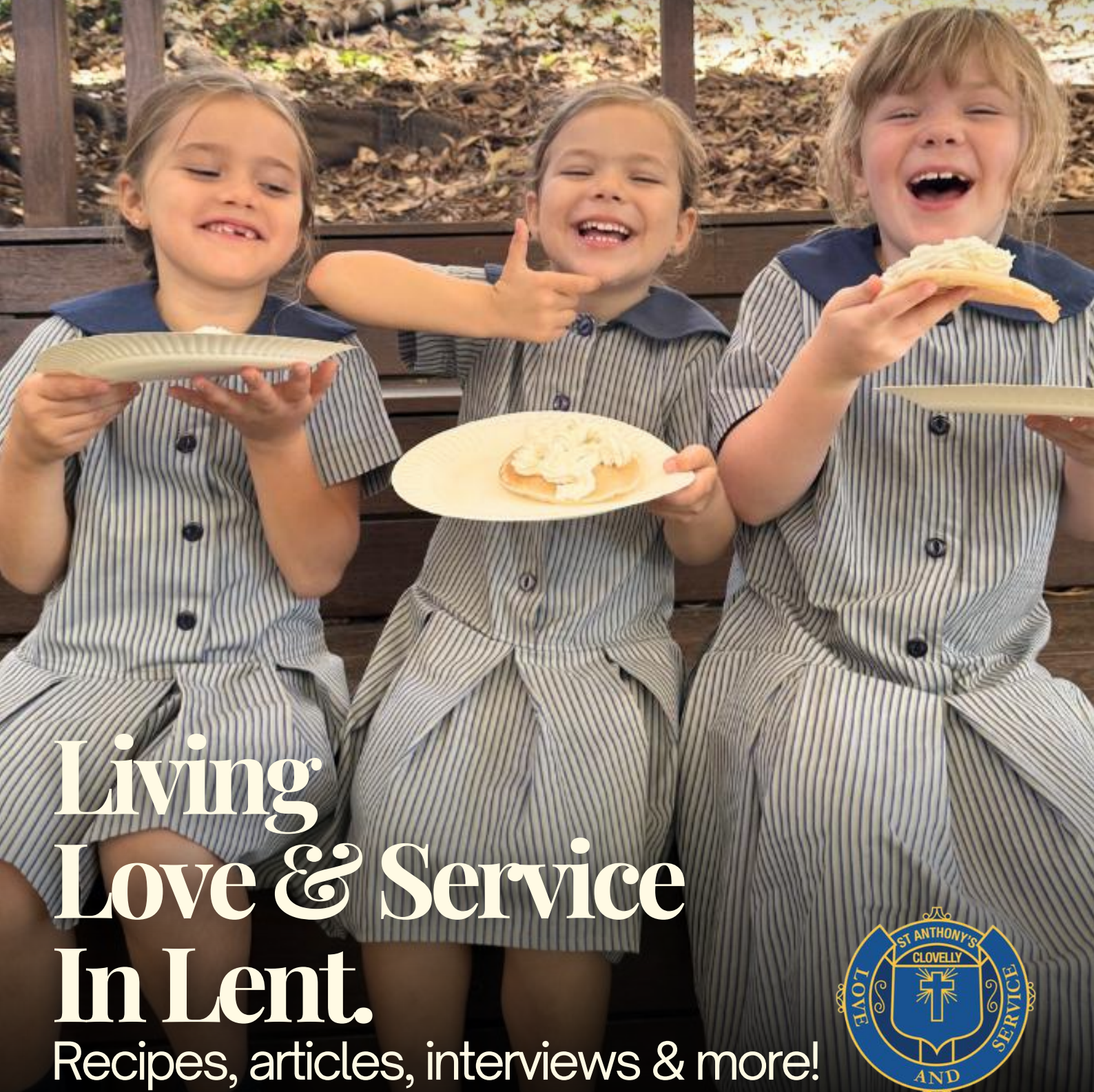


ST ANTHONY'S CATHOLIC PRIMARY SCHOOL CLOVELLY

AUTUMN ISSUE

Faith & Family

ST ANTHONY'S CLOVELLY E-MAGAZINE



Living Love & Service In Lent.

Recipes, articles, interviews & more!





It was wonderful to see our former students Freya & Poppy pop in to visit and share their experience of starting highschool at Bridgidine College!

From the Principal's Desk



The year has opened with a strong and joy-filled start at St Anthony's. Our students have settled confidently into their learning and the school has already shared several meaningful moments that reflect our values of community, faith and service. Classrooms are buzzing with curiosity, our liturgies and gatherings have been marked by reverence and unity. Our creative and sporting programs have brought wonderful energy to the term. It has been uplifting to see students embracing new opportunities and growing so positively as learners and young people.

This year also marks the beginning of Magis2033, a vision that places each child at the centre of their learning and encourages us to pursue "the more" with purpose and care. It is a beautiful alignment with the heart of St Anthony's and it continues to guide our work as a community.

As we celebrate this strong beginning, we also acknowledge Mrs Koula Scerri, who concludes her time with us at the end of Term 1. Her warmth, kindness and steady presence in our front office have been deeply appreciated and we wish her every blessing for the future.

The year ahead holds much to look forward to and it is a privilege to journey through 2026 together as a community grounded in love and service.

Take care and see you in Term 2!

Mrs Anna Novak

Principal, St Anthony's Clovelly

TERM OVERVIEW BY ANNA NOVAK

A WONDERFUL START TO 2026 AT ST ANTHONY'S!



As we move through Term 1, it has been heartening to see what a strong and vibrant start our school community has had in 2026.

Our Kindergarten students have settled beautifully into school life, already showing tremendous growth in both their learning and their confidence. Their enthusiasm has brought such joy to our classrooms and playgrounds.

Across the school, teaching and learning are in full swing. Students have embraced new routines, challenges and opportunities and it has been inspiring to witness their progress.

Over term one we have shared important events as a community: Parent/Teacher/Student Conferences provided valuable time for reflection, goal setting and partnership between home and school.

NAPLAN was completed by our Year 3 and Year 5 students, who approached the assessments with maturity and focus.

Year 6 girls proudly represented St Anthony's at International Women's Day, celebrating leadership and the achievements of women.

Year 2 led us in a thoughtful and reverent St Patrick's Day liturgy, reminding us of the values of love and service, Year 1 guided our school community through a beautiful Harmony Day liturgy, celebrating belonging and the rich diversity within our school. These moments highlight the spirit of St Anthony's, one of community, compassion and shared purpose.



Our sport and creative programs have also been a highlight this term. Students have enjoyed a dynamic mix of activities, including Martial Arts, Irish Dancing and high energy sessions with Groove Nation. These programs have supported fitness, confidence, teamwork and creativity and the students have embraced them with enthusiasm.

We are also incredibly grateful to Mrs McInness, who has been preparing our students for the upcoming SCS Eisteddfods in Term 2. Through dance, drama and choir sessions held before school, at recess and during lunch, she has created wonderful opportunities for students to grow in confidence, expression and performance skills. Her dedication and passion have been truly appreciated by students and families alike.

This year, Sydney Catholic Schools launched Magis2033, a long term vision designed to help every child flourish. Magis means "the more" doing what truly matters with depth, purpose and care. At its heart, Magis 2033 places each child at the centre and focuses on forming the whole person.

The strategy describes Magis as "education that places the learning and development of the whole person at the centre" and supporting every learner to "reach their full potential and grow into the fullness of life."

With such a strong beginning to the year, we look forward with excitement and hope to all that 2026 will bring for our students, families and staff. Together, inspired by the vision of Magis2033, we will continue to grow, learn and flourish as a community.



Farewell and Thank You, Mrs Koula Scerri



We would like to extend our heartfelt thanks to Mrs Koula Scerri for her wonderful service and dedication to our St Anthony's community. Koula will be finishing up at the end of Term 1 and while we are sad to see her go, we are deeply grateful for everything she has contributed during her time with us. Koula has been a calm, caring and welcoming presence in our front office, always ready with a warm smile and always placing our students at the centre of her work. Her kindness towards our children, especially when caring for those who are unwell, has been truly appreciated. She has supported our staff and families with professionalism, warmth and unwavering reliability, managing the many demands of a busy school office with grace and patience.

We sincerely wish Koula all the very best for the future and hope to see her around St Anthony's on a casual basis. We thank her for her care, kindness and commitment to our community.

LENTEN PROMISES

Staff Edition

Every Lent we ask our students to commit to Lenten promises for the 40 days of Lent. This year, we wanted to ask our teachers and staff, what their Lenten promises were

LEANNA

I will spend 5 minutes in daily prayer. I will focus on praying for those in need and world peace in these troubled times.

ANNA

This Lent, I choose to pause and make room for what brings peace, kindness and purpose into my life. In the midst of busy days and constant demands, I want this season to gently guide me back to what matters most. I promise to slow down, be present, speak with kindness, practice gratitude, make space for stillness and choose compassion. I'm not just giving something up, I'm creating space for something better to grow

MARIE

Offer at least one sincere affirmation to a student who rarely receives one. Tell a colleague something positive about their work every day. Donate \$20/week to Caritas

GISELLE

This Lent, I'm committing to two things: Saying something kind to someone each day. Saying a prayer for people who are struggling or in need. I'm doing this to be more intentional about how I show up for others and to keep my focus on compassion in small, steady ways.

STEPHANIE

I will spend time with God each day, giving space for prayer and reflection. I will also show love to others through simple, intentional acts of kindness.

HANNAH

For the forty days of Lent, I commit to fasting from junk food—foods that I reach for out of impulse, convenience, or comfort rather than nourishment. I offer this fast as a way to clear space in my life for greater discipline, gratitude, and awareness.

CATHERINE

I gave up something I love!
Coffee!



I gave up sweets on Friday! **CHERYL**

ANDREA I did my best to give up sugar.

HONEY

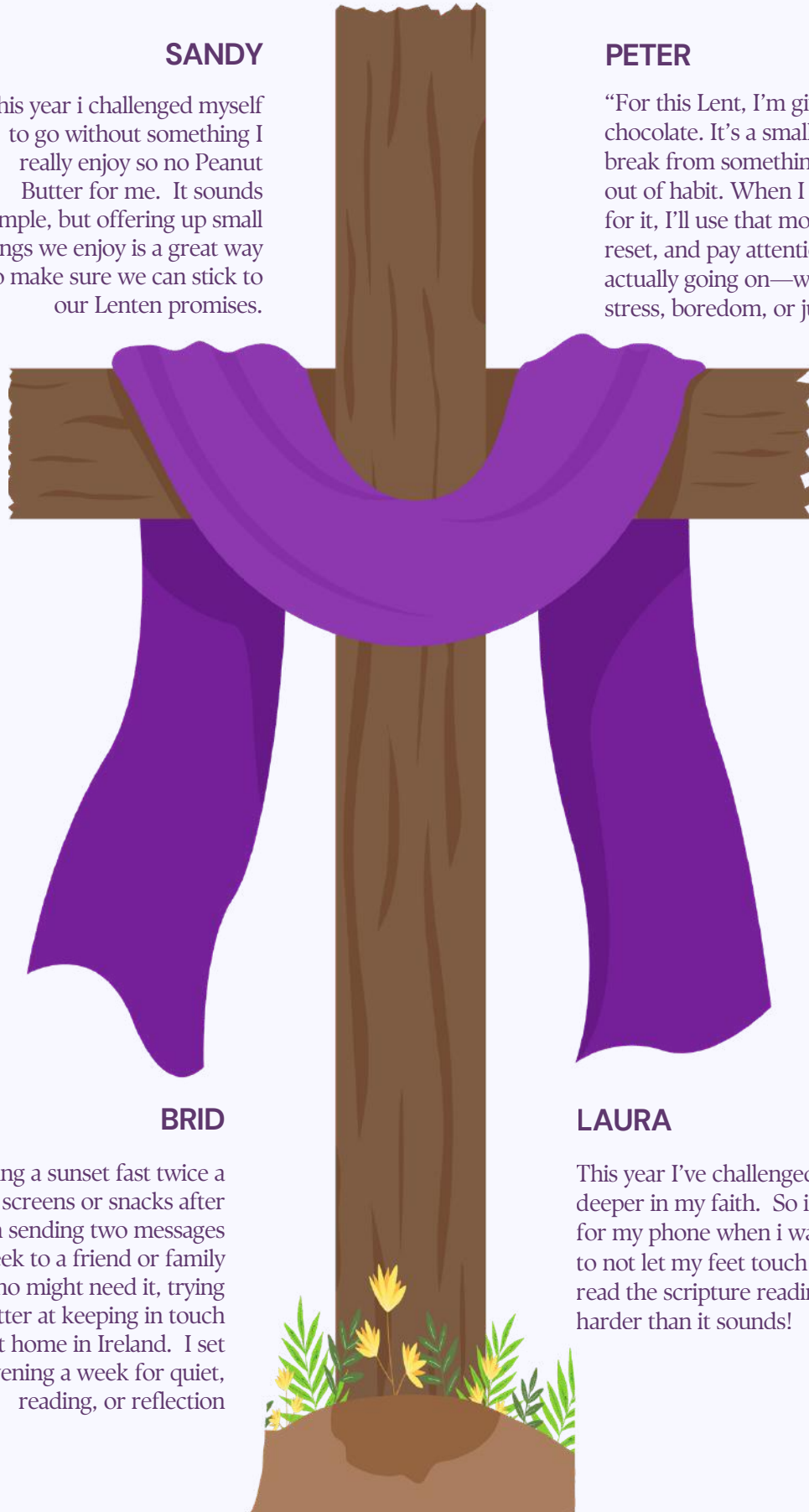
This Lent, I will spend five minutes each day practising forgiveness—towards others and towards myself—and I will reach out to one person I need to reconcile with before Easter

SANDY

This year i challenged myself to go without something I really enjoy so no Peanut Butter for me. It sounds simple, but offering up small things we enjoy is a great way to make sure we can stick to our Lenten promises.

PETER

“For this Lent, I’m giving up chocolate. It’s a small but deliberate break from something I reach for out of habit. When I feel the urge for it, I’ll use that moment to pause, reset, and pay attention to what’s actually going on—whether it’s stress, boredom, or just routine.



BRID

I am doing a sunset fast twice a week—no screens or snacks after sunset. I am sending two messages a week to a friend or family member who might need it, trying to be better at keeping in touch with those at home in Ireland. I set aside one evening a week for quiet, reading, or reflection

LAURA

This year I've challenged myself to grow deeper in my faith. So instead of reaching for my phone when i wake up, I've promised to not let my feet touch the ground until I've read the scripture readings for the day. Its harder than it sounds!

St Anthony's Outreach

A community effort to serve those in need during Holy Week.

St Anthony's School recently came together in a spirit of generosity as parents, carers, and staff gathered on Tuesday, 29 July to prepare sandwiches for the Vinnies Service Van at Eastlakes Community Centre. Families donated ingredients and volunteered their time in the staffroom, working together to make food that would be shared with people in our community experiencing hardship. The morning was filled with warmth, teamwork, and a shared desire to help others in a practical way.

This act of service was a meaningful expression of our school values of love and service, showing students what it looks like to care for the poor and marginalised in everyday life. The strong response from our community highlighted how deeply these values are lived at St Anthony's and how powerful it can be when we work together for the good of others.

Thank you to Caitlin Hannigan, Jane Hayes, Mary Cantril, Helena Tighe, Lana Pinner, Parry Yang and our staff, Anna Novak and Leanna Langlands for the donation, preparation and service of food!

Living out
our motto
of Love &
Service



Meet our Mini Vinnies Leadership Team!

Our Mini Vinnies leaders are the heart of student service at St Anthony's. Guided by our values of love and service, they help lead projects that bring our community together in compassion and action. We asked our team what they loved most about being part of this leadership team, here's what they told us.



Martin Fowler

"I love being able to take part in special projects and being helpful."



Aria McDonald

"I love supporting and helping people especially campaigns that support the homeless."



Xavier de Vries

"I love that we can go on excursions and help with community projects."



Miranda Russo

"I love offering my help to others in need and we get to do fun stuff at the same time."



Archer Tsang

"Its great that we can help the homeless and I enjoy making posters for our fundraising projects".



Mabel Hall

"I enjoy helping those less fortunate than us, and giving them some hope."



"With every initiative—big or small—our Mini Vinnies leaders remind us that even the simplest acts of kindness can make a powerful difference."- Laura Neeson, Family Educator



Henry Tighe

"I love that I get to do stuff to help other people as well as experience excursions".



Carter Perin

"I enjoy seeing kids happy and offering help to people in need".



Rafael Azzopardi

"I enjoy helping people and bringing joy to others".



Magnus Martin

"I love helping people and seeing smiles on their faces".



Cody & Scarlett



Cormac, Scarlett, Cody & Seraphina



Congratulations to our School leaders for 2026



Riley & Eloise



Frances & Henry



Chloe & Annabel



LOVE & SERVICE ON DISPLAY AT THE LAUNCH OF CARITAS' PROJECT COMPASSION CAMPAIGN

By Marie Iorfino

A group of Year 6 students were selected to represent our school at the Project Compassion 2026 Launch Liturgy, held at St Mary's Cathedral College on Tuesday 17 February from 10.00am to 11.30am. The gathering brought together students from Catholic primary schools across Sydney for a morning of prayer, reflection, and learning as the season of Lent begins.

The liturgy invited students to reflect on the mission of Caritas Australia and the global communities supported through Project Compassion. Representatives from Caritas spoke about the real-world impact of the

campaign and encouraged students to consider how compassion, justice, and solidarity can be lived out in their everyday school life.

Through stories, prayer, and shared reflection, students were challenged to think about how small acts of kindness and generosity can contribute to meaningful change. This year's theme, "Unite Against Poverty this Lent," calls on young people to recognise the dignity of all people and to work together to help break the cycle of poverty. Our students returned inspired and ready to lead our school community in supporting Project Compassion throughout the Lenten season.



What is DEA ? Doctors for The Environment Australia

DEA is a public health organisation made up of around 2000 volunteer doctors and medical students Australia wide - that deals with threats to health in our environment.



ANTHONY HULL & FIONA FOO

That is, the focus is preventative healthcare. Environmental damage equals health damage, but what are some of these environmental threats?

Air pollution is the second biggest cause of death worldwide; causing around 8 million deaths per year, and much more disease. Half of all chronic bronchitis deaths, 1 in 4 deaths from heart disease, 1 in 4 from dementia, and almost 1 in 6 diabetes deaths. Much of our pollution exposure is from motor vehicles. Indoor air pollution from using indoor gas stoves in our homes increases the risk of a child becoming asthmatic by 40 %, and the chance of carrying asthma into adulthood by 30%.

Many Australian medical authorities with DEA are calling for cessation of all gas connections to new residential properties.

Heat exposure is more life threatening than all other natural hazards and disasters combined, such as floods, fires, cyclones, and winter storms. Heat related impacts are worsening in line with climate change. Climate change itself is set to be the largest single cause of disease this century - few would be aware of this.

And then there's biodiversity loss; now understood to impact all of our ealth, and to be under

threat more than ever in our human history - clean and available water is one outcome of healthy biodiversity. DEA serves to promote awareness of these and other issues within all levels of government, our wider medical profession, and our community, and proposes solutions. Always using high quality scrutinised science as a basis.

“ *Air pollution is the second biggest cause of death worldwide; causing around 8 million deaths per year, and much more disease.* ”

We advocate for actions that reduce greenhouse gas emissions, primarily by phasing out fossil fuel use across the board to achieve better health (and cost of living) outcomes. DEA works toward the transition of our healthcare system to one of low waste, and lower carbon footprint.

It educates our training doctors so they can become part of the solution.

There are multiple special interest groups within DEA that focus on these and other related areas. Fiona and I are co-chairs of DEA NSW, and one of the things we enjoy the most is being associated with such motivated and grounded people, our members, the politicians and other leaders we work with, and other groups we engage with. This gives us hope, in an otherwise often crazy world.



“We hope that STA Idle-Off might be taken up by our local Randwick Council for sharing with the whole region, and even Sydney Catholic Schools.”

The St. Anthony's Idle-Off initiative that started in 2024, was born from the ground up - but has now become an official part of DEA's activity, along with Parents For Climate, and ACF Eastern Sydney. We hope that STA Idle-Off might be taken up by our local Randwick Council for sharing with the whole region, and even Sydney Catholic Schools. After all, our school motto is 'love and service'.

If you'd like more information about DEA, check out the webpage for more resources, health fact sheets, position statements and media; and anyone can become a 'friend of DEA'! 2026 is also the 25th anniversary year for DEA, and we will be holding a celebration and fundraiser in Sydney this April.

Anthony & Fiona.

Visit <https://www.dea.org.au> to learn more!

Health Impacts of Motor Vehicle Pollution for Children.



“There is no safe level of air pollution exposure - even low level exposure causes harm.”

- Asthma causation (asthma diagnoses), asthma deaths, inhaler requirement, hospital admissions.
- respiratory infections.
- Impaired lung growth.
- Reduced cognitive function.
- Skin and eye irritation ie eczema.
- Narrowing of the arteries (older children).
- Impaired brain development and function (NSW EPA)
- *(In utero exposure during pregnancy is associated with miscarriage, pre-term delivery, neonatal/ newborn illness and early life death, chronic disease in later life)*

It has impacts on their future adult health:

- Strong evidence for Increased risk of vascular disease related illness - heart attacks and strokes.
- Obesity.
- Diabetes development - type 2.
- Reduced brain development.
- Reduced lung maturation.

Adults exposure associated risks:

- Short term exposure:
 - Early death.
 - Increased Asthma, emphysema/COPD/chronic bronchitis,
 - Pneumonia.
 - Heart disease - heart attacks, angina, arrhythmias.
 - Stroke (CVA)
 - High blood pressure.
- Chronic exposure; In 'addition' to the above:
 - Persistent systemic inflammation.
 - Lung Cancer (second highest cause after cigarette smoking).
 - Neurodegenerative diseases ie Parkinson's, Alzheimers.
 - Adverse behavioural impacts.
 - Kidney Disease.

16 MAY — 19 JULY
SYDNEY

THE WORLD'S GREATEST CEILING IS COMING TO SYDNEY.

S I S T I N E C H A P E L
R E V E L A T I O N S

AN IMMERSIVE EXHIBITION



MVSEI
VATICANI

Copyright © Governatorato of the Vatican City State - Directorate of Museums

A World-First Immersive Exhibition.

THE SISTINE CHAPEL REIMAGINED IN SYDNEY

BUY TICKETS

Meet Stephanie Barkho



In this edition's Staff Spotlight, we're delighted to feature one of our newest team members Stephanie, who brings warmth, dedication, and a deep commitment to nurturing our students—both in faith and in learning.

Where did you grow up?

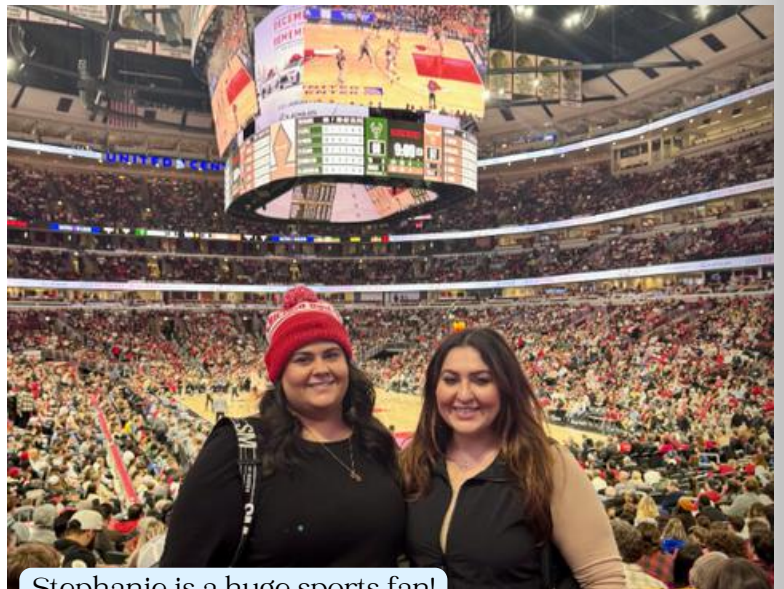
My parents fled Iraq during the war and settled in Australia as refugees in the 70s and 80s, where they built a new life. I was born in 1995 and grew up in Hillsdale, surrounded by cousins and close family. Later, we moved to Matraville, where I enjoyed riding bikes at Heffron Park, swimming at Heffron Pools and spending time at the beach. I attended St Agnes Catholic Primary School alongside my cousins, and later Our Lady of the Sacred Heart College in Kensington.

Why did you want to become a teacher?

I was inspired by my primary school teachers who made learning supportive and enjoyable. With my parents often working, school became a place where I could read, play sport and build friendships. I chose to teach in Catholic schools as the values of faith, resilience and community reflect my family's journey. My passion grew in high school through tutoring my younger cousins and discovering how differently we all learn.



With her parents



Stephanie is a huge sports fan!



Stephanie loves adventure!

Your favourite holiday destination?

I find it hard to choose just one, as I fall in love with the beauty of every place I visit and am always in awe of God's goodness in creation. I do love returning to Chicago - I enjoy walking through the city, watching the Chicago Bulls at the United Centre and seeing it transform into a hockey rink for the Chicago Blackhawks to dominate the ice! Most of all, I cherish the time spent with my family there.

I fall in love with the beauty of every place I visit and am always in awe of God's goodness in creation.



How cute is Harley!

What's your favourite book or movie?

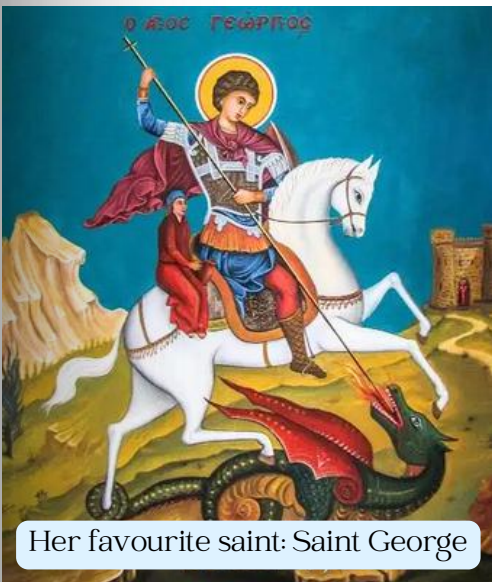
I'm an avid reader and love movies, so it's hard to choose just one! I grew up loving Harry Potter by J.K. Rowling and The Faraway Tree by Enid Blyton, and still enjoy the Harry Potter films and 90s classics like 10 Things I Hate About You. I'm also a Disney fan and love watching classics like Beauty and the Beast and Hercules with my nieces and nephews.

If you could have one superpower, what would it be and why?

I would choose the ability to talk to animals, just like Dr Dolittle! I think it would be amazing to understand and care for them better - especially my little pup, Harley.

Do you have a favourite saint that inspires you?

Saint George inspires me through his courage and strength to stand up for what is right, while Saint Francis of Assisi inspires me through his love for animals and all of God's creation.



Her favourite saint: Saint George

What's something students might be surprised to learn about you?

Students might be surprised to learn that I'm a big sports fan! I love watching basketball and hockey - especially the Chicago Bulls and Chicago Blackhawks. My NRL loyalty lies with the Canterbury Bulldogs (sorry!), and I'm also a big Formula 1 fan.

If you could take the whole school on a dream field trip, where would you go and why?

I would take the whole school on an overnight adventure at Taronga Zoo for the Roar and Snore experience! Students could stay in safari style tents, go on night safaris, get up close with animals and wake up to the sounds of the Zoo. It would be such a fun and memorable way to learn about wildlife and conservation together - or maybe even Disney World!

What's something you're really looking forward to this year at St. Anthony's?

I'm really looking forward to getting to know the students and being part of the St Anthony's community. I'm excited to build positive relationships and create engaging learning experiences in the classroom, as well as celebrating our school milestones together through celebrations, Mass and shared experiences.



14
MAY



Strength of Family

WOMEN'S RETREAT

Special event to celebrate Mother's Day

Come and experience an oasis of peace & meet Australia's next saint, hidden away right on our doorstep in Coogee.

- Museum Tour
- Visit Eileen's tomb & chapel
- Guided reflection
- Gift bag for each guest
- Group lunch (at own expense)

Thursday 14th May 2026 | 10:00am - 12:30pm
Eileen O'Connor Centre 35 Dudley Street, Coogee



COST \$10
[CLICK HERE](#) OR SCAN THE
CODE TO BOOK





Staff Spotlight

CATHERINE WERNAS, YEAR 4 TEACHER

Favourite book: The Lost Bookshop by Evie Woods

Favourite Movie: Titanic

Favourite cuisine: Italian

Dream travel destination: Norway, Sweden and Finland

If you weren't a teacher, you'd be a Speech therapist
or Occupational therapist





Staff Spotlight

MEET SANDY!

Name: Sandy Mekhael

Class you teach: Year 4. They are a fantastic bunch!

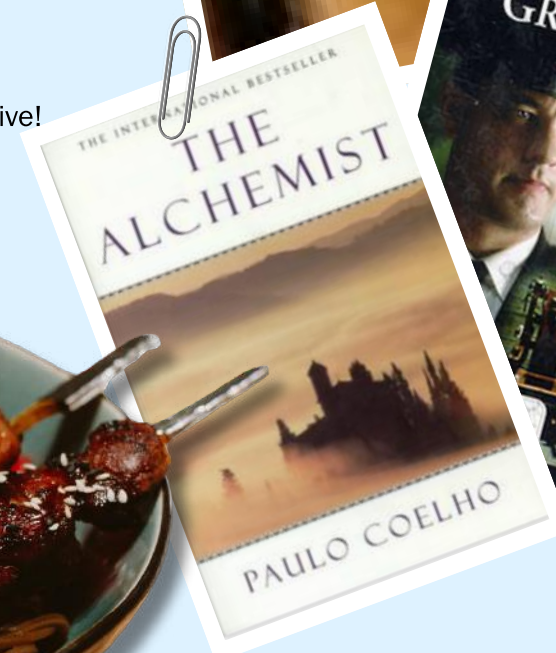
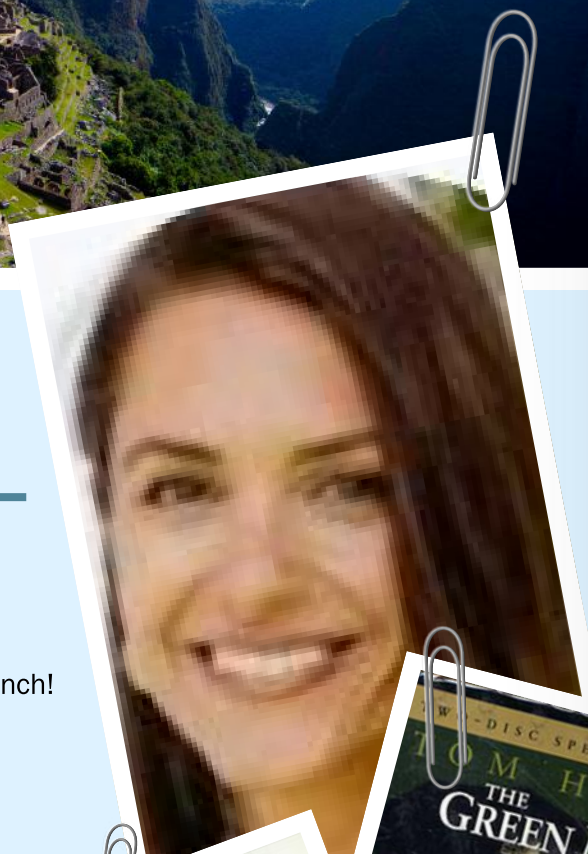
Favourite book: The Alchemist

Favourite movie: One of my favourites would be The Green Mile

Favourite cuisine: Asian Fusion

Dream travel destination: Peru!

If you weren't a teacher you'd be: A detective!



Seeing Ourselves in the Passion Narrative

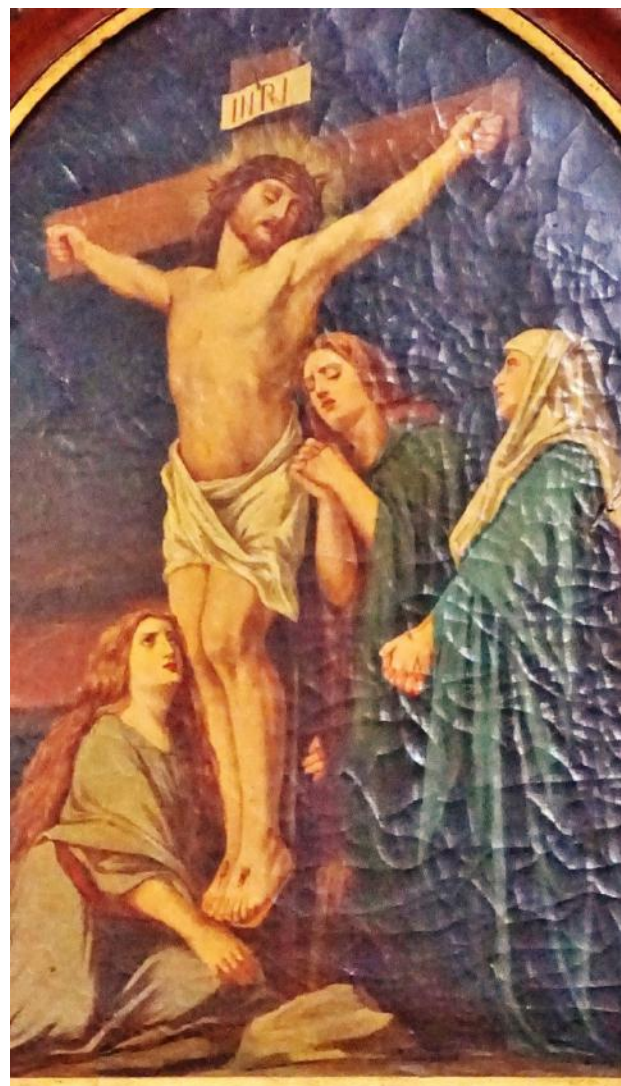
Each year during Holy Week, we step once again into the Passion narrative. More than a Gospel story, it becomes a mirror that helps us recognise ourselves in those who stood with Jesus in His final hours. Each figure reveals something about the human heart; its fears, its failures, its courage, and its longing for God.

Some of us may see ourselves in Peter, full of love and good intentions, yet capable of stumbling when things become difficult. Others may recognise the quiet loyalty of Mary, who stays close to Jesus even when she cannot change what is happening. We might see ourselves in Simon of Cyrene, unexpectedly drawn into someone else's suffering, discovering compassion we didn't know we had. At times, we may even resemble the crowd, swayed by pressure or fear, forgetting the values we know to be true.

The Passion reminds us that faith is not about perfection but about returning to Christ again and again. Every character in the narrative, faithful or flawed, teaches us something about who we are and who we are called to become.

As we reflect on these final moments of Jesus' life, we are invited to ask: Where do I stand? How do I respond to suffering, injustice, and love? And most importantly, how is Christ inviting me to grow?

“
Which figure in the Passion feels closest to your own experience this year?
”



**We wish your family a happy and holy Easter.
Laura Neeson
Family Educator'**

PROJECT COMPASSION LENTEN PRAYER



God of all love,

We remember that on the night before he died
Your son, Jesus, prayed
that his friends 'may all be one.'

Yet we see so much division in the world.
War, conflict, violence and hatred
must all distress you.

Millions of people suffer
when they don't have peace and respect.
They lack the necessities of life: food, water,
health, education and security.

We pray that we may all
Unite Against Poverty this Lent.
May our support for **Project Compassion**
be a sign to ourselves and others,
of our hope for a better world.

This Lent, we pray that our dedication
to prayer, fasting and almsgiving
will help restore your vision of justice and peace.

Guided by the Holy Spirit,
we pray in Jesus' name,

Amen.



FAMILY RECIPE



SALSA VERDE BAKED SALMON

METHOD

Preheat an oven to 200C and line a large baking tray with baking paper and remove the salmon from the fridge 30 minutes before cooking.

Lay the salmon skin side down, onto the tray and season with salt and pepper.

In a small bowl, combine the capers, anchovy, garlic, lemon zest, juice, paprika and olive oil.

Spoon this over the salmon making sure the anchovy and capers stay on the salmon.

Roast this in the oven for 15-20 minutes then let rest for 10 minutes to just finish cooking through.

Meanwhile combine the baby cucumbers, herbs, capers, pine nuts, currants and lemon in a bowl.

Transfer the cooked salmon to a serving dish and top with salsa to serve.

INGREDIENTS

Serves 6-8 as part of a shared meal
Ingredients

1.5 side Salmon, skin on

Salt, black pepper

2 tbsp capers, drained

6 anchovy fillets, roughly chopped

2 clove garlic, roughly chopped

Zest and juice 1 lemon

1 tsp smokey paprika

1/4 cup olive oil

8 baby cucumbers, sliced into rounds

Large handful flat parsley, mint leaves, roughly chopped

2 tbsp capers, drained

1/3 cup toasted pine nuts

1/4 cup currants

Zest 1 lemon

Extra lemon wedges to serve

St Patricks Day Recipe

IRISH SODA BREAD MUFFINS

INGREDIENTS

- 1 1/2 cups Unbleached All-Purpose Flour
- 3/4 cup White Whole Wheat Flour or 3/4 cup King Arthur Irish-Style Flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon table salt
- 1/3 cup granulated sugar
- 1 1/4 cups currants or 1 1/4 cups raisins, currants preferred
- 1/2 to 2 teaspoons caraway seeds, to taste
- 1 large egg
- 1 cup buttermilk, yogurt, or sour cream
- 6 tablespoons butter, melted; or 1/3 cup vegetable oil
- coarse decorating sugar, for topping



METHOD

1. Preheat the oven to 400°F. Lightly grease a standard muffin pan; or line with papers, and grease the papers.
2. In a medium-sized mixing bowl, whisk together the flours, baking powder, baking soda, salt, sugar, currants or raisins, and caraway seeds.
3. In a separate bowl, whisk together the egg, buttermilk (or equivalent) and melted butter (or equivalent).
4. Quickly and gently combine the dry and wet ingredients; honestly, this won't take more than a few stirs with a bowl scraper or large spoon. As soon as everything is evenly moistened, quit; further stirring will cause the muffins to be tough.
5. Spoon the batter into the prepared pan, filling the cups about 3/4 full; the stiff batter will look mounded in the cups. Top with coarse sugar.
6. Bake the muffins for 20 minutes, until a cake tester inserted into the center of a muffin comes out clean. Remove them from the oven. Tip the muffins in the pan, so their bottoms don't get soggy. Wait 5 minutes, then transfer the muffins to a rack to cool. Serve them plain, or with butter and/or jam.



THANK YOU FOR READING!

Click Here

Do you have a family recipe you would like to contribute for our next edition?

We'd LOVE to hear from you.

Just click here and email it through!

