

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

Catherine Centre Building Update:



The program for the construction has so far been blessed with great weather for building. Last weekend the first large concrete pour took place as you will see from the pictures of the site. For your information here are some statistics so far in this construction phase.

450m3 of concrete has been poured to date, enough to fill
8 x backyard swimming pools

• 55 tonnes of reinforcing steel, equivalent to the weight of 7 x 25 seat minibuses

• 2,985 labour hours spent on site

So far, the students have been very curious about what is going on behind the hoarding and enjoying viewing the site through the windows to the site. Long may that continue!

Book Week Parade:

The children and staff in Primary got into the spirit of Book Week again this year and the Secondary with crazy hair. Lots of parents came to see the parade and it was great they enjoyed it so much as well as your children showing off their costumes. Prizes for best costumes went to: Heidi Foxall, Andrea Manaday, Tyler Miller and Will Statis, as well as awards for best crazy hair in high school: Jai Watson, Pedro Boyle and Xavier McKie.



01 September 2023

TERM 3 DATES

Friday 15 September P&F Trivia Night 6.30-9.00pm

> Friday 22 September Feast of St Lucy Last day of Term 3



SEE PAGE 5 FOR DETAILS

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





Father's Day and Class Visits:

Many dads were on site at Wahroonga on Wednesday for our Father's Day liturgy and classroom activities. Biscuit decorating and class made cards and gifts, including photo frames, were the order of the day. It was so delightful for us as staff to see the evident joy of the children and young adults in hosting their dad or grandad in class. The close bond between the child and their dad was a joy to behold which you will see on page 4 where we have some lovely photos of the morning.

P&F Father's Day Stall: Thanks to the willing workers at the Father's Day Stall organised by the P&F President Dani FitzGibbon. Dads we all hope you enjoy your special gift and Sunday when you are scheduled to be spoiled and further appreciated.



St Lucy's Meets Diocese and CSBB:

Last Friday St Lucy's met representatives of the Bishop and the Catholic Schools office of Broken Bay to discuss the recent news that our leases were ending at Prouille, Narrabeen and Narraweena. It was a helpful discussion and soon further news will be available through a joint statement outlining the agreed arrangements.

Driving around our school:

A reminder to all parents to drive safely around our school:

- Please observe the speed limit of 40kms per hour
- Please do not park across our neighbourhood driveways
- Please do not do three point turns on Cleveland Street or Billyard Avenue
- Please do not double park as you await entry into our school car park

Following the above rules of the road is appreciated for the safety of all.

Principal for the Day – Edward Price Orchid Class:

Edward's parents won the bidding for Principal for the Day at the Term 2 P & F Bingo Night. Today Edward assumed the mantle of being the Principal and he had a busy morning which included: leading Primary assembly; morning tea; desk work including letter

writing and signing; visiting the satellite class at Prouille and meeting the Principal; setting a rule for the day; thanking the team at the Father's Day stall; supervising the play ground at morning tea; visiting the building site to inspect the progress along with lots of photo opportunities.



David Raphael Principal



BOOK WEEK PARADE





It was wonderful to see so many visitors at St Lucy's this week to enjoy a special celebration of Fathers and Father Figures.

















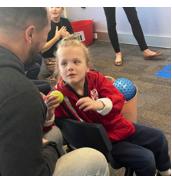


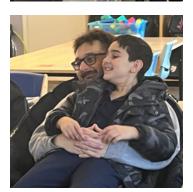
























FRIDAY 15 SEPTEMBER

Time: 6.30-9.00pm BYO: Food and Drinks Cost: \$27.50 per person Tables of 8 or 10 available

Please book tickets via the QR code or this link: https://www.trybooking.com/CKRBK



Funds raised on the evening will support St Lucy's P&F. Bring your family and friends!



ST LUCY'S SCHOOL ONLINE AUCTION

St Lucy's is fundraising for technology for the High School building allowing our students to communicate through technology.



Support St Lucy's School by bidding on fantastic prizes in our online auction. Stock up for Christmas presents and support St Lucy's School. Auction closes on Friday 15 September at 8.30pm.

DONT' MISS OUT!!!



TARONGA conservation society australia. For the Wild





VIP BEHIND THE SCENES TOUR FOR 10 PEOPLE AT TARONGA ZOO!



Register via Browser

Go to galabid.com/stlucys Click on the 'Register' button and follow the instructions to complete registration.

Register via TEXT

Text: stlucys and your full name To +61 458 678 678 Example: stlucys John Smith Follow the registration link you are sent by text from GalaBid.

Or scan the QR code:



RELIGIOUS EDUCATION AND PASTORAL CARE

Your Invited



Please see below – a lovely invitation from Rev Dr Manas Ghosh, who is the Minister at our local Uniting Church in Wahroonga: It's with great pleasure I invite the members of the St Lucy's Community to celebrate the 20th anniversary of the International Day of Peace Interfaith Prayer Service.

We have journeyed together as God's people from different faith traditions for twenty long years.

I thank you for your love, passion, and cooperation to make it possible.

Here's the details of the service:

Day, date, and time: Thursday 21 September at 11am.

Venue: Knox Cultural Centre, Knox Grammar School, 2 Borambil Street, Wahroonga, NSW 2076 (Just a stone's throw distance from Warrawee Train Station)

Keynote Speaker: Rev Simon Hansford, Moderator of the Uniting Church in Australia, NSW and ACT Synod.

If you need any information, Rev Dr Manas is happy for you to contact him directly 0429 892 548 or at revmanasghosh@gmail.com

SAVE THE DATES:

SACRAMENT OF FIRST EUCHARIST Sunday 22nd October Holy Name Parish, Wahroonga 11am – All are welcome



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

WALKING FOR ST LUCY'S SCHOOL www.givenow.com.au/cr/caminowalkstlucy



Support Bob and Moira while they walk the Camino Trail to raise funds for St Lucy's School playground.

In 2017 Moira and Bob Starkey walked the 804km Camino from France to Spain to raise funds for St Lucy's School where Oliver their grandson attends. During their last walk, they raised over \$16,000.

This time Moira and Bob are walking 308km for Oliver as another part of the Camino and the target is to raise \$20,000 to go towards a purpose-built playground. If you wish to support them on their journey please donate by visiting <u>https://www.givenow.com.au/cr/caminowalkstlucy</u> or by scanning the QR code on this flyer.





Please follow them on their Facebook page '<u>CaminoStarkey</u>' for daily updates where they will be joined by their mascot Lucy Bear!







Love in every step couple take

ryn Metcalfe

Some people may we're experience fi "It they said on Pace-"Since beil that we belleve that you that we belleve that you that have belleve that you have belleve th

Moira and Bob will be walking from Leon to Santiago de Compostela between Tuesday 5 September and Saturday 23 September. Below is their itinerary:

- Day 1: Leon to Mazarife 21km,
- Day 2: Mazarife to Hospital 15km,
- Day 3: Hospital to Astorga 16km,
- Day 4: Astorga to Rabanal 20km,
- Day 5: Rabanal to Acebo 16km,
- Day 6: Acebo to Ponferrada 16km,
- Day 7: Ponferrada to Cacabelos 14.5km,
- Day 8: Cacabelos to Villafranca 9.5km,
- Day 9: Villafranca to Vega 16.5km,
- Day 10: Vega to O Cebreiro 11.5km,
- Day 11: O Cebreiro to Triacastela 20.5km,
- Day 12: Triacastela to Sarria 17km,
- Day 13: Sarria to Portomarin 22km,
- Day 14: Portomarin to Ventas 13.5km,
- Day 15: Ventas to Palas de Rei 11.5km,
- Day 16: Palas ed Rei to Melide 14.5km,
- Day 17: Melide to Arzua 14.5km,
- Day 18: Arzua to O Pedrozo 20km, and
- Day 19: O Pedrozo to Santiago de Compostela.

ST LUCY'S SCHOOL TWILIGHT TOUR TUESDAY 12TH SEPTEMBER 2023





St Lucy's is a special education primary school and high school for children with disabilities located in Wahroonga on Sydney's North Shore.

We invite you to our Twilight Tour on 12 September to hear about the St Lucy's School K-12 education setting and how students benefit from the intensive instruction in: literacy, numeracy, social and emotional competence and develop independence skills in a dynamic and creative environment. For more information contact the Enrolments Manager on 8355 3157 or enrol@stlucys.nsw.edu.au.

To book into the Twilight tour on 12 September 2023, visit

https://www.trybooking.com/CKYQL



St Lucy's Newsletter | Friday 01 September 2023

HIGH SCHOOL HIGHLIGHTS

Stage 5 students working hard in their Food Technology and Music elective classes





FAMILY PLANNING NSW PUBERTY, SEXUALITY and RELATIONSHIPS EDUCATION ONLINE



Following on from the Puberty webinar last year, we have organised Family Planning NSW to hold an online Puberty, Sexuality and Relationships information session for St Lucy's parents on Wednesday September 20th from 6pm to 8.00pm.

Family Planning have kindly offered this free of charge. The workshop is specifically designed for parents of children with a disability. The aim of the session is to increase parent knowledge and confidence when providing sexuality support for their young person with a disability.

Please RSVP via the TryBooking link: https://www.trybooking.com/CKUOR by Friday 8th September. Your attendance will be confirmed via email after this date with a Zoom link to the meeting included.

Any queries please contact Louise Jamieson at louisej@stlucys.nsw.edu.au

Date:	Wednesday 20 September 2023		
Time:	6.00pm – 8.00pm		
Book via:	https://www.trybooking.com/CKUOR		
RSVP:	VP: by Friday 8th September 2023		
Venue:	Online (Zoom link to follow via email)		

The transition from childhood to adulthood can be a difficult time for parents and carers of children with intellectual disability. Parents and carers are often concerned about how to prepare the child for puberty. There may be anxiety about how to minimise the child's vulnerability as they develop new relationships with their peers.

To assist parents and carers through this challenging time, Family Planning NSW delivers information sessions on supporting children and young adults with disability in the areas of sexuality and relationships. The two hour session includes information on:

- Preparing for puberty changes
- Decision making and safety
- Private and public
- Sexuality and disability
- Useful resources
- Tips for talking about sex and answering tricky questions

The sessions also provide an opportunity for parents to ask questions and discuss their concerns in a supportive environment with experienced health education professionals.



Guardianship and Estate Planning for people with a disability Wednesday 6 September 6.00-7.30pm

Lawyers from Coleman Greig, will be running a general information session for our families who want to learn more about the definition of Guardianship and NCAT financial management. They will also discuss Special Disability Trusts and their uses and alternatives.

This is an online event only

Time: 6.00pm-7.30pm To attend, please book via trybooking: **https://www.trybooking.com/CKCCQ**

RSVP BY: 4th September • Cost of \$20 per person

You will be emailed the teams link closer to the time of the event.

For any enquiries, please contact Elisa Mandis via email: elisam@stlucys.nsw.edu.au

STAR OF THE WEEK PRIMARY AWARDS

STAR OF THE WEEK (WEEK 6)

Aconite Azalea Bluebell Buttercup Camellia Cosmos Firethorn Frangipani Freesia Josiah Wormald Rose Younan Will Statis Heidi Foxall Hudson Puklowski Andrea Manaday Axl Morales Morris Austin Cameron Rosie Heath

STAR OF THE WEEK (WEEK 7)

Aconite Azalea Bluebell Buttercup Camellia Cosmos Firethorn Frangipani Freesia E WEEK (WEEK Elina Arevalo Leo Donath-Hale Leo Hart Jamie Hunter Oliver Fay Oscar Hao Tyler Witton-Smith Monty McNeil Eric McCarroll Grevillea Jasmine Lotus Magnolia Orchid Peony Sunflower Tulip

Grevillea Jasmine Lotus Magnolia Orchid Peony Sunflower Tulip Violet Corey Beadman Winnie Harvey Alexandra Pellegrini & Charlie Harris Tyler Miller Ethan Mbereko Talha Tanzeel Antonio Stewart Gabriel Cheah

Kinsley Woo Izzy McDonald Ethan Bortolussi Elijah El-Agha Leo Introna Yousef Shah Leon Aitken Trinity De Palo Claudi McWilliam



FAMILY SUPPORT

On Tuesday 5th of September, Autism Awareness Australia are hosting a breakfast, panel discussion and screening of our DAD documentary at the Museum of Contemporary Art, Sydney. Their documentary follows twelve dads of varying ages, stages and backgrounds sharing their experiences and advice around parenting children with autism and other disabilities.

This event is an opportunity for parents and carers to gain advice and connect with one another around what can sometimes be a very isolating and challenging experience. All details for the event can be found below:

https://www.autismawareness.com.au/events/dad-film-breakfast-event



5 SEP 2023

DAD Film Breakfast Event

Join us at our DAD Film Breakfast!

We're thrilled to invite you to the DAD Film Breakfast Event, a special morning to celebrate dads and carers as part of Father's Day. This event will take place on Tuesday, 5th September 2023 at the Museum of Contemporary Art in Sydney.

The morning will kick off with a delicious breakfast, followed by a screening of our short documentary 'DAD'. This touching documentary shares the stories of 12 dads from diverse backgrounds, each navigating the unique journey of autism and parenting. You'll hear their experiences, their triumphs, and their challenges, offering a raw and honest look into their lives.

Following the film, we'll dive deeper into these experiences with a panel discussion hosted by lan Rogerson, who also features in the film. The panel will include some incredible dads and carers, such as Tommy Trout, Dale Hurley and Ryan Gomes. They'll share their personal stories, advice, and insights on supporting their autistic loved ones.

This event, sponsored by NDIS personal trainers WeFlex, is more than just a film screening. It's a great opportunity to connect with other dads and carers, to share stories, and to gain helpful advice. It's a chance to be part of a community that understands and supports each other.

So, whether you're a dad, a carer or someone who wants to understand more about the journey of parenting an autistic child, we'd love for you to join us. For more information and to purchase your tickets, please tap on the button below.

We look forward to welcoming you to this special event and celebrating the wonderful dads and carers in our community.

Buy tickets

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 enquiries and decide whether a service is suitable for your child and your family.

INFORMATION FROM OUR POST SCHOOL OPTIONS CO-ORDINATOR

TURNING 18 Checklist



Centrelink & Medicare

Your young person will need their own MyGov account. If you need to continue to act on their behalf, Centrelink requires that you become a nominee before your child turns 18. When your young person turns 15, they can get their own Medicare card and immunisation history statements

Useful Links:

NDIS appointing a nominee

https://ourguidelines.ndis.gov.au/home/ havi ng-someone-represent-you/appointingnominee

Centrelink nominee https://www.servicesaustralia.gov.au/ss313

Paediatric to Adult Health www.trapeze.com.au

11170

Post - school

AS YOUR YOUNG PERSON APPROACHES 18, YOU WILL BEGIN TO PLAN A TRANSITION TO POST-SCHOOL LIFE AND WHAT THIS LOOKS LIKE. START THINKING ABOUT THEIR SKILLS, STRENGTHS AND INTERESTS. WHAT THEY CAN DO WILL CHANGE OVER TIME AND CAN BE A COMBINATION OF OPTIONS.

NDIS

You may need to think through what support will be needed once they finish school. Obtain reports from their therapist for evidence of support required and talk to your Support Coordinator. If your young person wants your assistance, you need to fill out a nominee form before they turn 18 so that you can continue to act on their behalf.

THERE ARE TWO TYPES OF NDIS NOMINEES:

- A correspondence nominee
- A Plan nominee

Contact your LAC or Support Coordinator to determine which is best suited to your young person's needs.

INFORMATION FROM OUR POST SCHOOL OPTIONS CO-ORDINATOR





an the cost

PREPARE YOUR CHILD NOW FOR THEIR POST-SCHOOL OPTIONS



- Walk into shops by themselves to purchase items
- Cross roads safely
- Be stranger aware
- Take public transport confidently



All of these students had never been into a shop by themselves. With individual training they were taught how to choose items, cope with other people in noisy environments, queue up appropriately, and purchase goods using cash and card. Road crossing followed. Each student could then cross roads to access shops. Some students continued on to learn bus, train and metro travel. Stranger awareness skills were also introduced. Importantly, these were also tested in real life situations where

they were approached by a 'stranger' on the bus, metro or train platform.

Students that learnt these essential skills from Year 7 in 1:1 training sessions easily transitioned from school to work, study and leisure activities. They developed self-confidence, resilience and the knowledge to travel safely and independently.



DR DESIRÉE GALLIMORE M.A(Psych), M.A(Deaf/Comm.), PhD, MBA Psychologist / Director

Desirée holds Master degrees in Psychology; Deafness and Communication; and Business Administration. She also has a Ph.D. in Education (Sensory Disability). Desirée is a psychologist, a leading mobility specialist, and a published academic. She is the author of the book The Essential Guide To Travel Training For Children With Autism and Intellectual Disabilities (Jessica Kingsley Publishers, London, 2017).

0411 479 981 · dgallimore@traveltrainingsolutions.org www.traveltrainingsolutions.org



FAMILY SUPPORT The school holidays are just around the corner

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 enquiries and decide whether a service is suitable for your child and your family.





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 enquiries and decide whether a service is suitable for your child and your family.



School Holiday Program

Sep-Oct 2023

SEP 2023

25

26

27

 $\mathbf{28}$

29

Holey Moley Mini Golf in Castle Towers

Tee off the school holidays with fun and laughter at Holey Moley Mini Golf in Castle Towers - a swinging adventure for kids of all ages!

Time: 09:00 - 15:30 Activity Cost: \$20.00 + *BYO Lunch/Money (*bring your own)

Waves Aquatic and Splash Pad

Dive into a splashtastic school holiday at Waves Aquatic and Splash Pad - where water play, and excitement unite for an unforgettable time.

Time: 09:00 - 15:30 Activity Cost: \$16.20 + *BYO Lunch/Money (*bring your own)

Succulent Terrarium Workshop

Nurture creativity and green thumbs in our Succulent Terrarium Workshop - a hands-on experience for kids to craft their own little garden paradise.

Time: 09:00 - 15:30 Activity Cost: \$15.00 + *BYO Lunch/Money (*bring your own)

Jump'd Trampoline Park

Bounce into an action-packed day at Jump'd Trampoline Park - where kids can defy gravity and bounce their way to pure joy!

Time: 09:00 - 15:30 Activity Cost: \$23.00 + *BYO Lunch/Money (*bring your own)

Ian Potter Children's Wild Play Garden

Trave to the Cententenial Parklands to explore and discovers the Natural Wonders of the Wild Play Garden, including a Bamboo Forrest, Giant Tree House, Turtles Mounds and more!

ctivity Cost: \$10.00 + *BYO Lunch/Money (*bring your own)

Fime: 09:00 - 15:30

OCT 2023

03

Make Your Own Pizza Workshop

Cook up a storm at our Make Your Own Pizza Workshop where young chefs can craft and savour their delicious masterpieces.

RESERVE A SPOT Space is limited

enquiries@saharaservices.com.au

0284060842

Time: 09:00 - 15:30 Activity Cost: \$15.00 + Lunch Provided



05

Australian Musuem

Embark on an educational and entertaining journey at the Australian Museum - where curious minds can delve into the wonders of science, history, and nature.

Time: 09:00 - 15:30 Activity Cost: \$10.00 + *BYO Lunch/Money (*bring your own)

Auburn Botanic Gardens

Immerse in nature's beauty at the Auburn Botanic Gardens - a serene escape filled with picturesque landscapes and family-friendly activities.

Time: 09:00 - 15:30 Activity Cost: \$10.00 + *BYO Lunch/Money (*bring your own)



Delight in a day of furry and feathery friends at the Golden Ridge Animal Farm - an interactive and heartwarming experience for animal lovers of all ages.

"ime: 09:00 - 15:30 Activity Cost: \$40.00 + *BYO Lunch/Money (*bring your own)

Follow our social media platforms to get regular updates: 😝 👩 下 in

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 enquiries and decide whether a service is suitable for your child and your family.

Care Culture

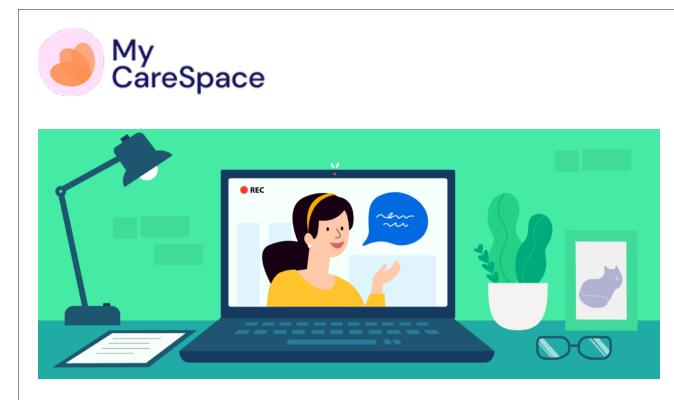
SCHOOL HOLIDAY PROGRAM

JOIN US FOR SCHOOL HOLIDAYS

Care Culture School Holiday program offers fresh communitybased activities in a group-based setting. School holidays mean getting out and about - trips to the zoo, swimming, arcades, and even shows! Most importantly school holidays are about making memories, connecting with friends, and having fun in a safe and supported space. Come join us!

	9AM TO 4PM	SEPTEMBER 251 TO OCTOBER 9TH	Ή	MEETING POINT NORTHERN BEACHES	
	FOR MORE INFORMATIO BOOKINGS CONTACT US	N & 🙍 049	 hello@careculture.com.au 0497941181 www.careculture.com.au 		
	555555				
LOOKING FOR SOME FUN DURING THE TERM?					
	Saturday Social Program	Friday Night- Hangout		Sunday Funday	
		@carecultureau	S		

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 enquiries and decide whether a service is suitable for your child and your family.



Free Webinar: Using NDIS Therapy Funding to Reach your Goals

If you have therapy funding in your NDIS plan, this free webinar is not to be missed!

Delivered by Occupational Therapist and Clinical Advisor, Tiffany Hurwitz (MyCareSpace) together with NDIS expert and Plan Manager, Kim Mc Murchy (Plan Hero Plan Management).

In this 1 hour webinar we will cover:

- Understanding the different types of therapy and who delivers them
- What therapy can I use to reach each goal?
- Working with a 'Multidisciplinary Team' what does that mean?
- Where do I find therapy funding in my NDIS plan and how much do I actually have to spend?
- How to find therapy providers with availability

Details

The webinar will be available for FREE online on **12th September at 6.00pm** (NSW time)

The recording will be available for you to access any time after this date.

REGISTER NOW, DON'T MISS OUT!