

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

JULY

Thursday 3 July

Year 1/2 Excursion to Healesville Sanctuary

Friday 4 July at 1:30pm

Last day of Term 2 (Staff & Students)

Monday 21 July

First Day of Term 3

Friday 25 July

100 Days of Prep Celebration

Wednesday 30 July

Year 3/4 Excursion to Monopoly Dreams

HELLO



PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Important Updates for Our Families

As we come to the end of our first semester, I want to thank you for your partnership and support. Our school continues to grow stronger because of the wonderful students, families, and staff working together.

Student Reports Coming Soon

Next week, you will receive your child's school report. These reports are written by your child's teacher, based on all the learning information collected since Term 3 last year. Please take a moment to thank your child's teacher for their hard work in helping your child learn and grow.

Social Media and Children

You may have heard that some social media platforms, including *YouTube*, are planning to ban users under 16 years of age. At Holy Child, we believe social media is not suitable for young children. Please support our message at home by keeping your child away from social media. Together, we can help keep our children safe and focused on learning.

Respect and Safety for All

Our school is a special place where everyone should feel safe, respected, and valued. This is not just a school — it is also a workplace for our staff. Everyone has the right to be spoken to kindly and treated with respect, including teachers, support staff, and before/after school care staff.

At Holy Child, we follow the words of Jesus:

"Treat others the way you wish to be treated." (Matthew 7:12, Luke 6:31)

If you are ever worried or upset about something at school, please speak directly to me or Mr. Toomey. We are here to listen and help. Abuse, threats, or disrespect towards staff will not be accepted, as we all deserve a safe and welcoming school community.

New Sports Top for 2026

We are excited to share that in 2026; our school sports uniform will have a new look! Students will wear team-coloured sports tops with a royal blue panel. Next year, these new tops will be available in smaller sizes to get ready for the change.

Parent Voice - Vision for Engagement

Melbourne Archdiocese Catholic Schools (MACS) has shared a new *Vision for Engagement*. This vision is about working together - schools, families, and communities - to help every child succeed.

As parents, your role is vital. You support your child's learning by:

- ✓ Encouraging your child to attend school every day.
- ✓ Talking with teachers and asking questions.
- ✓ Helping your child with reading, homework, and learning routines.
- ✓ Showing kindness and respect to all members of our school community.

Together, we can make Holy Child a place where every child feels safe, welcome, and ready to learn.

Thank you for being part of our community.

Warm regards,

Alan Smith

Principal

NEW TEACHER

Dear Parents and Families,

I am writing to share some happy news with you. We warmly welcome Mrs Barbara Cumming as the new Grade One teacher at Holy Child Primary School.

Mrs Cumming is a very experienced teacher. She has taught in Catholic schools in Blackburn, Greensborough, and Rosanna. As well as being a qualified teacher, Mrs Cumming is also studying for a Graduate Certificate in Linguistics. This means she is passionate about how students learn to use language, which is very important for young learners.

In her own words, Mrs Cumming shared with me:

"I am genuinely excited about this opportunity and have a deep passion for literacy education. This position will allow me to make a meaningful contribution to your school community."

We are very pleased that Mrs Cumming is joining our school. I kindly ask that you introduce yourself to her when you see her. Please share your first and last names, so she can get to know you and feel part of our Holy Child community.

Thank you for your support.

Mr Alan Smith
Principal

UNIFORM

New Sports Polo – Coming Term 1, 2026

We're excited to let you know that a **new Sports Polo** will be introduced from **Term 1, 2026**.

Please see below for a preview!

- **Cost:** \$30.00 (available in sizes 4 to Large)
- **Available:** From the start of the 2026 school year

👉 **Good news!** You are **not required** to purchase the new Sports Polo straight away. Students can continue to wear their **existing Sports T-shirt** until it needs replacing.



Special Offer – Current Sports T-shirt

To prepare for the change, from **Term 3, 2025**, the **current Sports T-shirt** will be sold at a **special price of \$10.00** (all sizes) — **until sold out**.

Get in early to grab a bargain!

Top 5 online safety tips



- 1** **Think of others' feelings** before you post, like or share content.
- 2** **Ask for permission** before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3** **Be an upstander.** Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not OK. Report and delete it.
- 4** **Use privacy and screen time settings** to take control of your digital life and its impact on your mental health.
- 5** **Ask for help.** Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

GRIEF AND BEREAVEMENT



TALKING ABOUT GRIEF AND LOSS

by

Rose Clark

Spiritual and Pastoral Carer
at Royal Melbourne Hospital

SUNDAY, 20 JULY

Holy Family Centre
133-135 Malmsbury Drive
Meadow Heights

3-4pm, followed by afternoon tea

Everyone is welcome!

NATIONALLY CONSISTENT COLLECTION OF DATA (NCCD)



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NCCD Information Sheet for Parents, Carers and Guardians

Nationally Consistent Collection of Data (NCCD) On School Students with Disability

What is the Nationally Consistent Collection of Data?

Schools must now complete the *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* every year. It counts the number of students who receive additional adjustments or "help" at school because of a disability. The NCCD helps governments plan for the needs of students with disability.

Who is counted in the data collection?

To count a student in the NCCD, schools must think through some key questions:

1. Is the student getting help at school so that they can take part in education on the same basis as other students?
2. Is the help given because of a disability? The word 'disability' comes from the [Disability Discrimination Act 1992](#) (DDA) and it can include many students.
3. Has the school talked to you or your child about the help that they provide?
4. Has the school kept records about the help they provide, the student needs and the reasons that the student needs this help? The school will need to keep copies of tests, student work, assessments, records of meetings, medical reports or other paperwork and information about how the student's learning is moving along over time.

Once the school decides that the student should be counted in the NCCD, they then choose a disability group and one of four levels of help that has been given to the student.

What does the word 'disability' mean in the NCCD?

In the NCCD the word 'disability' comes from the [Disability Discrimination Act 1992](#) (DDA). There are four types of disability that the school can choose from: sensory, cognitive, social-emotional and physical.

Many students that need help at school can be counted in the NCCD. For example, students with learning problems, e.g. specific learning disability or reading difficulty (sometimes called dyslexia), health problems (e.g. epilepsy or diabetes), physical disability (e.g. cerebral palsy), vision/hearing loss and social-emotional problems (e.g. selective mutism, Autism Spectrum Disorder, anxiety).

Letters from doctors or specialists can be very helpful for schools as they plan how to support students with their learning. Schools do not need to have these letters before they can count a

student in NCCD. Teachers can use all that they know about the student's learning and the records that they have collected over time to decide if a student can be counted in the NCCD.

What sort of help does the school give students?

Students need different types of help at school. Some students need a little help sometimes while other students need a lot of help nearly all the time. The type of help given depends on the needs of the student. The help can include changes to the school buildings or grounds (e.g. ramps or things like special desks or chairs), extra teacher help in classes, special learning programs, changes to the work they give the student or extra adult help.

How will the NCCD be different this year?

All schools have been counting students in the NCCD since 2015. The government will use the NCCD data as part of the funding to schools.

What will the school need to know about my child for the NCCD?

Schools work together with families to understand the needs of each child. It is helpful if families give their child's teacher a copy of any letters or reports they have. The letters or reports will help the school understand the child and the help that they might need. Letters from doctors, psychologists, speech pathologists, doctor, and occupational therapists etc. can be very helpful for schools. These reports along with information that the teacher has (i.e. school based tests, your child's work and learning plans) helps the school to understand and meet your child's needs.

What happens to the NCCD data? Who will have the NCCD information?

Each school principal must check the NCCD data in August of each year. The school will give the information to the Catholic Education Office. The school will work with the Catholic Education Office to make sure that the NCCD data is OK before they give the data to the government. The government will not be given the names of any students or any letters or records. Please ask your school for their privacy policy if you need to know more.

Does the school need me to agree with them about counting my child in the NCCD?

Amendments were made to the [Australian Education Act 2013](#) and [Australian Education Regulation 2013](#). Schools do not need you to agree to let them count a child in the NCCD. You cannot ask the school not to count your child.

Where can I find out more?

Please contact your child's school if you have further questions about the NCCD and/or refer to the national [NCCD Portal](#).

ورقة معلومات حول NCCD لأولياء الأمور ومقدمي الرعاية والأوصياء

جمع البيانات المتسق وطنياً (NCCD) حول طلاب المدارس ذوي الإعاقة

ما هو جمع البيانات المتسق وطنياً؟

يجب على المدارس الآن استكمال جمع البيانات المتسق وطنياً حول طلاب المدارس ذوي الإعاقة *Nationally Consistent Collection of Data on School Students with Disability (NCCD)* كل عام. ويتم حصر عدد الطلاب الذين يحصلون على تعديلات إضافية أو "مساعدة" في المدارس بسبب الإعاقة. يساعد جمع البيانات المتسق وطنياً (NCCD) الحكومات على التخطيط لاحتياجات الطلاب ذوي الإعاقة.

من يتم حصره خلال جمع البيانات؟

حتى يتم حصر الطلاب في NCCD، يجب على المدرسة أن تفكر في بعض الأسئلة الأساسية:

1. هل يحتاج الطالب إلى الحصول على المساعدة في المدرسة ليتمكن من المشاركة في التعليم على نفس الأساس كالطلاب الآخرين؟
2. هل المساعدة التي يتم تقديمها بسبب إعاقة؟ تأتي كلمة "إعاقة" من قانون التمييز بسبب الإعاقة لعام 1992 *Disability Discrimination Act 1992* (DDA) والتي يمكن أن تشمل الكثير من الطلاب.
3. هل قامت المدرسة بمخاضتك أو مخاطبة طفاك بشأن المساعدة التي يمكنها تقديمها؟
4. هل قامت المدرسة بالاحتفاظ بسجلات حول المساعدة التي قدمتها، واحتياجات الطالب، والأسباب التي يحتاج من أجلها الطلاب تلك المساعدة؟ تحتاج المدرسة إلى الاحتفاظ بسجل من الاختبارات، أو أعمال الطالب، أو التقييمات، أو سجلات الاجتماعات، أو التقارير الطبية، أو غيرها من الأوراق والمعلومات الخاصة بتطور تعلم الطالب بمرور الوقت.

بمجرد أن تقرر المدرسة أن الطالب ينبغي حصره في NCCD، فسيكون عليها اختيار مجموعة إعاقة ومستوى واحد من مستويات المساعدة الأربعة التي يتم منحها للطلاب.

ما معنى كلمة "إعاقة" في NCCD؟

تأتي كلمة "إعاقة" في NCCD من قانون التمييز بسبب الإعاقة لعام 1992 *Disability Discrimination Act 1992* (DDA). هناك أربعة أنواع من الإعاقة يمكن للمدرسة أن تختار من بينها: الحسية، والإدراكية، والاجتماعية – العاطفية، والبديهة.

يمكن حصر الكثير من الطلاب الذين يحتاجون للمساعدة في المدرسة في NCCD. على سبيل المثال، الطلاب الذين يعانون من مشاكل في التعلم، مثل إعاقة تعلم معينة أو صعوبة في القراءة (والتي يخلق عليها أحياناً ديسلكسيا *dyslexia*)، ومشاكل صحية (مثل الصرع *epilepsy* أو السكري *diabetes*)، وإعاقة بديهة (مثل الشلل الدماغي *cerebral palsy*)، وفقدان البصر/السمع، والمشاكل الاجتماعية – العاطفية (مثل الخرس الانتقائي *selective mutism*، اضطرابات طيف التوحد *Autism Spectrum Disorder*، القلق *anxiety*).

يمكن أن تكون خطابات الأطباء أو المختصين مفيدة جداً للمدارس في التخطيط لكيفية دعم الطالب في عملية التعلم. لا تحتاج المدارس للحصول على هذه الخطابات قبل أن تتمكن من حصر الطالب في NCCD. يمكن للمدرسين استخدام كل ما يعرفونه حول تعلم الطفل والسجلات التي قاموا بجمعها على مدار الوقت للوصول إلى قرار بشأن ما إذا كان يمكن حصر الطالب في NCCD.

ما نوع المساعدة التي تقدمها المدرسة للطلاب؟

يحتاج الطلاب إلى أنواع مختلفة من المساعدة في المدرسة. يحتاج بعض الطلاب إلى القليل من المساعدة بينما يحتاج طلاب آخرون إلى الكثير من المساعدة طوال الوقت تقريباً. يعتمد نوع المساعدة المقدمة على احتياجات الطالب. يمكن أن تشمل المساعدة تغييرات

في مباني أو مساحات المدرسة (على سبيل المثال الانحدارات أو أشياء مثل مكاتب أو كراسي خاصة)، أو مساعدة إضافية من المدرس في الفصل، أو برامج تعلم خاصة، أو تغييرات في العمل المعلن للطلاب، أو مساعدة إضافية من البالغين.

كيف سيختلف NCCD في عام 2018؟

تقوم جميع المدارس بحصر الطلاب في NCCD منذ عام 2015. ستقوم الحكومة باستخدام بيانات NCCD كجزء من التمويل للمدارس.

ما الذي ستحتاج المدرسة إلى معرفته حول الطفل من أجل NCCD؟

تعمل المدارس مع الأسر لفهم احتياجات كل طالب. ويكون مفيداً إذا قامت الأسر بإعطاء مدرس طفلهما نسخة من جميع الخطابات أو التقارير لديهم. ستساعد الخطابات أو التقارير المدرسة على فهم الطالب والمساعدة التي قد يحتاج إليها. ومن الممكن أن تكون الخطابات من الأطباء، و علماء النفس، وأخصائيو أمراض التخاطب والمعالجين والمهنيين، وغيرهم مفيدة جداً للمدارس. تساعد هذه التقارير، بالإضافة إلى المعلومات لدى المدرس (بمعنى الاختبارات في المدرسة، عمل طفاك، وخطة التعلم) المدرسة على فهم احتياجات الطالب وتلبيةها.

ماذا يحدث لبيانات NCCD؟ من سيحصل على بيانات NCCD؟

يجب أن يقوم مدير المدرسة بفحص بيانات NCCD في أيلول/سبتمبر من كل عام. وتقوم المدرسة بتقديم المعلومات إلى مكتب التعليم الكاثوليكي *Catholic Education Office*. ستعمل المدرسة مع مكتب التعليم الكاثوليكي للتأكد من أن بيانات NCCD سليمة قبل تقديم البيانات للحكومة. لن تعطى الحكومة أسماء أي من الطلاب أو أي من الخطابات أو السجلات. الرجاء سؤال مدرستك عن سياسة الخصوصية لديها إذا رغبت في معرفة المزيد.

هل تحتاج المدرسة إلى موافقتي على حصر طفلي في NCCD؟

تم إدخال تغييرات على القانون *Australian Education Act 2013* لعام 2013 *Australian Education Act 2013* لائحة التعليم الأسترالي لعام 2013 *Australian Education Regulation 2013* (AER). لا تحتاج المدارس إلى موافقتك للسماح لهم بحصر الطفل في NCCD. ولا يمكنك الطلب من المدرسة عدم حصر طفاك.

أين يمكنني معرفة المزيد؟

إذا كان لديك أسئلة، يمكنك طلب المساعدة من مدرسة طفاك. يمكنك معرفة المزيد عن طريق زيارة الروابط التالية:

- الموقع الوطني لجمع البيانات المتسق وطنياً [NCCD national website](http://nccd.vcaa.edu.au)
- معايير الإعاقة للتعليم لعام 2005 [Disability Standards for Learning 2005](http://disabilitystandardsforlearning.edu.au)
- وزارة التعليم والتدريب بالحكومة الأسترالية – NCCD [Australian Government Department of Education and Training - NCCD](http://www.education.gov.au/nccd)
- ورقة معلومات الطلاب ذوي الإعاقة (SWD) لعام 2019 للمدارس وأولياء الأمور ومقدمي الرعاية والأوصياء [2019 Students with Disabilities \(SWD\) Information Sheet for Schools, Parents, Carers and Guardians](http://www.vcea.edu.au/2019-Students-with-Disabilities-SWD-Information-Sheet-for-Schools-Parents-Carers-and-Guardians)



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NCCD Tờ Thông Tin Cho Phụ Huynh, Người Chăm Sóc Và Giám hộ

Thu Thập Dữ Kiện Nhất Định Trên Toàn Quốc về Học Sinh Khuyết Tật ở Trường (NCCD)

Thu Thập Dữ Kiện Nhất Định Trên Toàn Quốc Về Học Sinh Khuyết Tật ở Trường (NCCD) là gì?

Các trường hiện phải hoàn tất *Thu Thập Dữ Kiện Nhất Định Trên Toàn Quốc Về Học Sinh Khuyết Tật ở Trường (NCCD)* mỗi năm, để đếm/tính số học sinh cần nhận điều chỉnh hay "giúp đỡ" thêm ở trường vì bị khuyết tật. NCCD giúp chính phủ các cấp lập kế hoạch cho nhu cầu của học sinh khuyết tật.

Ai được tính trong thu thập dữ kiện?

Để tính một học sinh trong NCCD, các trường cần nghĩ qua một số câu hỏi chính:

1. Có phải học sinh ấy cần giúp đỡ ở trường để tham gia học tập theo căn bản như các học sinh khác hay không?
2. Có phải sự hỗ trợ này là do bị khuyết tật hay không? Từ "khuyết tật" trích ra từ Đạo luật Khuyết tật *Disability Discrimination Act 1992* (DDA) và có thể bao gồm nhiều học sinh.
3. Nhà trường có nói chuyện với quý vị và con về hỗ trợ mà trường đưa ra chưa?
4. Nhà trường có lưu hồ sơ về những hỗ trợ dành cho quý vị, về nhu cầu học sinh và lý do học sinh cần nhận hỗ trợ này hay không? Nhà trường cần lưu hồ sơ những bản sao bài kiểm, bài làm của học sinh, tường trình các buổi họp, báo cáo y khoa hay những giấy tờ khác và thông tin về việc học ra sao của học sinh theo thời gian.

Một khi trường quyết định tính một học sinh vào trong NCCD, họ sẽ chọn nhóm khuyết tật và chọn một trong bốn cấp hỗ trợ cho học sinh ấy.

Từ "khuyết tật" có nghĩa ra sao đối với NCCD?

Trong NCCD, từ "khuyết tật" trích ra từ Đạo luật Khuyết tật *Disability Discrimination Act 1992* (DDA). Có bốn loại khuyết tật mà trường có thể chọn ra: giác quan, nhận thức, cảm xúc- xã hội và thể chất.

Có nhiều học sinh cần giúp đỡ ở trường đều có thể được tính vào chương trình NCCD. Ví dụ như các học sinh gặp khó khăn trong học tập, v.d bị khiếm khuyết khả năng học hay bị khó khăn khi đọc (đôi khi được gọi là chứng khó đọc Dyslexia), bị vấn đề sức khỏe (v.d bị động kinh hay tiểu đường) khuyết tật thể chất (v.d bại não) có vấn đề về thị lực / thính lực hay trở ngại về xúc cảm - xã hội (v.d bệnh cảm nhiễm ý, nhiều dạng Rối loạn Tự kỷ, lo âu).

Các thư từ bác sĩ và chuyên viên y tế có thể sẽ hữu ích cho nhà trường để họ lập kế hoạch hỗ trợ học tập cho học sinh. Các trường không cần có những tài liệu thư từ này trước lúc họ đưa tên học sinh vào NCCD. Giáo viên có thể dùng tất cả những gì họ biết được về việc học của một trẻ em và những hồ sơ lưu mà họ thu thập theo thời gian để quyết định việc tính em ấy vào NCCD hay không.

Nhà trường dành cho học sinh những loại giúp đỡ nào?

Các em học sinh cần những loại giúp đỡ khác nhau ở trường học. Có em đôi khi cần giúp đỡ một ít, trong khi các em khác lúc nào cũng cần thật nhiều giúp đỡ. Hình thức giúp đỡ đưa ra tùy thuộc vào nhu cầu của mỗi học sinh. Giúp đỡ có thể là việc sửa đổi phòng ốc, sân nền, (v.d đường dốc thoải hay vật dụng đặc biệt như bàn, ghế), thêm giáo viên phụ đạo trong lớp, các chương trình học đặc biệt, thay đổi trong công tác học tập dành cho học sinh hay thêm người lớn hỗ trợ.

NCCD sẽ có khác biệt gì trong năm 2018?

Các trường sẽ tính học sinh vào NCCD kể từ 2015. Chính phủ sẽ sử dụng dữ kiện của NCCD như một thành phần để cấp tài trợ cho trường.

Nhà trường cần biết gì về con tôi trong NCCD?

Nhà trường cũng làm việc với gia đình để tìm hiểu nhu cầu của mỗi em học sinh. Điều hữu ích là nếu gia đình cung cấp được cho giáo viên của con bản sao thư từ tài liệu báo cáo cần thiết. Thư từ của bác sĩ, chuyên viên tâm lý, chuyên viên chính ngôn, bác sĩ chuyên khoa hay chuyên viên phục hoạt v.v... có thể hữu dụng cho nhà trường. Những tường trình báo cáo này cùng với thông tin giáo viên có được (v.d bài kiểm ở trường, kế hoạch học tập và bài làm của con quý vị) sẽ giúp trường hiểu được và đáp ứng nhu cầu của học sinh.

Điều gì xảy ra với dữ kiện NCCD? Ai sẽ có được thông tin của NCCD?

Hiệu trưởng của mỗi trường phải kiểm tra dữ kiện NCCD vào tháng Tám hàng năm. Nhà trường sẽ cấp thông tin cho Văn Phòng Giáo Dục Công Giáo. Nhà trường sẽ làm việc với Văn Phòng Giáo Dục Công Giáo để báo đảm dữ liệu NCCD được hợp lý trước khi chuyển đến chính phủ. Chính phủ sẽ không nêu tên bất cứ học sinh nào trên bất cứ báo cáo tường trình hay hồ sơ nào. Xin hãy hỏi nhà trường để biết thêm về chính sách bảo vệ đời tư cá nhân của trường nếu muốn biết thêm.

Nhà trường có cần tôi ưng thuận để tính con tôi vào NCCD không?

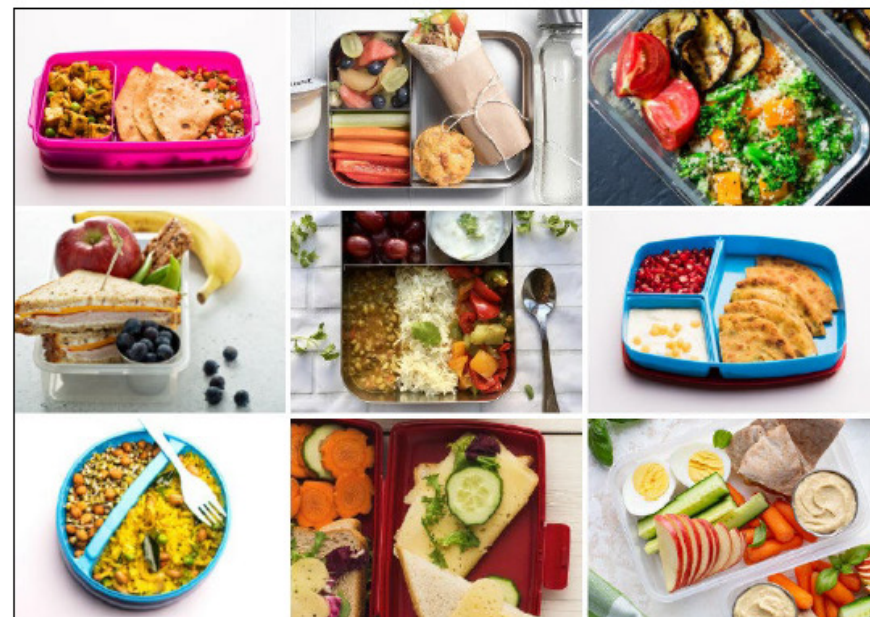
Các thay đổi được làm dựa theo luật pháp (*Australian Education Act 2013* and *Australian Education Regulation 2013*). Trường không cần quý vị ưng thuận để tính một em học sinh vào NCCD. Quý vị không thể yêu cầu nhà trường không tính con quý vị trong chương trình.

Tôi có thể biết thêm thông tin ở đâu?

Nếu có câu hỏi, quý vị có thể yêu cầu trường của con giúp đỡ. Quý vị có thể xem thông tin thêm tại:

- [NCCD national website](#)
- [Disability Standards for Education 2005](#)
- [Australian Government Department of Education - NCCD](#)

HEALTHY LUNCHBOXES



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

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

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!
- 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.
- 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.

DPV Health

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](https://www.dpvhealth.org.au)

صناديق الغذاء الصحية





















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	
LEADER	-	Van and Melissa	Melissa	Van and Melissa	Melissa	EVENTS
9 AM	Quiet Space 9 am - 11:30 am 	Playgroup 0-5 مجموعة اللعب Chơi nhóm 9:30 - 11:30 	Everyday Computer Skills مهارات اللغة الإنجليزية والكمبيوتر اليومية Tiếng Anh hàng ngày và kỹ năng máy tính 9:15 - 12:15 	Supported Playgroup 0-5 مجموعة اللعب Nhóm chơi được hỗ trợ 9:30 - 11:30 	English Conversation Class دروس الانكليزي Lớp tiếng Anh 9:15-11:15  	Mother's Day Celebration Thursday, 8th May 9:30 am - 12 am <ul style="list-style-type: none">Morning teaZumbaStudent presentations <div>NEW!</div>
10 AM	NEW!			Cooking Class دروس تعلم الطبخ Lớp học nấu ăn 9:15 - 12:15 	Volunteer Today المساعدة من خلال العمل التطوعي tình nguyện giúp đỡ <u>Help Others and Learn New Skills</u> <ul style="list-style-type: none">Classroom HelperHelp Teachers On ExcursionsRaise MoneySchool Events Appointment made at the office	Envisage Parent Support Group 9:30 AM - 11 AM <ul style="list-style-type: none">Supporting parents who care for a child <div>NEW!</div>
11 AM						Invitation to Parents Online Safety Thursday 22nd May 5:30 pm - 7 pm <ul style="list-style-type: none">In ½ area 
12 AM	Helping Hand With Olivia and Chelsea 1:00 pm - 3:00 pm <ul style="list-style-type: none">DocumentsComputerFinding answersForms 	NEW! 1:00 pm- 3:00 pm Sewing خياطة May vâm 	Family Support With Van and Melissa دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15  	Family Support With Van and Melissa دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15  	Walk To School Assembly المشي إلى تجمع المدرسة معنا Cùng nhau đi tới hội trường 2:25 Every 3 weeks 	Foundation House Early Years Research Project with HC Hub Playgroup <ul style="list-style-type: none">Research to make kindergartens more accessible <div>NEW!</div>
1 PM		NEW!				
2 PM	NEW!		Parents Chat & Coffee يتحدث الآباء ويتناولون القهوة Cha mẹ Trò chuyện và cà phê 2:30 - 3:30 	Parents Chat & Coffee يتحدث الآباء ويتناولون القهوة Cha mẹ Trò chuyện và cà phê 2:30 - 3:30 	Parents Chat & Coffee يتحدث الآباء ويتناولون القهوة Cha mẹ Trò chuyện và cà phê 2:30 - 3:30 	COMING SOON
3 PM						



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

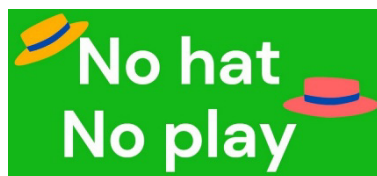
Australia has one of the highest rates of skin cancer in the world.

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.

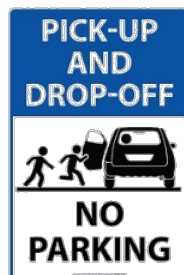
During cooler weather

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



Ready Set Barista

A practical, hands-on course, where you learn how to use a commercial espresso machine to make a range of coffees. The course is designed for people looking to work in the vibrant café scene or further training in hospitality. This is a non-accredited course.

This course is a Centrelink approved activity, if it contributes towards your mutual obligation requirements, to meet your job search requirements. People with a disability are encouraged to apply.

What will you gain

- Skills in operating a commercial espresso machine
- An understanding of what makes a good barista
- Improved skills and confidence to look for work
- Improved skills and confidence to enrol in further training
- A Statement of Participation

Course Delivery

Classroom based, using a commercial espresso machine under the guidance of our experienced, barista trainer.

Prerequisites

There are no prerequisites for this course.

For help or more information

E: courses@jss.org.au or call our Enrolment Officer on 0498 594 731



Course Details

Location

Holy Child Primary School
227 Blair St, Dallas 3047

Course Dates

August 25 & 26

Times

9:30am to 3:30pm

Fees and Charges

Do I have to pay?

There is no cost to you if you are eligible for Adult Community & Further Education (ACFE) funding. For more information on eligibility please go to [Adult Community Further Education ACFE](#)

If you are not eligible for Adult Community & Further Education (ACFE) funding, fees will apply.

We encourage you to discuss your personal circumstances with our enrolment officer.

This training is delivered with Victorian government funding.

School Holiday Fun at Glenroy Neighbourhood House

July Activities for Primary School Aged Children

Mon 7th of Jul 9.30am to 12pm Coding 12.30pm to 2.30pm Sport Activities & Games	Wed 9th of Jul 9.30am to 12pm Board Games 12.30pm to 2.30pm Wobbly Wallaby & Absolute Bandicoot Show	Thurs 10th of Jul 9.30am to 12pm Lego Challenge 12.30pm to 2.30pm Dazzling Dan the Magic Man	Fri 11th of Jul 9.30am to 12pm Cooking 12.30pm to 2.30pm Art & Craft
Mon 14th of Jul 9.30am to 12pm Cooking 12.30pm to 2.30pm Garden & Art	Wed 16th of Jul 9.30am to 12pm Art & Craft 12.30pm to 2.30pm Seaweed Sally	Thurs 17th of Jul 9.30am to 12pm Lego Challenge 12.30pm to 2.30pm Coding	Fri 18th of Jul 9.30am to 12pm Construction 12.30pm to 2.30pm 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!



Glenroy
Neighbourhood
House

5B Cromwell St, Glenroy
www.gnh.org.au
9304 3910



WALKING THE PATH TOGETHER: STRATEGIES FOR PARENTS TO SUPPORT THEIR UNIQUE CHILD/SOCIAL PLAYDATE FOR YOUR KIDS!



EVENT
DATES:
SEPTEMBER
13TH 2025

TIMINGS: 2.30
PM-4.30 PM

PARENTS OF
KIDS AGED 4-7
YEARS

We're excited to offer a face-to-face workshop designed for parents and carers of children with ADHD and/or Autism.

While parents are at the workshop, the kids are welcome to come along for a fun social play date run by a speech pathologist. It's a great chance for the kids to meet new friends, play, and interact to build on their social, play and communication skills!

How to Book:

Express your interest the link:

<https://forms.gle/md4AD9UyevZ131LB6>



Event Address:
Aitken Hill
Community
Centre (40
Waterview
Boulevard,
Craigieburn)

Booking confirmation will be sent via email.
NDIS and Private fees available.

For inquiries/costs, contact:
apsychapproach@gmail.com

@a_psychologists_approach
www.innermindpsychology.com.au

WINTER HOLIDAY CAMPS - HOSTED BY STRIKE SOCCER

WE HAVE TWO BIG LOCATIONS COMING UP - 9AM-1PM EACH DAY

ABBOTSFORD PRIMARY SCHOOL GROUND

14TH & 15TH OF JULY

DAREBIN INTERNATIONAL SPORT COMPLEX

17TH & 18TH OF JULY



**JOIN NOW VIA
OUR WEBSITE**

strikesoccerschool.com

CONTACT US: admin@strikesoccerschool.com / 0405 765 943

