



ST LUCY'S SCHOOL NEWSLETTER

In the Catholic Dominican tradition. A community enriched by difference;
inspiring learning for a life of purpose

JOY | COMMUNITY | COURAGE | TRUTH



FROM THE PRINCIPAL

Dear Parents,

Coping After Lockdown:

In this week's newsletter, we wanted to acknowledge that it is the end of lockdown and while it is exciting that we are opening back up (and to be able to get a haircut), it is also likely that some of you, and/or your family and friends feel some anxiety about resuming life. This may be linked to having spent a lot of time in the house and hence you may be experiencing some social anxiety in relation to meeting friends and social gatherings. While a lot of people are vaccinated, you might still feel some fear in relation to contracting COVID, or simply the uncertainty if everything really is going back to normal, or the question whether things will ever truly feel normal again. While it is a positive change overall, it is important to remember that children will likely also feel a range of emotions, such as excitement and anxiety.

Please find below links with resources to support your own journey back to 'normal life' and coming out of lockdown:

<https://www.mentalhealth.org.uk/coronavirus/looking-after-your-mental-health-we-come-out-lockdown>

<https://www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting/>

Please see below resources linked to 'Mental Health Day' which was on October 10. Headspace (the mindfulness organisation) is currently offering a free month to support the music industry after lockdown and are additionally offering free meditations in relation to Mental Health Month tailored to potential post-lockdown anxiety:

<https://supportact.org.au/latest-news/headspace-partners-with-support-act-on-world-mental-health-day/>

Service	Contact
Lifeline	13 11 14
Mental Health Line	1800 011 511
Kids Helpline	1800 55 1800
Beyond Blue	1300 22 4636 www.beyondblue.org.au
Health Direct Australia	24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice: 1800 022 222

MOVING TOWARDS **K-12**
05 November 2021

TERM 4 DATES

Wednesday 10th November

P&F Meeting 6.30pm via zoom

Thursday 2nd December

Men's Group 6.30pm
West Pymble Bowling Club

Friday 3rd 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



End of Year Carols Concert: Friday 10 December

We are planning the end of year Christmas Carols Concert on the last student day of Term 4, Friday 10 December. Just to be clear IF we are allowed to have parents on site then we will need all concerned to be fully vaccinated to be present, QR code in and out and have proof of vaccination. The Concert will also be streamed live to assist those who, for whatever reason, cannot make it in person. However, because it is an open-air concert the sound quality of the transmission may not be wonderful quality. We will of course let you know nearer the time what is allowed according to the Covid restrictions.

Sex, Consent and Staying Safe – Parent Webinar

Often parents ask me how best to manage the difficult topic of sex, consent and staying safe for their children as they grow and mature and start developing more intimate relationships. This has also been a topic in the news of late as well as amongst Principals of fellow Special Schools. Consequently, St Lucy's along with other schools has partnered with Catholic Schools NSW for a webinar for parents (and a separate one for staff) on this important topic.

This is a vital area of personal development for families and staff to grapple with to benefit your children and students in our joint care with a disability.

The parent webinar is being presented from a Catholic perspective by Dr Justin Coulson for families who have a child with a disability. Justin has been seen recently on Channel 9 talking about Parental Guidance.

The Parent Webinar will take place from 7.30 to 8.30pm on Tuesday 30 November. More information on how to register will be available in the next Newsletter and in a separate email to parents from Jono Carey, our Family Support Worker shortly. There is no limit to the number of parents who can participate. I would hope that as many parents as possible throughout the School will register and gain value from this opportunity.

Please bear in mind that St Lucy's is an inclusive community from a wide range of backgrounds and faith perspectives so please be aware that this webinar is from a Catholic perspective. Nevertheless, I believe it important for as many as possible to register and gain useful insights, even if not in total agreement about all aspects of such a controversial and yet important topic. No doubt it will provoke considerable interest and discussion.

Parent Survey

An email and this [link](#) has recently been sent to parents to enable you to complete the anonymous Annual Parent Survey. Approximately half of our parents have already responded. Please do complete the [survey](#) as the deadline for responses is Friday 12 November. We really do value your views on the progress of the School in 2021 as we consider your feedback and we plan for 2022.

Meantime, stay safe and connected.

David Raphael
Principal

ARTIST IS ME ARTS ACTIVITIES

Today students participated in our Artists is Me arts activities. We made a wet weather plan (after one postponement already) and students had a lot of fun creating Visual and Performance Art together. Stay tuned for some of the beautiful works that we are looking forward to sharing with you soon. Today was also a day to celebrate making art with friends and the joy of collaboration. It was wonderful to see the students enjoying friendship in the Creative Arts Studios!





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



INCLUDES \$200 cash

- 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 Grahame & Maria Sproats

2ND PRIZE WEEKEND AWAY AUSTINMER BEACH



INCLUDES \$100 cash

- 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



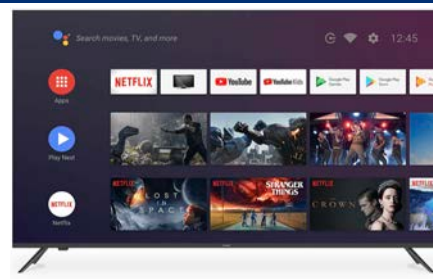
\$500 Gift Card

Donated by Bunnings Thornleigh

- \$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!

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.



RELIGIOUS EDUCATION AND PASTORAL CARE

*Grandparents are as good as gold
Reminding me of the days of old
Always greeting me with a hug
Never cross or mean or smug
Delighting in the words I say
Proud of me in every way
Always with me when I'm glad
Rocking me gently when I'm sad
Every tear is given care
Never ending love is always there
Telling tales both true and tall
Super special one and all!*

Last Friday, we gathered ahead of All Saints Day to give thanks for the many saints that are our grandparents! We feel that these special people are saints in the lives of the St Lucy's children because they love and accept them 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.

We held a special liturgy within our classrooms, with some classes continuing the focus with some themed activities to enhance the meaning for their students. A special thank you to the Citrine Class staff for preparing our beautiful liturgy.



Sacrament of First Reconciliation: We recently provided an opportunity for 4 of our students to receive their First Reconciliation as part of our school based Sacramental Program. Usually, these special occasions take place within our school with Fr Paul visiting us... however this year, due to COVID restrictions and guidelines that are impacting schools, the students and their parents visited Fr Paul at Holy Name Church!

It was a beautiful liturgy to partake in, and indeed a very significant step within the faith journey of these children as they prepare for the Sacrament of First Eucharist in a few weeks' time! Congratulations to Beau, Angelo, Ollie and Madison and their parents! And a very heartfelt thank you to Fr Paul for facilitating it so beautifully!



Congratulations Fr Sam! The St Lucy's community were very excited to be involved in the recent celebration of Fr Sam's ordination! Each class created beautiful rainbow artworks that helped decorate the entry doors of the Church for Fr Sam's Mass of Thanksgiving and Sr Helen, our school chaplain, presented some gifts to Fr Sam on the school's behalf during the week. He received an artwork titled 'This is no ordinary day' which was created by our After School Art Project students, and a personalised priest's stole that was designed and drawn by our Art Scholarship students.

We feel very blessed as a school community to have such wonderful pastoral support from three wonderful priests at Holy Name! We pray that Fr Sam's journey throughout his vocation will continue to provide him with much grace and love.





An invitation from C3 Church:

Our wonderful friends at C3 Church Wahroonga are inviting parents and carers to attend a FREE shopping trip at their C3 Cares Warehouse on Wednesday 24th November from 10am. A TryBooking link has been provided below for you to register your attendance, as has a QR code which will take you to the link. This opportunity will require you to do the following so as to ensure it is COVID Safe:

- Masks are to be worn at all times whilst inside the facility
- Proof of double vaccination must be provided upon arrival
- Sign in via the provided C3 Cares Warehouse QR Code to be undertaken upon arrival
- Each attendee is to find their own means of transport to and from the venue
- Please bring along additional bags to place the items you 'purchase' for free when you go <https://www.trybooking.com/BVJPQ>
- You can book in via this QR code:



Also, our friends at C3 Church Wahroonga wish to extend an apology for being unable to provide Christmas Hampers to families this year. I'm sure we can appreciate and understand that this is perfectly acceptable, especially when we think about the emotional, financial and social impact COVID-19 has had on many families this year, including those who usually are so generous in what they provide by way of hampers to families in our school community. We continue to thank and pray for our friends at C3 Church who offer so much kindness and support to us each and every year!

Wishing you peace and blessings,

Vanessa Dillon
Classroom Teacher - REC

MENS GROUP

Dads, Granddads and Uncles.

The everything celebration: end of year, Christmas, freedom....
West Pymble bowling club Thursday evening 2 December at 6.30 for dinner. (163 Ryde Rd West Pymble).

The Men's Group has continued through the year and we have a great deal to celebrate. So much to talk about. So many stories. New Dads are very welcome. One of the great benefits of the group is the advice/experience that we can share on NDIS, relationships, medical issues etc.... an endless list.

We look forward to seeing you.

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|------------------|--|
| Warren Hopley | hopleywarren@hotmail.com |
| Brendan Wingrave | brendan.wingrave@gmail.com |
| Jono Carey | Jonathonc@stlucys.nsw.edu.au |





MERIT AWARDS WEEK 4

AMBER	Leo Papa
AQUAMARINE	Eddy Livingstone - Foggo
EMERALD	Tiarnan Malone
MALACHITE	Nathan Brown
PERIDOT	Livia Maltby

MERIT AWARDS WEEK 5

AMBER	Matthew Threlfo
AQUAMARINE	Jack Olling
EMERALD	Nicholas Antoun
MALACHITE	Anna Bray
PERIDOT	Oscar Hay



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 4)

AMETHYST	Maye Akra	PEARL	Dorothy Ding
CITRINE	Monty McNeil	RUBY	Dylan Denley
DIAMOND	Poppy Botheras	SAPPHIRE	Dylan Farmer
GARNET	Jacob Hillard	SUNSTONE	Beau Lyall
JADE	Dylan Ainscow	TANZANITE	Matthew Lo
JASPER	Alex Crowley & Boston Smith	TOPAZ	Elijah El-Agha
MOONSTONE	Sydney Cameron	TOURMALINE	Joshua Drummond
ONYX	Ethan Bortolussi	TURQUOISE	Trey Simon-Pritchard
OPAL	Talha Tanzeel		

STAR OF THE WEEK (WEEK 5)

AMETHYST	Luka Romic	PEARL	Ayden Lacana
CITRINE	Liliana D'Silva	RUBY	Ethan Richey
DIAMOND	Samara Macklin	SAPPHIRE	Sophie Elder
GARNET	Kwasi Adukonu	SUNSTONE	Sophia Torbarac
JADE	Charlotte Low	TANZANITE	David Salsano
JASPER	Aris Peri	TOPAZ	Oskar Groenewald
MOONSTONE	Sebastian Murray	TOURMALINE	Elliott Chislett
ONYX	Josiah Wormald	TURQUOISE	Madison Garcia
OPAL	Zef de Bruin		

Please support St Lucy's School by purchasing a St Lucy's limited-edition umbrella featuring student artwork: **'Sunshine Through the Rain'**

Proceeds will go towards refurbishing the school playground

The beautiful artwork 'Sunshine Through the Rain' featured on the limited edition St Lucy's School umbrella was painted as a collaborative piece by St Lucy's students as featured in the photos below.

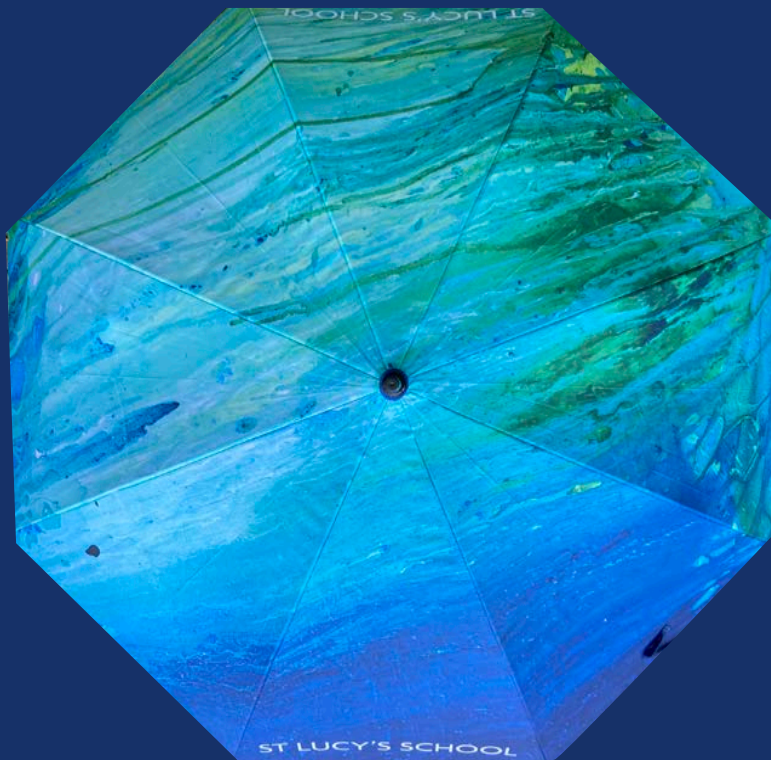
St Lucy's Visual Art classes are a time for joy, expression and exploration. By experimenting with materials and techniques, students discover their artistic talents, build skills and develop confidence and self-esteem.

All profits from the sale of umbrellas will go towards the refurbishment of the school playground to ensure all our students have the opportunity to learn through play.

The school playground provides an environment for students to develop their social skills, along with flexibility, motor skills and muscle strength.

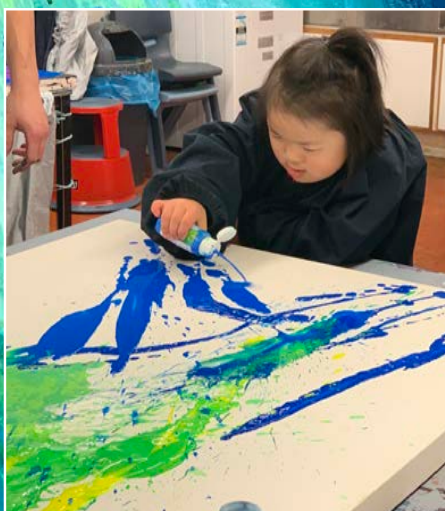
If you would like to purchase any St Lucy's limited-edition umbrellas, please order through Flexischools <https://www.flexischools.com.au>. When ordering your umbrella on Flexischools, go to the St Lucy's School 'Shop' tab.

Once payment is received your purchase will be sent home with your child. If you have any difficulties, please contact our Fundraising and Events Officer Amy Dillon (amyd@stlucys.nsw.edu.au).



\$50

Size: 27" • Black auto open golf umbrella
Fiberglass shaft and frame, • EVA foam handle



NATURAL DISASTERS IN GEOGRAPHY

Diamond class have been looking at Natural Disasters in Geography. We built a village from cardboard and simulated heavy rain to bring on floods.



THANKYOU WEST PYMBLE AND PYMBLE FACEBOOK GROUP

A big thank you to West Pymble and Pymble Facebook Group for donating these wonderful toys (and many more, wonderful toys) for our students!

We would also like to thank our wonderful volunteers, Chris M and Chris W for completing an inventory on all the battery operated toys, as well as ensuring every toy works and is fitted with new batteries.

St Lucy's has a wonderful group of volunteers who happily assist with many various tasks. We are indeed very lucky.



TOILET TRAINING WORKSHOP



**Started toilet training, but with limited success?
Not sure where to begin?
Can't decide if your child is ready or not?
Then this workshop is for you!**

Please join the BEST team via zoom
to learn strategies for successfully toilet training your child.

DATE:

Thursday 18th November, 2021, 6.00pm

COST: Free!

REGISTRATION:

Bookings essential, closing 11 November 2021.

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



Zoom link will be emailed to registered families.



For further information please contact:

Nikki Alldis, The Best Team

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www.stlucys.nsw.edu.au