

# Holy Child Primary School



# NEWSLETTER

Issue 17

22 October 2020



**OUR SCHOOL MOTTO**  
Wisdom, Knowledge and Grace



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

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## 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!

### *Australia's first Saint*

"Let us try to keep God with us by charity of thought, word and act."

15 September 1890



## Deputy Principal Message

### Mrs Bernadette Venables

bvenables@hcdallas.catholic.edu.au



Dear Parents and Guardians,

It is wonderful to have the children learning back at school. Thank you for bringing them on time each day and to the correct gate. It helps us to welcome them to school in a safe way.

Please remember that if your child is feeling unwell, they must stay home. Call the school to let us know - this is very important. Teachers must know where the children are from Monday to Friday and must mark on the roll why children are away.

Please remember to pack enough food for your child each day – a **healthy lunchbox** helps to give them the energy they need to learn and play. We are unable to provide sandwiches for children due to our COVID-Safe plan. Every child also needs to bring a **water bottle** as we cannot use the outside drink taps at this time. We can provide a plastic cup for children if they forget their bottle.

From next week, children must wear a hat when playing outside. If you need a new hat for your child, one can be ordered through the uniform shop. Your child may wear another hat from home until a school hat has arrived.

Finally, we have some student free days coming up where there will be NO SCHOOL at Holy Child:

Friday 30 October - All staff will be attending professional learning in Religious Education

Monday 2 November - All staff have a professional practice day

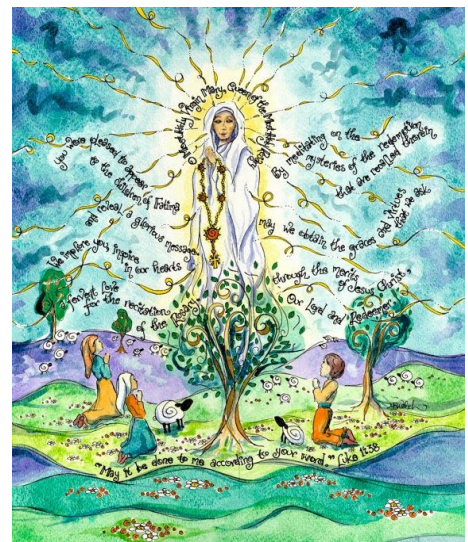
Thank you for all you do to support our school and your children!

### Education in Faith News

This month is the Month of the Rosary. Pope Francis has asked all Catholics to “rediscover the beauty of praying the Rosary, which has nourished the faith of Christian people throughout the centuries.”

Some ideas for praying the rosary with children that you might like to try at home:

- Before you pray a decade - talk about the mysteries in your own life:
  - What are the joyful things that have happened in your family?
  - What are the sorrowful moments?
  - When were the glorious moments?
  - When are the moments of light, when you realise who Jesus really is?
- Pray the rosary with pictures to help the children think about each mystery
- Read a short passage from the bible before a decade of the rosary so that children hear the story of each mystery.





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# IMPORTANT

## SCHOOL GROUND HOURS

Gates Open 8.30am

Gates Close 3.40pm

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 .

**BEFORE AND AFTER SCHOOL CARE** is available, contact **Camp Australia** directly on 1300 105 343 or [oshc@campaustralia.com.au](mailto:oshc@campaustralia.com.au).

### Easy Plan Ahead Lunch Box 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>

**Please do not send food that needs re-heating.  
Due to health and safety, we are unable to heat children's  
food at school.**



**NO**  **Hat**  
**NO**  **PLAY**

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# Dental Week

9-13 November 2020

**PHOTO DAY**

**WEDNESDAY, 2 DECEMBER**



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## Upcoming Events

| October  |           |  |
|----------|-----------|--|
| 23       | Friday    | <b>NO SCHOOL</b> - Grand Final Day                                     |
| 26-30    | Mon - Fri | National Children's Week   |
| 30       | Friday    | <b>NO SCHOOL</b> - Religious Education Professional Learning for staff |
| November |           |  |
| 2        | Monday    | <b>NO SCHOOL</b> - Professional Development Day                        |
| 3        | Tuesday   | <b>NO SCHOOL</b> - Melbourne Cup                                       |
| 9-13     | Mon - Fri | Dental Week  |
| December |           |  |
| 2        | Wednesday | School Photos  |
| 16       | Wednesday | Last day of school for 2020  |

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# Uniform

Dear Parents,

We would like to have a special school jacket for our Year 6 students in 2020, to remember their last year of school; with Holy Child logo on the front and their name on the back.

**JACKET COST \$70.00**

**DUE TO COVID-19 STUDENTS CANNOT TRY JACKETS FOR SIZING  
JACKETS CANNOT BE RETURNED, EXCHANGED OR MONEY REFUNDED**

SIGN BELOW IF YOU AGREE TO THESE CONDITIONS

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

If you are interested in ordering a jacket, please fill in the form below and return to the School by 27 October.

Orders will then be sent to the supplier, to enable students to have their jackets early 2021.

Thank you.

Mrs. Grace Marchione  
Uniform Shop Co-ordinator

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**YEAR 6 SPECIAL JACKET ORDER 2021**

Name \_\_\_\_\_ Grade 2020 \_\_\_\_\_

Please circle **ONE** size only

| Size (cm)   | 10 | 12 | 14 | 16   | S  | M  | L  |
|-------------|----|----|----|------|----|----|----|
| Chest 1/2   | 54 | 58 | 62 | 66   | 63 | 68 | 73 |
| Length C/B  | 56 | 61 | 66 | 66   | 66 | 69 | 71 |
| Full Sleeve | 63 | 66 | 70 | 72.5 | 77 | 80 | 81 |





# FOODBANK

Providing food parcels to  
families in need

WHERE?

BANKSIA GARDENS  
COMMUNITY SERVICES

CALL: 9309 8531 BY  
FRIDAY TO REGISTER FOR  
YOUR TUESDAY  
COLLECTION



WHERE?

KENLEY COURT  
NEIGHBOURHOOD  
HOUSE

CALL: 9309 8531 BY  
TUESDAY TO REGISTER  
FOR YOUR THURSDAY  
COLLECTION



**Kenley Court  
Neighbourhood  
House  
18 Kenley Ct,  
Meadow Heights**

**Banksia Gardens  
Community Services  
71-81 Pearcedale  
Parade,  
Broadmeadows**

**Banksia Gardens: 9309 8531**

## بنك الطعام توفير صناديق الطعام للأسر المحتاجة أين؟

Banksia Gardens Community Services

بانكسيا غاردنز كوميونيتي سيرفيسيز

71-81 بيرسيدال بارايد

برودميدوز

يرجى الاتصال ايام الجمعة ببانكسيا غاردنز كوميونيتي سيرفيسيز على  
الرقم: 8531 9309 للتسجيل - والاستلام سيكون ايام الثلاثاء

## أين؟

Kenley Court Neighbourhood House

كينيدي كورت نييور هود هاوس

18 كينلي كورت

ميدو هاييتس

يرجى الاتصال ايام الثلاثاء بكينيدي كورت نييور هود هاوس على  
الرقم: 8531 9309 للتسجيل - والاستلام سيكون ايام الخميس

## NGÂN HÀNG THỰC PHẨM.

Cung cấp các bưu kiện thực phẩm cho các gia đình có nhu cầu.

### Ở ĐÂU?

Banksia Gardens Dịch vụ Cộng đồng.  
71-81 Pearcedale Parade,  
Broadmeadows.

GỌI: 9309 8531 trước Thứ Sáu để đăng ký bộ sưu tập của bạn vào THỨ TƯ từ Dịch vụ Cộng đồng của Banksia Garden.

### Ở ĐÂU?

Kenley Court Neighborhood House  
18 Kenley Ct,  
Meadow Heights.

GỌI: 9309 8531 trước Thứ Ba để đăng ký nhận bộ sưu tập của bạn vào THỨ NĂM từ Kenley Court Neighborhood House.

## Importance of Narratives in Children and how to support them

Having good narration skills is an important type of discourse that has clear ties to socialisation, classroom discourse, and early literacy' (Gillam, 2018).

Engaging in narration skills at home with your child will help move them towards grade-level listening and reading understanding as well as speaking and writing story-telling skills. Narrative skills help children when talking with peers, being able to engage in classroom discussions and in their early reading skills.

### How can I help my child with narration skills?

As parents, your role is important in helping develop your child's narration skills.

- Begin reading a story with your child
  - Ask questions about each page
    - **Who** is the story about?
    - **Where** are they?
    - **What** are they doing?
    - **How** does the person feel?
  - Talk more about what is going on in the picture than the words on the page
  - Once you've read the page and asked questions, have your child re-tell you what's going on in the story
  - Do this with each page of the story
- After you've finished reading the story ask your child to re-tell the story to you while looking back at the pictures
  - See if they can use the correct character, setting, action and feelings of the characters

### Examples of how goals can be targeted during narration

Speech- if your child has a speech sound error, use narration skills to practice that sound. If you're reading a book with your child, emphasise that speech sound. "The Lion is the king of the jungle", "Lions hunt for prey." Then when your child is re-telling the story they you can help them emphasise the speech sound they have in error.

Vocabulary- When working on narration skills and you're are reading with your child, select 1-2 new words in the story and talk about they mean. Once you are done with re-telling the story you can look up the words/pictures for more understanding.

There are many opportunities to work on narrative skills with your child! Even telling them your own personal stories is incredibly important.

Here is a link to help work on narrative skills with your child:

<https://www.speechsproutstherapy.com/2018/04/how-to-improve-narrative-skills-in.html>

Reference:

Sandra L. G. (2018) Improving Narrative Production in Children With Language Disorders: An Early-Stage Efficacy Study of a Narrative Intervention Program. *American Speech-Language-Hearing Association*





# Children's Week

***"Children have the right to choose their own friends and safely connect with others."***

**Monday 26 - Friday 30 October 2020**

**Join us to dance, cook, paint and have lots of fun together, ending the week with a special picnic!**



**Activities will be held online via the 'Children in Hume' Facebook Page**

Monday 26 October

Watch and learn how to make 3 amazing art creations.

Tuesday 27 October

Join in to learn a new Bollywood dance.

Wednesday 28 October

Listen along to a bilingual story session about friendships and families.

Thursday 29 October

Watch healthy snacks being prepared for you to make and enjoy at your picnic.

Friday 30 October

Celebrate Children's Week by holding a picnic, show off your art creations, dancing skills, and healthy snacks with your friends and family.



Hume City Council acknowledges the Gunung-Willam-Balluk of the Wurundjeri as the Traditional Custodians of this land.

<https://www.facebook.com/ChildrenInHume>





# أسبوع الطفل

”للأطفال الحق في اختيار أصدقائهم والتواصل مع الآخرين بشكل آمن.“

الإثنين 26 إلى الجمعة 30 تشرين الأول/أكتوبر 2020

انضموا إلينا لنستمع معاً بالرقص والطهي والتلوين والحصول على الكثير من المرح،  
لنختتم بعد ذلك الأسبوع بنزهة مميزة!

سيتم إجراء الأنشطة عبر الإنترنت من خلال صفحة الفيسبوك 'Children in Hume' 

شاهدوا وتعلموا كيفية صنع ثلاث ابتكارات فنية مذهلة.  
انضموا إلينا لتعلم رقصة بوليوود جديدة.

استمعوا إلى قصة تُروى بلغتين حول الصداقات والعلاقات.

شاهدوا تحضير وجبات خفيفة صحية لتقوموا أنتم بتحضيرها والاستمتاع بها لاحقاً  
خلال النزهة.

احتفلوا مع أصدقائكم وعائلاتكم بأسبوع الطفل عبر القيام بنزهة واستعراض إبداعاتكم  
الفنية ومهاراتكم في الرقص ووجباتكم الخفيفة الصحية.

الإثنين 26 تشرين الأول/أكتوبر

الثلاثاء 27 تشرين الأول/أكتوبر

الأربعاء 28 تشرين الأول/أكتوبر

الخميس 29 تشرين الأول/أكتوبر

الجمعة 30 تشرين الأول/أكتوبر



Funded by Australian Government

**Uniting**



يعترف مجلس مدينة هوم بأن شعوب Gunung-Willam-Balluk من قبيلة Wurundjeri هم الأوصياء التقليديون على هذه الأرض.

<https://www.facebook.com/ChildrenInHume>

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# Women's Support Group



The Women's Support Group is a safe and informal environment where women frequently meet and engage with one another. It assists the women to form relationships and build support networks. This is an opportunity to ask

questions, share your stories, explore any topics of interest or concerns, listen and be there for one another in a comfortable place. We hope this group will advance your skills, confidence and self-esteem and any other aspect you wish to address.



The group will commence in Term 4 on

**Thursday 22 October 2020**  
**1.00PM - 2.00PM**

**MEETING VIA ZOOM**

Lina Shaaban and Sali Melhem the two Social Workers on placement until the end of the year will be present at each meeting.

Looking forward to meeting you all 😊

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



## مجموعة الدعم للسيدات

هذه المجموعة تقدم الدعم للسيدات في بيئة آمنة غير رسمية حيث تلتقي السيدات بشكل متكرر وتقوم بالتحدث والتفاعل مع بعضهن البعض.



هذه المجموعة تساعد السيدات على تكوين العلاقات وبناء شبكات الدعم بين المشاركات.

كما أنها فرصة لطرح الاسئلة ومشاركة الاحاديث والأخبار والإستفسار عن اي مواضيع تهتم او تشغل أي سيدة. كما أن المجموعة تتيح الفرصة للإستماع لبعضنا البعض في جو آمن ومريح. نأمل أن تعمل هذه المجموعة على تطوير مهاراتك وتفتك بنفسك وأي جانب آخر ترغبين في تطويره.



ستبدأ المشاركة في الفصل الدراسي الرابع

**يوم الخميس الموافق 22/10/2020**

**من الساعة الواحدة وحتى الساعة الثانية ظهرا**

**وذلك عبر تطبيق زووم**

لينا شعبان وسالي ملحم، اخصائيات الشؤون الاجتماعية (تحت التدريب)، سيشاركان في جميع اللقاءات وحتى نهاية العام الدراسي.

على أمل اللقاء بكم قريباً 😊

لمزيد من المعلومات، يرجى التواصل مع السيدة فان، مسؤولة المركز الاجتماعي في المدرسة على الرقم **1620 - 9309 (03)** أيام الثلاثاء والخميس





# Nhóm Hỗ Trợ Phụ Nữ



Nhóm Hỗ trợ Phụ nữ là một nơi phụ nữ thường xuyên gặp gỡ và gắn kết với nhau. Nhóm hỗ trợ phụ nữ hình thành mối quan hệ và xây dựng mạng lưới hỗ trợ. Đây là cơ hội để đặt câu hỏi, chia sẻ câu chuyện của bạn, khám phá bất kỳ chủ đề nào bạn quan tâm hoặc quan tâm, lắng nghe và ở bên nhau ở một nơi thoải mái. Chúng tôi hy vọng nhóm này sẽ nâng cao kỹ năng, sự tự tin và lòng tự trọng của bạn và bất kỳ khía cạnh nào khác mà bạn muốn giải quyết.



Nhóm sẽ bắt đầu vào Học kỳ 4 vào:

**Thursday 22 October 2020 1.00PM -  
2.00PM**

***HỌP MẶT QUA ZOOM***

Lina Shaaban và Sali Melhem, hai Nhân viên Xã hội được sắp xếp cho đến cuối năm sẽ có mặt tại mỗi cuộc họp.

Mong được gặp tất cả các bạn

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





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## Mental Health Week 2020 - Focus on family mental health

Happy Mental Health Week! Mental Health week is celebrated each year in October, starting with World Mental Health Day on October 10, and runs until the 17<sup>th</sup>. The purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and increase understanding and reduce stigma about mental illness and how it impacts on the lives of people in our community.

Since its Mental Health Week our school would like you to take the time to consider how you are keeping mentally healthy and how you talk to your children about mental health and emotions. During most of this year, families have been managing the ups and downs of remote schooling and stay at home instructions which may have put your mental health and that of your children's under strain.

Mental health has long experienced stigma with many people unsure of how to speak of mental health to others and especially children. Being open about mental health concerns, especially during these trying times, sends the message to children that it's okay not to be okay and that you can feel down and it's fine to ask for help and support.

You might see this as an opportunity to teach your children some skills which will benefit them during times of uncertainty. You may be hearing more and more about mental health in the media so this may be timely for you and your family.

Tips for keeping yourself mentally healthy available at <https://5waystowellbeing.org.au/>.

### Useful links and supports

<https://raisingchildren.net.au/for-professionals/mental-health-resources/parent-mental-health-and-wellbeing>

<https://healthyfamilies.beyondblue.org.au/>

ChildFIRST 1300 786 433

### Supports for your own Mental Health

Kids Helpline 1800 55 1800 <https://kidshelpline.com.au/>

Eheadspace <https://headspace.org.au/eheadspace/>

Smiling Mind <https://www.smilingmind.com.au/>

### Supporting someone in your family who has a mental health challenge

Satellite Foundation <https://www.satellitefoundation.org.au/>

Kookaburra Kids <https://kookaburrakids.org.au/>

COPMI <http://www.copmi.net.au/>

Young Carers Network <https://youngcarersnetwork.com.au/>

Little Dreamers: <https://www.littledreamers.org.au/>

### Other resources

<https://gozen.com/>

<https://beyou.edu.au/>

Vicki Sarikoudis North West Area Mental Health FaPMI Coordinator ph: 9355 9700



Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children. It will run from Saturday 24 October to Sunday 1 November 2020, with thousands of Victorian children taking part in the festivities.

The theme for Children's Week 2020 celebrates the right of all children to choose their own friends and safely connect with others. This is based on Article 15 of the United Nations Convention on the Rights of the Child.

During Children's Week, local councils, not-for-profit organisations, schools and early childhood services organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements.

In light of coronavirus (COVID-19), Children's Week 2020 has been expanded to include online and virtual events for children. Given that the situation continues to evolve, all in-person events will be subject to the health advice and guidelines in place at the time.

All Children's Week events are free to families with children aged from birth to 12 years. This is a great opportunity for Victorian families to enjoy fun, engaging and educational experiences.

## More information

Find out more information on the [Children's Week website](#).

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



You know what to do. Do it.



**Slip**



**Slop**



**Slap**



**Seek**



**Slide**

For further information visit [SunSmart.com.au](http://SunSmart.com.au) or call 13 11 20



Cancer  
Council  
Victoria



VicHealth



**HOLY CHILD**  
Primary School **Dallas**

227 Blair Street, Dallas 3047 Victoria

**Tel:** 9309 1620

**Fax:** 9309 7813

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