

4 April 2025

# HOLY CHILD PRIMARY SCHOOL

*Safe, happy and ready to learn*



## Welcome to this week's Newsletter!

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

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.

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. St Mary MacKillops Feast Day is 8 August.

We are proud that Holy Child Primary was the first in Australia to start a children's Mary MacKillop group!

## UPCOMING EVENTS

**Tuesday 22 April**

Beginning of Term 2

**Friday 25 April**

Public Holiday - ANZAC Day



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## PRINCIPAL'S MESSAGE

Dear Parents and Guardians,

### **Working Together to Keep Our Children Safe Online**

We value the strong partnership between school and home in guiding our children to make safe and responsible choices. Today, we need to address an important issue concerning social media use, particularly TikTok, among some of our Year 5 and 6 students.

It has come to our attention that some students have been using TikTok in ways that are inappropriate and unsafe. Social media platforms can be difficult to monitor, and we understand that many of our parents may not be familiar with the latest technology. Some children may use this to their advantage, making it challenging for families to be aware of what their child is watching or sharing online.

We want to take a moment to commend the parents who have come forward to report incidents they have seen. Your vigilance helps us ensure that all children are safe, both in and out of school. We also want to acknowledge and praise the students who have shown responsibility by reporting inappropriate content. Their actions demonstrate leadership and care for their peers.

To support families in managing their child's online activity, we encourage you to:

- **Talk to your child** about responsible online behaviour and remind them that once something is shared, it can be difficult to remove.
- **Check privacy settings** on social media accounts to limit who can see your child's posts.
- **Monitor screen time** and discuss what they are watching or sharing online.
- **Encourage open communication**, so your child feels comfortable coming to you if they see something that worries them.
- **Seek support if needed.** If you would like guidance on how to monitor social media, we are here to help.

We believe that by working together, we can create a safe online environment for all our students. If you have any concerns or need assistance, please don't hesitate to contact us.

**On a sad note, Ms Kirstie Abbott is returning to England and will be leaving us at the beginning of term 2, week 3. We wish Kirstie all the best in the future.**

Thank you for your continued support and for being active partners in your child's safety and wellbeing.

Alan Smith  
Principal



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# WELLBEING

## Kaboom Kids Incursion

Kaboom Sports was so cool, I almost knocked myself out. My team is the red team, and our country was Canada with Mr Cassar.

Serdar Ilhan 2BD

I like the parachute game because we had to throw the chickens and make them fly up. My team is red team and our Country was China

Georges Noya 2BD

It was a cloudy day. We went outside to do some challenges. I enjoyed the parachute. My team is gold and our country was Norway

Dimiana Birnadous 3/4SM

For Harmony Day we went to the oval and played 12 different sporting activities. It was fun and amazing.

Rachel Tran 3/4SM





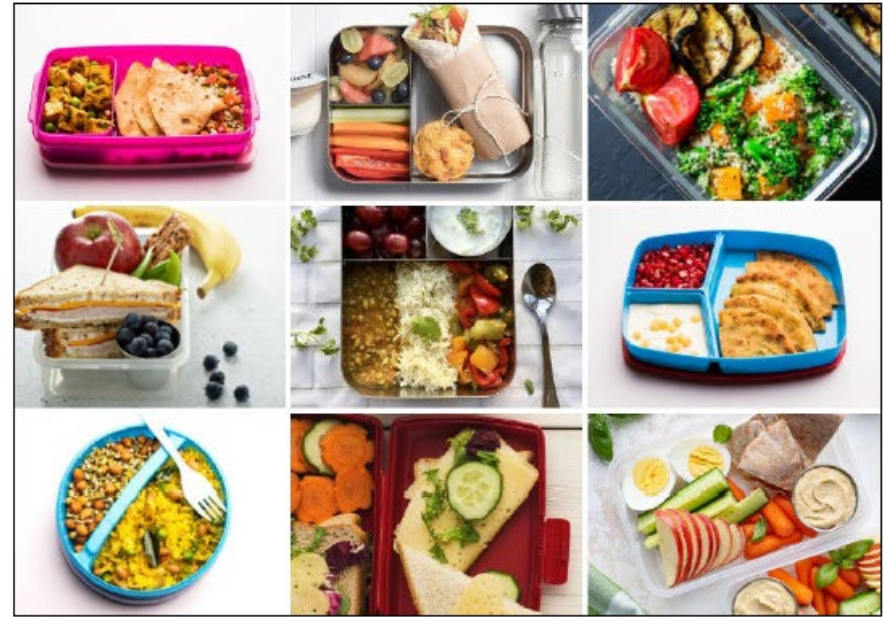


# HEALTHY LUNCHBOXES

## Build Your Own Healthy Lunchbox

The image shows a lunchbox divided into sections containing: a tub of yogurt, cucumber and tomato slices, strawberries, a sandwich, a small pizza, and a small bowl of dip. A water bottle is placed next to it.

- Vegetables:** Cucumber, tomato, spinach.
- Fruits:** Strawberries.
- Dairy and Alternatives:** Yogurt, Cream Cheese.
- Grain and Cereal Food:** Bread, Pizza.
- Meat and Protein Alternatives:** Sandwich, Pizza.
- Water:** Water bottle.



## CREATE A FUN LUNCHBOX EVERY DAY - CHOOSE SOMETHING FROM EACH FOOD GROUP

Fruits	Vegetables	Dairy and Alternatives	Water
<ul style="list-style-type: none"> <li>Apple</li> <li>Banana</li> <li>Mandarin</li> <li>Fig</li> <li>Berries</li> <li>Fruit salad</li> <li>Tinned fruit in juice, not syrup</li> </ul>	<ul style="list-style-type: none"> <li>Soups and lentil curry (pre heat in flask to keep it warm for lunch)</li> <li>Raw or lightly steamed vegetable sticks (carrot, capsicum, cucumber)</li> <li>Steamed or grilled corn cobs</li> <li>Salad with a creamy dressing</li> </ul>	<ul style="list-style-type: none"> <li>Milk</li> <li>No-added sugar yogurt (frozen overnight)</li> <li>Cheese cubes</li> <li>Tatiki dip</li> <li>Cottage cheese</li> <li>Calcium fortified soy milk</li> </ul>	<p>Take a water bottle (for refilling throughout the day).</p> <p>Tips: Freeze overnight to keep foods cool in lunchboxes</p>
<ul style="list-style-type: none"> <li>Flat bread and meat</li> <li>Pasta dishes</li> </ul>	<ul style="list-style-type: none"> <li>Noodles</li> <li>Rice, quinoa or couscous</li> <li>Fruit loaf</li> <li>Homemade pizza</li> <li>Wholemeal (brown) bread</li> </ul>	<ul style="list-style-type: none"> <li>Meat and Protein Alternatives</li> <li>Grilled meats with the extra fat removed (eg. beef, chicken)</li> </ul>	<ul style="list-style-type: none"> <li>Tinned tuna or salmon</li> <li>Lentil or veggie burgers (falafel)</li> <li>Boiled eggs</li> <li>Hummus dip</li> <li>Tofu</li> </ul>

Curries, soup and stews mix many of the above food groups, they are healthy lunchbox options.

For more healthy eating information call 1300 234 263 to make an appointment with a DPV Health Dietitian or visit <https://www.health.vic.gov.au/schools/healthy-lunchboxes> for lunchbox ideas.

## Tips for Planning a Healthy Lunch Box

- Prepare school lunches the night before;** it gives you time to talk about the foods you're including and makes the morning routine quicker. Give it a go!
- Freeze tubs of yogurt or water bottles to help keep food cool until lunch time on warm days.** Make sure children can open their lunch box and containers by themselves. This will ensure they have enough time to eat their snacks and lunch and do not have to wait for help from others.
- Water is the best drink for your child.** Encourage your child to drink a whole bottle during the day. They need to stay hydrated so they can focus and learn in class.
- Look after the environment;** pack sandwiches and other items in reusable containers. This requires less packaging and creates less rubbish.
- Try and buy fresh fruit and vegetables in season;** they will be better quality and cheaper than out-of-season produce.
- Remember to involve your children.** Take them shopping and let them help choose fruits and vegetables for their lunchbox. Let them help prepare and pack their own school lunchbox.

Plan family dinners for the entire week and do one big grocery shop at the start of the week; it's cheaper than going to the supermarket every night to buy ingredients for dinner.



# صناديق الغداء الصحية

عربي | Arabic

## أفكار جديدة لوجبة الغداء المدرسية

**منتجات الألبان والحبائل**

**الخضروات**

**الماء**

**بدائل اللحم والبروتينات**

**الحبوب النباتية المحمصة**

**الفاكهة**

هذه اللوجبات لوجبة الغداء المدرسية هي مجرد اقتراحات. يرجى الاستشارة في إعداد الوجبة التي ينسجم بها طفلك وتفضيه من أجل التعلم والنمو.

## نشاط: ارسم أطعمتك المفضلة لوجبة الغداء المدرسية

ارسم المأكولات المطابقة لكل مجموعة طعام مدرجة في قائمة وجبة الغداء المدرسية.

يظل الكاري والخضار والخبز من مجموعات الطعام وهي خيارات رائعة لوجبة الغداء المدرسية.

للمزيد من المعلومات حول الأثر الصحي، اتصل على الرقم 1800 234 263 عبر موقع أحد أخصائيي التغذية آمنة لدى DPV Health.

قم بزيارة Good Food Rx للحصول على المزيد من نصائح القائمة المدرسية ولوجبة الغداء المحمصة.

**منتجات الألبان والحبائل**

**الخضروات**

**الفاكهة**

**بدائل اللحم والبروتينات**

**الحبوب النباتية المحمصة**

Good Food Rx  
www.goodfoodrx.com.au

## نصائح لإعداد وجبة الغداء المدرسية

قم بإعداد وجبات الغداء المدرسية في الليلة السابقة فهي تمتلك الوقت لمتابعتها أنواع الأطعمة التي تناسبها الوجبة وتجهل رؤيتك الصالح أسرع حينها حاول إعداد الخبز من الوجبات المدرسية مسبقاً لاجلها جاهزة في الصباح بدلاً من إعدادها كل صباح.

قم بتجديد قناني الزبادي أو علب الماء للمساعدة في الحفاظ على رطوبة الجسم حتى وقت الغداء في الأيام الباردة تأكد من أن الأطفال يحافظون على صندوق الغداء والتحويلات بأنفسهم وسيضمن ذلك حصولهم على وقت كافي لتناول وجبتهم الخفيفة والغذاء وعدم الاضطرار إلى طلب المساعدة من الآخرين.

الماء هو أفضل مشروب لطيف. شجع طفلك على شرب راحة كافية خلال النهار. فهو يحتاج إلى الترطيب بشكل مستمر حتى يتمكن من التركيز والتعلم في الفصل.

خطط لعملاء عائلتي طوال الأسبوع وهم يشارفون مسترزمات العلكة تحمي أسنونة مرواهاهه تكفي لتأسيس عادات أخصي من الصاب إلى السوبرماركت كل ليلة لشراء مكونات وجبة الغداء.

جرب واشتري الفاكهة والخضروات الطازجة في موسمه ستكون ذات جودة أفضل وأرخص من المنتجات عبر التوصيل.

**تذكر أن تشرك أطفالك، اصطحبهم للتسوق معهم ويساعدوك في اختيار الفواكه والخضروات التي يأخذونها معهم إلى المدرسة دعهم يساعدون في تحضير وجبة الغداء المدرسية الخاص بهم وتعبئتها.**

تقدم DPV Health مجموعة من الخدمات لصحة ورعاية طفلك وعائلتك بأقلها للوصول إلى خدماتنا أو للمزيد من المعلومات، اتصل بنا أو قم بزيارة موقعنا الإلكتروني.

1300 234 263  
dpvhealth.org.au

DPV Health®

# HUB

## HUB CLASSES

All hub classes are free and all people are welcome  
 كل البرامج التي يقدمها المركز الاجتماعي مجانية كل الناس مرحب بهم  
 Tất cả các lớp học đều miễn phí và chào đón mọi người



### MONDAY

English Tutoring  
Skills for Life  
مدرس خصوصي لغة الانجليزية للكبار  
Dạy kèm tiếng Anh cho người lớn  
9 - 10

- WEEK 3 1/2 VALENTINE'S DAY CRAFT AND MEDITATION WEAR RED**
- WEEK 4 18/2 CHI AND PAINT**
- WEEK 5 25/2 KARAOKE**
- WEEK 6 4/3 INTERNATIONAL WOMEN'S DAY DANCE PARTY WEAR: PURPLE, GREEN, AND WHITE**
- WEEK 7 11/3 HARMONY DAY GAMES DAY WEAR: ORANGE**
- WEEK 8 18/3 EXCURSION FAMILY FUN DAY AT ANZAC PARK IN CRAIGIEBURN TO CELEBRATE INTERNATIONAL WOMEN'S DAY WEAR: PURPLE, GREEN, AND WHITE**
- WEEK 9 25/3 MOVIE DAY CELEBRATE TERM 1 END**

### TUESDAY

Playgroup 0-5  
مجموعه ألعاب  
Chơi nhóm  
9:30 - 11:30

**NEW!** Wellbeing Space  
مساحة للرعاية الذاتية  
Không gian tự chăm sóc  
1 - 3

**NEW!** INFORMATION SESSION  
Parents Supporting Student safety online  
دعم الوالدين سلامة الطلاب على الانترنت  
4th April 9:15 - 11:15

Family Support  
With Van and Melissa  
دعم الأسره وانخفاض الخدمات  
Hỗ trợ gia đình  
1:30 - 3:15

### WEDNESDAY

**NEW!** Everyday English and Digital Skills  
مهارات اللغة الإنجليزية والكمبيوتر اليومية  
Tiếng Anh hàng ngày và kỹ năng máy tính  
9:15 - 12:15

Volunteer Sewing Alteration  
برنامج الخياطة وتصليح الملابس  
Sửa quần áo  
1:30 - 2:30

Parents Chat & Coffee  
يتحدث الآباء ويتناولون القهوة  
Cha mẹ Trò chuyện và cà phê  
2:30 - 3:30

### THURSDAY

Supported Playgroup 0-5  
مجموعه ألعاب  
Nhóm chơi được hỗ trợ  
9:30 - 11:30

Cooking Class  
دروس تعلم الطبخ  
Lớp học nấu ăn  
9:15 - 12:15

Family Support  
With Van and Melissa  
دعم الأسره وانخفاض الخدمات  
Hỗ trợ gia đình  
1:30 - 3:15

### FRIDAY

**NEW!** Sign Up Day  
Before and After School Care  
يوم التسجيل  
الرعاية قبل وبعد المدرسة  
Ngày đăng ký  
Chăm sóc trước và sau giờ học  
7th & 14th February  
9 - 10

Volunteer Today  
المساعدة من خلال العمل التطوعي  
tình nguyện giúp đỡ  
Help Others and Learn new skills

- Classroom Helper
- Help Teachers On Excursions
- Raise Money
- School Events

Walk To School Assembly  
المشي إلى تجمع المدرسة معنا  
Cùng nhau đi tới hội trường  
Every 2 weeksat 2:25





**GATES OPEN 8:30AM**  
**GATES CLOSE 3:40PM**



**School begins** 8:45am sharp



**Lunch** 10:50am to 11:40am



**Recess** 1:40pm to 2:15pm



**School ends** 3:20pm

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

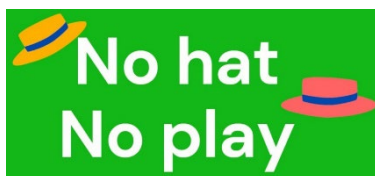
Australia has one of the highest rates of skin cancer in the world.

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:

- **Slip** on sun-protective clothing.
- **Slop on** SPF30+, broad-spectrum, water-resistant sunscreen; put it on 20 minutes before you go outdoors and every two hours afterwards.
- **Slap** on a hat that protects your face, head, neck, and ears.
- **Seek** shade.
- **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.

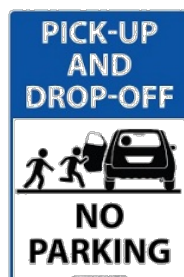
### During cooler weather

As the weather cools, ensure children are appropriately dressed for cold rainy days and if they are wearing a beanie or gloves that they are navy blue or black.

Beanies are available for purchase at the school.

## Parent Parking

- This is a reminder for all parents that the parking at the front of the school is to be used for drop off and pick up only.
- No cars should be parking there for more than 10 minutes allowing enough time to pick up or drop off your children.
- You should **not** be parking in the disabled parking bay, nor should you be parking in front of the gate. The gate needs to be clear at all times for emergency access.



Holy Child Primary School  
is a Smoke-Free Zone





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## Picking up children early



Dear Parents / Guardians / Carers,

Due to staff shortages, we strongly discourage you from collecting your children during these break times:

- first break, which is between 11am until 11.40am
- second break, which is between 1.40 pm until 2.20pm
- after 3:00 pm, unless it is an emergency.

Please note that if you do show up during break times, you will need to wait until children return to their classrooms.

Please understand that staff will be unable to help you until the children have returned to their classrooms.

Thank you for your understanding and cooperation.

Alan Smith,  
Principal



## OUTSIDE SCHOOL HOURS CARE

Holy Child Primary School, Dallas

Register Now by scanning the code



Program	Times	Permanent (Full Fee)	Subsidy Rebate 90%	Casual (Full Fee)	Subsidy Rebate 90%
Before School	6:45AM - 8:45AM	\$24.20	\$2.40	\$29.20	\$2.90
After School	3:30PM - 6:30PM	\$33.20	\$3.30	\$38.20	\$3.80







# KITCHEN KAPERS

*at Mercy College*

**YEARS 4 TO 6 GIRLS AFTERSCHOOL PROGRAM**



**AN EXCITING 4 WEEK COOKING PROGRAM THAT WILL SPARK CREATIVITY AND NEW LEARNING EXPERIENCES.**

**When: Monday 5, 12, 19, 26 May 2025**

**Time: 4.00pm - 5.00pm**

**Where: Mercy College, 760 Sydney Road, Coburg 3058**



**Cost: \$20.00**

**Register via [www.trybooking.com/DAKSL](http://www.trybooking.com/DAKSL)**

**For further information, please contact the College on 9319 9299.**

# School Holiday Fun at Glenroy Neighbourhood House

## April Activities for Primary School Aged Children

**Mon 7th of Apr**  
9.30am to 12pm  
Coding  
12.30pm to 3pm  
Origami

**Tues 8th of Apr**  
9.30am to 12pm  
Love Me Like A  
Reptile  
12.30pm to 3pm  
Sport Activities &  
Games

**Wed 9th of Apr**  
9.30am to 12pm  
Cooking  
12.30pm to 3pm  
Talent Show

**Thurs 10th of Apr**  
9.30am to 12pm  
Cooking  
12.30pm to 3pm  
Lego Challenge

**Fri 11th of Apr**  
9.30am to 12pm  
Construction  
12.30pm to 3pm  
Art & Craft

**Mon 14th of Apr**  
9.30am to 12pm  
Garden & Art  
12.30pm to 3pm  
Coding

**Tues 15th of Apr**  
9.30am to 12pm  
Recycled Junk  
Sculptures  
12.30pm to 3pm  
Sport Activities &  
Games

**Wed 16th of Apr**  
9.30am to 12pm  
Lego Challenge  
12.30pm to 3pm  
Art & Craft

**Thurs 17th of Apr**  
9.30am to 12pm  
Cooking  
12.30pm to 3pm  
Movie, Milkshake &  
Popcorn

Cost: \$15 to \$30 per activity

Book in for one activity, a whole day or everyday!

As places are limited, book online early to avoid  
disappointment of missing out on the fun!

**BOOK HERE!**



Glenroy  
Neighbourhood  
House

5B Cromwell St, Glenroy  
[www.gnh.org.au](http://www.gnh.org.au)  
9304 3910



***BRUNSWICK 7TH & 8TH OF APRIL  
HOLIDAY CLINIC! ALL 5-12 YEARS  
WELCOME!***



**JOIN US FOR OUR APRIL HOLIDAY CAMPS!**