you can do?

Can you say some kind words to someone in distress – in person or via a phone call or text message? Can you help someone out with a task or a chore, or cook a meal, or hold someone's hand, or play a game with a young child? Can you comfort and soothe someone who is sick? Or in the most serious of cases, nurse them and access whatever medical assistance is available?

And if you're spending a lot more time at home, through self-isolation or forced quarantine, or social distancing, what are the most effective ways to spend that time?

You may want to consider physical exercise to stay fit, cooking (as) healthy food (as possible, given restrictions), and doing meaningful activities by yourself or with others.

And if you're familiar with acceptance and commitment therapy or other mindfulness-based approaches, how can you actively practice some of those mindfulness skills?

Repeatedly throughout the day, ask yourself 'What can I do right now - no matter how small it may be - that improves life for myself or others I live with, or people in my community?' And whatever the answer is – do it and engage in it fully.

Here are some other ideas that you could potentially explore this week (taken from Mental Health Wellness Tips for Quarantine by Eileen Feliciano):

- This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala colouring book is wonderful, bubbles to blow or blowing watercolour on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.
- Find some to move each day, daily for at least 30 minutes: If you are concerned of contact, try first thing in the morning, or later in the evening, and try less travelled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
- Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.
- Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

Maybe this week, we can share our best wellbeing tips with each other – where is your favourite local hike, or any yoga/ meditation/workout links or online/courses events that are worth sharing? We will collate all the local hikes into a spreadsheet/map with pins – if you would like to share your favourite wellbeing tips with us feel free to tag us on social media! We would love to hear about your lockdown projects!

Keep safe and well and connected. Until next Newsletter.

David Raphael
Principal

IMPORTANT INFORMATION FROM THE REGISTRAR

2022 TRANSITIONS:

It is the time of year when we start considering placements and class groupings for the following year. If you haven't already been in touch with me about your child transitioning to another school in 2022, even if you're just making enquiries, please give me a call as soon as possible.

ASSISTED TRANSPORT:

Please note the following ASTP deadlines:

The cut-off for the year for any new applications is Friday 17 Sept. If you're thinking you might need to apply, please contact me.

Variations need to be submitted for any student changing campus at the start of 2022 by Friday 17 Sept. If your child is changing campus, and you will require transport please contact me as soon as possible.

The Dept will not accept any variations, other than change of home address, after 17 Sept.

By Monday 3 Sept I have to submit the rollover report for any current students using ASTP. I will be removing from service any student I know is leaving the school. If you're aware of any impending change please let me know by Monday.

P&F MEETING:

We have our Term 3 P&F meeting scheduled for Thursday 2 September, 7:00pm via zoom link. We'd love to see as many of you there as possible. Please keep your diary free. If you have any items you'd like added to the agenda please forward it to rebekah.hay@bigpond.com. The zoom link will be circulated by email.

Terry Williamson, School Registrar

K-6 ATHLETICS CARNIVAL

Here are some photos of our K-6 Athletics Carnival held during PE lessons last week. Obviously, due to Covid restrictions, we were unable to have parents and volunteers this year.



BOOK WEEK CHARACTER DRESS-UP



PRIZE RECIPIENTS OF BOOKS FOR BOOK WEEK

Below are the prize recipients of books for Book week.

These students all read several books either at home, or from the library or in class. For most a combination.

- Anna Simpson
- Ben Sherlock
- Aiden Williams
- Jordan Szeto
- Kinsley Woo
- Matthew Lo
- Orlando Seibel
- Angus Walsh
- Neo Suprasat
- Lucas Cheung



JADE CLASS BOOK WEEK

Reading books is something that we can still get great enjoyment from during these lockdown restrictions so the Jade Class were very excited to celebrate our love of books during Book Week this year. We had lots of fun acting out our favourite characters during the day and have been enjoying reading the finalists from the CBCA Book of the Year Awards this week.



RELIGIOUS EDUCATION AND PASTORAL CARE

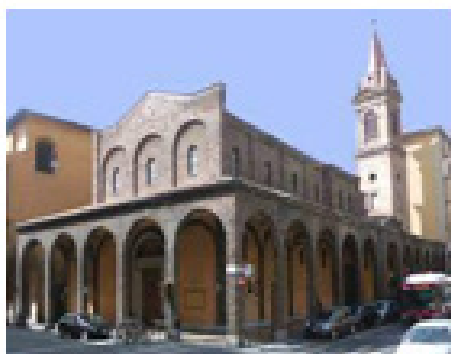
*The theme for this 800 year jubilee celebration of St Dominic's death, is **At the Table with St Dominic**. It's inspired by the Mascarella table, the table on which the first portrait of St Dominic was painted shortly after his canonisation. As well, using this artwork as the focus, it celebrates St Dominic not as 'a saint alone on a pedestal' but 'a saint enjoying table fellowship with others'.*

(Master General Gerard Timoner OP)

The "Mascarella Table" takes its name from the fact that this wooden table has always been kept in the Bolognese Church of Santa Maria della Mascarella in Italy where St Dominic and his companions stayed for the first few months after their arrival in Bologna in the Winter of 1218. The table was painted in temper on a board measuring 43 x 572 cm shortly after Dominic's canonisation in July 1234.

According to current knowledge it is the oldest representation of the Saint and his friars. It was painted by a Master from the North of Italy around 1235-1240.

It shows, in the centre, St Dominic with a halo, flanked by a series of niches with pairs of people, all sitting at a table full of bread. Judging from the anonymous artist's depiction of their faces, the friars seem to come from various parts of Europe which suggests that perhaps the painter may have seen them on the occasion of a General Chapter Meeting which were held alternately in Bologna and Paris.



The invitation to take part in a "table" with many others, is one that invokes a sense of community, engagement, togetherness and respect. The very act of coming together at the table, requires of us to move beyond online platforms, to recover our social relations, to be present to one another. It enables us to be a community which overcomes pessimism and fear, so that it might share in optimism, hope and the beauty of the human spirit. The call to share food, both material and spiritual, prompts in us a response and a willingness to come together.

At table we can talk about anything and everything, exchange opinions and experiences, help each other along the day's pathway. In a profoundly changed world, people need to see and hear one another in company, as it brings much benefit. To be a saint today, is to seek heaven through the use of our minds, in a culture of encounter, in the relationships that arise precisely from good hospitality! (Alessandro Rondoni OP)

What do meal times mean in our own lives? Do we engage with those we love and care about when sharing a meal, so that it is meaningful and relational... are we truly present?

And what are some other times when we gather at the table to share in dialogue, experiences, anything and everything? Do these moments enrich us and fulfil us? Or deplete us? Do we embrace these moments, or avoid them? Do they become a challenge or an opportunity?

Who is it that you have missed at your table of late? That you know you need to reach out to in a more connected way? It could be that they are present in your life every day, and yet you miss the encounter that you both deserve.

When we reflect on those times when gathering at the table have sustained us in a positive way, it becomes a spiritual experience like that of what Jesus shared with his followers at the Last Supper, and again at Emmaus. It is eucharistic in its truest form – we give thanks for what we share in communion with others.

So, at a time when we are **At Table with Dominic**, let us find ways to give life to those relationships and connections that nourish and sustain us.



Father's Day Celebration: Yet again, we are having to be creative in the ways we celebrate as a community due to COVID-19 restrictions, however the children and staff have indeed become very adept at this and will provide a beautiful focus within classes next Friday 3rd September, to celebrate our wonderful dads, and all those who play such a significant fatherly role in the lives of our students!

Thank you to the Tourmaline staff for the beautiful liturgy they have prepared and provided for teachers to access within their classrooms next week. Thank you to the class staff for finding ways to create special gifts and cards for the children to bring home, and to our High School students and staff who successfully coordinated our Father's Day Stall.

We do hope that all families enjoy their Father's Day celebrations on Sunday 5th September, knowing that will indeed be rather different to how these events have been celebrated in the past.

Prayer for Afghanistan: Amidst our own health concerns within our nation's community at present, we also have the awareness

that so many of our global brothers and sisters are facing a threat of a different kind within the nation of Afghanistan. As we watch somewhat helplessly at the plight of those who seek freedom and safety, we unite in our thoughts and prayers for a positive outcome, and a compassionate response from world leaders, including our own national government.

I read of one young Afghani female, who was fortunate to make it to America recently, say that it's important not to pity refugees for they have the same dreams as those who are blessed with opportunities. Instead, it is the duty of those who have enough, to help others. She also said that it is important to humanise refugees. The Afghan people are not people who are less than us. They have just been given an unfortunate situation that we are not in ourselves right now.

So, with a willingness to find ways to help and support these people, may the following words of prayer give you direction and strength to do so:

*O God of mercy and peace,
We hold before you the peoples of Afghanistan.
Be living bread to those that are hungry for freedom,
Be healing and wholeness to those who are seeking sanctuary from the targetted attacks of others,
Be their true home to all who have been displaced,
Be peace to those engaged in armed conflict or live within its shadow,
Be open arms of loving acceptance to those world leaders who can offer a space and place of welcome at time when
these people need it most.
Turn our hearts and minds to your ways of just and gentle peace,
Open our eyes to see you in all acts of compassion,
And strengthen our hearts to step out in solidarity with those who suffer because they seek freedom and fairness.
Amen.*



Wishing you peace and blessings,
Vanessa Dillon.



HIGH SCHOOL MERIT AWARDS



MERIT AWARDS WEEK 6

AMBER	Harvey Tomicki
AQUAMARINE	Eddy Livingstone-Foggo
EMERALD	Joseph MacDermid
MALACHITE	Lucas Vizcaino Lua
PERIDOT	Samuel Lewis

MERIT AWARDS WEEK 7

AMBER	Anna Simpson
AQUAMARINE	Hugh Wechsler
EMERALD	Nicholas Antoun
MALACHITE	Anna Bray
PERIDOT	Oliver Tobin



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 6)

AMETHYST	Eva Quinn	PEARL	Benson Hiser & Branson Atkins
CITRINE	Monty McNeil & Fahad Omar	RUBY	Darcy Richards
DIAMOND	Matilda Owler	SAPPHIRE	Finn Tokic
GARNET	Kwasi Adukonu	SUNSTONE	Andrew Chibika
JADE	Jessica Mettam	TANZANITE	William Fitzgibbon
JASPER	Boston Smith	TOPAZ	Daisy Bradbury
MOONSTONE	Gabriel Cheah	TOURMALINE	Izzy McDonald
ONYX	Leo Seeto	TURQUOISE	Mia Morrissey
OPAL	Heidi Foxall		

STAR OF THE WEEK (WEEK 7)

AMETHYST	Luka Romic	PEARL	Oliver Zawodny
CITRINE	Liliana D'Silva	RUBY	Andy Hopper
DIAMOND	Oliver D'Douza	SAPPHIRE	Ava Szalay
GARNET	Jacob Hillard	SUNSTONE	Beau Lyall
JADE	Alex Squires	TANZANITE	Angus Walsh
JASPER	Stella Shen	TOPAZ	Jade Merrett
MOONSTONE	Sydney Cameron	TOURMALINE	Joshua Drummond
ONYX	Milla Hammer	TURQUOISE	Angeline Boyadjian
OPAL	Nikki Herbert		