Well the term is flying by.

We recently thoroughly enjoyed Grandparent’s Day with close to 100 in attendance. The children were very excited to host them in their classes. Grandparents enjoyed a scrumptious high tea and informative presentation from Ms Lisa Grimmond on the Maths With Meaning and the Reading Tutor Programs. Altogether a good time was had by all!

Recently some parents enjoyed a most informative Sleep Therapy Workshop organised by Mrs Natalie Montgomery. Those in attendance found it to be practical and helpful.

This week has also seen filming and interviewing taking place at both Narrabeen and Wahroonga as we prepare a short video about Start Right for Kindergarten and Year 1 students at both locations. Once completed it will mean we have three films to help promote the school – Start Right (K-1), Aim High (Years 5-6) and St Lucy’s as a whole (K-6) – all eventually available on our website. Consequently, if parents are recommending the School to friends and relations for any of these ages or stages of learning please point people to these short films which seek to sum up our focus to provide ‘Excellence in education for children with disabilities’.

We look forward to welcoming each new student and their family for 2018 at our New Family Picnic starting at 12 noon this Sunday at the Wahroonga campus.

I trust all students and parents have been in training for the Swimming Carnival next week. It was lovely earlier today learning that Poppy has swum the length of the pool without her bubble for the first time ever. What an achievement! Earlier today I heard a life coach talk about the Closed and Growth Mindset of Carol Dweck. He went on to say that success in life is not so much about ability but the amount of passion and perseverance an individual brings to the task at hand. It made me think of our special community here at St Lucy’s where these two characteristics are on display in spades from students, staff and parents alike. So may we all persevere to the end of the year and be passionate about all we undertake.

David Raphael
Principal

MAKE ART ON SUNDAY 12th NOVEMBER AT MCA BELLA PROGRAM

On Sunday 12th November you can visit the Museum of Contemporary Art at Circular Quay, and see artworks by our current scholarship artists and artworks from the Elisa and Martin Exhibition. And YOU CAN MAKE ART to add to the installation!
From 1.00pm – 4.00pm the display will be open along with an art making station for our students and their siblings and peers to add to this special MCA installation and Bella Project.
We look forward to seeing you there! Level 2, MCA, just ask for St Lucy’s at the Bella installation
Alessandra Picone, Lucy Egger and Marci Ordonez
RELIGIOUS EDUCATION AND PASTORAL CARE

This month being November, is White Ribbon Month, as well as the month of Remembrance.

Thank you to the Blue Tongue Lizard students and staff who prepared a beautiful whole school liturgy to celebrate All Saints Day last Friday.

As well, last weekend saw the commencement of Holy Name Church’s series of talks Raising Awareness of Domestic Violence in our Society. Below is more of an outline as to what else is on offer at Holy Name and St Lucy’s in the coming week.

White Ribbon Month at St Lucy’s: Next Thursday 16th November from 6.30pm, we will be hosting Ms Cutty Felton from Lifeline who will facilitate a Domestic and Family Violence Awareness Session. Lifeline is committed to raising the awareness of Domestic and Family Violence, and this session will be an interactive presentation which will discuss the following topics:

- What is Domestic and Family Violence (DV)?
- Categories of Abuse
- Dynamics of DV and patterns of Abuse
- Dilemma in staying or leaving
- Engaging with someone who is experiencing DV

Cutty will tailor the content to make it directly relevant and helpful. If you are interested in coming along, please RSVP on events@stlucys.nsw.edu.au by Wednesday 15th November, so that we can ensure we can cater for all.

White Ribbon Month at Holy Name Church: The parish of Holy Name Wahroonga has dedicated the month of November to raising awareness of the issue of domestic abuse and its effects on our community. Fr. David introduced the initiative at the Masses last weekend by acknowledging the particular resonance the issue of family violence has had for the St Lucy’s community in light of the Manrique deaths in October last year. He reinforced the important message that domestic abuse can come in many forms, such as physical, emotional and financial.

The first speaker in the series was the Hon John Watkins, former Chief Executive Officer of Alzheimer’s Australia who spoke on Sunday, 5th November about the vulnerability of the aged, with a particular focus on the rising number of elderly Australians affected by dementia. He spoke of the loneliness and isolation experienced by many sufferers of dementia and presented us with the troubling statistic that 40% of residents in aged care facilities receive no external visitors within a year. He went on to discuss the way that the vulnerable aged are at times ‘invisible’ or can sometimes be seen as a burden within our often ‘impatient’ society. It is this attitude, he pointed out, that can make them susceptible to abuse in a variety of forms. Using the example of Christ entrusting the care of his own vulnerable mother Mary to the disciple John as his final act, John Watkins emphasised the practical steps we can all take to assist.

This coming weekend 11/12 November, Mrs Cristina Gomez, Charity and Social Development Coordinator of our Diocese will speak about what makes a healthy relationship. On the weekend of 18/19 November, Ms Deborah Harrigan, from the Hornsby Women’s Shelter will outline what is the work of the shelter, challenge some assumptions about who presents for help and why, and how we can answer the call to action.

Mass for People with Special Needs and Their Families: On Sunday 19th November at 9.30am, Bishop Peter Comensoli, will celebrate a very special Mass at Our Lady of the Rosary Cathedral, Yardley Ave, Waitara. If you would like to find out more information, please phone 9847 0448.

A Sydney Youth Orchestra Special Performance: The Sydney Youth Orchestra, conducted by Alexander Briger AO, will be hosting a special performance at Sydney Town Hall on Sunday 19th November from 11.30am until 12.30pm. This Rehearsal has been designed to give people with disability access to facets of music making while encouraging the exploration of the creative senses in a relaxed safe and professional environment. The SYO will perform the following: Dvorak, Cello Concerto in B minor, Op. 104 and Brahms, Symphony No. 4, Op. 98.

The following link will provide more information for you if you are interested:


HOPE Group: A reminder that this is a wonderful group and network for support is readily available for you. You are warmly invited to be added to their mail-out list to get updated information of services and advocacy for people with disabilities. The group meets together on the third Tuesday of the month from 10.30 a.m. - 12.30 p.m. at Holy Name Church, Billyard Ave, Wahroonga.

They also gather for dinner (with the children and partners) on the first Tuesday of every month from 6.30 p.m. at Wild Caktus, Pennant Hills.

If you would like to know more, please contact Jo Karaolis on jokaraolis1@bigpond.com

Wishing you peace and blessings!

Vanessa Dillon.
THERAPY UPDATE

For weeks 5 and 6, our Word of the Week is “like”. We will be modelling the word and sign in morning song and throughout our classroom activities.

Please see below some ideas from the Assistiveware Core Word classroom that you can use at home to model the word “where”:

• For beginning communicators, it can be very effective to model “you LIKE that” when the communicator shows evident enjoyment of something, or “you DON’T LIKE that” when the communicator protests or is upset.

• Explore what your child/ren like. Model “I like ___” during your daily routines, and give your child a turn to finish the sentence. Take photos of things you like and create a book - “What I like”.

• Play an action game... e.g. Jump LIKE a frog, Roar LIKE a lion.

• During cooking, discuss foods you LIKE, or do NOT LIKE. Make sure you have unusual or uncommon foods to taste, which can provide good opportunities for modelling “NOT LIKE”.

• Chat about music you LIKE, or do NOT LIKE. Make sure you have many.

• Different music styles to listen to and make comment on.

• Hold an art show. Place artwork around the room and discuss what you LIKE about the pieces of art.

• Do an obstacle course. Discuss what part of the obstacle course you LIKED.

• After reading a book, discuss what part of the story you LIKED. Discuss what character you LIKED and why. Discuss what character you did NOT LIKE and why.

• Talk about things you would LIKE to get for a Birthday or Christmas. Use YouTube videos of new toys & games and catalogues during your discussion. Also talk about things that other people might LIKE, eg. Mum would LIKE perfume, Dad would LIKE a book, etc.

• Work on protesting, i.e. what the students do NOT LIKE, by presenting highly desirable and motivating items, alongside non-preferred items. Some examples of things that children may protest and say ‘I DON’T LIKE that!’ to include: plastic insects and spiders, water spray bottles/guns, sticky/gooey things, boring things, etc.

LITERACY SUGGESTIONS

The following books have repeated lines with the word “like”:

- Green Eggs and Ham, by Dr. Seuss
- What Do You Like?, by Michael Grejniec
- I really like Slop, by Mo Willems
- Maisy likes Driving, by Lucy Cousins
- I like Books, by Anthony Browne
- Run like a Rabbit, by Alison Lester
- Things I Like, by Anthony Browne
- You Choose, by Pippa Goodhart & Nick Sharatt

Natalie Montgomery
Speech Pathologist / Head of Therapy Services
NURSE
As David mentioned in the last newsletter, we are delighted to introduce Annette Griffin, our new school nurse. Annette is already familiar with St Lucy’s as she has previously volunteered with the reading program. She obviously comes with a wealth of nursing knowledge.

You will continue to hear from any of us in the front office regarding medications/health, and we now have the experience that comes with a registered nurse.

Our procedures will remain the same regarding sending medication, completing forms etc. but as Annette is here 4.5 days per week we ask that you always copy annetteg@stlucys.nsw.edu.au AND terryw@stlucys.nsw.edu.au in your communications so that we can ensure continuity. Alternatively Absent@stlucys.nsw.edu.au will capture all the front office team.

Please feel free to contact Terry if you have any queries.

SWIMMING
As you’re no doubt aware, the children have started swimming (much excitement!). The water quality of our pool is diligently maintained to the Department of Health’s standards, and in order to keep the pool contagion free we follow NSW Health guidelines for public pools. This requires that anyone who has had any symptoms of diarrhoea in the past two weeks is not able to enter the pool. We know the disappointment this causes, but ask for your understanding and cooperation in keeping us all healthy.

TRANSPORT
For all families receiving Assisted Transport, the Department has advised that 17 November 2017 is the last day that they will accept any variations, or new applications for 2017. If you have any changes for the remainder of the term can you please contact me as soon as possible.

If anyone is looking to make an application to receive transport in 2018 for the first time, the application needs to be submitted by 29 November 2017.

Please call Terry if you have any queries.
The St Lucy's annual Week Without Words Raffle is now open! Fantastic prizes to be won!

Please visit our raffle page [www.rafflelink.com.au/www2017](http://www.rafflelink.com.au/www2017) and purchase your raffle tickets. Tickets may also be purchased at St Lucy's reception and traditional books of ten tickets can be requested if you wish to take some on our behalf to sell. If you have any queries please email Alex Fisher at alexf@stlucys.nsw.edu.au. Due to regulatory restrictions, tickets for our raffle are only available in NSW. We thank you in advance for your generosity!

### 7 GREAT PRIZES TO WIN! DRAWN ON 05 DECEMBER 2017

**1ST PRIZE**

**APPLE MAC PACK**

13 inch high performance Macbook Pro (2013 Model) AND A iPad mini Wi-Fi 64GB Space Gray (2013 Model)

Kindly donated by McAfee

**2ND PRIZE**

**COCKTAIL PARTY FOR 30 GUESTS**

Prize includes: Choice of 10 canape items, Glassware (champagne, wine & high balls) - Staff (up to 4hrs from arrival time)

Kindly donated by Nicholas and Jennifer Williams of Pinnacle Catering

**3RD PRIZE**

**LEXUS ESCAPE TO HUNTER VALLEY**

Two nights’ accommodation & breakfast for 2 people, at The Sebel Kirkton Park in the Hunter Valley. Drive to your weekend away in award-winning Lexus IS200T - the car is yours to enjoy all weekend

Kindly donated by McCarroll's Automotive Group & Lexus of Chatswood

**4TH PRIZE**

**WEEKEND AWAY IN MANLY**

2 nights accommodation in a One Bedroom Harbour View Apartment at Quest Manly PLUS $150 cash

Kindly donated by Quest Manly and Grahame & Mara Sproats

**5TH PRIZE**

**WEEKEND AWAY IN BOWRAL**

2 nights accommodation for 2 guests in The Shed at St Chads, Bowral located in grounds of 1920s residence

Kindly donated by Marca Light

**6TH PRIZE**

**ANTITHEFT DASH CAMERAS**

• Separate HD dual Cameras
• Front/Rear HD resolution

Kindly donated by Antitheft Car Alarms.

**7TH PRIZE**

**WELLBEING PACK**

A gift pack of Blackmores vitamins, probiotics and cream

Kindly donated by Stevie-Marie Marris

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1 Ticket for $5

5 Tickets for $20

15 Tickets for $50

35 Tickets for $100
Students had an amazing time bringing their drawings to life using a new app - Possum and Brumby class saw their creatures come to life before their eyes!

Lucy Egger
Acting Creative Arts Coordinator

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**CREATIVE ARTS NEWS**

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**STAR OF THE WEEK**

**STAR OF THE WEEK 4, 03 NOVEMBER 2017**

- **Blue Tongue Lizard**: Benson H, Mark Y, Austin S, Karuka U, Daniel O
- **Joey**: Nikki H, Tiarnan M, Alex C, Maggie N, Riley B
- **Koala**: Echidna
- **Kookaburra**: Owl
- **Possum**: Michael T, Summer T, Jibril R, Israel W
- **Rosella**: Dingo

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**STAR OF THE WEEK 5, 10 NOVEMBER 2017**

- **Bilby**: Hugo L, Chris O, Alex S, Echidna, Mackenzie B
- **Joey**: Luka R, Saskia R, Ruby M, Lachlan S, Oliver T
- **Koala**: Echidna
- **Kookaburra**: Owl
- **Emu**: Rosella
- **Tasmanian Devil**: Wallaby

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**SWIMMING CARNIVAL**

The Swimming carnival will be on Monday week 6 (13th November). It will only be for students in stages 1-3.

**Classes participating will be:** Dingo, Wallaby, Owl, Tassie Devils, Koala, Emu, BTL, Echidna, Bilby, Wombat, Rosella & Brumby.

**Not:** Kookaburra, Joey or Possums

Daniel Parkinson
Teacher - PE

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St Lucy’s Newsletter | Friday 10 November 2017

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Sleep Information Evening

Does your child:
 Having difficulty falling asleep?
 Have difficulty staying asleep?
 Won’t sleep in their own bed?

Then this workshop is for you!

Come along and hear about strategies for managing behavioural sleeping difficulties.

This workshop is presented by Nicole Williams. Nicole is principal psychologist at Ryde Psychology Clinic, and has over 20 years experience working with children and adolescents with behavioural and learning difficulties, including Autism Spectrum Disorders.

For further information and bookings please contact:
Natalie Montgomery
Phone: (02) 9487 1277
Email: nataliem@stlucys.nsw.edu.au

This event is supported by a grant from Carers NSW.

Thursday 2 November
6.30pm—8.00pm
St Lucy’s School, 21 Cleveland St, Wahroonga

AUTISM FORUM

FREE EVENT

PRESENTATIONS, STALLS AND WORKSHOPS FOR PEOPLE WITH AUTISM, AS WELL AS PARENTS, CARERS AND EDUCATORS

When: 3:30pm until 7:00pm
Friday, November 24, 2017
Where: Gordon Uniting Church
18 Cecil Street, Gordon
NSW, 2072
I can help my child have something to say.

A free workshop. Sponsored by ECIA’s NSW Department of Education (DoE) Special Grants-in-Aid

This workshop is ideal for families who want to know:

- how to support their child to communicate if they are having real difficulties learning to talk.
- when and where to start if they feel if their child needs to be using
- how to know what system they should use.

This will be a practical session that will introduce you to different systems such as PODD, Proloquo2go and Key Word Sign and answer your individual questions.

When: Thursday 9 November, 10am–12pm
Where: Forestville Senior Citizens Centre, Corner of Starkey Street and Warringah Road, Forestville

Please note: No childcare is available. Registration is essential.

Phone: 9923 2727
Email: events@earlyed.com.au
Dear parents, please find the updated canteen menu below. To ensure the canteen breaks even we have had to increase some of our prices. We would like to take this opportunity to thank the parents and volunteers who generously give up their time to work in the canteen on Mondays.

**HOT FOOD**
- Cheese and bacon Pizza $2.50
- Fried Rice $3.50
- Large meat Pie $3.50
- Sausage Roll $3.00
- Chicken Nuggets 3 for $1.20
- Hash Brown $0.70
- Plain Burger (Meat only) $3.50
- Cheese burger (meat and cheese) $4.00
- Burger with the lot (meat, cheese, lettuce, tomato, cucumber, carrot, beetroot) $5.00
  (All burgers come with tomato sauce unless you request BBQ, mayo or no sauce)
- Chicken Burger (chicken, lettuce and mayo) $4.50
- Hot Cheese Roll $2.50
- Chicken Wrap (with lettuce and mayo) $4.50
- Sauces - Tomato or BBQ $0.20

**SANDWICHES** (wholemeal bread - toasted extra 20c)
- Vegemite $2.00
- Cheese and ham $2.50
- Salad (lettuce, tomato, cucumber and carrot) $2.50

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

**ROLLS** (white only)
- Vegemite $2.50
- Cheese or ham $3.00
- Salad (lettuce, tomato, cucumber and carrot) $3.00
- Extra fillings: lettuce, tomato, carrot, cucumber, beetroot $0.20
  Ham, cheese $0.50
- Example: Cheese and tomato toasted sandwich $2.90
- Example: Cheese and ham toasted sandwich $3.20
- Example: Ham or cheese & salad roll $4.00

**SALADS**
- Fresh Salad Cup (tomato, carrot, cucumber & lettuce) $3.00
- Vege Snacks (carrot and cucumber with hummus dip or Mayonnaise) $2.00

**FRESH FRUIT**
- Fruit Salad cups - seasonal fruit (with fork) $2.50
- Apple slinky $1.50

**SNACKS**
- Smiths chips - Plain or Salt and Vinegar $1.00
- Red Rock Deli Chips - Honey Soy $1.00
- Quelch Ice block $0.50
- Popcorn (lightly salted) $1.00

**LOLLIES**
- One Bag Gummy Bears (small) $0.50
- One Bag Natural confectionery snakes $0.50
- One bag mixed lollies $0.50

**DRINKS**
- Orange or Apple Juice $1.50
- Chocolate or Strawberry Milk $2.00

**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