



FROM THE PRINCIPAL

Dear Parents,

Flu and Covid: Be Aware and Get Vaccinated

With the onset of winter, increases in flu cases, and the community still battling with Covid, I wanted to remind you about keeping the St Lucy's community safe and well.

As you know we're maintaining our low threshold for anyone (staff and students alike) presenting with any symptoms and, unlike other settings, continue to wear masks indoors as much as possible and take a precautionary approach.

Sometimes our First Aid and Admin Team need to make phone calls home to ask parents to come and collect your child or adolescent during the school day due to emerging symptoms. As much as we dislike making those calls - especially knowing the pressure it puts on a family - we are aware that every symptom has the potential to close down more households, and indeed an entire class. As you know we have many particularly vulnerable students, for whom a simple cold can be utterly debilitating. So, please be alert for any symptoms and keep your child home if they are symptomatic in an effort to stop the spread of infection. It would be a great pity and a huge issue for our community if a contagion occurred and we were forced by NSW Health to temporarily close, year groups or stages of schooling or indeed the whole school, in order to help halt the spread.

Once again, as I have been communicating for several months now, please prioritise the vaccination of your child, against Covid and the Flu especially, this winter.

Thank you for your help to keep us all safe and thank you to those families who have already responded to this need by getting vaccinations happening.

Giants Steps of Progress:

We are constantly amazed by the giant steps and leaps and bounds that our students make at particular occasions in their learning journey. Often this is after weeks, months and sometimes years of attempts, adjustments, refinements and problem solving by the student until they eventually master the task. We, of course take so much for granted but for some of our students the physical task of getting from A to B can be a real challenge.

MOVING
TOWARDS **K-12**
27 May 2022

TERM 2

Friday 3rd June

Mothers Night Out, 6:30pm
Terrey Hills Tavern

Thursday 9th June

Men's Group, 6:30pm
St Lucy's School

Friday 17 June

Siblings Day Liturgy
9.15am-10.30am

Term 2 Concludes

24 June 2022

TERM 3

Commences 19 July 2022
Concludes 23 September 2022

TERM 4

Commences 11 October 2022
Concludes 9 December 2022

Principal: Mr David Raphael

www.stlucys.nsw.edu.au

Ph: 9487 1277

This week, Daniel O, one of the students in Pelican class, decided that he would transition to his class upstairs by walking the stairs rather than his usual method of getting there in his wheelchair and the lift.

At the end of morning tea Daniel beckoned for me to accompany him. He crawled along the ground to the stairwell next to the lift. He then proceeded to haul himself upright using the handrail next to the stairs and WALKED step by step up the stairs and two landings with me simply as a shadow.

As he walked up step by step he stopped at each landing to look out the windows to observe what could be seen below and pointed out items or people of interest to me. He was fascinated to explore and was so observant – counting the number of windows, noticing the building finishes on the walls, counting the steps, understanding the metal handrails and how they bent round the corners, telling and pointing out to me what he could see from these new vantage points – seeking to understand and evaluate this completely new environment to him for the first time. He was determined to make meaning about the stairwell. A stairwell and part of the school he had never seen for himself before but was curious to explore and understand.

It was a delight to witness and a privilege to see all his hard work in preparation and the sheer physical strength he deployed so he could explore this new environment and master the task of walking up those stairs for the first time ever. What courage and joy he displayed in doing so and what a privilege it was for me to witness his courage and determination to master the task. We do indeed live in an amazing school community where these triumphs can be fully appreciated and celebrated. Well done, Dan!

It reminded me that each and every day our students do indeed strive to master the large and small tasks that their families and teachers challenge them with here at St Lucy's.



Next Men's Group Gathering : Thursday 9 June at St Lucy's

Next Mum's Night: Friday 3rd June at Terry Hills Tavern

The Men's and Mum's Groups are meeting again.

Please see the notice on page 10 of the Newsletter for the Men's Group and page 3 for the Mum's Night Out.

Please let Jono Carey and Terry now if you are intending to attend. Mum's and Dads across the whole school are warmly encouraged to attend for a social chit chat and sharing time together of mutual support. Both events start at 6.30pm.

David Raphael

Principal

MESSAGE FROM THE REGISTRAR

I'm sure you're all aware of how the whole community is struggling with the onset of winter colds and flu, while still navigating the spread of Covid.

As for the past 2.5 years the School has endeavoured to keep classes running as 'normally' as possible, and to keep as much routine for the students as we can. This can only be achieved if we can contain the spread of colds, flu, virus, and of course Covid.

So we will maintain our low threshold and request that if your child has any symptoms at all, they stay home until cleared up. We fully appreciate the pressure this places on working parents, and families generally, but ask that you understand the impact of further spread.

We also remind you that, while NSW Health has eased its requirements, St Lucy's maintains the 7 day isolation (from school) requirement if anyone in the household has tested positive to Covid.

If you have any questions please feel free to call me, or Kathleen Walsh.

Please also remember to email your class AND absent@stlucys.nsw.edu.au by 9:00am if your child won't be attending school. We are mandated to hold records of all absences, with the reason for the absence.

Our policy is also to contact any family we haven't heard from by 10:00, to ensure the student is alright.

Thank you for your co-operation.

Terry Williamson

School Registrar, Office Manager

TO OUR AMAZING MUMS

Don't miss our Mothers' Night Out!

Friday 3 June 2022, 6:30pm, at Terrey Hills Tavern.

It's been a long time coming, and we're very excited to gather everyone together again. Please join us. There'll be a tab on the bar, and some VERY SPECIAL gifts for each mum.

RSVP to Terryw@stlucys.nsw.edu.au
by Tuesday 31 May.



Night of Inclusion Wild Lights at Taronga Zoo

This is an invitation to all St Lucy's families to come to Vivid at Taronga Zoo this year on Wednesday 1st June at no cost. The zoo will be shut to the public from 5.30-7.30pm and inviting families who have children with a disability to attend and enjoy the magic of Vivid at Taronga Zoo.

Please click [here](#) to book your tickets.

A poster for the 'Wild Lights' event at Taronga Zoo. The background is dark with colorful, glowing light installations that look like stylized trees or wings. The text 'celebrate a night of Inclusion at WILD LIGHTS' is prominently displayed in a mix of white and gold fonts. Below this, it says 'TARONGA ZOO'. Logos for 'Access & Inclusion Partner CUSHMAN & WAKEFIELD' and 'TARONGA ZOO SYDNEY' are visible. At the bottom, there is a section for 'KEY EVENT INFORMATION' with the date 'Wednesday 1 June | 5.30pm - 7.00pm' and location 'Taronga Zoo, Bradley's Head Road, Mosman'. A code 'CODE: CWSCHOOLS' is provided, along with a 'BOOK YOUR TICKETS' button. Fine print at the bottom states: 'Please use the booking code at checkout to receive the complimentary tickets. *Limited tickets available *\$3.95 processing fee will be removed upon checkout'.

THANK YOU

Thank you for your support of our recent Mufti Days. As a result of your generosity, we have made two donations:

Harmony Day – we gave \$200 to The House of Welcome, a social enterprise which creates employment pathways through fusion-inspired global cuisine. House of Welcome offers a delicious range of menu items, lovingly made by refugees and people seeking asylum.

Crazy Socks Day – the school donated \$300, and some members of our community donated directly to Caritas Australia via the QR code provided, and we raised \$200, so \$500 in total.

SIBLINGS DAY

On Friday 17th June, we are inviting our students' siblings to come and experience a morning liturgy and open classroom experience. The event will take place during the first part of the day, and will commence at 9.15 am. Please register via the Try Booking Link <https://www.trybooking.com/BZXBH>.

Last Sunday was the sixth Sunday of Easter, and as next Sunday we will celebrate the Ascension of the Lord and then the following Sunday ends Eastertide with the celebration of Pentecost, a very significant event in the Christian calendar because it is considered as a celebration of the birth of the Church. In addition, during the month of May, we continue to celebrate Mary, and reflect on the importance of matriarchal figures in our lives. Below is a simple explanation of the Hail Mary which was shared by Fr Paul from Holy Name Wairoonga last week:

A Simple Explanation of the Hail Mary.....

WORDS	MEANING
<i>Hail Mary,</i>	<i>Hello Mary Greetings Mary</i>
<i>full of grace</i>	<i>You are filled with God's love, without sin</i>
<i>The Lord is with you</i>	<i>God is with you; you are one who lives for God</i>
<i>Blessed are you among women</i>	<i>Of all women, you are very special, favoured and consecrated by God</i>
<i>and blessed is the fruit of thy womb, Jesus</i>	<i>And also very special is your child, Jesus</i>
<i>Holy Mary, mother of God</i>	<i>You are holy, filled with God's love You are mother of 'the son of God'</i>
<i>Pray for us sinners</i>	<i>We ask you to pray for us, who are sinners, people who are in need of God's love & mercy</i>
<i>Now and at the hour of our death</i>	<i>We ask your prayer now, and especially at the time we die</i>
<i>Amen.</i>	<i>Amen means 'yes' to all that has just been said.</i>

TENNIS AUSTRALIA AT ST LUCY'S (PROUILLE'S CLASSES)

Following on from the pictures of the Beaches Tennis Australia experience, please see below the pictures from Tennis Australia's visit to our two Prouille classes, Cassowary and Bowerbird. Again, all students have loved the experience of playing tennis with their peers as well as with a Tennis Australia coach. This continues until the end of this Term and, who knows, maybe we will have the next Leyton Hewitt or Ash Barty from our School.



Gary Edwards
PDHPE Teacher

HIGH SCHOOL HIGHLIGHTS



OSPREY CLASS ENJOYING SHOPPING IN COLES



OSPREY CLASS PLAYING INSTRUMENTS IN MUSIC ELECTIVE



FANTAIL CLASS USING TECHNOLOGY FOR LEARNING

CASSOWARY AND BOWERBIRD CLASS VISIT SYDNEY ZOO

On Friday May 20th, Cassowary and Bowerbird class braved the rain to visit Sydney Zoo. We were looking at different animals and their adaptations as a part of our Stage One and Stage Two Science units. When we got back to school, the students wrote reports about the excursion. Here are some excerpts:

"Miss Kickert drove the bus. We saw the cassowary, lion, tiger, and lizards." (Alsher, Cassowary Class)

"On Friday I went to the zoo to see koalas and elephants. I ate some chips. I felt happy." (Uriel, Cassowary Class)

"The highlight of my day was eating hot chips."
(Rock, Bowerbird Class)

"I saw a red panda. I was feeling happy." (Rosie, Cassowary Class)

"I see a fish and shark." (David, Cassowary Class)

"I saw a Tasmanian devil, koala, penguin and an emu."
(William, Bowerbird Class)

Thank you to our volunteers and our parent helpers for making the excursion possible.

Kind regards,

Courtenay Peters
Classroom Teacher





HIGH SCHOOL MERIT AWARDS



MERIT AWARDS WEEK 4

Eagle	Maggie Noonan
Fantail	Tiarnan Malone
Fernwren	Cruz Balfour
Galah	Joshua Gill
Magpie	Jack Olling & Jake Townsend
Osprey	Addison Williams & Michelle Law
Whipbird	Poppy Botheras

MERIT AWARDS WEEK 5

Eagle	Harvey Tomicki
Fantail	Joseph MacDermid
Fernwren	Gavin Hunter
Galah	Oscar Hay
Magpie	Jack Olling
Osprey	Ben Sherlock
Whipbird	Luke Di Staso



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 4)

Bellbird	Luca Cohen
Bowerbird	Angelo Alloggia & Rock Batchelor
Brolga	Jordan Sriprom
Cassowary	Rocco Knox
Cockatoo	Max Torbarac
Corella	Oliver D'Souza
Currawong	Aris Peri
Egret	Zoe Sallansonnet
Finch	Archie Killian
Kestrel	Caitlyn Shin
Kingfisher	Nikki Herbert
Lorikeet	Oskar Groenewald
Lyrebird	Dorothy Ding
Parrot	Isaac Xu
Pelican	Talha Tanzeel
Plover	Charlie Harris
Robin	Ethan Richey
Swan	Liliana D'Silva

STAR OF THE WEEK (WEEK 5)

Bellbird	Scotty Roberts
Bowerbird	Beau Lyall
Brolga	Henry Greer
Cassowary	Uriel Cheah & David Salsano
Cockatoo	Naomi Baumgartner
Corella	Branson Atkins
Currawong	Maye Akra
Egret	Eric McCarroll
Finch	Tyler Winton Smith
Kestrel	Ruby O'Brien
Kingfisher	Luke Hughes
Lorikeet	Gus Lindsay
Lyrebird	Jamie Hunter
Parrot	Rose Younan
Pelican	Dov Kresner
Plover	Alex Squires
Robin	Jai Campo
Swan	Luna Huwazan

FAMILY SUPPORT



MEN'S GROUP AT ST LUCY'S SCHOOL

Next Men's Group gathering: Thursday 9 June at St Lucy's

Light dinner at 6.30pm followed by a meeting 7 to 8pm. At our last meeting the group asked to continue discussion on the issue of generally keeping private their child's disability verses sharing of it with friends and relatives. The guys listed so many advantages and disadvantages and we ran out of discussion time. Everyone wanted more time to reflect on the issue. It was a very emotional and spirited discussion. The stereotype that men don't talk and are poor at expressing their feeling is constantly refuted by our dads.

Looking forward to the next gathering at St Lucy's. Warren Hopley, Brendan Wingrave and Jono Carey
Please RSVP to one of the following:

hopleywarren@hotmail.com

brendan.wingrave@gmail.com

jonathanc@stlucys.nsw.edu.au

CLASS PARENTS

If you entered your name on the Friendship list back in Term 1 at the information meeting, your details would appear on the Friendship List which should have been distributed to you last term. The Friendship List is a sharing of contact details of other parents in your class and stage.

Once compiled, it is distributed and managed by a Class Parent, who has volunteered for the role. The School is not able to take

on the administrative load of continuing to manage changes and additions. The 'Class Parent' connects parents, and is the link between the families in the class, the P&F, Terry as the Parent Liaison, and the School for any appropriate communication.

You are reminded that if you have questions on issues relating directly to your child, that you follow the School's communication guidelines.

PARENTS FACEBOOK PAGE

The parents have a private Facebook group. You can access this group via <https://www.facebook.com/groups/stlucyscommunity/>. You will be asked a few questions, which relate to safety and code of conduct. Once completed, Terry will verify eligibility and approve your request to join the group.

As this is a private Facebook group, open only to parents and primary carers of St Lucy's students, we are not able to approve other family, grandparents etc.

PARENTS & FRIENDS

If you want to get involved with the P&F please contact Terry Williamson Terryw@stlucys.nsw.edu.au

The P&F meet each term with David Raphael and Terry Williamson, updating on School developments in the School and giving the opportunity to plan events, and raise matters on behalf of the St Lucy's parents. All are welcome. Please keep an eye out for dates in the Newsletter.

MUMS NIGHT

Don't miss our Mothers' Night Out!

Friday 3 June 2022, 6:30pm, at Terrey Hills Tavern.

It's been a long time coming, and we're very excited to get everyone together again. Please join us. There'll be a tab on the bar, and some VERY SPECIAL gifts for each mum.

RSVP to Terryw@stlucys.nsw.edu.au by Tuesday 31 May



FAMILY SUPPORT



DISCOBILITY

Dear St Lucy's Community,

Do any families with young people aged 12-17 years, live on the northern beaches?

Please see flyer from 'Ability Options' for an under 18's – All Abilities Disco. It is held at the PCYC in Dee Why on the Friday the 17th of June. Looks fun!

Please feel free to pass this email on to your families or whoever may be interested.

Disclaimer: While we are aware of and are happy to let you know about support services, we are not endorsing these services and cannot promise you that the services are suitable for your child or family's needs. It is up to you to make your own inquiries and decide whether a service is suitable for your child and your family.

Kind regards,

Jonathan Carey

Family Support Worker

Mob: 0456 681 710

DISCOBILITY

Under 18s (12-17yrs)

Friday 17 June
6.00-9.00pm

Make new friends and dance the night away with our all abilities disco.

Dee Why PCYC, 40 Kingsway, Dee Why - Fee: \$18 includes dinner, drink and giveaways
Theme: Flares and Fluro - **Wear:** Dance casual - Fluro colours
Bookings essential: events.humanitix.com/discobility-17-june
Enquiries: NDIS@abilityoptions.org.au or phone Melissa 0408 366 806

AbilityOptions

Supported by
northern beaches council | KALOF

FAMILY SUPPORT



OTHER SUPPORT GROUPS

Chinese Parents Group Association

CPA offers various kinds of educational programs, social functions, seminars, sports and leisure activities, picnics and camping, and case work to the parents and their children with disabilities, and the community, especially to people from culturally and linguistically diverse backgrounds (people from Asian countries).

Most of the services are run solely by volunteers, or professionals
(02) 9789 1315 or 0406 233 222

Shop 11, 20-22 Anglo Road, Campsie NSW 2194

admin@chineseparents.org.au

www.chineseparents.org.au/

Young Carers NSW

The Young Carers NSW provide emotional support, counselling and raising awareness for young carers.

1800 242 636 or (02) 9280 4744

yc@carersnsw.org.au

www.youngcarersnsw.org.au

Little Dreamers

Supporting young people aged 4 to 25 who provide care for a family member affected by disability, chronic or mental illness, addiction or frail age.

Little Dreamers NSW

Level 2, 29 Kiora Road

Miranda NSW 2228

1800 717 515 | (02) 7208 9467

mary@littledreamers.org.au

www.littledreamers.org.au

Better Life For Carers

What: "A truly unique development and coaching program for carers, helping them to make long-term changes in order to practise selfcare, reduce stress, increase overall wellbeing, and to become a more skilled, balanced, resilient and more effective person and carer."

When: Tuesdays, 26 Apr to 31 May, 6:30pm to 9:00pm, for 6 weeks, including 2 free optional coaching sessions.

<https://betterlifeforcarers.com.au/upcoming-events>

Carer Gateway

What: An Australian Government service providing information and support to help people who look after a family.

How: Coaching, Counselling, Respite Care, Talk to other carers, online skills courses, financial support

Contact: www.carergateway.gov.au

phone: 1800 422 737 8-5pm, Mon to Fri

Carers NSW

Carers NSW is the peak non-government organisation for carers in NSW and a member of the National Network of Carers Association. Our focus is on improving the lives of carers. Carers NSW works with all carers regardless of their age, location, life stage or circumstances. This includes those caring for individuals with support needs relating to ageing, disability, health and mental illness

Sydney Office (02) 9280 4744

Freecall: 1800 242 636

For carers wanting emergency respite call 1800 052 222

contact@carersnsw.org.au

Carer Gateway

(Carers NSW is the peak non-government organisation for carers in NSW and a member of the National Network of Carers Association. Our focus is on improving the lives of carers. Carers NSW works with all carers regardless of their age, location, life stage or circumstances. This includes those caring for individuals with support needs relating to ageing, disability, health and mental illness) www.carersnsw.org.au

Carers Café at the Lounge – Northern Beaches

What: A place where parents and carers of someone living with a disability share experiences and form friendships

When: 27th of May 2022 – 9:30 to 11:30am
(end of the month on a Friday)

Where: Cromer Community Centre – 150 Fisher Rd N, Cromer

Contact: ndis@abilityoptions.org.au (02)8976 2850

FAMILY SUPPORT



OTHER SUPPORT GROUPS

NSLHD Carer Support Service

What: We are an allied team of health professionals, ranging from nurses, a social worker and psychologist. We have extensive experience working with Carers, people with disabilities, mental illness, and chronic health issues. Our primary role is to ensure Carers are recognised, respected and valued as partners in care.

How: A bespoke service ... ranging from assisting with NDIS Carer Impact Assessments & Reports, counselling and education. Access to resource materials and information. Providing access to Support Groups. Other free resources such as My Health Record Folder for Children/Young Adults.

Our service is free.

Contact:

Phone: 9462 9488

Email: NSLHD-Carers@health.nsw.gov.au

Website (short URL): www.nscarersupport.com.au

NSLHD Carer Support | Facebook

Carer Support Phone Lines

Beyond Blue - 1300 22 4636 is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders). www.beyondblue.org.au

Parentline - 1300 1300 52 www.parentline.org.au

Carer Gateway Contact Centre - 1800 422 737
www.carergateway.gov.au

Mental Health Line - 1800 011 511

Your local council

great place to start to find carer support is your local council. Here are some local council contacts for you to ask what is available in your area.

Central Coast Council	1300 463 954 ask@centralcoast.nsw.gov.au https://www.centralcoast.nsw.gov.au/
Hills Shire Council	9843 0555 The Hills Shire Council 3 Columbia Court, Norwest, 2153 www.thehills.nsw.gov.au
Hornsby Shire Council	(02) 9847 6666 hsc@hornsby.nsw.gov.au www.hornsby.nsw.gov.au/schoolholidays
Ku-ring-gai Council	(02) 9424 0000 kmc@kmc.nsw.gov.au www.kmc.nsw.gov.au
Northern Beaches Council	1300 434 434 disabilityservices@northernbeaches.nsw.gov.au www.northernbeaches.nsw.gov.au

CARERS CAFÉ

at the

LOUNGE

**A place where
parents and carers
of someone living
with a disability
share experiences
and
form friendships.**

End of Month on a Friday

**Next meeting 27th May 2022
9.30-11.30am**



Cromer Community Centre
15 Fisher Rd N







**For more information contact our friendly team
on (02)8976 2850
nbiservice@abilityoptions.org.au**

Ability Options July 2022 - School Holiday Program

***Please note program and costs are subject to change**

****7.5 hours NDIS support costs additional to the below activity cost. Support costs are on either a 1:1 or 1:3 ratio subject to your current service booking.**

Week 1	830am -4pm	Date	Cost	Attendance
Naidoc Week at the Maritime Museum We join the Maritime Museum to celebrate Naidoc week together. After enjoying a morning of education and craft, we'll step inside some of the vessels we see in the water.	Monday 4 th July		\$27.00	<input type="checkbox"/>
Amazement Farm and Fun Run the maze, pat the animals, hop on a train ride or spot the koi in the pond. We hit the Central Coast for a big adventure day out.	Tuesday 5 th July		\$39	<input type="checkbox"/>
Naidoc Week Craft – In Centre Get your craft on as we celebrate Naidoc week with lots of craft activities.	Wednesday 6 th July		\$15	<input type="checkbox"/>
Cooking at One Meal The local community needs our help and our Ability Options super helpers are ready to take on the challenge. Today we help One Meal (a local food relief provider) prepare food parcels and make some healthy meals to hand out to our Northern Beaches Community. Everyone will receive a certificate in volunteering for their assistance.	Thursday 7 th July		\$15	<input type="checkbox"/>
				<input type="checkbox"/>

For further information, call 0437 422 121

<p>Ice Skating and hot chocolate</p> <p>Bring your warm woollies as we hit the ice and learn how to skate. Defrost later with a warm hot chocolate ...yum 😊</p> <p>Additional hire for a penguin balance and support frame \$8.</p>	<p>Friday 8th July</p>	<p>\$44 + additional \$8 If requiring a penguin.</p> 	
<p>Week 2 830am -4pm</p>	<p>Date</p>	<p>Cost</p>	<p>Attendance</p>
<p>Jennifer Street Board walk</p> <p>All accessible bush walk around La Perouse takes us in search of the Banksia bushes and New Holland Honey Eaters. We then set off in search of seals on the headlands (not always there) before settling into our BBQ lunch.</p>	<p>Monday 11th July</p>	<p>\$20</p> 	<input type="checkbox"/>
<p>Bites and Culture treasure Hunt</p> <p>This exciting treasure hunt guided by the Kultura Trail will get your minds working as we decipher cryptic clues and riddles through China Town. Each stop we must complete the task before we move to the next! Can you complete all 10?</p>	<p>Tuesday 12th July</p>	<p>\$25</p> 	<input type="checkbox"/>
<p>Lights, camera Action</p> <p>Get your acting caps on because you will be starring in our own 'The Magic Coin and the lemonade stand'</p>	<p>Wednesday 13th July</p>	<p>\$15</p> 	<input type="checkbox"/>
<p>Aqua golf and donut decorating</p> <p>Find a target sitting in the water, and that's the spot your aiming for. Your hips will need a rest from swimming so get those fingers wiggling as we head to Krispy Kreme for donut decorating and watch how they are made.</p>	<p>Thursday 14th July</p>	<p>\$ 30</p> 	<input type="checkbox"/>
<p>House Down Under</p> <p>Defy gravity as we go upside down in a topsy-turvy house. This sure is one kooky experience.</p>	<p>Friday 15th July</p>	<p>\$35</p> 	<input type="checkbox"/>

For further information, call 0437 422 121