

HOLY CHILD PRIMARY SCHOOL NEWSLETTER

WE ARE COMMITTED TO THE SAFETY,
WELLBEING AND PROTECTION OF THE CHILDREN IN OUR CARE



KEY DATES

Thursday 24 March

NAPLAN Year 3 & 5 National Coordinated Practice Test 11.20-12.30pm

Thursday 7 April

- Learning Conferences (3.40-6.00pm)
- Last day of Term 1

Friday 8 April

Student Free Day
Learning Conferences (8.45- 1.00pm)

Sunday 22 May

Sacrament of Confirmation (2:30pm at the Cathedral)

Wednesday 27 July

Sacrament of Reconciliation
Workshop for parents and children at 6:30 pm

Saturday 6 August (evening)

Sunday 7 August (morning)

Sacrament of Reconciliation
Reconciliation Commitment Masses

Wednesday 17 August

Sacrament of Reconciliation
Sacrament of Reconciliation at 6:30 pm

A NOTE FROM THE DEPUTY PRINCIPAL

Dear Parents / Guardians / Carers,

On Wednesday March 2nd each class at Holy Child celebrated Ash Wednesday Classroom Liturgies. Ash Wednesday marks the beginning of Lent for Christians. This marks the period of 40 days during which Christians remember the events leading up to and including the death of Jesus Christ. The 40 day period is called Lent after the old English word meaning 'lengthen'.



The book of Joel 2:12 says, "Yet even now says the Lord, return to me with all your heart....."

This is an important phrase "return with all your heart". What does it mean to *return*....?

Re-turning indicates that we have been there before. From a personal perspective it means that I am making a shift, turning around and heading there again! I cannot **re-turn** to a place that I have not already been.

This is a very comforting thought because it brings an awareness that at the very depths of our human *being* we belong totally to God. As humans we can be aware of some places in our heart that have strayed and lost their way, but we know they can return to God.

Lent is a time to go looking for these places. Lent is also a time to remember that God's invitation stands forever. Always God waits for us to return with all our heart.

Thank you, loving God, for the challenging invitation to re-turn to you.....AMEN

Please continue to pray for the following students from Holy Child, Christian Pires, Cornelius Lay, Selina Nguyen, Jessica Tran, Ivy Yako, Phi Le, Patrick Mansour (Year 7) and Ximena Orozco, Tony Nguyen, Teresa Nguyen and Mary Bui. Also to our Parish Catechist Children, Isabella Falvo, Isabel Vo and Jasmine and Angel Eastley. These students are undertaking their First Holy Communion in the Holy Child Church on Sunday March 20th at 11:00 am.

God Bless this wonderful community,

Guy Toomey

SCHOOL GROUND HOURS

GATES OPEN 8:30 AM

GATED CLOSE 3:40 PM

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.

SUNSMART

Australia has one of the highest rates of skin cancer in the world.

In Victoria, from September through to the end of April, average UV levels are 3 and above, which is when UV radiation can damage skin and eyes and lead to skin cancer. When the UV Index is 3 and above:

1. **Slip** on sun-protective clothing
2. **Slop on** SPF30+, broad spectrum, water resistant sunscreen - put it on 20 minutes before you go outdoors and every two hours afterwards
3. **Slap** on a hat - that protects your face, head, neck and ears
4. **Seek** shade
5. **Slide** on some sunglasses - make sure they meet Australian Standards.

Holy Child is a SunSmart School and we enforce **NO HAT NO PLAY**.

Children must wear the school hat during the break times at school.

FOOD AND DRINK

During warmer weather, DRINK MORE WATER

As the weather warms up it is important that our children drink regularly. Children will need a clearly named and refillable drink bottle.

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

Holy Child Primary School
is a Smoke-Free Zone



BEFORE AND AFTER SCHOOL CARE



Before School Care and After School Care is available at Holy Child every school day

Regular Bookings

Before School Care is available from 6.30 am to 8.45 am and **costs \$2.40** after Child Care Subsidy is applied.

After School Care is available from 3.20 pm to 6.00pm and **costs \$3.30** after Child Care Subsidy is applied.

Casual Bookings

Before School Care is available from 6.30 am to 8.45 am and **costs \$2.85** after Child Care Subsidy is applied.

After School Care is available from 3.20 pm to 6.00pm and **costs \$3.75** after Child Care Subsidy is applied.

You need to register your child once before you use the service. Please call the school office, leave your name with Reception and someone will call you back to assist with registering your child.

You need to register before you can use the service.

If you are interested, contact Camp Australia on 1300 105 343 or oshc@campaustralia.com.au.

STUDENT OF THE WEEK AWARD

WEEK 5, TERM 1

Class	Student of the Week <i>and Reason</i>
Prep AM	Mathews Somo: For showing persistence in writing by tracing and then copying his own sentence. Well done Mathews!
Prep RR	Puyol Butruss: For showing persistence in reading by describing the pictures to help him understand the story. Very impressive!
Year One JC	Dilon Danial: For his continuous growth and persistence in his learning environments. We are very proud of you Dilon. Keep up the great work!!
Year One MW	Valentina Koria: Congratulations Valentina for being a "Self-Managing" learner. You are setting goals to continually practise your writing and your reading. You are on the right track by leading the way. Well Done!
Year Two CY	Monica Yaacob: For showing kindness to Lana who has a broken arm. Monica helps Lana to pack and unpack her bag and collaborates with her in their learning together. Thank you Monica.
Year Two EM	Andrella Sanaty for continuously working hard and being persistent with her writing and for always participating in whole class discussion. Congratulations Andrella!
Year Three/Four SS	Elara Yokhanna for being an active learner who continuously contributes to class discussions and is always willing to assist her classmates. Keep up the great work Elara!
Year Three/Four SW	Teresa Nyugen for being persistent with her persuasive writing.
Year Three/Four EC	Chantelle Mesho: For being persistent and trying so hard when completing challenging work.
Year Five/Six JR	Maldini Elias: For being an enthusiastic learner & actively participating in class novel study discussions. Keep up the good work Maldini
Year Five/Six CM	Maryam Polus for being an independent learner who shows persistence when faced with a challenge
Year Five/Six AI	Ximena Orozco For consistently demonstrating the school values.
Year Five/Six MM	Rahaf Saqat: for her positive, enthusiastic and mature approach to all set tasks. Well done Rahaf!
Numeracy Intervention From Mrs Toma	Thomas Garlick for demonstrating ongoing determination and persistence whilst overcoming challenges in maths. Keep up the good work Thomas :)

2CY Class Prayer

Our School

Thank you, God, for our school,
where we learn lots of things,
make lots of friends, play lots of games,
and have lots of fun.

Help us to take care of our classrooms,
our playground, our books,
our sports equipment,
our friends,
and our teachers.

Please bless everyone in our school.



IMPORTANCE OF A HEALTHY LUNCH BOX

Packing a healthy lunchbox for your children is very important for their health and well-being. Kids are more alert and focused when they're fuelled with healthy food. This helps them concentrate better, retain information easier and therefore learn.

A lunch-box filled with sugary, fatty food, including packets of chips doesn't provide the energy and nutrients needed for good health. Plus, the wrappers create lots of litter.

Here are some ideas to get your kids on the path to healthy eating:

- Pack a balanced lunchbox

Try to include all of the food groups: a piece of fresh fruit, crunchy veggie sticks; eggs, tuna or lean meat; yoghurt or cheese; and bread or a wrap for example.

CHOOSE AT LEAST ONE FROM EACH LIST BELOW FOR A HEALTHY SCHOOL LUNCHBOX!

The infographic is divided into five color-coded columns, each representing a food group. Each column lists several options with small images and helpful tips. A logo for 'sherrie miller nutrition' is in the top right corner.

PROTEIN	FAT	GREENS	FRUIT	SNACK
FISH <small>LIKE SALMON, SARDINES OR TUNA</small> MEAT OR CHICKEN EGGS <small>NO MARGARINE - EGG!</small> CHEESE <small>FULL FAT ONLY!</small> QUINOA BEANS OR CHICKPEAS <small>MAKE A BEAN DIP WITH VEGES</small>	AVOCADO NUTS & SEEDS <small>UNLESS NOT-FREE</small> BUTTER <small>NO MARGARINE - EGG!</small> OLIVES COCONUT HEALTHY FATS ARE BRAIN FOOD!	CUCUMBER CELERY KALE <small>MAKE SOME KALE CHIPS!</small> BROCCOLI LEAFY GREENS <small>LIKE LETTUCE OR SPINACH</small> BEANS <small>ADD OTHER VEGES FOR EXTRA FIBRE!</small>	BERRIES BANANA APPLE MANGO WATERMELON SO MANY FRUITS TO CHOOSE FROM!	HEALTHY & HOMEMADE IS BEST! BANANA BREAD <small>SPREAD WITH BUTTER (FAT)</small> AIR-POPPED POPCORN RAW CHOCOLATE MUFFINS BLISS BALLS CHERRY TOMATOES SEED CRACKERS WHY NOT TRY ADDING A FERMENTED FOOD!

- Encourage your kids to try new tastes and flavours

Kids can be fussy, but the sooner they try new and interesting foods like fruits, vegetables, herbs and spices the more likely they are to continue eating them, as kids eat what is familiar.

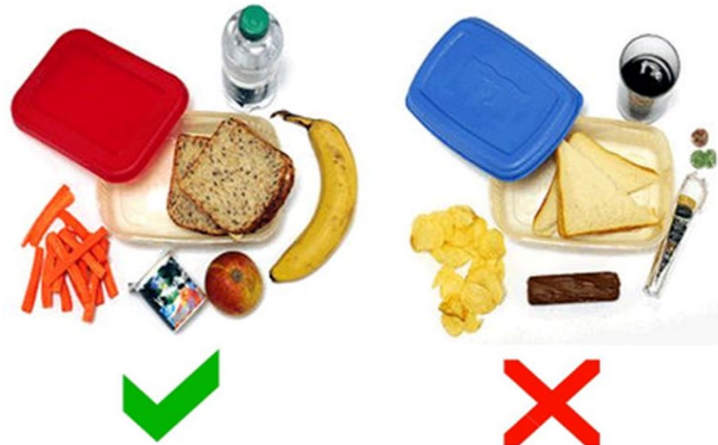
- Cook with your kids and buy less take away meals

Preparing and cooking meals can be a fun, family activity. With our busy lives we are often rushed, but it's important to try and make time to cook with real ingredients and teach kids the value of making a nutritious and enjoyable meal.



- **Keep unhealthy snacks out of the pantry**

It's much easier to say no when you don't have to. By not buying unhealthy snacks they won't be in the pantry and your kids won't annoy you for them – out of sight, out of mind.



- **Lead by example**

Kids learn by observation. If we are making unhealthy food choices and leading inactive lives they will think this is normal behaviour. Adults need to take responsibility for the health of their children by promoting healthy eating.

- **Talk to your kids about why it's important to eat well and treat your body well**

Don't assume your children know why they should eat a healthy, balanced diet. The earlier kids develop a positive relationship with food the more likely they will carry it through to a healthy adulthood.

If you need help with providing your children with a healthy daily lunch please feel free to contact Mr Porter at school.

HUB



I would like to inform you that our Hub will re-open onsite on the week beginning of Monday the 21st of March.

If you are interested, please reply to me via Seesaw or call me on 9309-1620 on Tuesday and Thursday or email

vbui@hcdallas.catholic.edu.au.

Van Bui

Hub Coordinator.

HOLY CHILD HUB PROGRAM ONSITE IN TERM 1

Program	Date	Time
Playgroup	Tuesday 22 March	9.30 am – 11.30am
Supported Playgroup	Thursday 24 March	9.30 am – 11.30am
Cooking Class	Thursday 24 March	9.15 am - 12.15pm
Upcycling Jewellery Class	Thursday 24 March	12.30 pm - 2.30pm

NOTICES

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 Supported 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.*





When: Thursday 24th March
Time: 12:30PM to 2:30PM
Where: Holy Child Hub

Holy Child Hub will be offering a free workshop to learn how to make jewellery and experiment with different crafts. Supplies will be provided for everyone. Registration is required so please contact Van if you are interested.

Bookings Essential

To make a booking: call Van Bui on 93091620 - Tuesday & Thursday or
Email: vbui@hcdallasatholic.edu.au



FREE COOKING CLASSES



When: Every Thursday
Where: Holy Child Community Hub
Time: 9.15am to 12.15am

Explore ways to cook healthy delicious food with our a cooking teacher

There is limited space available in order for us to adhere to COVID-19 safety measures.

If you are interested, please contact Van Bui to register:

Phone: 9306 1620 on Tuesday & Thursday

Email: vbui@hcdallas.catholic.edu.au



Newsletter



ROCKETEERS **MISSION V IS** **OPEN FOR** **BOOKINGS!**



These holidays we have exciting experiences and adventures that are not to be missed. Including the Handball Championships! Book now to get on the court and show us what you're made of!

[Book now](#)

A message from your Coordinator

We are so excited to welcome all parents to our service. It has been a great start off this year. This term we have had a great start with wonderful activities and fun filled programs. Last week our children enjoyed doing Dot and finger thumb Painting. They loved all cooking activities.

We are excited for upcoming science week and can't wait for science week activities and experiments like Gravity fun experiment, Volcano eruption and Lava lamp experiment.

Another tremendous Big Art competition is waiting in coming weeks following easter celebrations. So much fun, creative arts and crafts and master chef cooking activities are waiting for you.

Please come and have fun with us.

Thanks

Krishna - Coordinator



Activities coming up

- Science Week
- Big Art Week
- Easter Celebration Week

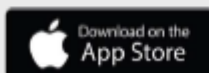


What's on the menu

- Pizza Making
- Pancake
- Banana bread

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campaustralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

Your
OSHC.

www.campaustralia.com.au





Newsletter



Gizelle enjoyed Thumb painting tree



Rachelle Painting animal Sculptures



Gizelle, Chanel and Raoul Painting animal



Angela Loves Playing Master Minds.



Children Engaged playing twisters

Your
OSHC.

www.campaustralia.com.au





Want to experience
Real Life Learning in 2023?

Limited places available for **Year 7** in **2023**
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complete an online enrolment form.

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Po Box 637, Glenroy,
Victoria, Australia, 3046
www.penola.vic.edu.au

Junior Campus (Years 7-8)
35 William Street,
Glenroy, Victoria,
Australia, 3046

Senior Campus (Years 9-12)
29 Gibson Street,
Broadmeadows, Victoria,
Australia, 3047

Description of activities:

Eagles Basketball clinics	Basketball tricks, games & skills.
Swim fun and games	Fun times in the water.
Mat Pilates and meditation	A great way to get fit and focused.
Kayak fun and games	Fun in the water with our Kayaks.
Singstars	Learn the basics of singing.
Hume Tennis clinic	Technique, skills and fun with Hume Tennis club.
Inflatable fun times	Fun times in the pool with our large inflatable.
Easter Card making	Creating cards using your imagination.
Taekwondo Just for fun	A fun and exciting introduction of a Taekwondo class.
Acro and dance moves	Learn basics of acrobatics and dance in a safe environment.
Soccer clinic	Learn new skills and moves.
Cookie Decorating	Get creative decorating your cookies.
Easter Craft fun	Creating art using paper and other objectives.
Basketball clinic	Basketball and games galore.
\$3 slide fun	Enjoy some time on our fun slides.
Family fun in the pool	Enjoy some time in our pools and inflatables as a family.

Children under 5 years:

Must be accompanied into the centre and the water by a responsible parent guardian (16 years or older) and must stay within arm's reach before and after aquatic programs have finished and during any recreational play activities. **Must** wear a pink wrist band that will be provided upon entry at reception.

Children under 10 years:

Must be accompanied into the centre by a responsible parent/guardian (16 years or older) and constantly actively supervised. Parents/guardians must position themselves to have a clear view of the child with no physical or structural barriers between them and the child/children and must wear a yellow wrist band that will be provided upon entry at reception.

* Inflatable fun times and Kayak fun & games children must be 7 years and over.



Children 5 to 13 years



Price : \$12 per activity

Date	Time	Broadmeadows Aquatic and Leisure Centre (BALC)	Sunbury Aquatic and Leisure Centre (SALC)	SPLASH Aqua Park and Leisure Centre (SPLASH)	Craigieburn Sports Stadium (CSS)	<p>Things to remember -</p> <p>*Drink bottle</p> <p>*Art smock for craft and food activities.</p> <p>*Swimming attire and towel for all water activities</p> <p>*Comfortable attire for all sporting activities</p>
Mon 11 April	10am to 11.30am 1pm to 2.30pm	Singstars Kayak fun and games	Swim fun and games Inflatable fun times	Swim fun and games Singstars		
Tue 12 April	10am to 11.30am 1pm to 2.30pm	Cookie Decorating Kayak fun and games	Taekwondo Just for fun	Kayak fun and games Taekwondo Just for fun	Eagles Basketball clinic	
Wed 13 April	10am to 11.30am 1pm to 2.30pm	Easter Craft fun Hume Tennis clinic	Swim fun and games	Kayak fun and games Easter Craft fun	Hume Tennis clinic	
Thur 14 April	10am to 11.30am 1pm to 2.30pm	Mat Pilates and meditation	Singstars Mat Pilates and meditation	Inflatable fun times \$3 slide fun		
Sat 16 April	10am to 1pm	Family fun in our pools	Family fun in our pools	Family fun in our pools		
Wed 20 April	10am to 11.30am 1pm to 2.30pm	Swim fun and games Soccer clinic	Easter Card making Cookie Decorating	Swim fun and games \$3 slide fun	Eagles Basketball clinic	
Thur 21 April	10am to 11.30am 1pm to 2.30pm	Basketball clinic Inflatable fun times	Acro and Hip Hop moves Inflatable fun times	Kayak fun and games Mat Pilates and meditation		
Fri 22 April	10am to 12pm	Learn what it takes to be a lifeguard in and out of the water	Learn what it takes to be a lifeguard in and out of the water	Learn what it takes to be a lifeguard in and out of the water		

ALL BOOKINGS AND PAYMENTS MUST BE MADE by the 8 APRIL 2022 onsite or via online portal

<https://envibe.hume.vic.gov.au/Course/Enrol>