

Holy Child Primary School



NEWSLETTER

Issue 3
2020

27 February



"Always remember to love one another." Sr Mary MacKillop

Our School

The Josephite Sisters established Holy Child Primary School, Dallas, in 1965 (Parish Reg). The Josephite ethos of pastoral care and community involvement are the hallmark of the Holy Child community.

Holy Child School is part of the Dallas parish, which serves the suburbs of Coolaroo, Meadow Heights, Dallas, Upfield, Campbellfield and parts of Broadmeadows.

Early in 2015, we celebrated 50 years, our silver jubilee, marking a significant milestone in our parish history.

St. Mary MacKillop, in full Saint Mary Helen MacKillop, also called Saint Mary of the Cross, (born 15 January 1842, Melbourne, Victoria, Australia - died 8 August 1909, North Sydney, New South Wales, Australia and canonized 17 October 2010. Feast day 8 August, religious figure, educator, and social reformer who was the first Australian beatified by the Roman Catholic Church and the first Australian to be recognised as one of its saints.

The staff and children of Holy Child School, Dallas are proud that their school was the first in Australia to start a children's Mary MacKillop group!

Principal Message

Mr Alan Smith

principal@hcdallas.catholic.edu.au

Our Dear Community,

Our Barista Coffee Course places are filling quickly and there are only a few left so please register your interest. The course will be held in the canteen and last for three days ensuring that the participants have the knowledge and skills to make coffee using an industry café machine. This course is low or no cost depending on your individual circumstances.



School Learning

In the last two weeks the teachers have been testing our children's learning in Mathematics and Literacy. We are very proud to say we have noticed some growth from last year. This is a very positive sign for the rest of the year. From this week children will be working in groups that have been carefully chosen for them and their learning needs. These groups may change as the children's learning develops further.

Classroom teachers are establishing with the children the school and classroom expectations. These are important as the children will know what is expected of them in the learning areas. Once established, the environment in the school will be very predictable and this gives security to the children, this helps them to do their best learning.

Attendance at School

As Mrs Venables reminds us attendance at school is vital for the children's learning. The children need to be at school so they can learn. If they are absent because they are sick this is excusable, however if they are away due to other reasons then this can affect their friendships, confidence and ultimately their learning.

Learning Walks

Mrs Venable and I are doing learning walks through the school. We are wanting to hear from children about how the children are going in their learning and if they can tell us why their learning is important. This feedback will help us all to be better teachers and learners.

Welcome

We welcome to our school 4 new families who have enrolled at Holy Child since the beginning of the year.

Parent Parking

The Jack Roper Carpark is used by our parents for pickup and drop off. Please be considerate and courteous when in this area as we are teaching and showing our children how to act with others. Also please ensure you are not dropping children off or picking up by parking at the front gates of the school.

Just a reminder to all parents if you have a Complaint or a Grievance about the school, we have a process that is displayed in the Reception Foyer for you to use and this will allow us to address your concerns quickly and efficiently.

Many Thanks May God bless you all.

Deputy Principal Message Mrs Bernadette Venables

bvenables@hcdallas.catholic.edu.au



Education in Faith News

Our candidates for the Sacrament of Penance and their families came together last week in the Amphitheatre to formally begin their preparation for this next step in their faith journey. **This weekend** these children **must** attend either the Saturday evening or one of the two Sunday morning masses to present themselves to the parish. We look forward to seeing you there!

Our Lenten preparation has begun. In all of our classrooms (and in the office foyer) we have Project Compassion donation boxes. Project Compassion is an initiative of the Catholic organization "Caritas Australia" and the 2020 theme is "Let's go further together!" Any money we, as a community, are able to donate to Project Compassion will go towards helping people in need to shape a better future for themselves, their families and their communities. Thank you for your generosity.

General Reminders

If your child is absent from school you must either call the school office or send a note the next day. This is very important. Thank you.

There will be **no school** on Friday March 6. On this day our teachers have the opportunity for professional learning. Our Outside of school Hours care program will be running. Please make a booking with Camp Australia if you need supervision for your child on this day.

Sincerely,
Bernadette

Asthma, Anaphylaxis, Allergy and Epilepsy Plans

Dear Parents,

The safety and wellbeing of our students is very important to us.

If your child has a plan, please make sure that we have a copy at school but if the plan is old and out-of-date, it will need to be replaced by your doctor. A copy can be collected from the office.

If you are unsure whether or not your plan is old, please come to the office and we can let you know.

Thank you.



IMPORTANT

School Grounds Hours

Gates Open: 8.30am

Gates Close: 3.40pm

Please note, children playing outside the school grounds, before and after school, are not supervised until 8.30am before school and up to 3.40pm after school. Many children are going to the Jack Culpin Car Park\Reserve and Gibbs Reserve, before and after school, to wait for their parents' drop-off and pick-up. We are not able to supervise your children in these areas.

Please ensure that your children are collected from the School Grounds in **Area 1**. If your child is not collected by 3.40pm they are to be collected from the [Reception Foyer](#).

Sacramental Dates 2020

Reconciliation (usually celebrated in Year 3)

- Commitment Masses: 29 February, 1 March
- Sacrament: 18 March

Eucharist (usually celebrated in Year 3)

- Commitment Masses: 1-2 August
- Family Evening: 19 August
- Sacrament: 13 September

Confirmation (usually celebrated in Year 5 or 6)

- Commitment Masses: 2-3 May
- Family Evening: 27 May
- Sacrament: 21 June

Our Lady of Fatima statue will soon be returned to Church



Upcoming Events

| Date | Date | Time | Grade | Event |
|-----------------|----------------------------------|---------------------------------|-------------------------------|--|
| February | | | | |
| | All Wednesdays in February | Whole Day | Prep | No School for Prep Children Prep staff completing home visits for Prep families |
| 28 | Friday | 2:40pm | All students | 5/6NA Assembly. All welcome! |
| 29 | Saturday | 6:00pm | Reconciliation students | Commitment mass. Families only need to attend one mass over the weekend. |
| March | | | | |
| 1 | Sunday | 9:00 or 11:00 | Reconciliation students | Commitment mass. Families only need to attend one mass over the weekend. |
| 5 | Thursday | 5:00 - 7:00pm | All students | Twilight sports |
| 6 | Friday | Whole Day | All students | Teacher Professional Practice Day NO SCHOOL ON THIS DAY |
| 17,18,19 | Tuesday Wednesday Thursday | 9.30-3.30 in the school canteen | Parents and community members | Ready Set Work Barista and Food Safety Course. There are no prerequisites for this course. |
| 21 | Saturday | 2:00 - 5:00 pm | All | Parish High Tea at Holy Family Centre |
| April | | | | |
| | | | | |
| | | | | |

| May | | | | |
|---|----------|----------------|-----|---|
| 9 | Saturday | 2:00 - 5:00 pm | All | Market at Holy Family Centre |
| Market Stalls Available no charge for stall, but a 20% of the day's takings to be donated to the Church | | | | |
| June | | | | |
| 20 | Saturday | TBC | All | Multicultural Dinner Dance Holy Child Hall |
| July | | | | |
| | | | | |
| August | | | | |
| | | | | |
| September | | | | |
| | | | | |
| October | | | | |
| | | | | |
| November | | | | |
| 1 | Sunday | TBC | All | Multicultural Dinner Dance Holy Child Hall |
| December | | | | |
| | | | | |

Holy Child Primary School

TWILIGHT SPORTS

THURSDAY, 5 MARCH FROM 5PM - 7:30PM

All families welcome to
this special school event

Parents / Guardians must
attend with their child

NO STUDENT DROP OFF

VENUE: GIBBS RESERVE



Job Vacancy

School Crossing Supervisors | Hume Council

Location: Melbourne

Work Type: Casual

Salary: 25 to 30

- Work Close to Home
- Be an Important Part of the Community
- Great Pay Rate of \$25+ per hour

Give back to the community by ensuring the safety of children and pedestrians crossing the road.

We are currently recruiting School Crossing Supervisors for on-call positions in the following suburbs:

- Craigieburn, Roxburgh Park, Greenvale, Gladstone Park, Broadmeadows, Meadow Heights

To be successful, you need to have:

- Good communication skills
- Experience working with children and the general public
- A current Employee Working With Children Check and Police Check, or be willing to obtain them
- A current drivers licence and a reliable vehicle
- Availability to work Monday to Friday between 8:00am - 9:00am and 3:00pm - 4:00pm

No previous experience required. You will receive full training, equipment and uniform.

If this is the ideal opportunity for you, please click the APPLY NOW button.

<https://www.hoban.com.au/community-and-sports-jobs/school-crossing-supervisors-hume-council/2929758>

For any questions, call HOBAN Recruitment on 9325 3200.

Reference Number: AU1874NM001505

Contact Details: Natasha Mostanovski

Profession: Community & Sports > Community Services

Company: HOBAN Recruitment

Date Posted: 12/02/2020 9:01:00 AM



Job Readiness Program

برنامج الاستعداد للعمل الى جميع الآباء

هل أنت من الواصلين الجدد الى استراليا و تجد صعوبة في الحصول على العمل؟ أو هل لديك شهادة دراسية حصلت عليها خارج استراليا وتحتاج إلى الاعتراف بها في أستراليا؟ أو هل ترغب في الحصول على عمل جديد لكن لست متأكدًا كيف؟

يرجى الانضمام إلينا في المركز الاجتماعي للمدرسة (Hub) يوم الاثنين ٢٣ من آذار، ٢٠٢٠ من الساعة ٩:٣٠ صباحا حتى الساعة ١١:٠٠ صباحا والتحدث معنا عن ذلك. حيث نزودك بالتوجيهات، الأدوات والخطط للبدء برحلة العمل. سوف يتم تنظيم دورات و ورش عمل في الفصل الدراسي القادم وذلك طبقا للمواضيع والاحتياجات التي سوف تطرح خلال هذه الدورة. يرجى الإنضمام إلينا ودعوة أصدقائك للانضمام أيضا.

إذا ترغب بالمشاركة يرجى الحجز والتسجيل يوم الاثنين ١٦ آذار ، ٢٠٢٠ في استعلامات المدرسة.

هذه الدورة مجانية.
يتحدث مقدم هذه الدورة اللغتين العربية والإنكليزية.
نوفر القهوة والمأكولات الخفيفة في هذه الدورة.

للمزيد من الاستفسار يرجى الاتصال ب مايكل منصور على رقم الهاتف 0406323001

Health Care Card

A reminder for all parents, not Preps, who have a Health Care Card to bring it to the office so we can update our records.



The image shows a sample Health Care Card. It has a green header with the Australian Government logo and the text "Australian Government Department of Human Services" and "Health Care Card". Below the header is a yellow section with a box for the "Signature of cardholder". A large "SAMPLE" watermark is overlaid on the card. At the bottom, it says "This card is NOT transferable" and "humanservices.gov.au/healthcarecard".

Australian Government
Department of Human Services

**Health
Care Card**

Signature of cardholder

This card is NOT transferable humanservices.gov.au/healthcarecard

Issued by the Australian Government Department of Human Services
on behalf of the Department of Social Services

Coming Soon!

Parent Helper in the Classroom Sessions



Uniform

A reminder that ALL children must now be wearing their school hats.

School hats are compulsory and may be purchased for \$15.00

No other hats are allowed.

Thank you for your cooperation.

Uniforms are purchased from the School Uniform Shop only

OPENING HOURS: Tuesday and Thursday between 8:30am to 9:00am

| SUMMER UNIFORM | |
|---|---|
| GIRLS School dress School windcheater or jacket White socks / Black shoes School hat | BOYS School grey shorts School gold s/s polo School windcheater or jacket Grey socks / Black shoes School hat |
| WINTER UNIFORM | |
| GIRLS School pleated trousers School winter tunic School gold polo top (long sleeve) School windcheater or jacket White socks / black shoes School hat | BOYS School grey long trousers or grey shorts School windcheater or jacket School gold polo top (long sleeve) Grey socks / Black shoes School hat |
| SPORTS UNIFORM | |
| GIRLS and BOYS | |
| SUMMER School windcheater or Jacket School Navy Shorts School Team colour T-ShirT White Socks / Runners | WINTER School Navy Shorts or School Tracksuit Pants School Long sleeve Team Colour T-Shirt White Socks / Runners |
| OPTIONAL EXTRAS | |
| School Bag, School Fleece Raincoat/Jacket, School Beanie | |

Ensure that all items of clothing are **CLEARLY LABELLED** as much of lost property ends up in the "LOST PROPERTY BASKET" and is never claimed. If all clothing is labelled, it will eventually find its way back to its owner.

Uniform Policy

Students must wear the School Uniform to school at all times. (Casual Days accepted).

All uniforms, including polo tops and hats, must be purchased from the School Uniform Shop.

If students wear hats which are not the school hat, they will be asked to remove that hat and sit in the shade.

Students are NOT allowed to wear different coloured tights, leggings, socks, skivvies, jumpers, jackets, etc.

Black school shoes are to be worn every day except on your child's class P.E. (Sports Day).

Sandals or thongs are NEVER to be worn to school, even on Casual days.

Socks are to be worn at all times.

Only gold or blue hair ribbons and hair ties are to be worn.

Any hair, longer than shoulder length, must be tied back. (Girls and Boys)

Stud or sleeper earrings only.

No extra jewellery at all – no bracelets, rings, necklaces, etc.

No nail polish or make-up.

We will ring parents of students not in the correct uniform and ask them to bring the school uniform to school.



Volunteers Needed



**with various Parents and Friends'
activities throughout the year**

Supporting Fathers

Hello everyone,

My name is Michael Mansour. I am the Community Engagement Officer at the school. My role is to provide support to fathers in different ways. I am fluent in English & Arabic. You'll find me at the School Community Hub every Monday from 9:00 am to 12:00 pm and you can contact me anytime on 0406 323 001 to book an appointment.

Some of the general casework I do includes the following:

- Organizing courses & classes according to the needs of the parents
- Helping you find a job or volunteering opportunities (resume writing, job application, etc.)
- General casework
- Helping you book appointments
- Filling out forms
- Supporting you understand any official documents or letters you receive
- Organizing excursions
- Developing new programs according to your needs and ideas



If you have any needs or ideas for new programs or excursions, please visit our community hub on Mondays from 9:00 am to 12:00 pm or contact me on 0406 323 001.

Have a blessed day

Yours sincerely,

Michael Mansour

Email: michael.hub@hcdallas.catholic.edu.au

HUB

Term 1

| DAY | TIME | PROGRAM | LOCATION |
|----------|--------------------|--|---------------|
| Monday | 9.00 AM – 12.00 PM | Community Garden | School Garden |
| Tuesday | 9.15 AM - 12.15 PM | English Conversational Class | Hub 1 |
| | 12.30 PM - 2.30 PM | Free Childminding | Hub 2 |
| | 1.00 PM - 3.00 PM | Sewing Class | Hub 1 |
| | 1.00 PM - 3.00PM | Family Support / Drop in Services | Hub 2 |
| Thursday | 9.00 AM - 12.00 PM | English Class for all Interested Parents | Hub 2 |
| | 9.30 AM - 11.30 AM | Small Talk Playgroup | Hub 1 |
| | 1.00 PM - 3.00PM | Family Support / Drop in Services | Hub 2 |
| Friday | 9.00 AM - 11.00 PM | English Class For Beginners | Hub 2 |
| | | Free Childminding | Hub 1 |

HUB Patrons

PLEASE DO NOT USE THE CHILDREN'S TOILETS

You may use the disabled toilet in the main building, which has a change mat for babies



Easy Plan Ahead Lunch Box Ideas

Healthy Lunchbox Ideas

Nutrition Australia says that “Packing a healthy school lunchbox will help children to learn and play well and be happy at school.” For more information please see

<https://heas.health.vic.gov.au/schools/healthy-lunchboxes>



<https://www.woolworths.com.au/shop/recipes/back-to-school/easy-plan-ahead-lunch-box-ideas>



Chicken Nugget Wraps



Avocado & Salmon Rolls

Mercy College Open Days



2020
Science Laboratory Refurbishment

TERM ONE DISCOVER MERCY

Open Days

Meet our Principal, explore the facilities and chat with our students and staff at our first open days for 2020.

Saturday 29 February - 10.00am

Monday 2 March - 9.30am and 6.00pm

Presentation and tour will take approximately 90 minutes

Book your sessions online or call 9319 9299

mercycoburg.catholic.edu.au

Applications for year 7 2022 now open

Penola Catholic College Enrolments



Penola Catholic College

Enrolments for Year 7 in 2022
are now open

Applications close Friday 21st August 2020

Apply now

Limited enrolment places are still available
for some year levels in 2021.



www.penola.vic.edu.au

Hume Council Workshop



HUME CITY COUNCIL **WELLNESS WITH WAYAPA®** A Special community workshop

Learn about the practice of Wayapa®, which combines mindfulness, traditional Aboriginal movements and a narrative meditation to teach participants the importance of connecting into the earth and nature for holistic wellness.

The class will be run by Rowena Price a Yorta Yorta/ Palawa woman who is an accredited Wayapa® practitioner.

| | |
|------------------|---|
| WHEN: | Monday 16 March 2020 |
| TIME: | 11.30am - 1pm (Lunch provided afterwards) |
| LOCATION: | Newbury Child and Community Centre Community Room 1 440 Grand Boulevard Craigieburn |
| BOOKINGS: | Bookings can be made by phone at 9356 6729 or via email Newbury@hume.vic.gov.au RSVP Essential by 13 March 2020 |



www.hume.vic.gov.au



Ready Set Work Barista and Food Safety

Holy Child School, Dallas

Get ready for hospitality work!

Ready Set Work Barista and Food Safety is a practical, introductory course designed to prepare people for work or further training in the vibrant café scene.

This is a non-accredited course.

In this 3 day course you will:

- Operate a commercial espresso machine
- Learn about the origins of coffee
- Make a range of coffees
- Learn about basic food safety
- Improve your job ready skills
- Increase your confidence

Upon successful completion of the course you will gain skills and knowledge in:

- Operating a commercial espresso machine safely
- Serving customers a range of coffees
- Barista techniques
- Basic food safety
- Finding work in the vibrant café scene
- Receive a Statement of Participation

Course details

Location: Holy Child School, 227 Blair Street, Dallas

Course dates: March 17, 18, 19

Time: 9:30AM - 3:30PM

Eligibility: Permanent Resident and/or Australian Citizen/New Zealand Citizen and not enrolled in mainstream secondary school.

Please note: If under 17 years of age and disengaged from school, participants will need to obtain an official *Transition from School Form* for us to sight.

There are no pre-requisites for this course.

People with a disability are encouraged to apply.

For further information please contact Jesuit Community College on (03) 9415 8700 or email: courses@jss.org.au

This training is funded by the Federal and Victorian State Governments for eligible participants.





Chuẩn bị Sẵn sàng Pha Cà phê và An toàn Thực phẩm

Trường Holy Child, Dallas

Chuẩn bị sẵn sàng cho công việc phục vụ nhà hàng khách sạn!

Ready Set Work Barista and Food Safety (Chuẩn bị Sẵn sàng Pha cà phê và An toàn Thực phẩm) là một khoá học cơ bản, thực tiễn nhằm giúp chuẩn bị cho mọi người để làm việc hoặc đào tạo thêm trong quang cảnh sôi nổi của tiệm cà phê.

Đây là một khoá học không được công nhận.

Trong khoá học 3 ngày này quý vị sẽ:

- Vận hành máy pha cà phê espresso thương mại
- Học về nguồn gốc cà phê
- Pha nhiều loại cà phê khác nhau
- Học về an toàn thực phẩm cơ bản
- Cải thiện kỹ năng để sẵn sàng làm việc
- Gia tăng sự tự tin

Sau khi hoàn tất khoá học, quý vị sẽ thu được kỹ năng và kiến thức về:

- Vận hành an toàn máy pha cà phê espresso thương mại
- Phục vụ khách hàng nhiều loại cà phê khác nhau
- Kỹ thuật pha cà phê
- An toàn thực phẩm cơ bản
- Tìm việc trong quang cảnh sôi nổi của tiệm cà phê
- Nhận được tờ Tuyên bố Tham gia (Statement of Participation)

Chi tiết khoá học

Địa điểm: Trường Holy Child, 227 Blair Street, Dallas

Ngày học: 17, 18, 19 tháng ba

Giờ học: 9:30 sáng - 3:30 chiều

Điều kiện: Thường trú nhân và/hoặc công dân Úc/Công dân New Zealand và không đăng danh ở trường trung học chính thống

Xin lưu ý: Nếu dưới 17 tuổi và bỏ học, người tham gia sẽ cần phải xin *Mẫu Chuyển trường* (Transition from School Form) chính thức để chúng tôi coi. Không có điều kiện tiên quyết nào cho khoá học này. Người khuyết tật được khuyến khích nộp đơn.

Để có thêm thông tin, xin vui lòng liên lạc Trường Cộng đồng Jesuit theo số (03) 9415 8700 hoặc email:

courses@jss.org.au

Khoá đào tạo này được Chính phủ Liên bang và Tiểu bang Victoria tài trợ cho những người hội đủ điều kiện.



Jesuit Community College
www.jesuitcommunitycollege.org.au
190 0106



Marriage Encounter Weekend

Invest in your most precious asset.....Your Marriage!

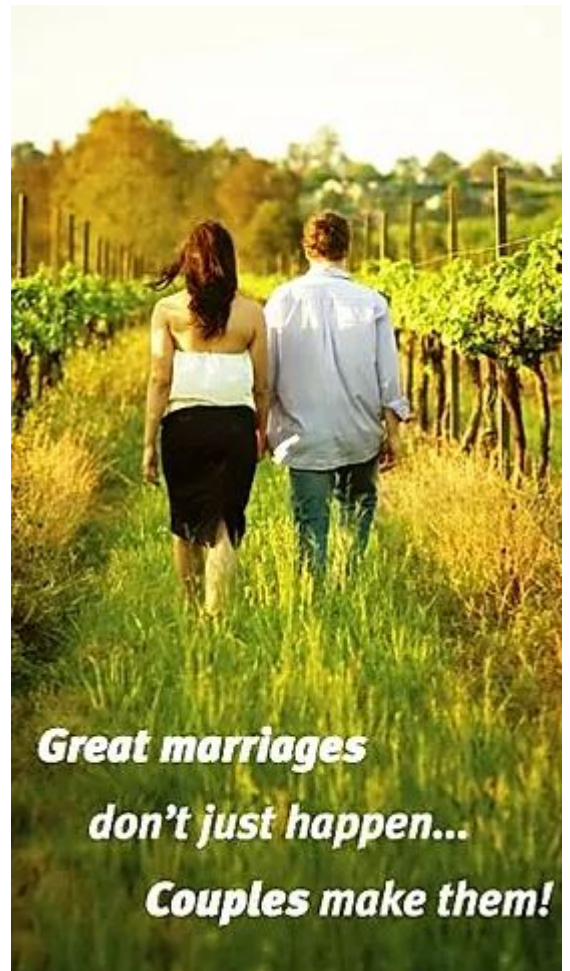
Married couples, come and learn how to keep/rekindle the passion in your relationship and how to keep your love growing!

The weekend is based around Catholic values but couples of all faiths are welcome.

***Next weekend is on 17–19 April 2020
in Melbourne***

***Other weekends on 17-19 July and
13-15 November 2020***

*Starts 7pm on Friday. Ends 5pm Sunday.
Accommodation and all meals provided.*



***Great marriages
don't just happen...
Couples make them!***

Information/Bookings: Phone Mercy & James 0409 183 676 or

Email: vicbookings@wwme.org.au Website: wwme.org.au



PARENTING IN AUSTRALIA



FREE

Parents Building Solutions

ALL SESSIONS FACILITATED IN ARABIC BY OUR EXPERIENCED FACILITATORS

ARE YOU TIRED OF YELLING?

- How to get kids to listen, without having to yell

DEALING WITH ANGER

- Helping parents, and kids, deal with frustration and anger

RESPONDING TO BEHAVIOUR

- Better understand why children behave the way they do

IDEAS

- Discuss and share ideas that work

DATES: Thursday Mornings

13th February to 19th March

TIME: 10.00am to 12.00pm

WHERE: Dallas Brooks Community Primary School
Hub, 26-36 King Street Dallas

For bookings & inquiries contact: Hanan on 93015250 or email womenshouse@anglicarevic.org.au

Two qualified childcare workers will be available to support program participants with supervision of younger children. Places are strictly limited so please contact Hanan to discuss your needs as soon as possible



انجليكير فيكتوريا



تعالي وشاركنا في هذه الدورة

الفصل الاول، ٢٠٢٠

تبدأ هذه الدورة كل يوم خميس ابتداءً من

١٣ فبراير حتي ١٩ مارس

من الساعة العاشرة صباحاً حتي الثانية عشرة ظهراً

العنوان: Dallas Brooks Community

Primary School Hub, 26-36 King

Street Dallas

سيقدم البرنامج باللغة العربية

للحجز والإستعلام يرجى الإتصال بالرقم التالي:

/١ حنان: 93015250

أو تواصل معنا علي هذا البريد الإلكتروني:

womenshouse@anglicarevic.org.au

إيجاد حلول للأهالي

هل انت متعب من التعامل مع اولادك

هل ترغب بإيجاد حلول في كيفية التعامل مع اولادك؟

التعامل مع الغضب:

لدينا طرق وحلول للأهالي للتغلب علي الإحباط والغضب في

التعامل مع أولادهم

الإستجابة للسلوك

استيعاب الأسباب المؤدية لسلوك الاطفال

إستراتيجيات

نتناقش ونتشارك لإيجاد حلول إيجابية

PLAYGROUP



Playgroup gives the chance for parents to play and get involve with their children. It gives an opportunity to share experiences, ideas and to support one another. It helps children to start off their early learning years.



Tuesday Playgroup
9.30am – 11.30am

Thursday Small Talk Playgroup
9.30am – 11.30am



Feel free to contact the Hub Coordinator Van at Holy Child Primary on
(03) 9309 - 1620 Tuesday and Thursday for more information.



ENGLISH



English Classes are held for newly arrivals or English being second language community. It helps them when they are out in the public to communicate, recognise signs and posters which are essential.



Tuesday Class
9.15am – 12.15am

FREE CHILDMINDING AVAILABLE



Thursday Class
9.00am – 12.00am



Friday Class
9.00am – 11.00am

FREE CHILDMINDING AVAILABLE



*Feel free to contact the Hub Coordinator Van at Holy Child Primary on
[\(03\) 9309 1620](tel:0393091620) Tuesday and Thursday for more information.*



SEWING FOR ADULTS



FREE

**JOIN US AT
HOLY CHILD PRIMARY SCHOOL
COMMUNITY HUB**

**Every Tuesday
12.30pm to 2.30pm**

**"ADVENTURE BEGINS WHEN YOU
ENTER YOUR SEWING ROOM"**



More Information contact the Community Hub Coordinator
Van Bui on (03) 9309 1620 on Tuesday and Thursday

SunSmart

Being SunSmart in Victoria



When UV is 3+



Slip on covering clothing



Slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen



Slap on a broad-brimmed hat



Seek shade



Slide on sunglasses (AS:1067)

Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.

When UV is below 3

Sun protection isn't required unless you are outdoors for extended periods or near reflective surfaces, such as snow.



Download the SunSmart app to find sun protection times for your location in Australia.

sunsmart.com.au/app





We aim to be SunSmart - a note for families

Too much UV can cause sunburn, skin and eye damage and skin cancer. Overexposure to UV during childhood and adolescence is a major factor for future skin cancer risk.

You can't see or feel the sun's UV so don't be fooled. Whatever the weather, if the UV levels are three or more, it's important to **Slip, Stop, Slap, Seek and Slide!**

Our OSHC service aims to protect children and staff from too much UV to help minimise future skin cancer risk. We follow Cancer Council Victoria's SunSmart guidelines and recommendations. Please help support us by ensuring your child follows the SunSmart measures included in our policy.

During the daily local sun protection times (issued whenever UV levels are three and above), use these 5 SunSmart steps – even if it's cool and cloudy.

1. **Slip on a shirt** - ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.
2. **Slap on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen** – apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to be reapplied throughout the day. Sunscreen should be reapplied every two hours. Please ensure they get plenty of sunscreen application practice at home so they'll be all set when they are at OSHC.



3. **Slap on a hat** – one that protects the face, neck and ears such as a broad brimmed, legionnaire or bucket style hat. Peak caps do not offer enough protection and are not recommended by SunSmart. Please help your child remember to bring and wear their approved hat.
4. **Seek shade** – choose shady spots for play whenever possible.
5. **Slide on some sunglasses** - if practical and approved by the school. Make sure they are labelled AS 1067 and cover as much of the eye area as possible.

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.



Further information contact SunSmart
P: 03 9514 6419
E: sunsmart@cancervic.org.au
W: sunsmart.com.au



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**GET
COURT
UP**

Holy Child Primary School is committed to the safety, wellbeing and protection of the children in our care



OUR SCHOOL MOTTO

Wisdom, Knowledge and Grace



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