



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

Dear Parents,

MUSICA VIVA

Our Primary School and High School students were treated to a performance by Musica Viva last Friday. They thoroughly enjoyed the opportunity to hear live jazz music and to come together in our Creative Arts Centre.



SACRAMENT OF CONFIRMATION

On Thursday 6th June Bishop Anthony Randazzo along with Fr Kelvin celebrated the Sacrament of Confirmation with 5 of our families. This was a very moving occasion and we thank Sr Helen and Ms Ali Picone for all their organising of this very important event. Enjoy the photos on page 3.

POST SCHOOLS OPTIONS EXPO

St Lucy's was delighted to host its 2nd Post School Options Expo. As you will see by the photos on page 4, it was wonderful to see so many providers who came to share information on the services they have available for our students. A big thank you to Ms Rachelle Perceval who organised the event and we look forward to hosting again next year.

07 June 2024

TERM 2

Monday 10 June

The King's Birthday Public Holiday

Wednesday 12 June 10-11am

Online Parent Training in Reading

Friday 14 June

Pyjama Day for students and staff

Tuesday 18 June

Twilight Open Day 4.15pm

Tuesday 25 June

MyTime Wahroonga
7.00pm - 9.00pm

Friday 21 June

Central Coast Mum's night
Elanora Hotel, P&F Event 6.30pm

Friday 28 June

Sydney Mum's night, Kipling's Garage
P&F Event 6.30pm

Tuesday 25 June

MyTime Men's Wahroonga
6.30pm - 8.30pm

Friday 28 June

Term 2 assembly and BBQ
Term concludes for students

BUILDING UPDATE

Our builders, COWYN Building Group continue at pace finalising the Catherine Centre in readiness for our students to move in at the start of Term 3. Completion of landscaping with inclement weather being the last remaining hurdle and then the Occupational Certificate.



St Lucy's Tax Appeal

We have recently sent out our annual tax appeal. If you would like to read the appeal please visit: <https://lnkd.in/gq8PDejA>. Your tax-deductible gift will help to build a range of essential learning spaces for our young people including:

- Vocational Education and Training (VET) Kitchen
- New Student First Aid Clinic
- Student Gym
- Residential Life Skills Room
- High School Specialist Elective Room
- Resources for reading

Scan the QR Code if you wish to donate



Please share this link with family and friends if they wish to make a tax-deductible gift before 30 June to provide students with essential learning spaces to teach life skills: <https://givenow.com.au/stlucys-tax-appeal>

David Raphael
Principal

ST LUCY'S EOFY ANNUAL APPEAL

VERITAS ST LUCY'S
Help St Lucy's School refurbish facilities that teach life skills



Donate before 30 June for your tax-deductible receipt

ST LUCY'S P&F

MUM'S NIGHT OUT

JOIN US FOR AN EVENING OF FUN!

CENTRAL COAST MUMS
Friday 21 June Elanora Hotel -
41 Victoria Street,
From: 6:30pm East Gosford NSW 2250
Book via: <https://www.trybooking.com/CSOXL>

SYDNEY MUMS
Friday 28 June Kipling's Garage Bar -
2 Eastern Road,
From: 6:30pm Turramurra NSW 2074
Book via: <https://www.trybooking.com/CSOXO>



PARENTS & FRIENDS



THE SACRAMENT OF CONFIRMATION - THURSDAY 6 JUNE

On Thursday we celebrated the Sacrament of Confirmation with the Primary School students who are participating in the Sacramental Program this year.

'Confirmation' is a renewal of Baptism. However, it differs from Baptism in that the person being Confirmed is stepping forward, with agency, to be a part of God's family.

Congratulations to our 5 students who made their Sacrament of Confirmation: Juliette, Izzy, Liliana, Leo, and Felipe.

These students participated in 3 preparation sessions, with Sr Helen and Ali Picone, and did a superb job getting ready for this special day. It was wonderful to have Bishop Anthony and Fr Kelvin lead us in liturgy and to welcome families and peers into our worship space for this important occasion.

Thanks to everyone who helped the students to make this a special occasion.



POST SCHOOL OPTIONS EXPO



Wellbeing

Wellbeing Update

As part of its strategic plan, St Lucy's has had a strong focus on refreshing and enhancing our approach to Student Wellbeing for the last two years. In addition to writing and developing a St Lucy's Wellbeing definition and St Lucys Student Wellbeing Framework, a Social and Emotional (SEL) Program has been written and delivered to all students from K-12 over the last year.

Our SEL scope and sequence shows the development of self-awareness, self management, responsible decision making, social awareness and relationship skills. The units have been designed with a view to empower our young people to be able to contribute meaningfully while at St Lucys and in the broader community.

Social and Emotional Learning (SEL)

Within the last few weeks, each family received a letter and glossary informing you about the lessons that are being taught to your young person from the St Lucy's SEL program. This includes explicit teaching and glossary of terms specifically taught to your young person, appropriate for their stage of development.

Much of the content of the units is based on the SoSAFE! Program, which supports the development of social safety concepts. We would urge you to read this letter and the glossary and use this vocabulary at home to support your young person's knowledge development and skills. The SoSAFE! program is underpinned by evidence-based practices supported by visual and conceptual tools to promote social and sexual safety for all people, and designed for the learning and communication needs of people with moderate to severe intellectual disability or Autism Spectrum Disorder.

As you can appreciate this is vital information that will help keep our young people safe at school and in the community. If you did not receive a letter and glossary or have any queries, please contact your class teacher and they will arrange to forward these to you and/or answer any questions you may have.

Kind regards,

Michelle Le Patourel
Head of Wellbeing
Classroom Teacher

Bilby Class News

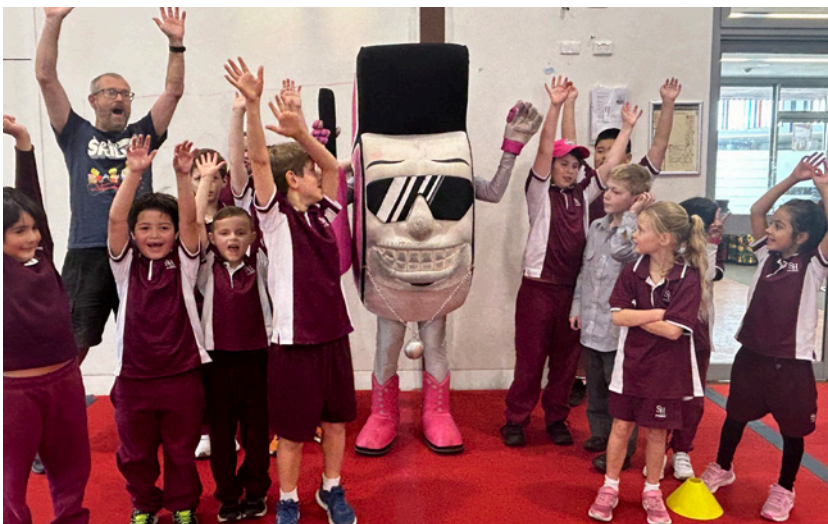
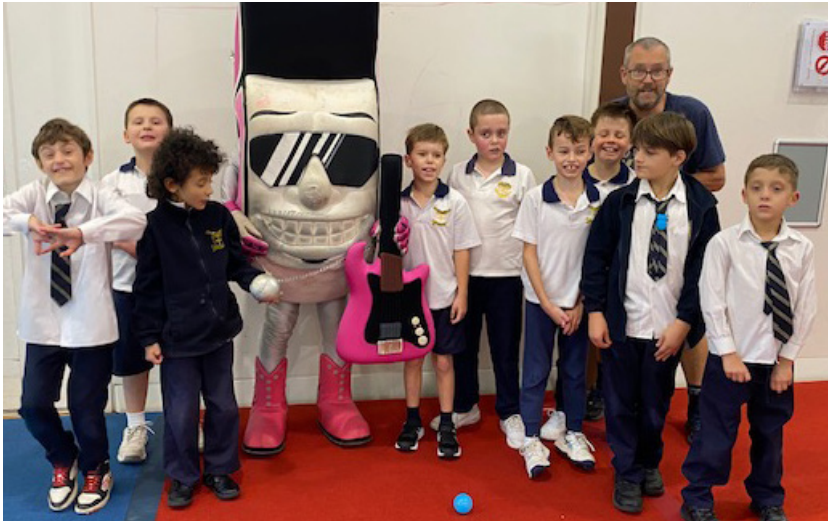
Bilby Class have had some wonderful bus trips to local playgrounds. The students are bravely using new equipment and independently problem solving on these outings.



Both Leopard and Fox classes finish their cricket sessions with Syd Sixer!

Both Leopard and Fox classes finished their 4 week program this week with Cricket NSW. They all got to meet Syd Sixer, whom is the Sydney Sixers mascot. All students loved the sessions and no doubt picked up more skills. Mr Gary would like to thank Cricket NSW whom are also going to Glider and Lion classes this Term.

Warm regards
Mr Gary



ST LUCY'S SCHOOL TWILIGHT TOUR



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 Open Day to see how your child will benefit from St Lucy's intensive instruction in: literacy, numeracy, social and emotional competence and independence skills in a dynamic and creative environment.

For more information contact the Enrolments Manager on 8355 3157 or enrol@stlucys.nsw.edu.au. Enrolling now for 2025.

ST LUCY'S TWILIGHT TOUR:

**WAHROONGA CAMPUS St Lucy's School
21 Cleveland Street, Wahroonga**

Tuesday 18 June

Twilight Tour

4.15pm-6.00pm

To book an Open Day session, visit

<https://www.stlucys.nsw.edu.au/enrolment-open-day-special-needs-school/>



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www.stlucys.nsw.edu.au



Support St Lucy's School in the 2024 City2Surf

The World's Largest Fun Run - The City2Surf - will be back in Sydney on Sunday 11 August 2024. Bringing 80,000+ people together from all walks of life to run, jog, walk or stroll the iconic 14km course from Sydney CBD to Bondi Beach. Save the date for another spectacular year as we celebrate Sydney with live entertainment, food, training runs, fundraising and much more. We'll see you on the start line!

To register for City2Surf and support St Lucy's School please visit:

<https://city2surf24.grassrootz.com/st-lucy-s-school>



All funds raised for St Lucy's School will go towards purpose-built learning facilities to teach life skills for our students to become independent and contribute back to their communities.

STEPS TO REGISTER, DONATE OR FUNDRAISE

Click on the link and follow the steps:

<https://indd.adobe.com/view/b6732bbb-56c1-49a3-b0e2-5b4f3ef30d9f>

If you have any further questions please do not hesitate to contact juanitam@stlucys.nsw.edu.au



The Sun-Herald
**CITY2
SURF**

11 August 2024

*Donate to help
make a difference*

Join the St Lucy's
City2Surf Squad!



PYJAMA DAY

STUDENTS AND STAFF



When: 14th June - Friday Week 7

What: Wear your Warm PJ's and covered shoes/Uggs to school

Who: Whole school - Students and Staff




**Online Parent Training
in Reading**



Dear Parents,

Our Head of Curriculum and Pedagogy K-6 and Reading Program Co-ordinator, Lisa Grimmond, will be providing the opportunity for some online parent training in reading. It is for parents who are new to St Lucys and would like some reading training or who would like to revisit some strategies for reading.

This training will take place on Wednesday the 12th June from 10am -11am. Lisa will talk you through a variety of reading programs and techniques we use at St Lucy's to teach reading, and give you some helpful tips, strategies and resources to assist with reading development outside of school. This workshop is applicable to both Primary and High School parents. The training

will be conducted via Microsoft Teams. You will receive a link to join the session closer to the date.

Please click on the TryBooking link below to confirm your attendance.

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

We look forward to having you join us for this valuable training session. Your active participation will contribute to your child's success in reading.

Lisa Grimmond
Head of Curriculum and Pedagogy K-6
Reading Program Co-ordinator



HIGH SCHOOL HIGHLIGHTS

Year 12 students have been visiting Sunnyfield as part of the Skills for the Future Program where they completed hands on workplace tasks with the support of the production managers and St Lucy's staff members. The students have enjoyed assisting in the different stages of production packaging such as parts assembly, production preparation and sealing.





STAR OF THE WEEK PRIMARY AWARDS



STAR OF THE WEEK (WEEK 5)

Axolotyl	Caleb Frizelle	Leopard	Ryka Kanogia & Leo Introna
Beluga	Elijah Elagha	Lion	Zac Vlastic
Bilby	Will Statis	Narwhal	Angeline Boyadjian
Bonobo	Austin Cameron	Otter	Axel Maloney
Chimpanzee	Milly Harris	Panda	Daisy Bradbury
Elephant	Tobias van der Sluijs	Penguin	Holly McCormack
Fox	Dylan Farmer	Rhino	Jayden Wang
Glider	Harvey Terry	Sloth	Thomas Vergara
Hippo	Beau Lyall	Vaquita	Noah Pereira

STAR OF THE WEEK (WEEK 6)

Axolotyl	Tyler Miller	Leopard	Angus Thomson
Beluga	Aarush Amalla	Lion	Isaac Vlastic & Tully Boy Johnston-Davidson
Bilby	Josiah Wormald	Narwhal	Caitlyn Shin
Bonobo	Zac Chen	Otter	Felipe Yunes Aybar
Chimpanzee	Lachlan Larsen	Panda	Ruby Daddia
Elephant	Quinn Markham	Penguin	Samantha Worsfold
Fox	Julian Mrvica	Rhino	Orlando Guidaci
Glider	Leon Aitken	Sloth	Bronte Westcott Mayorga
Hippo	Luke Donaldson	Vaquita	Paxson Gakuba

VERITAS



ST LUCY'S

HIGH SCHOOL MERIT AWARDS



MERIT AWARDS WEEK 5

Gorilla	Leif Courtney	Seahorse	Pablo Rostirola
Iguana	Livia Maltby	Tiger	Joshua Lawrence-Slater
Jaguar	Anna Simpson	Tuatara	Trey Simon-Pritchard
Ocelot	Oliver D'Souza	Turtle	Jamie Hunter
Potoroo	Dorothy Ding	Wolf	Anebelle Redelinghuys
Quokka	Luke Di Staso		

MERIT AWARDS WEEK 6

Gorilla	Joey MacDermid	Seahorse	Edmund Livingstone-Fogge
Iguana	Patrick Sweeney.	Tiger	Mia Richardson
Jaguar	Christian Ding	Tuatara	Max Macgugan
Ocelot	Hugo Le Roy + Oliver D'Souza	Turtle	Stella Shen
Potoroo	Oliver Zawodny	Wolf	Xavier McKie
Quokka	Charli Dimmick		



NEW

MyTime Wahroonga

MyTime is a peer support program for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

TUESDAY 25 JUNE (online)

7.00pm -9.00pm

Facilitator: Terry Williamson Join Zoom Meeting:

<https://zoom.us/j/97212601077?pwd=LMij419uEAOOrWJxabKP4Jfihsal8Kb.1>

Meeting ID: 972 1260 1077 Passcode: 268469

THURSDAY 27 JUNE

Men's Evening

6.30pm-8.30pm

35 Billyard Avenue, Wahroonga.

“The Sunroom” at Holy Name

Facilitator: Warren Hopley

EMAIL:

mytimewahroonga@gmail.com



Unwind and share experiences with others who understand



-  It's support for you
-  It's free to join
-  Professional support
-  Pre-school aged children are welcome



mytime.net.au



for siblings of children and adults with disability/illness

Get in touch

08 8253 4936

info@siblingsaustralia.org.au

Supports for Families & Children

Siblings Australia is a national for-purpose organisation that promotes better support for siblings of children and adults with disability and their families. We believe, and research shows, that recognising and responding to the needs of siblings in childhood is a vital part of providing holistic support to families of children with disability.

We recognise that sibling children are at increased risk of feelings of isolation and challenging emotions, and that meeting the needs of all children can be tough for many families.

By supporting sibling children, we can help to maximise their well-being, capacity to manage, and also strengthen the lifelong relationship with their brother or sister with a disability.

If you're the parent of a sibling child, we're here to help you facilitate the best possible wellbeing outcomes for your whole family.

How we can help

SiBWISE

Is our online learning program, designed to help parents and professionals better understand and respond to the needs of siblings of children with disability.



Scan the QR code to learn more

Alex and Arlo: A Sib Story

for children aged 4-7 to read with their parents. Download your **FREE** e-book using the QR code



SiBWORKS

Facilitator training to equip your child's health professionals with the tools and resources to facilitate our internationally recognised peer support program for siblings aged 8-12 years.



Scan the QR code to learn more

siblingsaustralia.org.au



Current as at August 2023

Blogs you might also like to read from Siblings Australia

Talking to Young Siblings about Disability

Resilience Building in Sibs for Kids with Disabilities

The Role of Fathers in a Child's Life





ST LUCY'S PARENT "WALK and TALK"

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

When: Tuesdays (unless raining heavily)
Where: Meet at St Lucy's front gate (Cleveland Street Wahroonga)
Time: 9.00am-9.45am. Prams and dogs welcome.

If you would like to come along or know more please email familysupport@stlucys.nsw.edu.au
or call/text Justine on 0456 681 710.



ST LUCY'S "BEACHES PARENT WALK and TALK"

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

If you would like to come along or know more please email familysupport@stlucys.nsw.edu.au
or call/text Justine on 0456 681 710.

Guiding you through every stage of parenting

We get your family is unique and the goals you are working towards are individual. Our 9-week Autism Parenting Program guides you and your family through neuro-affirming tools and strategies, supporting you every step of the way.

[LEARN MORE](#)

We get you

"Never have I felt so seen!" is some of our favourite feedback. You're not a bad parent, you're not going crazy, and you are definitely not alone.

We teach you what to say and do in the challenging moments as well as neuro-affirming skills to help you and your Autistic child to overcome barriers and reach your goals. It's all done with zero judgement in a supportive environment that is here for you for life!

Why Us



Flexibility

The program is 100% self-paced and delivered through our free app via video topics and bite-sized audios to help put it into practice. Watch and listen at your own pace.



Support

With 7 intakes per year, you're joining a group of parents walking a similar path. We meet online for group counselling sessions, or you always have access to a private counselling email, to get support when you need it most.



Value

We get your life is already hectic, and committing to a 9-week program feels impossible. That is why we give you lifetime access to everything. Enrol once and you have access to our training and support forever!

We Support

Your Mental Health

- We start with your mental health
- Upgrade your thinking
- Co-regulation strategies
- Parenting Support

Understanding Autism

- What's going on for your child
- Why their behaviour makes sense
- Masking/Sensory Input
- Executive Functioning
- Become confidently neuro-affirming

Overcoming Barriers

- Meltdowns/Shutdowns
- Anxiety & PDA
- School Avoidance
- Aggressive Behaviours
- Siblings/Family Dynamics

Building Skills & Connection

- How to teach new skills
- Emotional regulation
- Communication & Connection
- De-escalation strategies
- Child-centred goal setting

Once-off fee of \$1495

May be fully funded through your child's NDIS plan using Carer/Parent Training Line Item. [LEARN MORE](#)

 **ACTION**
FOR PEOPLE WITH DISABILITY

**INFORMED & EMPOWERED
WORKSHOP SERIES**

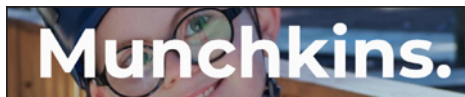
Education and Disability

Monday June 17, 2024 • 11.30am – 3.30pm

St Ives Community Hall Memorial Ave, St Ives



School holidays are just around the corner! Please don't delay and click on the logos below to confirm what each service provider has to offer.



2024 IGNATIAN CHILDREN'S HOLIDAY CAMP
DECEMBER 5-8

At Saint Ignatius' College Riverview, we take great pleasure in holding an annual four day residential holiday camp for children with physical and intellectual disabilities.

OUR AIM

- To provide a fun camp for children with disabilities at **no cost** to parents.
- To provide children opportunities they might not otherwise experience.
- To offer respite care to families.
- To offer our senior students an opportunity to serve others.

CAMP OUTLINE

Daily activities include swimming, craft, yoga and soft play.

Special events:

- Friday: Ferry ride and Sydney Aquarium
- Saturday: Fair and disco
- Sunday: Christmas party

THE CHILDREN

We look forward to accommodating 26 boys and girls between the age of 5 and 15 who have intellectual and physical disabilities.

MEDICAL SUPPORT

Medical facilities of the highest standard are available at the College. We have registered nurses on duty each shift and doctors on call 24 hours a day.

THE COMPANIONS

We pride ourselves on our Companions. Each year we have about 60 students from Saint Ignatius' College Riverview, Monte Sant' Angelo and Loreto apply for the position of personal Companions. Each applicant is interviewed and selected with great care. These students consider the experience as a privilege and learn so much about children with disabilities and themselves.

Along with the nurses, the Companions are supported in their role by a number of teaching staff from the various schools.

OUR SPONSORS

The success of our camp is the result of the support of many generous people who contribute in many different ways. We are particularly grateful to all our major sponsors who contribute financial assistance.

Special thanks to

SONY FOUNDATION AUSTRALIA

FURTHER INFORMATION

Meg Morrison 02 9882 8227
Leanne Neal 02 9882 8262

Saint Ignatius' College Riverview
Tambourine Bay Road
Lane Cove NSW 2066
i.chc.riverview.nsw.edu.au

APPLY NOW CLICK HERE

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.