



FROM THE PRINCIPAL

Dear Parents,

Welcome back to Term 4 after a long period of lockdown for you and us all. I trust you are all getting the support you need at this time. Please do not hesitate to reach out for any support we can provide from School. It has been great this week to welcome back so many of our previously 'at home' students as they have returned for Term 4.

New Staff:

We welcome two new staff: Caroline Fredriksson to Tourmaline class as the new TA and Jessica Hemmings as a TA assisting in the pool with our PE staff for the Term 4 swimming program until volunteers can resume.

Like St Lucy's All Schools Are Soon Back Face to Face:

Due to the thresholds of vaccination across the State now reaching 70 percent and, from Monday 80 percent, the NSW government has decided to bring forward the return of students to mainstream school settings for K and Years 1 and 12 from 18 October and the rest from 25 October as well as gradually relaxing social restrictions. This is very good news for us all.

We are now entering a new phase of living with Covid. Not seeking to have zero cases of community transmission but be fully vaccinated and living with "endemic Covid" as the NSW Chief Health Medical Officer has stated recently.

This news does however need us all to continue to play our part in school settings in partnership together between home and school for the benefit and safety of all concerned – students, staff, parents and all our respective staff and student family members and extended family members such as grandparents. Consequently, the following needs to occur as all schools re-open from 25 October and we continue to remain open:

1. We need together to ensure that as many as possible of us are fully vaccinated. We have made giant strides at St Lucy's in the vaccination space with almost 100 percent of our staff and 75 percent of eligible students aged 12 and above fully vaccinated. There is still much more to be done. **Namely to ensure that not only all staff and students are vaccinated but also all our students' families and extended family contacts. Of course, parents and siblings in each**

MOVING
TOWARDS **K-12**
8 October 2021

TERM 4 DATES

Friday 15th October

The Artist is Me Day

**Thursday 2nd
December**

Year 6 Graduation

Friday 10th December

Christmas Carols

Friday 10th December

Term 4 concludes for students

Ph: 9487 1277

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



household but also extended members of the family such as grandparents uncles, aunties and cousins also need to be fully vaccinated. Many may be already but all need to be. This is the safest way of living with endemic Covid in our school community and across society. This is because when we have a case brought here from your home or brought into your home from school that IF all concerned are fully vaccinated then the consequences will be much less severe medically, more manageable and less disruptive for your family and for our whole school community and for NSW Health.

SO, I implore you as families to ensure that ALL family members and EXTENDED family members are fully vaccinated if they are not already, not just those members of your family that attend St Lucy's. NSW Health has asked all schools as part of their return to school plans to ensure as many people are vaccinated throughout their school communities as possible. We look forward to the day when as many of our Primary aged students can get vaccinated as well to continue to reinforce this safety net of vaccinations in our St Lucy's school community.

2. As you know St Lucy's has been operating as normally as possible throughout the lockdown providing choice and continuity of education for our families and students and for those self-isolating providing learning from home packages. This will now be revised.

A. Learning from home packages will cease from 25 October (except in special circumstances)

B. Student attendance at school will be expected as per normal from 25 October

C. Permission for any extended student absence beyond 25 October should be sought as per usual through the normal application process available via the Registrar, Terry Williamson. Students absent without official permission will be marked accordingly on the rolls as we normally would.

D. Normal regulations about compulsory attendance at school will apply from 25 October onwards. There is now no valid reason (except in extreme cases) for families to remain in self-isolation with their school age children.

3. We need to remain Covid vigilant and continue all the now normal practices of mask wearing, good hand hygiene, social distancing, QR codes and temperature checks as appropriate. Remember flu like symptoms mean keep you child at home, get tested, isolate and act accordingly. Unfortunately, for the moment until late this term, the latest advice is that parents and volunteers are still not allowed on site at schools for events and celebrations. We are hopeful that in the very last weeks of Term 4 this will change and be allowed, so we could host on site some of our traditional end of year celebrations such as graduation and concerts. We will see how the opening process goes and the restrictions that apply nearer the time.

I know all of this sounds a bit strong but it is necessary as we continue to live with endemic Covid, avoid on-going lockdowns and allow people their livelihoods again, in as normal a setting as possible. Feel free to contact me if you have any concerns about any of these Covid related matters.

Once again thank you for your support of the School in all these matters during Term 3 and onwards now to the end of the year. As the sage once said: The price of freedom is eternal vigilance. So let us maintain the rage and remain as Covid safe as we can be.

David Raphael
Principal

FRIDAY 15 OCTOBER: Whole School Friendship Liturgy and The Artist Is Me Day

Next Friday 15th October we will be holding our annual whole school Friendship Liturgy and The Artist is Me day. This is also a mufti day for all students, with the theme being **COLOURFUL** and **BRIGHT** We can't wait to see how this special day unfolds!

ST LUCY'S SCHOOL

RAFFLE!

Please support St Lucy's School by purchasing tickets in our 2021 raffle. The aim of the raffle is to raise funds for our Central Coast Bus Service.

8 FANTASTIC PRIZES TO BE WON!



1ST PRIZE

WEEKEND AWAY IN MANLY



- 2 nights accommodation in a 1 Bedroom Harbour View Apartment at Quest Manly.
- Includes \$200 cash to spend
- Valued at \$1000!

Kindly donated by Quest Manly and Graeme & Maria Sproats

2ND PRIZE

WEEKEND AWAY AUSTINMER BEACH



- 2 nights accommodation for two guests at Headlands in Austinmer Beach
- Includes \$100 cash to spend
- Valued at \$900!

Kindly donated by Steve Crowe and the Sandman family

3RD PRIZE

BUNNINGS HAMPER

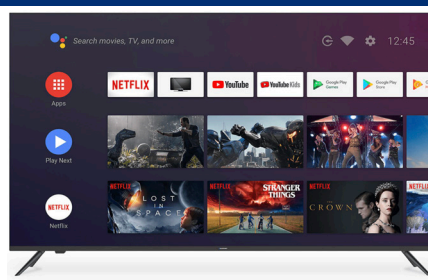


- \$500 Bunnings gift voucher
- Portable charcoal BBQ
- Non-stick BBQ tool set
- BBQ Rub
- Ryobi 18 V Home Essentials Kit
- Ryobi 3 blade knife
- Work gloves (3 pack)
- Valued at \$860!

Donated by Bunnings Thornleigh

4TH PRIZE

BLAUPUNKT 65" 4KSMART TV



- Android TV
- Ultra HD
- Frameless design
- 2018 model
- Valued at \$750!

Donated by Paul Reid

5TH PRIZE

ST IVES VILLAGE \$500 GIFT CARD



- A gift card valued at \$500 to spend at St Ives Shopping Village
- Gift cards can be redeemed at all Village retailers including supermarkets, restaurants and cafés.

Donated by St Ives Shopping Centre

6TH PRIZE

WESTFIELD \$200 GIFT CARD



- A gift card valued at \$200 to spend at any Westfield
- Valued at over \$200!

Donated by Alison & Patrick Quinn

7TH PRIZE

GAMES AND SCIENCE HAMPER



Kindly donated by Special Needs Resources and Hasbro

- Includes: Junior Monopoly, Spell Cat, Go Fish, Banana Balance Cluedo, Magnetic Dominoes, Puzzles, Essential Chemistry and Electric Science, Solar System, Explosive Experiments, Volcano Excavation
- Valued at \$200

8TH PRIZE

CHAMPAGNE, BEER & WINE GLASSES



- 6 Rona City collection Champagne Flutes
- 6 Rona City collection Beer Glasses
- 6 Rona City collection Wine Glasses
- Valued at \$150

Donated by Janine Jones

1 Ticket for \$10 | 3 Tickets for \$25 | 10 tickets for \$75 | 15 tickets for \$100

Please visit: rafflelink.com.au/stlucysraffle2021 or scan the QR code to purchase your tickets. Drawn on 10th December 2021.



Our Creative Arts Vacation Care Program was a great success! Students participated in a variety of artistic workshops based on 'wonderful worlds' and we saw some very impressive costumes too!

Thanks to all of the students who came along and to all of the staff for making it another fantastic program!

Here are some highlights.

Alessandra Picone
Head of Creative Arts



RELIGIOUS EDUCATION AND PASTORAL CARE

WALK DON'T RUN

By Rob Bell

Walk, don't run.

That's it.

Walk, don't run.

Slow down, breathe deeply,

and open your eyes because there's

a whole world right here within this one.

The bush doesn't suddenly catch on fire, it's been burning the whole time.

Moses is simply moving slowly enough to see it.

And when he does,

he takes off his sandals.

Not because

the ground has suddenly become holy,

but because he's just now becoming aware that

the ground has been holy the whole time.

Efficiency is not God's highest goal for your life,

neither is busyness,

or how many things you can get done in one day,

or speed, or even success.

But walking,

which leads to seeing,

now that's something.

That's the invitation for every one of us today,

and every day,

in every conversation, interaction,

event, and moment: to walk, not run.

And in doing so,

to see a whole world right here within this one.

Earlier this week, our staff engaged in a day of self-care with many suggested activities and ideas provided to them that included nature walks, yoga, meditation, virtual museum tours and music compilations. All these suggestions related to the theme for the prayer that was facilitated via Microsoft Teams at the beginning of the day – and that theme was 'Taking Notice'. One of the readings shared within the prayer, is what I have included above. It is indeed a message to take with us into every day, in particular at a time of year that traditionally becomes very busy, very quickly.

Knowing too, that October is Mental Health Awareness Month, the need to develop healthy self-care strategies becomes all the more relevant. Throughout the coming weeks, I will be sending emails to families with some suggested strategies for self-care and for adopting ways to implement a more mindful, slower approach to life.

Whole School Friendship Liturgy and The Artist Is Me Day:

Next Friday 15th October we will be holding our annual whole school Friendship Liturgy and The Artist is Me day. This special occasion will be held in accordance with COVID safety guidelines, whereby our liturgy will be held in classes and our wonderful Creative Arts Team will rotate through the school providing an injection of fun, colour and creativity for all staff and students to enjoy. This is also a mufti day for all students, with the theme being COLOURFUL and BRIGHT We can't wait to see how this special day unfolds!

Remembering Maria, Eli and Martin... 5 years on: What has now become an annual event with our Friendship Liturgy and The Artist is Me day, was born out of the loss of these three beautiful people five years ago. It began as a way to capture the significant connections they had with us and the way they each spread their love and joy throughout our community. Whilst we are unable to host parents and visitors onsite next Friday 15th October, we will be finding a special way to enable you to join us in prayer and remembrance. A copy of a special booklet is being prepared and this will be sent out to the friends of Maria, along with a slideshow version of the 5th Anniversary Prayer that you can engage with in your own special way. Know that we will be holding you in our hearts during this time...

Carers Week: Next week October 10-16, our nation will celebrate and acknowledge the wonderful compassion and commitment of carers. The theme this year is 'Millions of Reasons to Care' which aims to bring attention to the 2.65 million carers around the country who provide outstanding care and support to their loved ones. More information will be emailed out to families over the coming days, providing them with ways they can engage with all that is being provided throughout our broader community. For now, feel free to access the official website to source some information of your own: <https://carersweek.com.au/> At St Lucy's we are forever inspired and in awe of all that you do as the primary carers of your children!

Mental Health Awareness Month: I just wanted to bring to your attention, some excellent free webinars that are being offered by KYDS <https://www.kyds.org.au/> – an initiative that began in 2005 between Lindfield Rotary Club and Kuring-Gai Council, which provides support, intervention and prevention for young people, as well as parents/carers.

As you are aware, October is mental health awareness month, and part of this focus includes some webinars that KYDS is offering that focus on the following topics:

Parenting a Quaranteenager: supporting your child's mental health coming out of lockdown

Movement, Mindset and Mates: three simple ways to manage stress and anxiety during lockdown

Parenting a Screenager: supporting your child's management of technology

Deep Listening: practical tips on how to ensure that young people know that we hear them 'loud and clear'

What, how and why: three basic questions to regain your motivation and momentum after lockdown

These webinars are for both young people, as well as parents/carers to access, and are available to anyone (not just those within the local Kuring-gai Council area). They have also added another one for October 13th titled *"Mental Stealth: Seven secrets of stress management"*.

They are free to register for, and the link to do so can be found here: <https://tlcbb.com.au/community-hub/loud-and-clear/>

SAVE THE DATE: All Saints Day and Grandparents Day: On Friday 29th October, we will celebrate All Saints Day and Grandparents Day to give thanks for the many saints that are our grandparents! Each class will participate in a whole school liturgy within their rooms that will be prepared by the Citrine Class staff.

All Saints Day is an important feast day in the Catholic Church, and it takes place every year on the 1st November. We feel that grandparents are wonderful examples of living saints, particularly in the lives of the St Lucy's children. They love and accept their beautiful grandchildren for who they are, and demonstrate great faith and belief in recognising their grandchildren's gifts and ensuring they can live by them in a true and honest way. Friday 29th October will be one small way to acknowledge and honour the wonder and beauty that is our grandparents!

We ask that families start emailing their child's teacher with photos of them with their grandparents. These photos will be used in a special way within the liturgy.

THANK YOU for supporting our end of term 3 fundraiser! Our end of term focus on our siblings was such a special occasion in the lives of our students here at St Lucy's! They engaged beautifully in the liturgy as well as in the various activities that class teams had organised for them. Beautiful cards and letters and photos were created to be shared with the many brothers and sisters who are very much loved by our students here!

Thank you for your support in contributing donations that were sent to Young Carers NSW! As well, we hope that you will find helpful not only the work that Young Carers provides for siblings of children with a disability, but also the other organisations and resources that were sent to all families at the end of year as a reference by Jono and I.



Wishing you peace and blessings!
Vanessa Dillon



HIGH SCHOOL MERIT AWARDS



MERIT AWARDS WEEK 1

AMBER	Lachlan Hunter
AQUAMARINE	Paddy Sweeney
EMERALD	Joshua Lawrence-Slater
MALACHITE	Michelle Law
PERIDOT	Karuka Uthayakumaran



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 1)

AAMETHYST	Scotty Roberts	PEARL	Nathan Banks
CITRINE	Fahad Omar	SAPPHIRE	Charlie Harris
DIAMOND	Sofia Shepherd & Matilda Oowler	SUNSTONE	Austin Sproats
GARNET	Cruz Balfour	TANZANITE	Orlando Seibel & Angus Walsh
JADE	Luke Donaldson	TOPAZ	Jade Merret
JASPER	Alexander Crowley	TOURMALINE	Zac Chen
MOONSTONE	Isaac Saade	TURQUOISE	Mia Morrissey
ONYX	Joshua Garrett		
OPAL	Caitlyn Shin		

AAC AWARENESS MONTH

October is AAC awareness month (Alternative and augmentative communication) – the theme this year is
'Get out, speak up and break through the screen in a recovering world'.



I thought it would be good to take a look at what is AAC and what are some myths about AAC.

What is AAC? Alternative (instead of speech), Augmentative (in conjunction with speech) & Communication – for example: KWS (key word sign), proloquo2go, LAMP, PECS and visuals etc.

Due to COVID-19, there has been a greater reliance on technology for everyone, and it's brought on new ways to work. Communicating with the assistance of technology for many reasons has changed the way people value alternative forms of communication.

Using a combination of video, text chat, and audio voice calls simultaneously in one conversation has become common.



1. AAC will negatively affect the child's speech development

There is no evidence that a child's use of AAC will slow down his or her speech development. Conversely, there is growing evidence that using AAC facilitates the development of useful speech, as well as social and academic skills.

2. AAC prevents the child from working on spoken language

No, AAC may be seen as a steppingstone toward useful speech, particularly in young children who are just learning how and why to communicate.

3. The child speaks, (s)he doesn't need to use any AAC

AAC allows modelling of vocabulary, as well as working on motoric skills. The process of learning the meaning of one word, then increasing the single word vocabulary, and then combining words together to make phrases and sentences helps children reach the goal of independent, spontaneous communication.

If you're keen to find out anything further about AAC please don't hesitate to contact me!

Elle Auert
Speech Pathologist