



FROM THE PRINCIPAL

New Family Picnic:

Over 100 parents and grandparents of our new families for 2023 came last Sunday for the family picnic. It was a lovely occasion where families were able to come and make new friends and just relax on campus knowing their children and siblings were safe. The new students enjoyed exploring the grounds and the parents enjoyed meeting together and with the staff.

Oakhill Day Visit

As we know we could not attend Oakhill for our annual Day of Fun with our hosts. Instead, ten vaccinated and masked students from Year 10 at Oakhill visited us here this week briefly to hand out Christmas gifts and cheer from Santa to our students at play. Once again we thank Oakhill for their dedication to our partnership together even though it could not be quite as we all hoped and being so flexible. It is such a wonderful partnership between our two schools.



MOVING
TOWARDS **K-12**
25 November 2022

Term 4

Dear St Lucy's Wahroonga families, the last day of canteen for this year will be next Monday 28 November.

Tuesday 29 November

Senior Concert 11.00am

Thursday 01 December

Junior Concert 11.00am

Friday 02 December

Year 6 Graduation Ceremony
10.00am

Friday 09 December

Final School Assembly 10.30am
Term 4 Concludes



Principal: Mr David Raphael

www.stlucys.nsw.edu.au

Ph: 9487 1277



Year 10 Formal

We were so delighted to see our Eagle Class students come along (some with their partners) to their Year 10 Formal last Friday with their parents. Mrs Willis and Mrs Hocking plus the Eagle staff were thrilled to host this inaugural event and did so with great ceremony. The long table looked fantastic and the students enjoyed a photo booth (thanks to Miss Marci) plus of course the food as well as the dancing. Some danced with their parents and others their guests. A good time was had by all and they all dressed to impress! Please enjoy some of the photos on page 4 showcasing this special event.



Immersion Experience Visitors:

This week we have hosted eight Year 10 Abbotsleigh students and teacher at our Wahroonga campus for their Immersion Week. The Abbotsleigh students quickly immersed themselves into the daily classroom routines, art and drama studios, swimming pool and the playground where the St Lucy's students enjoyed their company. It has been an eye opener for many to see a special school setting and great to see their enthusiasm for the tasks at hand and the relationships they have built with our students out at play. More photos on page 5.



Bishop Visits St Lucy's:

Bishop Anthony Randazzo, Bishop of Broken Bay, visited the school today on his annual tour of education round the Diocese. He enjoyed a tour as well as seeing the students in class and play time and then dashed off to Prouille for morning tea. It was lovely seeing him engage so warmly with the children here.

Covid Aware:

As we accelerate to the end of year events of the school and are being warned of the onset of the fourth Covid wave, please remain vigilant for any symptoms of Covid in your child and do keep them home if in any doubt for the good of all in the St Lucy's community. We would all like to see as many as possible be able to see the two end of year concerts and Year 6 Graduation without interruption.

Special School Visit From South Australia:

We hosted two visitors from Catholic Special Schools in South Australia interested in extending their Primary schools into the high school years. They came to St Lucy's to help them prepare and learn from our experience here. They were very impressed with the diversity and quality of our facilities and especially the options and flexibility for teaching and learning of our Dominic Centre.

St Lucy's School warmly invites parents to attend our Dancing and Music Concert
THE BIRDS: SINGING, DANCE, SOARING



Concert for Kindergarten to Year 4 | Thursday 1st December | 11.00am
 Finch Class, Egret Class, Brolga Class, Parrot Class, Robin Class, Cassowary Class, Cockatoo Class
 Lorikeet Class, Swan Class, Currawong Class, Kestrel Class, Bellbird Class, Bowerbird Class

Strictly 2 adults per St Lucy's Student. RSVP 30 November
<https://www.trybooking.com/CDO5N>

Concerts and Year 6 Graduation Next Week:

Please don't forget to use our Trybooking link to confirm your attendance at the relevant End of Year Concerts.

Primary: Concert for Kindergarten to Year 4

Thursday 1st December | 11.00am

Finch Class, Egret Class, Brolga Class, Parrot Class, Robin Class, Cassowary Class, Cockatoo Class, Lorikeet Class, Swan Class, Currawong Class, Kestrel Class, Bellbird Class, Bowerbird Class

Strictly 2 adults per St Lucy's Student. RSVP 30 November

Trybooking link: <https://www.trybooking.com/CDO5N>

St Lucy's School warmly invites parents to attend our Dance and Music Concert
THE BIRDS: SINGING, DANCING, SOARING



Concert for Year 5 to Year 10 | Tuesday 29 November | 11.00am
 Plover Class, Lyrebird Class, Corella Class, Pelican Class, Kingfisher Class, Whipbird Class,
 Fernwren Class, Galah Class, Magpie Class, Osprey Class, Fantail Class, Eagle Class

Strictly 2 adults per St Lucy's Student. RSVP 28 November
<https://www.trybooking.com/CDO5E>

Senior Concert for Year 5 to Year 10

Tuesday 29 November | 11.00am

Plover Class, Lyrebird Class, Corella Class, Pelican Class, Kingfisher Class, Whipbird Class, Fernwren Class, Galah Class, Magpie Class, Osprey Class, Fantail Class, Eagle Class

Strictly 2 adults per St Lucy's Student. RSVP 28 November

Trybooking link: <https://www.trybooking.com/CDO5E>

Year 6 Graduation:

We are really looking forward to this special event. Please see details below if you haven't already booked:

Date: Friday 2nd December

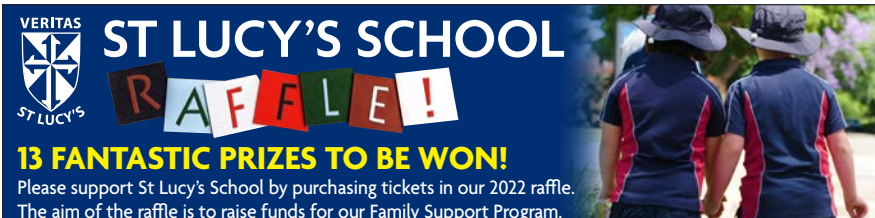
Time: Arrival 10.15am for 10.30am start

Trybooking link: <https://www.trybooking.com/CDZTL>

- Max 6 attendees per student
- Masks to be worn on site
- Confirmation of double vaccination status required or proof of a negative RAT test result will be necessary on the morning of the event.




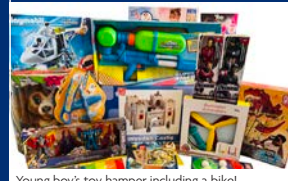


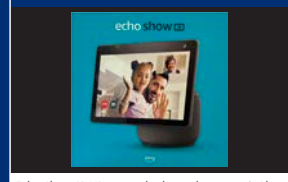


Raffle for Central Coast Bus:


You will have seen on the St Lucy's Facebook page and in the newsletter, information about this year's raffle, raising money for our Family Support Program. Please share the link <https://rafflelink.com.au/stlucysraffle2022> with your friends and contacts so that we can raise as much money as possible for this essential program. Please see the flyer below which showcases all the wonderful prizes and how to purchase your tickets.



ST LUCY'S SCHOOL
RAFFLE!

13 FANTASTIC PRIZES TO BE WON!
Please support St Lucy's School by purchasing tickets in our 2022 raffle. The aim of the raffle is to raise funds for our Family Support Program.

1ST PRIZE NIGHT AWAY+ CASH PLUS \$500 Cash  <p>One nights accommodation in a one-bedroom Harbour View Apartment at Quest Manly PLUS \$500 cash for your weekend away. Valued at \$900!</p>	2ND PRIZE PAMPER HAMPER  <p>Women's deluxe beauty, relaxation & skincare pack including GHD cordless styler! Valued at \$880!</p>	3RD PRIZE GIRLS TOY HAMPER  <p>Little girl's toy hamper including endless hours of play as well as a bike! Valued at \$750</p>
4TH PRIZE BOY'S TOY HAMPER  <p>Young boy's toy hamper including a bike! Valued at \$600!</p>	5TH PRIZE \$500 GIFT CARD  <p>flowerpower \$500 garden and homewares voucher. Valued at \$500!</p>	6TH PRIZE EDUCATIONAL TOYS  <p>Including Doll House with furniture, musical toys and creative art items Valued at \$437!</p>
7TH PRIZE ECHO SHOW 10  <p>Echo Show 10 HD smart display with motion & Alexa Valued at \$399!</p>	8TH PRIZE ENTERTAINMENT  <p><i>Bacino Espresso</i> 10 Adult Orpheum tickets and Bacino Bar catering Valued at \$345!</p>	9TH PRIZE BOOK HAMPER  <p>Family Book Hamper Valued at \$300!</p>
10TH PRIZE ECHO SHOW 8 Valued at \$199! Echo Show 8 HD smart display with Alexa and 13 MP camera	12TH PRIZE KNOX CANDLE CO BUNDLE Valued at \$156! 3 x extra large candles in their most popular fragrance 'Positano Affair'	13TH PRIZE ECHO DOT SMART SPEAKER Valued at \$79! Echo Dot Smart Speaker (4th Gen) with Alexa Twilight Blue
11TH PRIZE \$170 ST IVES SHOPPING GIFT CARD St Ives Shopping Village gift card, valued at \$170!		
1 Ticket for \$10 3 Tickets for \$25 10 tickets for \$75 15 tickets for \$100 Please visit: rafflelink.com.au/stlucysraffle2022 or scan the QR code to purchase your tickets. Drawn on 5th December 2022.		



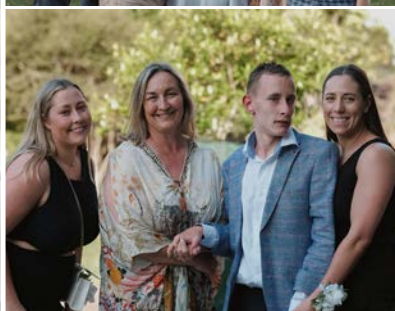
Underground Car Park

Dear Parents, just a reminder to please adhere to the speed limit of 4kms per hour when driving in and out of the underground car park. This is for the safety of all our students.

David Raphael
Principal

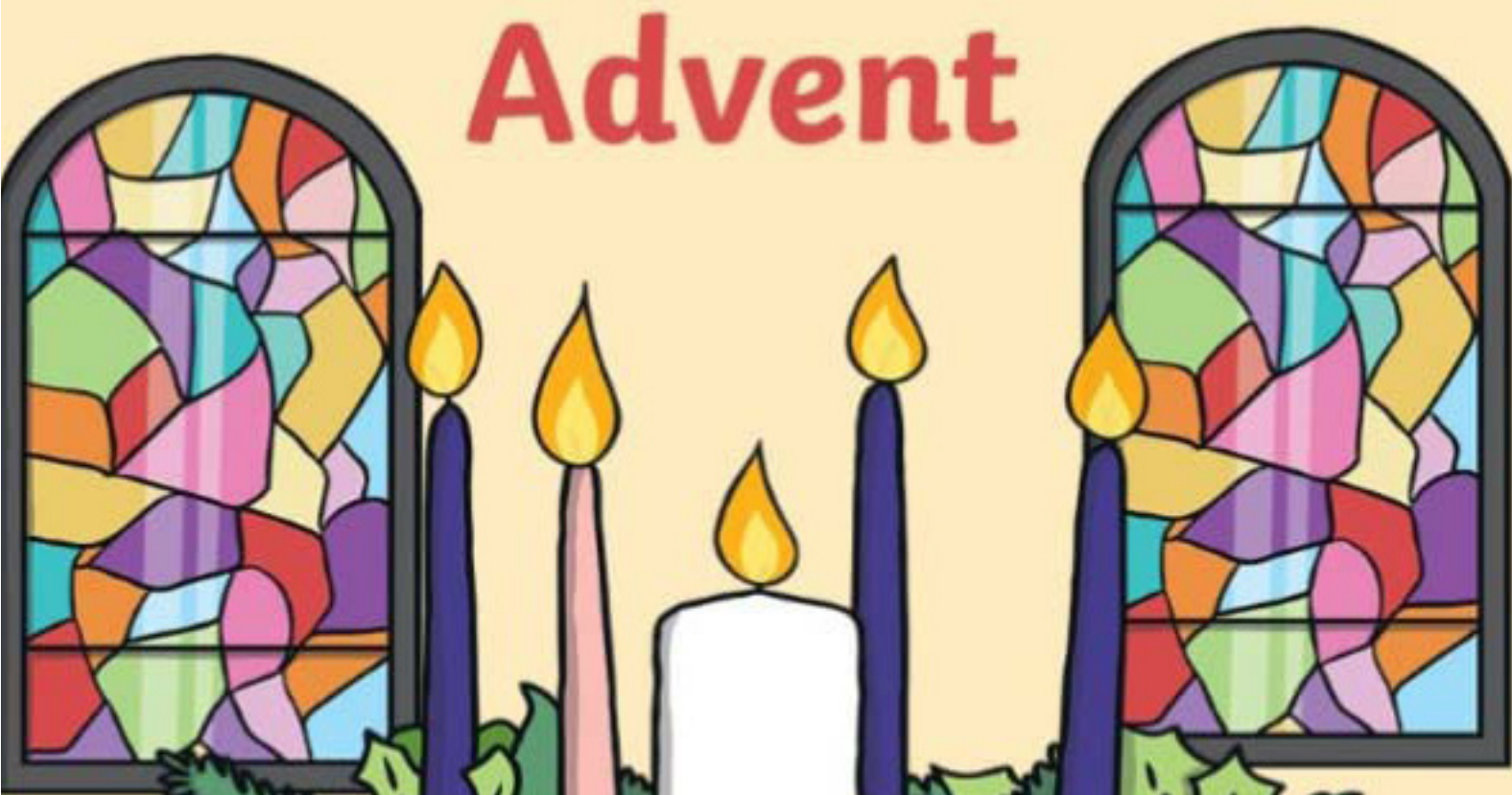
HIGH SCHOOL HIGHLIGHTS

Year 10 Formal



Year 10 Abbotsleigh Immersion Experience





ADVENT

The season of Advent is upon us, and our students will be experiencing a special liturgical service, which will focus on preparing for the coming of our saviour.

I was surprised when I went shopping last week to see that the Advent calendar is no longer the remit of chocolate and children only. The most expensive Advent Calendar I noticed costs \$650.00! It promises that there is something to enchant every day of December, featuring the most luxurious and on-trend fragrances, candles and body products.

A recent study looked at the most common words we use around Christmas; they included 'sales', 'trading', 'spend', 'special', and 'retailers'.

It is hard to disagree with the view that Christmas has become too focused on consumerism. Each year, there is more evidence to suggest that we are getting caught up in the spending and excess that comes with the season, and if sustainability is a value you hold, Christmas can be a relative minefield!

As Lisa Heinze, University of Sydney sustainable fashion academic, stated:

"I would say something like, 'When I get all of my presents this year, I will be making sure they're environmentally friendly and not contributing to landfill!'"

Like all celebrations and special events in the Christian tradition, Advent presents us with an opportunity to reflect on the year we have experienced and think about the things that we can do to strengthen our relationship with the people we care about.

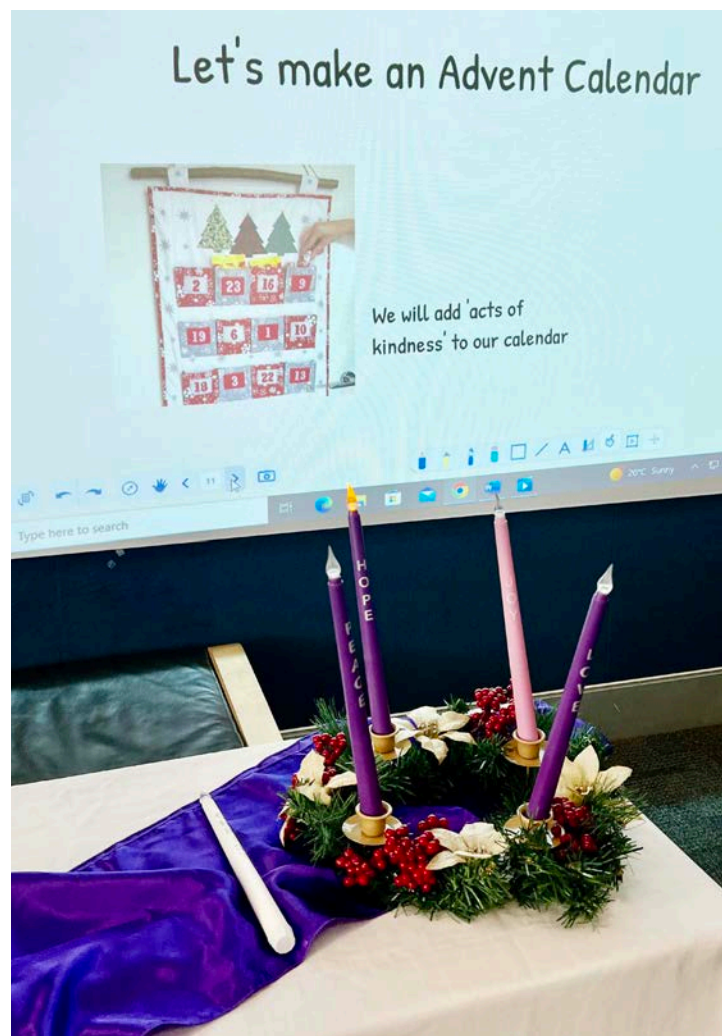
So now is a great time for our community to consciously focus on gratitude, as this allows us to feel joy and optimism.

May this Advent season be a time of hopefulness, peace, and joy for you and those you love and cherish.

Elizabeth Webster

Head of Mission and Identity K-12

Class Teacher





HIGH SCHOOL MERIT AWARDS



MERIT AWARDS WEEK 6

Eagle	Jai Watson
Fantail	Tiarnan Malone
Fernwren	Bradley Chien
Galah	Pablo Rostirola
Magpie	Jake Townsend
Osprey	Michelle Law
Whipbird	Rafa Macpherson

MERIT AWARDS WEEK 7

Eagle	Lachlan Hunter + Jai Watson
Fantail	Oliver Whittaker
Fernwren	Charli Dimmick
Galah	Pedro Boyle
Magpie	Oliver Tobin
Osprey	Anna Bray
Whipbird	Alex Gordon



STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 6)

Bellbird	Jemima McPherson	Kestrel	Angeline Boyadjian
Bowerbird	Timothy Wang	Kingfisher	Austin Sproats
Brolga	Henry Greer	Lorikeet	Gus Lindsay
Cassowary	Leo Seeto	Lyrebird	An-Yu Chueh
Cockatoo	Rose White	Parrot	Tobias Van der Sluys
Corella	Matilda Owler	Pelican	Diesel Grey
Currawong	Sawyer Langan-Stark	Plover	Charlie Harris
Egret	Winnie Harvey	Robin	Grayson Turner
Finch	Joshua Uler	Swan	Fred Arnison

STAR OF THE WEEK (WEEK 7)

Bellbird	Claudia McWilliam	Kestrel	Leo Hart
Bowerbird	Rock Batchelor + Owen Davis-Brown	Kingfisher	Alex Crowley
Brolga	Maddox Wong See	Lorikeet	Annabelle Zabulic
Cassowary	Uriel Cheah	Lyrebird	Dorothy Ding
Cockatoo	Fahad Omar	Parrot	Nash Cameron
Corella	Max Magugan	Pelican	Luka Romic
Currawong	Mia Morrissey	Plover	Dylan Ainscow
Egret	Xavier Adams	Robin	Ethan Richey
Finch	Lennox Pollock	Swan	Izzy McDonald

DEC 2022

21

Sydney Olympic Park Aquatic Centre

Start your holiday at Sydney Olympic Park Aquatic Centre. It has Splasher's Playground, a fun interactive indoor playground with a gigantic bucket and slides. Swim splash and slide at Sydney's best indoor water park.

Activity Cost: \$23 + *BYO Lunch (bring your own swim costume)

*Bring Your Own

22

Movie and Lunch Party at Dural Hub

Enjoy a fun day watching movies, hanging out with your friends and peers at Sahara's Hub at Dural. For lunch you will have some delicious nuggies and chipees with drinks.

Activity Cost: \$12

23

Christmas Art Activity

Finish off your Christmas prep at our Dural Hub. Make cool cards, wrap your Christmas gifts, and enjoy more art activities.

Activity Cost: \$10

28

Fun Coastal Walk at Dee Why Beach

Take a light walk from Dee Why to North Curl Curl Beach. On your way enjoy a spectacular view south to Manly and north to Long Reef and beyond.

Activity Cost: \$14 Transport + BYO

29

Timezone Rouse Hill

Timezone Rouse Hill is the place to be! Enjoy some exciting activities like laser skirmish, mini bowling, arcade games and much more!

Activity Cost: \$28 Per Person + \$14 Transport + BYO

30

Aqua Golf and Arcade at Penrith Panthers

You'll enjoy a fun day golfing away with spectacular views of the Blue Mountains and the Panthers Rugby League Academy as you tee off across the glistening water.

Activity Cost: \$28 Per Person + \$14 Transport + BYO

JAN 2023

11

Metro Ride - Rouse Hill to Chatswood

Hop into Sydney metro and enjoy an exciting ride from Rouse Hill station to Epping Station.

Activity Cost: Bring your Opal card + BYO Lunch

*Bring Your Own

12

Picnic at Fagan Park

Enjoy a lovely picnic at beautiful Fagan Park. Take a stroll around the park, visit spectacular gardens and playgrounds.

Activity Cost: \$24 + Lunch Provided

13

Sydney Festival

To be announced

Activity Cost: TBA

16

National Maritime Museum

Enjoy a day of extraordinary adventure at the Maritime Museum in Darling Harbour, Sydney. Climb on board a submarine, explore a replica of tall ship HMB Endeavour and more.

Activity Cost: \$20 with concession + \$14 Travel + BYO Lunch

17

Manly Art Gallery and Museum

Explore this first Metro Politian Regional Museum and enjoy an extensive collection of Australian ceramics and 130 works by Antonio Dattilo Rubbo.

Activity Cost: \$14 + BYO Lunch

18

Chinese Garden of Friendship Visit

Explore this heritage-listed place situated in the middle of the city. Wander serene pathways and take in exotic plants, blooming flowers and a lake of shimmering Koi.

Activity Cost: \$26 + BYO Lunch

FOR BOOKING CONTACT: HARMAN PREET KAUR - 0402792639, SAHARA HEAD OFFICE - 0284060842, COMMUNITY@SAHARASERVICES.COM.AU

School Holiday Program

DECEMBER 2022 - JANUARY 2023
(FOR PARTICIPANTS BETWEEN 8-17 YEARS OLD)

For Booking

HARMAN PREET KAUR - 0402792639
SAHARA HEAD OFFICE - 0284060842
COMMUNITY@SAHARASERVICES.COM.AU



JAN 2023

03

Powerhouse Museum Visit

Explore this contemporary museum in the heart of Sydney with a focus on arts, science, innovation and design. Learn about Australia's social history, science and technology, design and decorative arts, transport and space exploration.

Activity Cost: \$14 + *BYO Lunch

*Bring Your Own

04

Zone Bowling

Enjoy a fun day playing competitive bowling with your peers and friends assisted by friendly support workers.

Activity Cost: \$26 + BYO Lunch

05

Animal Farm Visit

Explore and enjoy a farm day feeding and patting animals. You can hold baby animals and even milk a cow. You don't want to miss a day like this.

Activity Cost: \$35 + BYO Lunch

06

Ferry Ride Parramatta to Circular Quay

Enjoy a Rivercat ride on the Parramatta River. On your way to Circular Quay see beautiful riverside views and a 360° view of the iconic Opera House and Harbor bridge.

Activity Cost: \$34 + Lunch Provided

09

Museum of Contemporary Art Australia

Explore numerous arts by renowned artists all over the world. You can also take part in the hands-on workshops by artists at the museum.

Activity Cost: \$14 + BYO Lunch

10

Summer Costume Party at Hub

There is nothing more fun than dressing up as a character you like. Get your favourite costumes ready and show up at Dural Hub to have a fun party with delicious food.

Activity Cost: \$15 + Lunch Provided

FOR BOOKING CONTACT: HARMAN PREET KAUR - 0402792639, SAHARA HEAD OFFICE - 0284060842, COMMUNITY@SAHARASERVICES.COM.AU

19

Flip Out

Flip Out is the place to be for active fun indoors! Get ready to jump on trampolines, hop onto foam pits, parkour arenas, running walls and more.

Activity Cost: \$36 + BYO Lunch

20

Darling Harbour

Enjoy the fun surrounding at Darling Harbor. Take a walk from China Friendship Garden to the iconic Ferris Wheel.

Activity Cost: \$14 + BYO Lunch

23

Auburn Botanic Graden

Relish a spring picnic with the scenic beauty of the Auburn Botanical Garden. Spend your day exploring the gardens, smelling the blooms and having memorable memories with your friends.

Activity Cost: \$21 + BYO Lunch

24

Moving Bodies

Spend a fun day walking on beams, springing, jumping on sprung floor and trampoline, play in foam pit, tumble tracks and more.

Activity Cost: \$36+ BYO Lunch

25

Australia day Art Activity

Celebrate Australia day drawing and making some creative pieces to add your collections.

Activity Cost: \$10 + BYO Lunch

IMPORTANT NOTES**Meeting Point/ Pickup & Drop Options:**

Meeting and pick-up point option for all days:

- DURAL HUB - 24/288 New Line Road, Dural
- Pick up and drop off available upon request

If you are unable to attend any of the above activities once it has been booked, or if you have any enquires, please contact the Community Team.

Team Leader (Harman Preet Kaur) – 0402792639

Sahara Head Office - 0284060842

Community email – community@saharaservices.com.au

Please Note:

This Program only shows the cost of the activity and does not include the associated NDIS cost of staffing support on the day. This additional cost will be determined by the level of support required by your participant, the numbers of participants in the group and the nature of the activity. There can be additional small cost occurred due to parking fees.

- ✓ Bring lunch, drinks and snacks on all activities unless otherwise stated. Always bring water.
- ✓ Please remember to bring your concession/companion card and opal card to all activities.
- ✓ All participants must carry a copy of their vaccine certificates.
- ✓ Groups will be divided into subgroups to maintain social distancing.
- ✓ Give at least 7 days' notice if you need to cancel attendance to any activity to avoid being billed for the day in accordance with NDIS guidelines.
- ✓ Bring hat and apply sunscreen for all group activities. We will help to re-apply at midday on high UV days.
- ✓ Petrol/vehicle costs have been incorporated into the overall cost of activities.
- ✓ Any future changes in activities due to Covid-19 regulations will be informed via email.
- ✓ The activity plan can be changed due to Unsuitable Weather.

Short of ideas these School Holidays?

Need an extra set of hands?



ABALink SuperSitters give your child an opportunity to do fun things either in the home or out in the community such as...

- Go to a movie
- Bake a cake
- Visit the Zoo
- Play PlayStation/Xbox

SuperSitters are...

- Specialist trained support workers for children and adolescents with a broad range of complex needs and, or developmental delays
- Interested in engaging with your child in 1:1 activities
- Fully supported with ready access to our experienced coordination unit

You can relax knowing they are in good hands

Availability:

- Casual basis or longer term support
- School holidays
- Week days and nights
- Public holidays and weekends

Offering peace of mind and the right support when you need it



Hourly and Daily Rates Available

Contact us

enquiries@abalink.com.au
02 9411 4618
Suite 1, Level 3, 5-9 Devlin St, Ryde NSW 2112

abalink.com.au/supersitters

NDIS terms and funding supports used to describe these services are

- Improved relationships
- Increased social and community participation

ABALink is an approved provider to participants of the National Disability Insurance Scheme (NDIS)
NDIS Provider No: 405 000 0904

Summer Camp Activities

DROP & SHOP COST: \$25 per day

FOCUS CAMP COST: \$40 per day

AGES & TIME : See below

BOOK NOW



WHAT TO BRING: Bring a water bottle, enclosed shoes, morning tea or afternoon tea. Drinks and snacks are available at Kitchen Xpress.

Wed Dec 21st	Christmas Drop & Shop 5+ years (6-8pm) \$25
Thur Dec 22nd	Christmas Drop & Shop 5+ years (6-8pm) \$25
Wed Jan 4th	Parkour Focus Camp Day 1 7-11 years (9am-12pm) 12-17 years (1pm-4pm) \$40
Thur Jan 5th	Parkour Focus Camp Day 1 7-11 years (9am-12pm) 12-17 years (1pm-4pm) \$40
Wed Jan 11th	Trampoline Focus Camp Day 1 6-12 years (9am-1pm) Beg-Int Level \$40
Thur Jan 12th	Trampoline Focus Camp Day 2 6-12 years (9am-1pm) Beg-Int Level \$40
Tue Jan 17th	WAG Focus Camp Day 1 6-12 years (9am-1pm) Dev Level \$40
Wed Jan 18th	WAG Focus Camp Day 2 6-12 years (9am-1pm) Dev Level \$40
Thur Jan 19th	WAG Focus Camp Day 3 6-12 years (9am-1pm) Dev Level \$40

ADDITIONAL INFO: For additional hours such as early drop-offs (7-9am) and late pick-ups (4-6pm) please see the enrolment form. For further information call us on 02 8998 5400 or email us at hornsbykuringgai@pcycnsw.org.au



IS LIFE CHANGING



AUTISM SPECIFIC PARENTING PROGRAM

with **Live** counselling support

9-week online parent & child mental health improvement program.
For carers of toddlers to adult children.

- ✓ Learn at your own pace
- ✓ Lifetime Access
- ✓ **NDIS Eligible** - CB Daily Activity Parent/Carer Training #15_038_0117_1_3



"Absolutely life-changing program." **Simone D.**

100+ 5* Google Reviews
★★★★★

"I feel like I have entered a whole new world of information and possibilities for the challenges we face every day." **Wendy M.**

"Never have I felt so seen!" **Anita S.**

Referred By:



Next program starts
Feb 6th 2023. Enrol Now

What's in the program Week by Week;

- 1 Parent & Carer Mental Health, why am I triggered?
- 2 How do I accept my reality and stay calm?
- 3 Emotion Coaching for Emotional Regulation & Secure Attachment
- 4 Managing Meltdowns, Shutdowns & Aggressive Behaviours
- 5 Understanding Anxiety including supporting a child with PDA
- 6 Break Week - catch-up or take a break
- 7 Behaviour Management Strategies including School Avoidance
- 8 Sibling Rivalry, Marital Conflict & other Family Dynamics
- 9 Mindfulness, Time Management and Keeping It All Together

Beyond the course: Lifetime access to this course

Plus Unlimited lifetime access to all 14 other PSC parenting courses
Plus 5 ebooks
Plus lifetime support through our monthly sessions and FB



Delivered through
the PSC App

Weekly 90-min video +
Daily bite-sized audios

4 x live group
counselling sessions

Monitored FB
Support Group



- ✓ We improve your emotional wellbeing first.
- ✓ Our support network is unbeatable. You'll connect with other families sharing their successes and struggles together.
- ✓ 4 x Live group Q&A sessions with our counsellors 8:30pm AEST and recorded if you miss them.
- ✓ Lifetime access to the course material or redo the live programs as many times as you need.



More info

Enrol Here with NDIS Plan \$1495

Enrol 3 x \$500 Monthly Payments

Enrol here with upfront payment

Can I use my Child's NDIS Plan?

- ✓ You must be Plan Managed or Self Managed - Sorry, we can't use NDIA/Agency managed plans
- ✓ Have funds in the CB Daily Activity Section of the plan (We use Parent/Carer Training Line Item)
- ✓ Have a goal in your child's plan similar to emotional regulation or understanding behaviour
- ✓ You don't need an Autism diagnosis or Parent Training itemised in the plan to qualify