

# 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 Men's Night:

The Men's Night is a great way for fathers to get together and enjoy some time out, social time together and discussion on issues that matter for carers of students with a disability. Dads, uncles and grandads of St Lucy's, St Gabriel's, and St Edmund's are most welcome to attend St Lucy's, Wahroonga for this event.

When: Thursday May 18, 2023 6.30pm - 8.00pm Where: St Lucy's, Wahroonga

What: Drinks and a light dinner from 6.30pm followed by discussion 7-8pm

The last meeting discussed aspects of the book "Making Parenting Enjoyable." The book was generously distributed for free. We will share a few key points of the book but the main focus will be discussion about the emotional experience of being a sibling to a child with a disability. It is such a challenging issue so please come with any tips you may have for the group.

Warren Hopley and Brendan Wingrave lead the meeting ably assisted by our Family Support Worker, Justine Spurrs.

For further information contact: hopleywarren@hotmail.com or Brendan.wingrave@gmail.com or faimilysupport@stlucys.nsw.edu.au

#### Mother's Day Liturgy and Visit:

Over 120 mums attended on Wednesday the in-class liturgy and morning tea. Thank you to the class teams for hosting their class mums on this occasion and helping to make them feel so special. I know the students were very excited to see them in their classrooms. We hope all our mums across the St Lucy's community have a great Mother's Day Sunday!

#### **Creative Arts Holiday Program:**

As outlined at the Parent Information Night early in Term 1, the commencement of our Catherine Centre building works, and other associated works, are scheduled to commence in





#### 12 May 2023

#### **TERM 2 DATES**

Thursday 18 May Men's Night St Lucy's School 6.30-8.00pm

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

Friday 02 June Bingo Night Fundraiser 6.30pm

Monday 12 June The King's Birthday Public Holiday

Thursday 15 June Zones of Regulation Workshop See page 9 for details

> Wednesday 21 June Siblings Day 9.00am

Friday 23 June Last day of Term 2

Principal: Mr David Raphael www.stlucys.nsw.edu.au Ph: 9487 1277



the June/July school holidays. This includes site preparation, installation of hoardings to secure the building site and moving Peony class from the demountable and ball court area to the library. The builder's hoarding will be erected across the oval area and the swings will not be able to be accessed. Consequently, many of our usual regulation spaces will be unavailable during these initial works which have been scheduled for the holidays. A variety of trades will also be in attendance across the campus.

Consequently, we have reluctantly been forced to cancel the next Creative Arts Holiday Program. We absolutely know this is not at all ideal for many of our families who rely on this additional service during the holiday period. Nevertheless, the safety of the students engaging in the Creative Arts Holiday Program (without their regular regulation spaces), is an absolute priority and must override the convenience this program provides for our families. By giving you, our parents, as much notice as possible of this cancellation, and by working together with our Family Support Worker, Justine Spurrs, it is hoped that alternative external programs can be accessed or plans put in place for individual support in the community. Please refer to the family support section of the school newsletter for possible alternatives or contact Justine at familysupport@stlucys.nsw.edu.au

#### Playground Pledge on its way to reach \$100,000!

Great news! We have raised over \$79,000 towards our taxdeductible cause of a new playground with more support continuing to be committed.

I'm delighted to announce that we now have a generous and grateful parent offering \$20,000 to match donations over this weekend!

# 20,000 reasons to double-your-dollar for our Playground Pledge this weekend!

Make your donation go twice as far.



One of our Primary Class parents has offered to **double-yourdollar** for any donations made over the next 3 days.

Every dollar you donate will be matched by our generous donor until we reach our goal of \$20,000.

#### How does this work?

- You donate \$1
- Our generous donor 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 and please donate via the QR code or by visiting: <u>https://bit.ly/3F3z9NP</u> and share this link.

#### **Covid Update:**

Just a few quick reminders:

Parents/carers are to remember if your child or young person has tested positive to Covid to register the results on the Service NSW app and contact the school asap and forward your notice to absent@stlucys.nsw.edu.au.

If your child or young person is displaying any Covid symptoms, they are to stay home, have a PCR test and only return if a negative result is received and experiencing no symptoms.

If anyone in your household tests positive, your St Lucy's child is required to complete 5 days of isolation and return after a negative RAT.

Please continue to advise us as your child receives their vaccinations.

If you need more RAT tests for your child or young person email leanner@stlucys.nsw.edu.au and they will be sent home in your child or young person's school bag.

#### Stage 3 Day Camp:

Stage 3 enjoyed their day camp at Point Wollstonecraft on Friday and by all accounts a good time was had by all. It was lovely to see the interactions and learning going on in this outdoor setting as students challenged themselves to try new activities. Thanks you to all the Stage 3 staff and Mrs Lisa Grimmond for organising.

Regards, David Raphael Principal

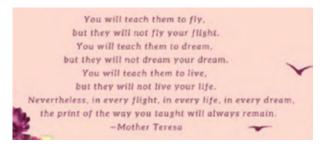
### **RELIGIOUS EDUCATION AND PASTORAL CARE**

#### **Anzac Day**

The ANZAC service was deeply moving, and students were attentive and respectful as they remembered the soldiers who fought in war. Students engaged in a liturgy and listened to the Ode. They were eager to learn about what happened during the war and the importance of symbols, such as Poppies. Thank you to Cosmos class for preparing such a fitting tribute to all the brave men and women who have served in numerous conflicts and peace keeping missions.

#### Mother's Day Liturgy for Mother Figures and Open Classrooms

This week, it was wonderful to take time to give thanks for mothers and significant women in the lives of our young people. In the words of Mother Theresa.



#### St Lucy's Sacramental Program, 2023

Within the Parish of Holy Name Church, Wahroonga

It was wonderful to have parents and carers attend our Sacramental Information Session last night. If you are still interested in enrolling your young person for:

- Confirmation
- First Reconciliation
- First Eucharist

Please email Elizabeth Webster on elizabethw@stlucys.nsw.edu.au

#### Please see details below:

Sacrament	Lessons	Ceremony	Officiator
Confirmation	Wednesday: 24 May Wednesday: 31 May Wednesday: 7 June	Thursday 8 June 10.00am St. Lucy's School – Wahroonga Campus	Bishop Anthony Randazzo & Fr Kelvin Lovegrove Parish Priest: <i>Holy Name</i> <i>Church Wahroonga</i>
First Reconciliation	Wednesday: 26 July Wednesday: 2 Aug Wednesday: 9 Aug	Thursday 10 August 10.00am St. Lucy's School – Wahroonga Campus	Fr Kelvin Lovegrove
First Eucharist	Wednesday: 20 Sept Wednesday: 11 Oct Wednesday: 18 Oct	Sunday 22 October Holy Name Parish 11am	Fr Kelvin Lovegrove

Elizabeth Webster Head of Mission and Identity K-12: Class Teacher



Thank you to Dani FitzGibbon and her fundraising team for hosting the upcoming Bingo Night. Dont forget to book your tickets for Friday 2nd June. If you want to donate any prizes for the event, please contact Dani on: danijela.richard@gmail.com.

We would also like to thank BSG for hosting the Bingo event.



bsg.com.au

# STAGE 3 CAMP PHOTOS











# HIGH SCHOOL HIGHLIGHTS

Stage 5 making Mini Frankfurters in Pastry and Nachos during Food Tech





In exciting news, some St Lucy's students will be traveling to Taronga Zoo next Wednesday to participate in an artmaking experience with indigenous artists. The artwork will become a part of the VIVID Sydney Exhibition. St Lucy's families have also been offered tickets to a VIVID event at Taronga. You can secure complimentary tickets by following this **link**. See you at Taronga!!



Kind regards, Alessandra Picone Head of Creative Arts



Dear St Lucy's Community/High School Families (Year's 6-11),

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.

Older students in Years 10 and 11 are welcome to attend with a parent. This is not a suitable event for younger students and siblings.

To attend the expo, please visit: https://www.trybooking.com/CHEZM



St Lucy's Newsletter | Friday 12 May 2023

Post School Options Co-Ordinator



# Turning 16... and Disability Supports

#### Disability Support Pension (DSP)

This is payment for people who have been assessed as having a significant disability. You must meet some rules to get the Disability Support Pension. On the Services Australia website, there is a pre claim link to check to see if your young person is eligible. Your Centrelink account should be linked to myGov so you can apply online.

#### **Documentation needed:**

- Specialist medical reports
- Allied health services reports
- School reports
- 100 points of Identification

The more supporting documentation you can gather, the better. This can take time, so we recommend you start early.

#### Click here to apply



#### Carer Allowance

Before your child's 16th birthday, you can start gathering supporting documentation to go with the DSP application. The ADAT is an assessment tool that carers and the child's health professional must use. Documents may include:

- Proof of ID
- Letter from GP
- Specialist medical reports

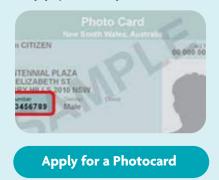
Click here to apply

a family member, support worker/ paid carer, volunteer or friend. Eligibility and more information by clicking here:

Click here to apply

#### **Other Useful Links**

#### Apply for a photo card



#### Apply for a Medicare Card



#### Apply for a Tax File Number



# FREEDOM WHEELS

Customised cycles, built to your individual needs.

## **About Freedom Wheels**

Freedom Wheels is a national service where skilled staff and volunteers work closely with clients, their families and their therapists. We have a wide range of adapted bikes and trikes to trial and customisations to suit your individual needs.

### Where we service

Freedom Wheels runs free, obligation free clinics in 12 regions regional and metro NSW and VIC every month. Our clinics run in: Ballarat, Barwon, , Bendigo, Gippsland, Hunter, Melbourne, Mornington Peninsula, Orange, Sydney, Port Macquarie, Sunraysia & Wollongong.

Learn more







### Watch

How Freedom Wheels has helped and impacted Charlotte and her family.

# STAR OF THE WEEK PRIMARY AWARDS

#### STAR OF THE WEEK (WEEK 2)

Aconite Azalea Bluebell Buttercup Camellia Cosmos Firethorn Frangipani Freesia Connor Anderson Maddox Wong-See Leo Hart Diesel Grey Billy Garrod Sasha Lipworth Axl Morales Morris Brydi Mara Joshua Drummond

#### STAR OF THE WEEK (WEEK 3)

Aconite Azalea Bluebell Buttercup Camellia Cosmos Firethorn Frangipani Freesia E WEEK (WEEK Naomi Baumgartner Jemima McPherson Annabelle Zabulic Caitlin Shin Hudson Puklowski Quinn Markham Lachlan Childs Austin Cameron Rocky Knox Grevillea Jasmine Lotus Magnolia Orchid Peony Sunflower Tulip Violet

Grevillea Jasmine Lotus Magnolia Orchid Peony Sunflower Tulip Violet Ruby O'Brien Isabel Jefferson Alexandra Pellegrini Rayan Nowuram Alsher Manlapao Lucas Cheung Cooper Morrison Sophia Dixon Olivia Ma

Aris Peri Jordan Sriprom Luke Donaldson Blake Roberts Joseph Oh Isaac Saade Chloe Elder Alex Crowley Claudia McWilliam



# ZONES OF REGULATION<sup>®</sup> WORKSHOP - 15 JUNE

This workshop will support you to help your child recognise their feelings and use tools and strategies to regulate them. Learn about the program used at St Lucy's that supports students to gain skills in the areas of Self-regulation and emotional control.



Presented by our school Occupational Therapist Allanah Riches

# Date: 15th June 2023 • Time: 6.00pm-7.30pm Booking link: https://www.trybooking.com/CIBJC Location: Possibility Space, St Lucy's, 21 Cleveland St, Wahroonga Cost: Free! Tea and coffee will be provided

If you are experiencing any Covid/flu like symptoms please do not attend the event. All guests are required to have had 2 Covid vaccination doses. Masks must be worn while indoors.



# For further information please contact: Nikki Alldis

Phone: (02) 9487 1277 | Email: nikkia@stlucys.nsw.edu.au www.stlucys.nsw.edu.au

# MEN'S EVENING - Thursday 18 May



Dads, stepdads, uncles and grandads of St Lucy's, St Edmund's, and St Gabriel's Our next get-together this year will be held at St Lucy's Wahroonga
When: Thursday May 18, 2023 6.30pm – 8.00pm • Where: St Lucy's, Wahroonga
What: Drinks and a light dinner from 6.30pm followed by discussion 7-8pm

At our last meeting we discussed aspects of the book "Making Parenting Enjoyable." The book was generously distributed for free. We will share a few key points of the book again but our main focus will be discussion about the emotional experience of being a sibling to a child with a disability. It is such a challenging issue so please come with any tips you may have for us.

Looking forward to another robust discussion!

Warren and Brendan

For further information contact: hopleywarren@hotmail.com or Brendan.wingrave@gmail.com or familysupport@stlucys.nsw.edu.au

## ST LUCY'S "BEACHES PARENT WALK and TALK" TO CONTINUE IN TERM 2

Make the most of the opportunity to tick off two important wellbeing essentials (at the same time)! Exercise and connect with others.

- When: Tuesdays 8.50am-9.50am (unless raining heavily)
- Where: St Joseph's Primary School- Lagoon Street Narrabeen
- Who: Any parent of St Lucy's School; prams and dogs also welcome.

Please contact familysupport@stlucys.nsw.edu.au if you would like to know more or simply text Justine on 0456 681 710 if you would like to check it out.

# Take (are

### Help for those who might never ask

This is a special event to find out about free services for carers and learn how to help your clients access help from Carer Gateway. Carers of all ages can access Carer Gateway services. This support is available to anyone providing unpaid care for a family member or friend with disability, a medical condition, mental illness or who is frail due to age.

The Q & A panel discussions with Carer Gateway staff and clients will focus on what help is available from specific Carer Gateway services.

As attendees of this event, we will also be caring for you – with delicious food, music and massages.

Come and experience what it is like to be cared for by the Your Side team at the Carer Gateway TAKE CARE event!

Panel Discussions focusing on:



**Emergency Respite Care** 







- Young Carers
- Tailored Packages

**Note:** Carer Gateway support is not income tested and does not impact funding for NDIS or aged care services



#### **Free event!**

Date:	Thurs 15th June	
Location:	Dee Why RSL	
	932 Pittwater Rd, Dee Why	
Time:	10.30am - 2pm	
MC:	Tracey Spicer	

- 🛨 Morning Tea & Lunch provided
- ★ Free Massage
- 🔶 Music: Bek Jensen
- **d** Goodie Bags

#### RSVP to emiliey@yourside.org.au by Wed 17th May

**†** Bring a friend or colleague who hasn't heard of the Carer Gateway and go in a business card draw to win lucky door prizes.



#### SCHOOL HOLIDAY PROGRAMS











BUDDING CREATORS SCHOOL HOLIDAY PROGRAM FOR UNDER 18'S LIVING WITH A DISABILITY

Monday - Friday 9.00am - 4.00pm Arranounbai School 5 Aquatic Drive, Frenchs Forest

Try out our new NDIS school holiday program for any budding creators out there!

Each day come along for a different creative outlet and discover your individual style. We offer sensory art, painting, drawing, photography, macrame, costume making, script writing, theatre games, card making, and outings to galleries and the theatre!

Throughout the seven hour day, there is plenty of time to try lots of different things or go at a relaxed pace to work on bigger projects.

Creating art is a magnificent way to build self-confidence, try new things and become a budding creator!

We look forward to welcoming you.

MORE INFO

P: (02) 9488 2500 E: disabilityfutures@catholiccaredbb.org.au W: www.catholiccaredbb.org.au

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 enquiries and decide whether a service is suitable for your child and your family. (or something similar)

#### SCHOOL HOLIDAY PROGRAMS



### **Special Needs Inclusive Holiday Program for Kids**



Expressions of interest open for July dates in Ashfield and Narraweena Email <u>info@allinlife.com.au</u> to request dates from 3<sup>rd</sup> – 14<sup>th</sup> July 1:4 Support - \$100 per workshop / 1:1 Support - \$175 per workshop\*

#### PLACES STRICTLY LIMITED



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# LUZ HOLIDAY PROGRAM

- At Luz All Abilities, participants are provided with 1:1 support;
- Centre-based program;
- Our school Holiday Program runs from 09am until 03pm;
- Entry criteria: to enrol in the holiday program, the participant needs to attend at least one session before the holidays start.

WANT TO COME ALONG ON ADVENTURE WITH US?



**ENROL NOW!** 

<u>https://luzallabilities.com.au</u>

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02 80654284

#### **HOLIDAY PROGRAMS**





# Enquire about our school holiday program

Email Jayne to find out more jayne.parums@abilityoptions.org.au



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#### FAMILY SUPPORT



# WHAT WE DO

What Ability is an NDIS provider that has support workers in your area ready to have fun! We provide community based activities and overnight camps for people living with a disability. We tailor our activities to the participant's goals and needs. Get ready for activities like swimming, bushwalking, surfing, picnics at the park, trampoline centres, recreation facilities and exploring your local community!

#### **HAPPINESS**

At What Ability our motto is: happiness comes first. We provide activities that get the body moving and the endorphins flowing, resulting in a happier, healthier lifestyle. Moments that get you moving!



#### ADVENTURES Our What Ability support

workers facilitate exciting

adventures such as beach

days, bush walks, golf and

even 4WD on the sand

dunes.

#### FRIENDSHIP

develop life long friendships

with the participants and

families they support.

Our support workers are encouraged to build genuine connections and ATHLETES What Ability pairs participants with support

participants with support workers in your area. Some of our support workers are professional and semiprofessional athletes.

What Ability currently supports participants from the ages of 5 to 62 with a varying range of abilities. We support ASD, Angelman Syndrome, Sanfillipo, Down Syndrome, mental health diagnosis and many more. We are consistently upskilling our staff to expand the range of abilities we can support. We personalise our bookings by matching the appropriate support worker to each participant for the best fit!

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# ST LUCY'S SCHOOL PLAYGROUND PLEDGE



SCAN THE QR CODE





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

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!

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