

2 May 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

### MAY

**Thursday 8 May, meeting to commence at 5:30pm**  
Reconciliation Family Night (Church)

**Sunday 18 May at 11:00am**  
Reconciliation Commitment Mass

**Wednesday May 21 at 6:30pm**  
Sacrament of Reconciliation (Church)

**Friday 23 May**  
Student Free Day

---

# HELLO



---

## DEPUTY PRINCIPAL'S MESSAGE

Dear Families,

As we journey through this school year, we are reminded that faith, hope, and community play a significant role in overcoming challenges and building strong relationships. This week, we reflect on two powerful passages from the Gospel of John—**John 20:19-32** and **John 21:1-19**—which offer us a message of peace, redemption, and the importance of supporting one another.

In **John 20:19-32**, Jesus appears to His disciples after His resurrection. He greets them with "**Peace be with you,**" and shows them His wounds, reassuring them that He is truly alive. He then empowers them with the Holy Spirit and reminds them of the power of forgiveness. Thomas, one of the disciples, was not present when Jesus first appeared, and he doubts the resurrection until he sees Jesus for himself. Jesus responds, "**Blessed are those who have not seen and yet have come to believe.**" This passage speaks to the importance of faith, even when we can't always see the answers or understand everything.

In **John 21:1-19**, we see a beautiful moment of restoration between Jesus and Peter. After Peter denies Jesus three times, Jesus meets him on the shore, asking, "**Do you love me?**" three times, offering Peter the chance to reaffirm his love and commitment. Jesus calls Peter to continue His work, reminding us that no failure is too great to prevent us from moving forward with God's love and purpose.

Both of these passages are reminders of God's grace, the importance of second chances, and the peace that comes with faith and forgiveness. Jesus offered peace to His disciples and second chances to Peter and He offers those same gifts to all of us! No matter the challenges, we are never alone, and in our journey of learning and growth we are always valued and supported.

### Prayer

Let us pray:

**"Dear God, thank You for Your peace and love. Help us to have faith even when we cannot see, and grant us the courage to start anew, just as Peter did. May we support one another with kindness, forgiveness, and hope. We trust that You are with us in every step of our journey. Amen."**

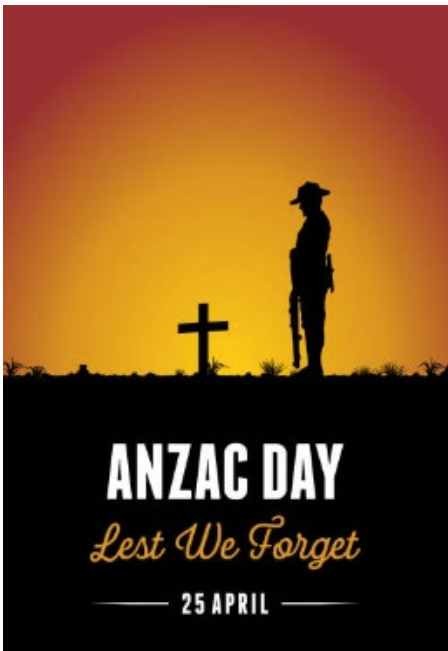
With blessings,

Guy Toomey

Deputy Principal/Religious Education Leader

---

## ANZAC DAY



Dear grandfather thank you,

For fighting for our country, you are strong for not dying and you are lucky because God helped you and you're lucky you are even alive to this day and thank you for fighting for our country and protecting our country IRAQ you are a really good man, and we will never forget you may God bless you.

*by James Danyal*

Dear Wissam,

You fought in the army, and you are really lucky, because you could've been dead, but Jesus helped you and now you are safe.

You served for Iraq which we are so thankful for all your sacrifices.

Now you are safe and healthy. You have given Peter, Dalia, Daniel and Me, everything.

We are lucky we even have you here today.

May God bless you.

*Written by Puyol Butruss*





Name: Rachel



# A LETTER TO THE ANZACS

Dear ANZACS, Thank You for protecting our land.  
For people who died in the war: thank you for  
sacrificing your lives for us. Thank You for  
your service. ~~Then~~ Mainly you fought your  
lives for us THANK YOU. LEST WE FORGET ♡

Blank lined area for writing a letter.



Name: Sophia



# A LETTER TO THE ANZACS

Dear ANZAC's,

Thank you for your service. You have made peace with so many countries

Mainly, you fought for us. Thankyou.

We thank the navy for fighting on the oceans, the air forces for fighting

fighting in the skies and the ANZAC's for fighting on the lands.

Back here, it's peaceful. There are small protests, but it's still calm.

Thank you for your service.

They shall not grow old, as we are left grow old.

At the going down of the sun and in the morning, We will remember them.

Lest we forget.



---

# MOTHER'S DAY





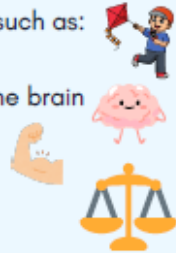


# The Importance of Sleep

Sleep is key for maintaining the health of children and teens. Their bodies need sleep the same way they need food, water and oxygen.

When children and teens sleep, their bodies do much more than just rest. Their bodies are doing a number of essential tasks, such as:

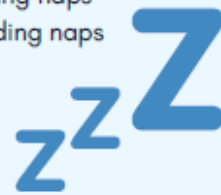
- Storage of memories
- Removal of toxins from the brain
- Growth of limbs
- Repair of muscles
- Balance of hormones



## Sleep recommendations

The recommended amount of sleep (daily) by age:

- **4-12 months:** 12-16 hours including naps
- **1-2 years:** 11-14 hours including naps
- **3-5 years:** 10-13 hours including naps
- **6-12 years:** 9-12 hours
- **13-18 years:** 8-10 hours



## Establishing healthy sleep habits

Because many children and teens are not getting enough sleep regularly, it's important to help them establish healthy sleep habits early in life.

### Healthy sleep habits include:

- Keep a consistent bedtime & naptime
- Follow a bedtime routine, such as:
  - Turn off electronic devices 1 hour prior to bedtime
  - Provide a warm bath or shower
  - Read a book or sing a song together
  - Turn lights off



## Inadequate sleep

If a child or teen does not get the recommended amount of sleep for long periods of time, this increases their risk of developing anxiety & depression, diabetes, obesity, high blood pressure or cardiovascular disease.

**Infants 0-4 months are not given sleep recommendations due to the wide range of normal variation in duration and patterns of sleep.**

**Nearly 30% of children and 75% of teens do not get the recommended amount of sleep their bodies need. (National Sleep Foundation)**



---

## VOTING



---

## **Australian Federal Election 2025**

---

For families in the Dallas and Meadow Heights areas, please note that the Holy Family Centre will serve as a polling booth for this year's Federal Election.

The parish will have an on-site food and drink stall offering sausage sizzles, egg and sausage rolls, spring rolls, fried chicken wings, and a variety of beverages.

---

# UNIFORM

Winter uniform should be worn.

All items available for purchase in the uniform shop.

SUMMER UNIFORM	
Girls	Boys
School dress School windcheater or jacket White socks / black shoes School hat	School grey shorts School gold s/s polo School windcheater or jacket Grey socks / black shoes School hat
WINTER UNIFORM	
School pleated trousers School winter tunic School gold polo top (long sleeve) School windcheater or jacket White socks / black shoes School hat	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	Winter
School windcheater or Jacket School navy shorts School navy skort School team colour t-shirt White socks / runners	School navy shorts or school tracksuit pants School long sleeve team colour t-shirt White SOCKS / RUNNERS

---

**BOOK CLUB**

 SCHOLASTIC  
**Book Club**

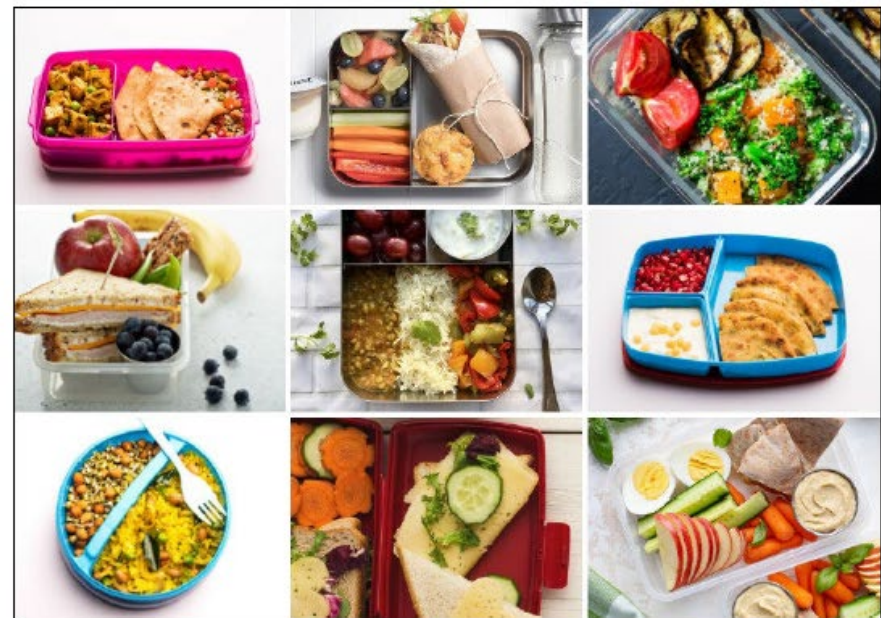
**DUE DATE**

**Monday 12 May**

# HEALTHY LUNCHBOXES

## Build Your Own Healthy Lunchbox

The image shows a lunchbox divided into sections containing: a tub of yogurt, cucumber and tomato sticks, strawberries, a sandwich, a small pizza, and a hard-boiled egg. A clear water bottle is next to it. Labels identify the food groups: Vegetables, Fruits, Dairy and Alternatives, Grain and Cereal Food, Meat and Protein Alternatives, and Water.



## 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). 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 [health.vic.gov.au/schools/healthy-lunchboxes](https://www.health.vic.gov.au/schools/healthy-lunchboxes) for lunchbox ideas.

## Tips for Planning a Healthy Lunch Box

- 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.
- 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!
- 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.

DPV Health offers a range of services for the health and wellbeing of your child and your whole family. To access our services or for more information, call us or visit our website.

1300 234 263  
dpvhealth.org.au

# صناديق الغذاء الصحية



هذه الخيارات لوجبة الغذاء المدرسية هي مجرد اقتراحات. يرجى الاستشارة في إعداد الوجبة التي ينسجم بها طيفك وتفضيلك من أجل التعلم والنمو.

### نشاط: ارسم أطعمتك المفضلة لوجبة الغذاء المدرسية

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

**منتجات الألبان والحبائل**

الماء

**الخضروات**

**الفاكهة**

**بدائل اللحوم والبروتينات**

**الحبوب النباتية المحققة**

يطلب الكاري والحساء والخضراوات المعبأة من مجموعات الطعام. وهي خيارات رائعة لوجبة الغذاء المدرسية.

المرشد من المعلومات حول الأكل الصحي: اتصل على الرقم 1300 234 263 لجزر موند مع أحد أخصائيي التغذية آمنة لدى DPV Health.

قم بزيارة **Good Food R4R** للحصول على المزيد من وصفات الوجبة المدرسية ولوجبة الغذاء المدرسية والمثلية.

Good Food R4R

Good health الحصول على قائمة إعادة الاستخدام هنا. يخل من مواد التنظيف ويخلل من السمات.

gpo@dpvhealth.com.au

### نصائح لإعداد وجبة الغذاء المدرسية

**تم إعداد وجبات الغذاء المدرسية في الليلة السابقة** فهي ليست الوقت المناسب لتأجيله. تأجيل الوجبة يجعلها أصعب من إعداد الوجبات المدرسية مسبقاً لأنها جاهزة في الصباح بدلاً من إعدادها مسبقاً.

**قم بتجديد قوائم الباندي أو على بيرة الماء للمساعدة في الحفاظ على المياه في الأيام الباردة. تأكد من أن الأطفال يحكمون حجم صندوق الهدايا والحلويات بأنفسهم** وسيضمن ذلك حصولهم على وفرة كافية من الماء وصحتهم إلى طلب المساعدة من الأختين.

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

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

**اختر الفواكه والخضراوات التي يأخذونها معهم إلى المدرسة** دعمهم يساعدون في تحضير وجبة الغذاء المدرسية الخاص بهم وتعبئتها.

**خطت لعملاء على طول الأسبوع وهم يتراء، مسترزمات الفاكهة تجعلها مرحة وأقل تكلفة** كما تساهم في تعزيز الصحة الجيدة للطلاب.

**حزن وأسبغ الفاكهة والخضراوات الطازجة في موسمه** ستكون ذات جودة أفضل وأسرع في المشتريات غير الموسمية.

1300 234 263  
dpvhealth.org.au

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



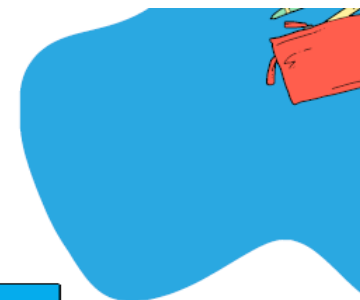
# HUB



## 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



DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	EVENTS
LEADER	-	Van and Melissa	Melissa	Van and Melissa	Melissa	
9 AM	<b>Quiet Space</b> 9 am - 11:30 am 	<b>Playgroup 0-5</b> مجموعة اللعب Chơi nhóm 9:30 - 11:30 	<b>Everyday Computer Skills</b> مهارات اللغة الإنجليزية والكمبيوتر اليومية Tiếng Anh hàng ngày và kỹ năng máy tính 9:15 - 12:15 	<b>Supported Playgroup 0-5</b> مجموعة ألعاب Nhóm chơi được hỗ trợ 9:30 - 11:30 	<b>English Conversation Class</b> دروس الأنكليزي Lớp tiếng Anh 9:15-11:15 	<b>Mother's Day Celebration</b> Thursday, 8th May 9:30 am - 12 am <ul style="list-style-type: none"> <li>Morning tea</li> <li>Zumba</li> <li>Student presentations</li> </ul> <b>NEW!</b>
10 AM	<b>NEW!</b>	<b>NEW!</b>		<b>Cooking Class</b> دروس تعلم الطبخ Lớp học nấu ăn 9:15 - 12:15 	<b>Volunteer Today</b> المساعدة من خلال العمل التطوعي tình nguyện giúp đỡ Help Others and Learn New Skills <ul style="list-style-type: none"> <li>Classroom Helper</li> <li>Help Teachers On Excursions</li> <li>Raise Money</li> <li>School Events</li> </ul> Appointment made at the office	<b>Envisage Parent Support Group</b> 9:30 AM - 11 AM   <ul style="list-style-type: none"> <li>Supporting parents who care for a child</li> </ul> <b>NEW!</b>
11 AM						<b>1:00 pm- 3:00 pm Sewing</b> خياطة May vá 
12 AM	<b>Helping Hand With Olivia and Chelsea</b> 1:00 pm - 3:00 pm <ul style="list-style-type: none"> <li>Documents</li> <li>Computer</li> <li>Finding answers</li> <li>Forms</li> </ul>	<b>Family Support With Van and Melissa</b> دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15 	<b>Family Support With Van and Melissa</b> دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15 	<b>Family Support With Van and Melissa</b> دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15 	<b>Walk To School Assembly</b> العشي إلى تجميع المدرسة معنا Cùng nhau đi tới hội trường 2:25 Every 3 weeks 	<b>Foundation House Early Years Research Project with HC Hub Playgroup</b> <ul style="list-style-type: none"> <li>Research to make kindergartens more accessible</li> </ul> <b>NEW!</b>
3 PM	<b>NEW!</b>	<b>Parents Chat &amp; Coffee</b> يتحدث الآباء ويتناولون القهوة Cha mẹ Trò chuyện và cà phê 2:30 - 3:30 			<b>Wellbeing Session</b> <ul style="list-style-type: none"> <li>Healthy Aging at all stages</li> </ul>	

**COMING SOON**





**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

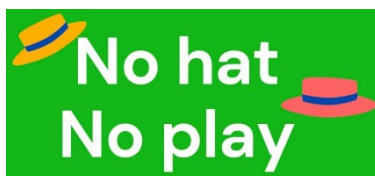
Australia has one of the highest rates of skin cancer in the world.

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.

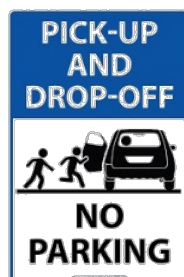
### During cooler weather

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



## 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.



## 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



IN HOLY CHILD HUB

# ENGLISH CONVERSATION CLASS

*Grow your skills and confidence*

FRIDAYS | 9:30 AM - 11:30 AM

**FREE!**

Nhóm đàm thoại  
tiếng Anh miễn phí  
Mỗi thứ sáu từ 9:30  
sáng đến 11:30  
sáng  
Giáo viên mới

مجموعة محادثة مجانية  
باللغة الإنجليزية  
كل جمعة من الساعة 9:30  
صباحًا حتى 11:30 صباحًا  
مع معلم جديد

# Mother's Day ZUMBA

Dear, All Holy Child Ladies

Come and celebrate Mothers Day  
Thursday, May 8<sup>th</sup> 9:30 am - 12 pm In school Hall

- Zumba dancing class
- Lunch
- Student speeches and songs



Bring: Running shoes and exercise clothes

الأمهات والجديات وجميع  
النساء العزيزات

نحتفل بعيد الأم

الخميس، ٨ مايو، من الساعة  
٩:٣٠ صباحًا حتى ١٢  
ظهرًا، قاعة المدرسة

صف زومبا  
وجبة غداء  
كلمات وأغاني طلابية

يرجى إحضار: حذاء  
رياضي وملابس رياضية



Gửi đến tất cả các bà mẹ, bà ngoại và phụ nữ

Hãy đến và ăn mừng Ngày của Mẹ

Thứ năm, ngày 8 tháng 5, 9:30 sáng - 12 giờ trưa tại Hội trường trường học

Lớp học Zumba

Bữa trưa

Bài phát biểu và bài hát của học sinh

Những thứ cần mang theo: Giày chạy bộ và quần áo tập luyện



Free  
Gift!



Melbourne Archdiocese  
Catholic Schools



## Join Our Cybersafety Workshop for Parents!

Are you concerned about your child's online safety? Do you want to learn how to protect them in the digital world?

### What You'll Learn:

- Understanding the digital landscape and the risks involved
- Practical tips for monitoring and guiding your child's online activities
- How to set up parental controls and privacy settings
- Encouraging healthy digital habits

### Why Attend?

- Equip yourself with the knowledge to keep your children safe online
- Get expert advice from leading cybersafety professionals
- Connect with other parents and share experiences

Date:

**Thursday  
22ed May**

Time:

**5:30 PM  
-  
7 PM**

Location:

**5/6 AREA**



**Don't miss this opportunity to ensure your child's online safety!**

RESPECTFUL RESPONSIBLE LEARNERS



HUME CENTRAL  
Secondary College



## 2025 COLLEGE OPEN DAYS



BLAIR STREET CAMPUS  
JUNIOR YEARS (7-9)

**TUESDAY**  
**APRIL 29th 2025**  
**2PM-3PM**



DIMBOOLA ROAD CAMPUS  
JUNIOR YEARS (7-9)

**WEDNESDAY**  
**APRIL 30th 2025**  
**2PM-3PM**



TOWN PARK CAMPUS  
SENIOR YEARS (10-12)

**THURSDAY**  
**MAY 1st 2025**  
**3PM-4PM**

ACHIEVEMENT DIVERSITY SUCCESS

[www.humecentralsc.vic.edu.au](http://www.humecentralsc.vic.edu.au) @hume\_central\_sc