



# 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

### Easter Activities at St Lucy's - Thursday 6th April 2023

- Whole School Easter Liturgy Commences at 10.30am in the CAC. Guests for the Liturgy are limited to 60 in total due to social distancing requirements – please use the try booking link below to book: Easter Liturgy - High School and Primary School: <https://www.trybooking.com/CHEWB>
- Guests for the Liturgy arrive by 10.30am and depart via the Gallery door.
- Scan QR Code and complete questionnaire for Covid upon arrival.
- Visitors are required to wear a mask at all times.
- **Easter Hat Parade - Primary School Only** - will commence at 11:30. As the Hat Parade will be outdoors, there is no limit to numbers attending for the Parade however we would ask that you book via the try booking link – Primary School Students Only : <https://www.trybooking.com/CHEWG>
- Primary Students will be progressing around the oval ONCE only once during the parade and will go back to their classrooms immediately after they have paraded. The Parade will be quite short in duration and there are no family picnics afterwards. All students in classes will be provided with a sausage sizzle lunch.
- After the parade, all visitors are required to depart via the Gallery Door.

**Thursday 6th April is a Mufti Day** – and we invite all our Senior Students to wear CRAZY SOCKS. The whole school will be involved in the Easter Liturgy. The High School students will not be involved in the Easter Hat Parade which follows the Liturgy.

The charity of choice for our Easter Liturgy is Project Compassion 2023. Please bring a gold coin donation or use the QR code to make a donation. Project Compassion helps continue empowering vulnerable communities around the world to lift themselves and their communities out of poverty.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow For All Future Generations.

All students will receive a BBQ Lunch, thanks to the generosity of Coles Supermarket and our wonderful Corporate Volunteers.



31 March 2023

## TERM 2 DATES

**Wednesday 26 April**  
Term 2 Commences

**Monday 01 May**  
Canteen resumes

**Friday 05 May**  
Class Parent Morning Tea 9.45am

**Wednesday 10 May**  
Mother's Day Liturgy

**Tuesday 23 May**  
Post School Options Expo  
6.30pm-8.30pm (see page 7)

**Friday 02 June**  
Bingo Night Fundraiser

**Monday 12 June**  
The King's Birthday Public Holiday

**Wednesday 14 June**  
Siblings Day

**Friday 23 June**  
Last day of Term 2

Principal: Mr David Raphael  
[www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)  
Ph: 9487 1277

### The Parents and Friends Association:

The P&F held their AGM and a general meeting this week. Congratulations to the newly elected office bearers who were elected and are:

**President – Danijela (Dani) FitzGibbon**

**Treasurer – Natalia Price**

**Secretary – Richard FitzGibbon**

**Communications – Ella Hutcheson**

The President is still looking for two other general committee members. Don't hesitate to let Dani know if you are willing to assist. You can contact Dani by emailing [danijela.richard@gmail.com](mailto:danijela.richard@gmail.com).

It was a very happy and positive meeting and one where all in attendance in person and online very much enjoyed the social conviviality associated with meeting again. From the Principal's viewpoint it was great to see this in action as well as the evident enthusiasm of all attendees to break out of the Covid bubble and recommence supporting the school actively again.

### Future events to note supported by the P&F are:

**Class Parent Competition:** to raise the most money from your networks in each class cohort for the Playground Pledge by the end of Term 2 was approved. The prize being a class picnic and opportunity to play on the swings and spider for the 'last' time before we commence construction.

**Class Parent Morning Tea:** to help class parents understand their role and get together to plan their approach.

Date: Friday 5th May, 9.45am.

**P&F Bingo Night:** Friday 2 June at Wahroonga to support the Playground Pledge. Bring along your support crew to assist the cause. Time to be confirmed. Let Dani know if you can assist with planning and organisation as they form a group to make this happen by emailing [danijela.richard@gmail.com](mailto:danijela.richard@gmail.com).

**Mothers' Day Stall:** Let Dani know if you can assist and help organise this and meet the students as they purchase their goods for their beautiful mums. **Wednesday 10 May** for liturgy and stall (not the Friday).

### The Playground Pledge Update:

The Pledge continues to grow and grow thanks to all your wonderful support from your networks. We are now up to \$57,940 and this allows us to provide for a climbing frame, wheelchair accessible trampoline and a lay up area for a basketball hoop. Well done to all our supporters so far and keep spreading the word over the Easter break to continue to grow our capability for a new and accessible playground for all our students.

### How you can double your dollar!

Two of our generous donors have set us a challenge:

For any donations made over the next 2 days, for every dollar you donate, they will match it.



Your donation for our playground will be doubled (up to \$1500)!

ST LUCY'S SCHOOL  
PLAYGROUND PLEDGE

The target is \$1,500. If we reach our target, St Lucy's School will receive a total of \$3,000. This doubles your donation.

### How does this work?

- You donate a \$1
- Our generous donors will match it
- Making your \$1 turn into \$2
- Feel free to donate as much as you can as every dollar matters

Thanks for supporting our Playground Pledge.

### Many Wonderful Learning and Activities:

During the last few weeks there have been so many occasions to gather and learn at St Lucy's in class and beyond.

**Swimming Carnivals:** Thanks to the class teams and our PDHPE staff for all their hard work in the pool organising and delivering our two swimming carnivals.

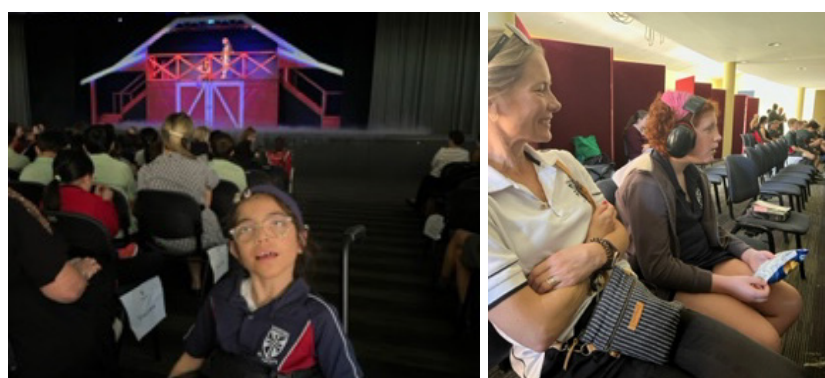




Gardenia class went hiking and 'camping' this week at West Head and surrounds. Clearly they enjoyed the experience immensely. Great work by the Gardenia teaching team led by Mrs Gold as well as the students.



Artists are blooming as can be seen by their engagement in their artworks and so much in the zone and at peace in the moment. Just beautiful. Well done to Miss Marci and Mr Ed.



St Lucy's students go Footloose at Brigidine!

Our Stage 3 students and teachers went to see Brigidine College's production of Footloose this week. The auditorium was filled with schools for this very impressive production; with lights, noises, smoke, singing and dancing. Our students were superstars with the way they behaved. Thanks to our staff who made this experience a huge success.

### Easter and the Holidays:

As we finish the term once again thank you, as parents, for your ongoing support of the school in so many different and varied ways whether in the Canteen, swimming pool, reading program, Parent Information Night and IEPs. Term 1 is always a busy one as we get started in the year and establish all those new routines and relationships for our students in their new teaching teams and peer relationships. Thanks to our dedicated staff for all their hard work in helping to facilitate all that is and has been during Term 1.

I trust you can take time out with your family for a little respite in some part of the holiday, enjoy the beautiful autumn weather and cooler mornings and celebrate the message of Easter at this time of the year.

David Raphael  
Principal



# HIGH SCHOOL HIGHLIGHTS

This term, Clover Class have really enjoyed using the Book Creator App to devise an autobiographical text entitled: This Is Me. The students love creating and curating their own images and a key highlight has been the inclusion of students' weekly news. We plan to follow this up with a Time Capsule, which students will create and receive back when they graduate in Year 12. Other highlights include Music with Ms Deb and planning and going to the Coles Shop.



Waratah class creating their own set of lungs in science.



# HIGH SCHOOL HIGHLIGHTS

Anemone Class: Our favourite things in Year 7 have been:

- Making new friends
- Reading stories to my friends
- Playing so many instruments in our long music lessons
- Using iPads to do my work and talk to my friends
- Having courage and doing tricky things
- Clapping for my friends
- Playing cricket and soccer with my teachers
- The swimming carnival





**Marigold Class have been taking some virtual trips to learn about different biomes. These are some still shots from a video we made when learning about rainforests.**





WELCOME TO  
**GEOGRAPHY**  
*with Marigold Class*





Types of Biomes

We are learning about biomes. A forest is a type of biome.



One type of forest is a rainforest.



Pablo Picasso was a famous artist. He was born in 1881 and died in 1973. He was a very talented artist and he painted many famous pictures.



They have lots of rain, lots of animals and lots of...



There are more than half the world's plants and animals...



25% of all medicines currently on the market are sourced from rainforests.

We get lots of medicine and food from rainforests.



# JUNIOR SWIMMING CARNIVAL

The Junior classes had their swim carnival last Friday, 24/3/23. From looking at the photo's below I think it is safe to say that they all had a great time. It was also great to see so many parents there in support of their son and / or daughter. Roll onto the athletics carnival which will be next Term.

All the best from the PDHPE team and a special thank you to Greg Cohen and Andrea Bowen for all your support in the pool.

Mr Gary, Julia Murphy and Edwina Roberts.



## UNIFORM SHOP

With the cooler weather approaching don't forget to order your long sleeve polos, long pants and school jackets via Flexischools.

We are also delighted to let you know that we now have trolley bags in stock.



Trolley Bags



Long Sleeve Pants



Long Sleeve Polos



Primary Jacket



Senior Jacket

If you have any questions about our Uniform please contact Patricia via email [Patriciam@stlucys.nsw.edu.au](mailto:Patriciam@stlucys.nsw.edu.au). Thank you.

Kind regards,  
Patricia McCarthy





## CREATIVE ARTS NEWS



Dance and Art Project groups shared their creativity with parents this week during our Open Sessions. These sessions provide an opportunity for parents to visit their child/young person during their after school Creative Arts programs and see it all IN ACTION!! Thanks to all the parents for visiting, and to the project teams and students for making them feel so welcome.

Kind regards,

Alessandra Picone  
Head of Creative Arts

## HARMONY DAY PHOTOS





# POST SCHOOL OPTIONS EXPO EVENING

23RD OF MAY 2023

Dear St Lucy's Community/High School Families (Year's 7-11),

We are delighted to announce that St Lucy's will be holding a Post School Options Expo evening in Term 2 on Tuesday 23 May 2023 from 6:30-8:30 pm. For many of our families, finding the right services when we need them can be challenging.

Our mini expo this year focuses on bringing our St Lucy's high school families together for the chance to gather information and speak with some incredible service providers in our local and wider community. We hope it will be a wonderful event that will support all our high school families looking to explore a range of recreation and social opportunities as well as post school options for employment, independent living options and more. We hope you enjoy this opportunity to gain some fresh ideas in a familiar and community focused environment.

To attend the expo, please visit:

<https://www.trybooking.com/CHEZM>



Avenue

CatholicCare  
Diocese of Broken Bay

FIGHTING  
CHANGE



Northcott  
Let's see what you can do

MORHAVEN  
SOCIAL



SILC  
SUPPORTING INDEPENDENT LIVING CO-OPERATIVE



Uniting

Kind regards,

Elisa Mandis

Teachers Aide

Post School Options Co-Ordinator



# Getting the best out of your NDIS



## plan.... with an FCA

A great way to increase funding in your young person's NDIS plan is through a **Functional Capacity Assessment**. An FCA is usually conducted by a qualified OT who evaluates an individual's physical, cognitive, and psychological capabilities. The NDIS considers an individual's functional capacity and the impact of their disability on their social and economic participation when making funding decisions. The information can help ensure that the individual receives the appropriate level of support and funding needed to achieve their goals and live their life to the fullest.

A FCA answers the following questions:

- ✚ What does function look like for this person in day-to-day life?
- ✚ How does the person complete certain tasks?
- ✚ What level of support or assistance does the person need to increase safety, and build skills (capacity building)?
- ✚ What external supports are required where a person cannot achieve certain tasks independently?



4 Main areas assessed in an FCA:

**General Function** (communication, relationships, behaviour)

**Self-Care** (dressing, grooming, toileting)

**Self-Management** (e.g., shopping, meal prep, decision making, financial management.)

**Community Access** (driving, work, study, day programs, mobility)

Not all OTs are highly skilled in FCA's, so it is essential to choose an OT who is specialised in FCA skills. It is also important that you find the right OT who matches your young person's support needs and their **GOALS** !

Any questions please email [PSOptions@stlucys.nsw.edu.au](mailto:PSOptions@stlucys.nsw.edu.au)

Warm Regards

Elisa Mandis

(Information sourced from Team DSC and NDIS Local Area Coordinators)





## STAR OF THE WEEK PRIMARY AWARDS



### STAR OF THE WEEK (WEEK 9)

Aconite	Josiah Wormald
Azalea	Rose Younan
Bluebell	Leo Hart
Buttercup	Beau Lyall
Camellia	Noah Pereira
Cosmos	Finn Donnelly
Firethorn	Tyler Witton-Smith
Frangipani	Brydi Mara
Freesia	Tyler Posford

Grevillea	Aris Peri
Jasmine	Jayden Wang
Lotus	Dylan Denley
Magnolia	Xavier Adams
Orchid	Alsher Manlapao
Peony	Sanad Shahriar
Sunflower	Kaitlin Sinnott
Tulip	Sophia Dixon
Violet	Claudia McWilliam

### STAR OF THE WEEK (WEEK 10)

Aconite	James Deasy-Kennedy
Azalea	Jemima McPherson
Bluebell	Sawyer Langan-Stark
Buttercup	Maye Akra
Camellia	Charlie Hanna
Cosmos	Andrea Manaday
Firethorn	Vaibhav Kodali
Frangipani	Henry Greer
Freesia	Rosie Heath

Grevillea	Corey Beadman
Jasmine	Ben Sukkar
Lotus	Ethan Bortolussi
Magnolia	Fahad Omar
Orchid	Owen Davis-Brown
Peony	Talha Tanzeel
Sunflower	Chloe Elder
Tulip	Trinity De Palo
Violet	Luna Huwazan



## HIGH SCHOOL MERIT AWARDS



### MERIT AWARDS WEEK 9

Acacia	Maggie Noonan
Anemone	Abigail O'Keefe
Aster	Joshua Lawrence-Slater
Clover	Branson Atkins
Gardenia	Bradley Chien
Iris	Samara Macklin
Marigold	Pablo Rostirola
Waratah	Ben Sherlock
Zinnia	Patrick Sweeney + Livia Maltby

### MERIT AWARDS WEEK 10

Acacia	Matthew Threlfo
Anemone	Madison Garcia
Aster	Joseph MacDermid
Clover	Noel Ansum
Gardenia	Gardenia whole class!
Iris	Christopher Oppen
Marigold	Hugh Wechsler
Waratah	Michelle Law
Zinnia	Jack Olling



# ST LUCY'S SCHOOL

## PLAYGROUND PLEDGE



1

SCAN THE QR CODE



2

Pledge and make your gift amount

3

Click on "Share cause" to share on Facebook, Twitter, LinkedIn, Email or Copy link and Click on "Fundraise for this cause" to share and create your family network gift page

4

Celebrate with your family as you watch your fundraising page grow towards our goal!

DONATE VIA THE QR CODE OR BY VISITING

<https://www.givenow.com.au/stlucysplaygroundpledge>

You can also pay over the phone by calling our Fundraising and Community Manager Lana Huntley on (02) 9487 1277





# ST LUCY'S SCHOOL

## PLAYGROUND PLEDGE



### High School Development: Catherine Centre

During 2023/24 our state-of-the-art, architect designed Catherine Centre classrooms and specialist high school facilities will be constructed at the Wahroonga campus. This includes 12 classrooms with adjacent designated Year 7-12 adolescent centred recreational spaces as well as refurbished whole school playground spaces. At St Lucy's we believe our classrooms and related playgrounds are essential learning environments where your children, our students, form friendships and connections for life.

As government funding does not fund playgrounds, we seek your help.

Your child deserves the best most sensory and exciting play spaces to engage with others, learn in their own safe environment, explore and regulate.

The construction of the Catherine Centre requires significant earthworks beyond the building itself to help make the whole K-12 playground accessible and fit for purpose. The new playground areas will be available for your child and importantly be accessible to both our Senior and Primary students: including new swings, new climbing spider frame, new wheelchair accessible trampolines, a basketball hoop with Softfall, outdoor dance stage area, a covered walkway link to the whole school, and restored bike track and related fencing. With construction costs and Softfall and Astroturf areas, the total estimated cost is in excess of \$500,000.

Please join us, together with your family network of grandparents, aunts, uncles, neighbours, friendship groups and work colleagues. Pledge as much support as you and they can, to the Playground Pledge for the direct benefit of your child now and in the future, as they continue their educational journey with St Lucy's to Year 12.

Each new high school classroom includes a core explicit instruction teaching area with kitchen facility and social area for eating and gathering together as well as two complementary learning spaces: one for small group work and the other for student regulation. Modern toilet facilities and change places are also incorporated as well as lifts and access ramps. The Catherine Centre is situated on the campus so that our children have easy access to the oval, the bike track and swimming pool. As part of this project a renovation of an existing facility will accommodate a Vocational Education Training facility for Hospitality and adjacent dining room.

In 2017 the school was able to purchase neighbouring land. In 2020 the construction of the Dominic Centre (new K-6 classrooms) was completed and the Catherine Centre (Years 7-12 classrooms) will commence building in 2023. These two developments will accommodate specialised teaching and learning spaces needed for education in the 21st century in a specialist setting for students with a disability across K-12.

With your support the dream of you - our parents and community - can now be brought to tangible reality!

**DONATE VIA THE QR CODE OR BY VISITING <https://www.givenow.com.au/stlucysplaygroundpledge>**

You can also pay over the phone by calling our Fundraising and Community Manager Lana Huntley on (02) 9487 1277





# ST LUCY'S NEW CANTEEN PRICE LIST



## HOT FOOD

Cheese and bacon Pizza	\$3.00
Meat Pie	\$4.00
Sausage Roll	\$4.00
Chicken Nuggets	3 for \$1.50
Hash Brown	\$1.00

## BURGERS/ WRAPS/ ROLLS

Plain Burger (meat and sauce only)	\$4.00
Cheese burger (meat, cheese and sauce)	\$5.00
Burger with the lot (Meat, cheese, sauce, avo, salad)	\$6.00
Kids chicken burger (Chick tenders, lettuce, avo)	\$5.00
Chicken burger with the lot (Chick tender, cheese, avo, mayo, salad)	\$6.00

**\*\*The chicken burger can be done as a wrap as well\*\***

Sauces - Tomato or BBQ	\$0.20
Salad roll/wrap (Salad, avo and cheese)	\$5.00
Salad Box (Salad, avo and cheese)	\$5.00

Please write any special preferences e.g. crusts off, on the bag

## TOASTIES

Cheese toastie	\$3.00
Ham and cheese toastie	\$4.00

## FRESH FRUIT

Fruit Salad cups - seasonal fruit	\$2.50
Apple slinky	\$1.50

## SNACKS

Smiths chips - Plain or Salt and Vinegar	\$1.00
Red Rock Deli Chips - Honey Soy	\$1.00
Zopper dooper Ice block	\$1.00

## LOLLIES

Snakes (only 1 size)	\$1.00
Mixed lollies (only 1 size)	\$1.00
Gummi Bears	50c

## DRINKS

Orange Juice	\$2.00
Apple Juice	\$2.00
Strawberry milk	\$2.50
Choc milk	\$2.50

**To order:** Write name, class and order details on a paper bag (or please add 10c for us to provide the bag).

2 bags are preferable if ordering a mix of hot or cold food/drink. Please try to include correct money as change goes missing or we get disappointed little faces at the canteen menu trying to buy lollies for 10c

**Our first day of canteen for term 2 will be Monday May 1, 2023**



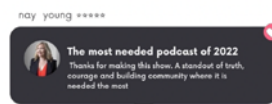
Is it difficult to find time to regularly connect with others? Or do you simply feel a little “disconnected” because you feel others may not understand your experience?

Podcasts can be a great way to “multi-task!” Why not check out the two below. Dad-ability is even from within our own community!



## PARENTS PODCAST

**FOR DADS  
OF KIDS WITH  
DISABILITIES**



Too Peas in a Podcast is a Podcast by Mandy Hose and Kate Jones.

Listen to Mandy and Kate laugh (a lot) and cry as they chat to each other and friends about parenting multiples with disabilities and additional needs.

**Australian  
of the Year  
Awards**  
Reflect. Respect. Celebrate.

### Nominees

Mandy and Kate were equal parts honoured and shocked to be nominated as Australian of the Year. [Read more](#)



### Tune In

Listen to our podcast via your favourite podcast site.

