



# 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



## In Loving Memory of Sanad, Forever in Our Hearts

### FROM THE PRINCIPAL

Dear St Lucy's Parents,

I want to begin by remembering Sanad Shahriar, who was beautiful, clever, cheeky and kind. We miss him and we will go on missing him.

I know that you will join me in keeping Sanad's parents, Easmin and Hasan, in your prayers and in your thoughts. Our hearts break for them.

Today the staff and students came together to remember Sanad in a special liturgy within the Primary and then the Secondary school. Sanad's staff in Peony Class, helped lead these services with a special poem written by his teacher, and his two teacher aides edited a video of special moments in his learning journey here at St Lucy's. They were such moving and courageous tributes. These liturgies were a chance for us as staff and students to join to remember, reflect upon and celebrate Sanad's life among us. We are grateful for the friendship he brought to St Lucy's and to Peony Class as he let his light shine so fully into our lives here at school speaking his truth. We are grateful for his special gifts and for his smile. The artwork above was created by Sanad last week. He delighted in making it and was happy with his finished product. I'm sure you will agree that it is lovely.

We are very grateful for the support that we had last week from the emergency services and the immediate help that arrived from our Chair of the Board, Mary L'Estrange and from AIS NSW to assist us in this tragic situation.

In these following days we are being held together by the outpouring of love and kindness that flowed into this school from all quarters, especially from our parents. Our first flowers arrived anonymously that same afternoon from a neighbour who had just heard the news and simply felt they had to do something.

Thank you to the schools and networks that reached out to us which are too many to list here. I had a constant stream of messages with support and offers of practical assistance.

This week, from Monday, the students returning to school brought the light and the joy back into St Lucy's. Your children and young adults, as always speak their truth each in their own way and made us all the stronger.

Next week on Wednesday we will have an opportunity to come together with you, our St Lucy's families and wider friends and supporters, at a memorial service for Sanad.

### 10 November 2023

#### Wednesday 15 November

Memorial Service for  
Sanad Shahriar  
6.00pm St Lucy's Wahroonga

#### Friday 17 November

Year 10 Formal 6pm

#### Monday 27th November

Last day for canteen 2023

#### Tuesday 28th November

Rainbow Obstacle Course

#### Thursday 30 November

Oakhill Day

*A reminder to parents who  
haven't given permission on  
Parent Lounge yet for  
Oakhill Day, this will need to be  
done so your child can attend.*

#### Friday 1 December

Year 6 Graduation Ceremony

#### Friday 8 December

Final Assembly 10.00am

#### Tuesday 12 December

Carols Concert/last day of Term



Term 4 and the Advent Season is a time of joy and celebration in our Catholic Community. It is also a time to reflect on all we have learnt together this year. However, during moments like the one we are in now, we may not feel joyful or able to celebrate or ready to be strong. We will navigate this time together, knowing that it is important to grieve and it is important to celebrate, and sometimes, it is important to do both. Importantly, at this time, it is appropriate to remember Sanad, who will be forever in our hearts.

My prayer for our community at this time comes from the Bible in Numbers 6:24-26 and is appropriate for our hope and trust in the Lord for Sanad, his family and of course us all at this time.

*The Lord bless you and keep you;*

*the Lord make his face to shine upon you*

*and be gracious to you;*

*the Lord lift up his countenance upon you*

*and give you His peace. Amen*

**David Raphael**

**Principal**



A St Lucy's Student saying goodbye with a beautiful balloon and a message to God and Sanad, hoping it brings some peace to the school community.





St Lucy's School invites you to a  
**MEMORIAL SERVICE FOR  
SANAD SHAHRIAR**

A PRIVATE EVENT FOR THE ST LUCY'S COMMUNITY

Wednesday 15 November • Doors open 6.00pm • Memorial Service 6.30pm

To be held at St Lucy's School, 21 Cleveland Street, Wahroonga

Please book using the following trybooking link: <https://www.trybooking.com/CNFMN>

St Lucy's School thanks our partner Coles, other local businesses, other schools and community groups for delivering food to keep us nourished at this difficult time. The support is overwhelmingly kind and thoughtful, and we feel God's healing presence in the world today. Your support means more than words can say, and has truly touched our hearts.





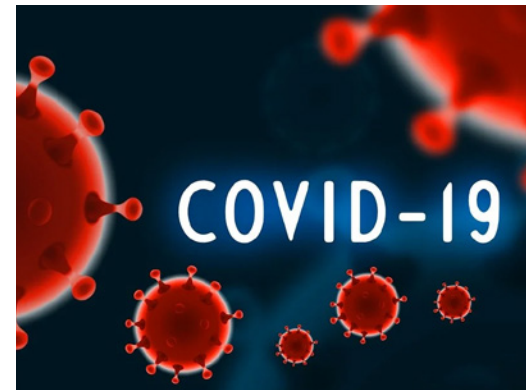


### COVID PROCEDURES

We continue to ask parents to be especially vigilant about Covid. If your child is displaying any cold/flu symptoms, regardless of if they're testing negative to Covid, they need to remain at home until symptom free to break the cycle of illnesses being spread. Our current school policy remains that if your child tests positive to Covid they must isolate for 7 days and return a negative RAT on day 6 in order to return after 7 days. If someone in your household tests positive, then your child is deemed a close contact and must isolate for 5 days and return a negative RAT prior to returning to school.

Kathleen Walsh

First Aid and Medication Administrator



### SUMMER HOLIDAY PROGRAMS

We know that many families are beginning to plan for the upcoming summer holidays. If you need any help to find programs for your child/young person, please contact Justine Spurr, St Lucy's Family Support Worker [justines@stlucys.nsw.edu.au](mailto:justines@stlucys.nsw.edu.au)

Please remember that St Lucy's does not offer Creative Arts Holiday Programs in January as there is always a great deal of maintenance work that needs to take place on campus during this time and the Catherine Centre construction is ongoing.

During Covid, we did offer summer programs and extra days/weeks as other services were shut down, however now that things are running again, we have returned to midterm programs only. Our next Creative Arts Holiday Program will be in April 2024.

Alessandra Picone

Head of Creative Arts



# HIGH SCHOOL HIGHLIGHTS

Stage 5 students practised making Black Forest Mousse cups, which will be one of the treats served at our end of term high tea for Food Tech Parents.



Waratah students learned a lot as they explored the affects of climate change and global warming on the polar ice caps.



# MEN'S EVENING - Thursday 23rd November

BUILDING RESILIENCE AND COPING SKILLS FOR CHALLENGING TIMES

**Guest Speaker: Clinical Psychologist Anna Schwartz**

**When:** Thursday November 23, 2023, 6.30pm – 8.00pm

**Where:** St Lucy's School • 21 Cleveland Street, Wahroonga

**Who:** Dad's, uncles and grandads of St Lucy's, St Gabriel's and St Edmund's

**What:** Pizza and drinks from 6.30pm followed by discussion 7.00pm- 8.00pm

**Why:** For robust discussion, amazing stories, loads of laughs and to support one another

To RSVP or for further information please contact:

**For further information contact:**

Warren Hopley: [hopleywarren@hotmail.com](mailto:hopleywarren@hotmail.com)

Brendan Wingrave: [brendan.wingrave@gmail.com](mailto:brendan.wingrave@gmail.com)

Justine Spurrs: [familysupport@stlucys.nsw.edu.au](mailto:familysupport@stlucys.nsw.edu.au)



## MUMS NIGHT

**When:** Thursday November 30, 2023  
6.30pm – 8.30pm

**Where:** St Lucy's School, 21 Cleveland Street, Wahroonga

**RSVP:** November 17, 2023

**Dani FitzGibbon**

(P&F President) 0416 464 413

**Justine Spurrs**

(Family Support Worker) 0456 681 710





**carergateway.gov.au**

**1800 422 737**

Monday–Friday 8am–5pm  
Emergency respite available 24/7

connecting carers  to support services



Your Side and the Benevolent Society understand it can often create more stress if your child does not know someone who is suddenly caring for them.

They have assured us that a family from St Lucy's in need of emergency respite can use a support worker known to them, or alternatively a worker sourced by Carer Gateway.

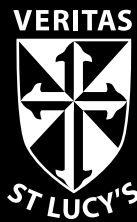
For support workers known to your family but not known to Carer Gateway, they need to provide the following for services to be provided in an emergency situation.

- Working with Childrens Check
- National Police Check or NDIS Worker Screening check
- Evidence of vaccinations
- Any relevant qualifications that may be required in supporting a young person with high needs.
- Basic contact details (address, phone, email)
- An ABN or name of employer
- Payment details (can be provided post service via invoicing)

And don't forget Carer Gateway also offer Tailored Support Packages as well as Counselling for Carers.

Kind regards,

Justine Spurrs  
Family Support Worker  
Mob: 0456 681 710



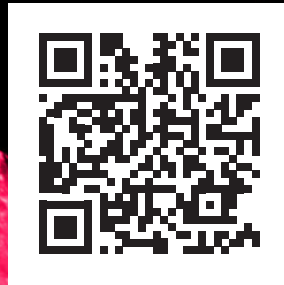
# RAINBOW OBSTACLE COURSE!

## Tuesday 28 November 2023

Support your child by sponsoring them in this fundraising event to raise funds for Mathematics Resource Kits.

Sponsoring your child can be done via Give Now or scan the QR code

<https://givenow.com.au/stlucys>



Please register your child on The Parent Lounge:

<https://stlucys.nsw.tass.cloud/parentlounge/>

Students to bring a white t-shirt on the day

**\$10**  
**Admission Fee**  
INCLUDES:



**\$10 Admission Fee** (to be paid via <https://stlucys.nsw.tass.cloud/parentlounge/>) includes entry, chalk, protective glasses and a hot dog for lunch. Those students that don't eat hot dogs are to bring their own lunch on the day.

**PLEASE SEE NEXT PAGE FOR CLASS SESSION TIMES**

Our Work Education students in Years 9 and 10 are excited to be helping host our 'Rainbow Obstacle Course' day this year. Students will participate in a variety of ways such as helping the PDHPE team set up the obstacle course, supporting the students in primary school as they complete the course, forming a cheering squad, helping to squirt the coloured powder as the students move through each coloured station and helping to clean up the oval at the end of the event. This is a great opportunity for our students to understand 'volunteering' as an unpaid work option.



# RAINBOW OBSTACLE COURSE!

## Tuesday 28 November 2023

### SESSION TIMES

Class Name	Time Slot
<b>First Session Parents arrive - 9:10am</b>	
Azalea, Camellia, Cosmos Frangipani, Jasmine, Magnolia	9:25 – 10:00
Aconite, Bluebell, Buttercup Peony, Violet	10:00 – 10:30
<b>First Session Parents leave – 10:30am</b>	
<b>Second Session Parents arrive 10:45am</b>	
Firethorn, Freesia, Sunflower	11:00 – 11:30
Lotus, Orchid, Tulip	11:30 – 12:00
<b>Second Session Parents leave – 12:00pm</b>	
<b>Third Session parents arrive – 12:30</b>	
Clover, Gardenia, Grevillea	12:45 – 13:15
Anemone, Aster, Iris	13:15 – 13:45
Acacia, Marigold, Waratah, Zinnia	13:45 – 14:15
<b>Third Session parents leave – 14:15</b>	

#### IMPORTANT NOTES

- Parents enter via Gallery entrance.
- Parents arrive 15 minutes prior to each session starts and leave only once session is finished and all classes are off the oval.
- Once session starts gates will be locked and no visitors will be allowed to enter the oval.
- Parents are welcome to 'run' the course with your child.
- Students can run the course more than once as the course is shorter due to building works.
- A hot dog will be provided to all students during their break.

With thanks to St Vincent de Paul Society for sponsoring this event.





# SLES OPEN NIGHT

*'All-in-One'*  
**School Leavers Program**

Dynamic and inclusive  
opportunity for young adults.

- ✓ Independent Living
- ✓ Well-Being
- ✓ Work Experience
- ✓ Social Engagement



**SAVE THE DATE**



**13/11/2023**  
**6PM to 08PM**

**Register your interest**

SCAN ME



5 Sera Street, Lane Cove

[www.luzallabilities.com.au](http://www.luzallabilities.com.au)

## Northern Beaches Council Disability Expo

6th December, 2023 - 10:00 am

[Register](#)

People with disability, their families and carers are invited to meet Hireup and other disability services on the Northern Beaches as part of the International Day of People with Disability celebration.

The morning will be an opportunity to have some fun, connect with services, and find useful information. A light morning tea will be provided.

You can catch the Hireup team at this event to ask about our range of services, and obtain useful information.



**Date:** Wednesday, 6th December 2023

**Time:** 10:00 am - 1:00 pm

Dee Why RSL Show Room 932 Pittwater Rd

[Register](#)



## How it works

The Social Worker will discuss your public transport needs and plan the safest route with you. They travel with you as you learn a route, with repeat practice sessions, until you can travel independently with confidence. The service is personalised and flexible, helping you deal with any challenges. Our training methods and programs are tailored to suit your needs and learning styles.

## The cost

Living Skills Training is a NDIS provider, with Social Workers delivering travel training and skills development. Services are covered under the NDIS or can be self-funded.



## Living Skills Training

Social Workers teaching travel training to teenagers and adults with disability.

For bookings and more information, contact us:

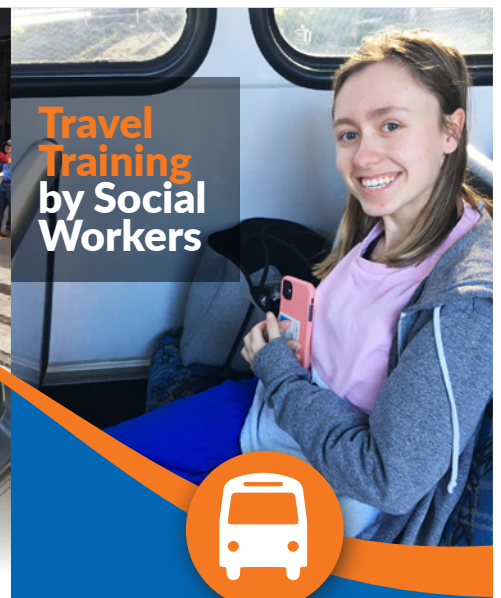
**0427 082 392**

[www.livingskillstraining.com](http://www.livingskillstraining.com)

Email: [info@livingskillstraining.com](mailto:info@livingskillstraining.com)

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## Travel Training by Social Workers



## Living Skills Training

Public transport travel training experts

Public transport made easy

**0427 082 392**

[www.livingskillstraining.com](http://www.livingskillstraining.com)



NDIS Provider



## What is Travel Training?

Being able to travel safely on your own using public transport is an important life skill and gives people independence and the ability to get around in the community. Someone with a disability may need extra training and support to learn this skill. This is where travel training comes in.

If you want to catch public transport to get to school, post-school options, study, work or leisure activities, travel training will help you develop the confidence and skills to make it happen.

### You can learn about:

- > catching trains, buses and ferries
- > Opal cards and other ways to pay
- > how to plan trips
- > safe road crossings
- > which services to catch
- > where to get on and off
- > accessible services
- > travelling safely
- > strategies to deal with emergencies
- > what to do when things go wrong
- > using public transport apps
- > managing behavioural challenges



***"My son can now do the whole trip to work himself. He is confident travelling alone."***

– Mum of a young man with an intellectual disability



## About Us

Living Skills Training provides specialist travel training to teenagers and adults with disability, delivered by Social Work professionals. We have been delivering travel training since 2011 and have a high success rate with enabling people to travel independently. It is a Neurodiverse Affirming Service.

## Who is it for?

The service is based in Sydney. We assist teenagers and adults with autism, intellectual disability, anxiety, learning delays, mental health issues and mobility issues. It is for anyone who wants to travel confidently on public transport on their own. No referral is needed.

***"This has been wonderful for Robert! Thank you for giving him this opportunity to live an independent life."***

– Special Education Teacher of a student with autism





# ST LUCY'S SCHOOL

## RAFFLE!

### 9 FANTASTIC PRIZES TO BE WON!

Please support St Lucy's School by purchasing tickets in our 2023 raffle. The aim of the raffle is to raise funds for our Central Coast Bus.



#### 1ST PRIZE PALM BEACH 2 NIGHT STAY



INCLUDES \$100 voucher at the Boathouse Group

Two nights' accommodation for 10 guests in a 5 bedroom stunning house that is 400m to beach. **Valued at \$2600!**

#### 2ND PRIZE 2 NIGHT STAY IN MANLY



Includes \$500 cash to spend

Two nights' accommodation in a 1 bedroom Harbour View Apartment at Quest Manly PLUS \$500 cash. **Valued at \$1675!**

#### 3RD PRIZE LADIES RELAXATION PACKAGE



A stunning collection of Palm Beach Collection products, 2 sets of Embedded blooms coasters and other pamper items. **Valued at \$500**

#### 4TH PRIZE F1 DRIVING EXPERIENCE



Anglo Racing Academy 2 X 2 seater F1 driving experience. **Valued at \$438!**

#### 5TH PRIZE \$200 VOUCHER



\$200 garden and homewares voucher. **Valued at \$200!**

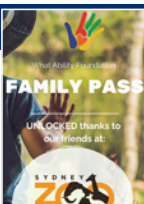
#### 6TH PRIZE \$200 HUGOS MANLY VOUCHER



#### 7TH PRIZE | SYDNEY ZOO FAMILY PASS

Sydney Zoo family pass (4 tickets: 2 adults & 2 children).

**Valued at \$185!**



#### 8TH PRIZE | LEGO CITY

Box of Lego to be sure to keep a 7-12 year old busy!

**Valued at \$140**



#### 9TH PRIZE | VOUCHER

Butcher's Block Wahroonga dining voucher

**Valued at \$100**



**1 Ticket for \$10 | 3 Tickets for \$25 | 10 tickets for \$75 | 15 tickets for \$100**

Please visit: [rafflelink.com.au/stlucysraffle2023](https://rafflelink.com.au/stlucysraffle2023) or scan the QR code to purchase your tickets. Drawn on 12th December 2023 at 11am.







# MAGIC MANIA



Sunday 10<sup>th</sup> December 2023

Magic Mania would like to invite any special needs children and their families from your organisation to our **XMAS Magic Show** It will be held at:



**Wentworthville Leagues Club,**

**50 Smith St, Wentworthville 2145 NSW**



The show times are: **Show 1 - 11.00pm**, **Show 2 - 1.00pm**, **Show 3 - 3.00pm** although we ask those needing assistance to arrive **at least 30 minutes prior**.

We are offering **FREE** tickets to this event to all special needs as well as care givers and family members who would like to attend. These tickets to you are completely **FREE OF CHARGE** and made possible by the generosity of your local business and professional people.

RSVP please, **no later than Monday 4<sup>th</sup> December 2023**, the earlier the better though as we can then have the tickets with you in good time. If you need any further information, please do not hesitate to email Anastasia at [info@magicmania.com.au](mailto:info@magicmania.com.au)

**Anastasia Kefallinos**

*(Whilst our preference is to email all ticketing where possible, please advise separately if you require posted hard copies)*

## FOR YOUR FREE TICKETS PLEASE

Number of TICKETS: **Show 1:** ..... **Show 2:** ..... **Show 3:** .....

CONTACT NAME: .....

ORGANISATION: .....

Your Tel/Mobile : .....

POSTAL ADDRESS: .....

OR YOUR EMAIL ADDRESS: .....



reaching net zero  
*together*



# Kids Clothing Swap

Saturday  
2 December  
10am - 12pm

Douglas  
Pickering Pavilion  
★  
St Ives  
Showground



Get your kids ready for summer!  
Swap before you shop for ages 0-12 years.



Scan the QR code  
to find out more



reaching net zero  
*together*



# Kids Clothing Swap

Saturday  
2 December  
10am - 12pm

