











---

# BOOK WEEK

We were excited to celebrate **Children’s Book Week 2025** from **Monday 18th – Friday 22nd August**. This year’s theme ‘Book an Adventure’ was a wonderful opportunity to inspire a love of reading across all year levels, with a full week of engaging activities, special guests, and community involvement.

## Highlights of the Week:

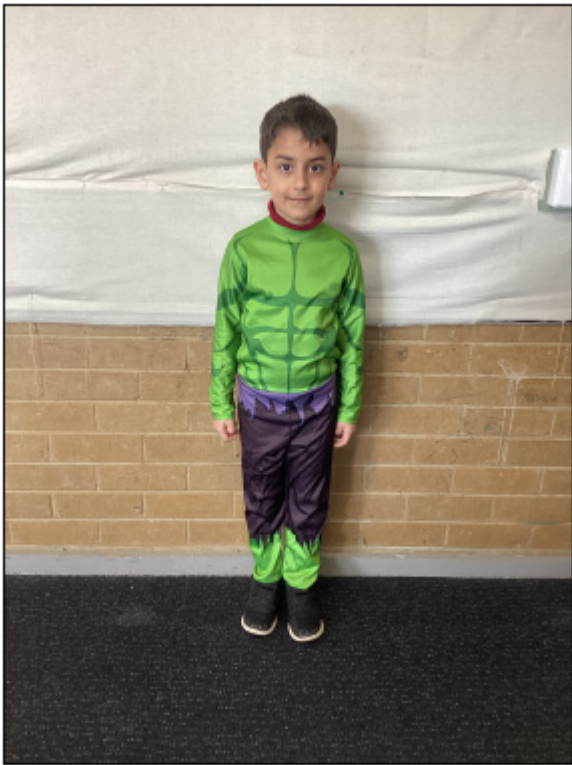
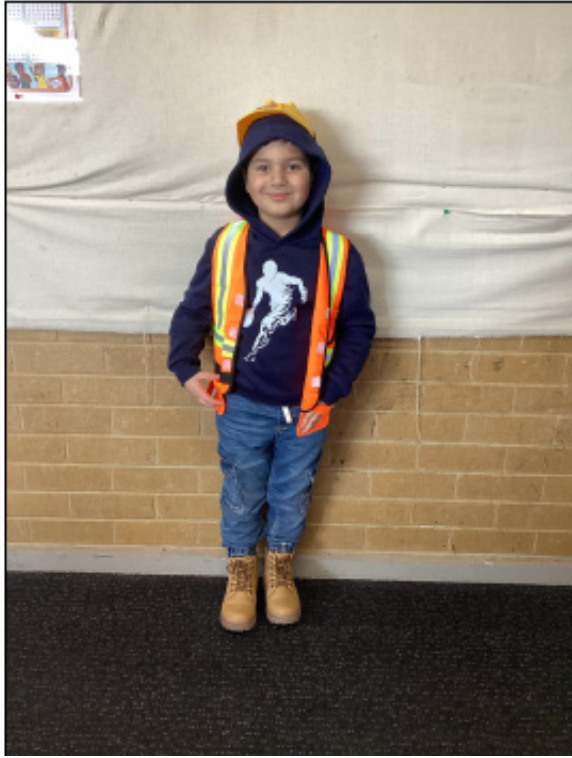
- **Daily Storytelling:** Each day our students enjoyed stories read by Mr. Smith, Mr. Toomey, and our School Captains.
- **Incursions:**
  - *On Monday*, **Damian Callinan** author for the novel – **“Weird School”** visited the Year 3- 6 students and shared his adventure of how he wrote his book and added in his extra experiences of being a teacher and a comedian.
  - *On Wednesday*, **Chris Kennett – Visiting Illustrator** visited the whole school and shared his experiences as an illustrator and digital illustrator sharing with our students all his 70 books of illustrations. .
- **Book Character Parade:** On **Wednesday**, students along with our Kindergarten students were invited to dress up as a favourite book or literacy-themed character. We thank all families for the efforts in supporting students to make their day a fun filled experience.
- **Buddy Reading & Activities:** Across the school various classes had the opportunity to participate in buddy activities about various shortlisted books.
- On Thursday our PJ Day our families and students had the chance to **“Snuggle Up and Read”**
- Friday Mr Toomey invited our Kindergarten students to visit our Library with our Year 6 students to read and explore some of our amazing books.



---

# Book Character Parade and PJ Day















---

**BOOK CLUB**

 **SCHOLASTIC**

**Book Club**

---

**DUE DATE**

**Wednesday**  
**27 August 2025**

---

# 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

# ONLINE SAFETY

## eSafety young people conversation starters

These question cards are designed to be used in a family or education setting to start everyday conversations about online safety. The cards cover topics such as identifying online risks, using technology safely and reporting unsafe behaviour. Use them together with the information at eSafety young people, and empower young people to take control of their online experiences.



### Recommended approach:

1. Print the questions on a sheet of A4/3 paper and cut into individual cards.
2. Divide cards into two piles: 'Ask an adult' and 'Ask a young person'
3. To play, adults and young people take turns to pick a card from their pile and answer the question.
4. Browse eSafety young people to find more information on how to stay safe online.

**Tip:** You can also open the document in Acrobat PDF and type your answers in the space provided.

**What three words describe who you are online?** 😎

Write or type your answer in the square below:



Ask an adult

[esafety.gov.au/young-people/your-digital-reputation](https://esafety.gov.au/young-people/your-digital-reputation)

**What would you do if a friend was being harassed online?** 😡

Write or type your answer in the square below:



Ask an adult

[esafety.gov.au/young-people/be-an-upstander-not-a-bystander](https://esafety.gov.au/young-people/be-an-upstander-not-a-bystander)



 eSafety Commissioner

[esafety.gov.au/young-people](https://esafety.gov.au/young-people)

## What worries you most about me being online? 😞

Write or type your answer in the square below:



Ask an adult

[www.esafety.gov.au/young-people/helping-adults-get-online](http://www.esafety.gov.au/young-people/helping-adults-get-online)

## Do you feel pressure to keep up on social media? 😞

Write or type your answer in the square below:



Ask an adult

[www.esafety.gov.au/young-people/pressures-from-social-media](http://www.esafety.gov.au/young-people/pressures-from-social-media)

## What would you do if someone sent you a nude image without your permission?

Write or type your answer in the square below:



Ask an adult

[esafety.gov.au/young-people/receiving-unwanted-nudes](http://esafety.gov.au/young-people/receiving-unwanted-nudes)

## Can other people see pictures you post of me online?

Write or type your answer in the square below:



Ask an adult

[esafety.gov.au/young-people/consent-sharing-photos](http://esafety.gov.au/young-people/consent-sharing-photos)



 eSafety Commissioner

[esafety.gov.au/young-people](http://esafety.gov.au/young-people)

## Have you ever created online drama?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/violent-inappropriate-content](https://esafety.gov.au/young-people/violent-inappropriate-content)

## What should I do if I'm getting trolled on social media?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/trolling](https://esafety.gov.au/young-people/trolling)

## How do you feel after spending time on social media? 😞

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

## What would you do if a nude photo of you was shared without your consent?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/my-nudes-have-been-shared](https://esafety.gov.au/young-people/my-nudes-have-been-shared)



eSafety Commissioner

[esafety.gov.au/young-people](https://esafety.gov.au/young-people)

## How do you balance time online with other priorities?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

## Do you know how any of your friends manage their time online?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

## If there is one thing you would like me to stop doing online, what would it be?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people/spending-too-much-time-online](https://esafety.gov.au/young-people/spending-too-much-time-online)

## What are your top three tips for using social media?

Write or type your answer in the square below:



Ask a young person

[esafety.gov.au/young-people](https://esafety.gov.au/young-people)



eSafety Commissioner

[esafety.gov.au/young-people](https://esafety.gov.au/young-people)

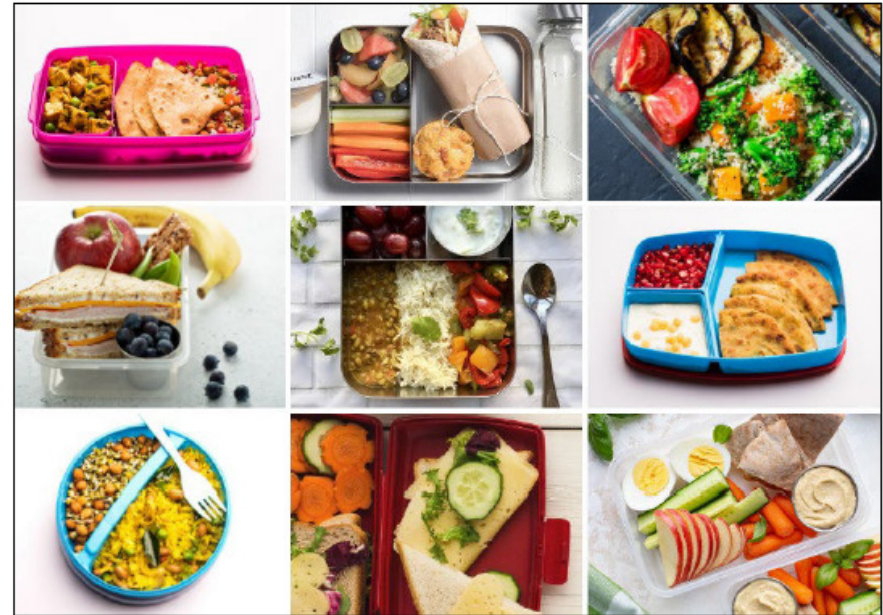


# HEALTHY LUNCHBOXES

## Build Your Own Healthy Lunchbox

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

- Vegetables** (green icon)
- Fruits** (purple icon)
- Dairy and Alternatives** (blue icon)
- Grain and Cereal Food** (orange icon)
- Meat and Protein Alternatives** (red icon)
- Water** (blue icon)



## 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). Tip: 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

- 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 الغذاء الصحية

Arabic | عربي

## أفكار جديدة لوجبة الغذاء المدرسية

منتجات الألبان والبدائل

الخضروات

بدائل اللحم والبروتينات

الحبوب النباتية المحمصة

الفاكهة

الماء

هذه الفجوات لوجبة الغذاء المدرسية هي مجرد اقتراحات. يرجى الاستشارة في إعداد الوجبة التي ينسجم بها طعمك وتفضيلك من أجل التعلم والنجاح.

## نشاط: ارسم أطعمتك المفضلة لوجبة الغذاء المدرسية

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

بطل الكاري والخضار والخبز العادي من مجموعة الطعام، وهي خيارات رائعة لوجبة الغذاء المدرسية.

للمزيد من المعلومات حول الأثر الصحي، اتصل على الرقم 1300 234 263 مع أحد أخصائيي التغذية الصحية لدى DPV Health.

قم بزيارة Good Food for Health للحصول على المزيد من الوصفات لوجبة الغذاء المدرسية وللمساعدة.

Good Food for Health

منتجات الألبان والبدائل

الخضروات

الفاكهة

بدائل اللحم والبروتينات

الحبوب النباتية المحمصة

Good Food for Health

1300 234 263

dpvhealth.org.au

## نصائح لإعداد وجبة الغذاء المدرسية

قم بإعداد وجبات الغذاء المدرسية في الليلة السابقة. فهي تتيح الوقت لتصفيتها. أنواع الأطعمة التي تصفيتها أسعد. جربها حول إعداد الفجوات من الوجبات المدرسية مسبقاً لتجربتها جاهدة في الفجوة بدلاً من إعدادها كل صباح.

قم بتجديد قناني الزبادي أو علب الماء للمساعدة في الحفاظ على برودة الطعام حتى وقت الغداء في الأيام الباردة. تأكد من أن الأطفال يحكمون حبل صنوبري أهدأ، والخبزات بأصغرهم، وسيضمن ذلك حصولهم على الحصة وأهدأ وعدم الاضطراب إلى طلب المساعدة من الآخرين.

خطب لعملاء عائلتي طوال الأسبوع وهم يتراء، مسترزمات العلكة تخبثاً. عبوة مرودة واحدة تكفي للأسبوع. خذك أرخص من الخبز إلى الموزماركات كل ليلة لتكسر، صولبات وجبة الغذاء.

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

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

تقدم DPV Health مجموعة من الخدمات لصحة ورفاهية طمك، وعلقتك بأطفالها للوصول إلى خدماتنا أو للمزيد من المعلومات، اتصل بنا أو قم بزيارة موقعنا الإلكتروني.

DPV Health®

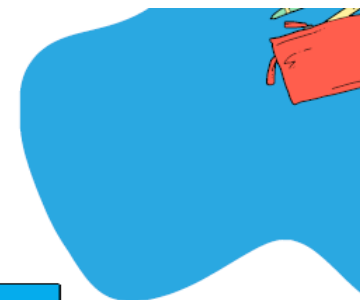
# HUB



## HUB CLASSES

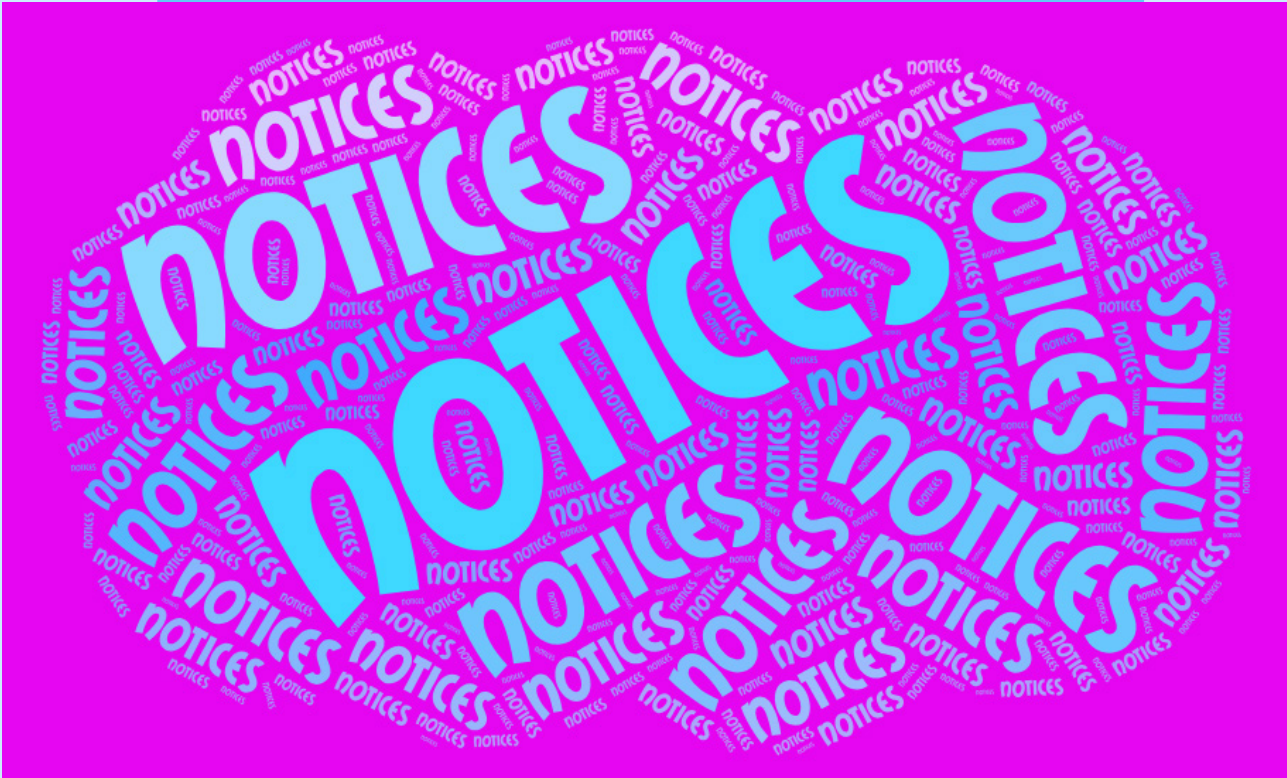


All hub classes are free and all people are welcome  
 كل البرامج التي يقدمها المركز الاجتماعي مجانية كل الناس مرحب بهم  
 Tất cả các lớp học đều miễn phí và chào đón mọi người



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 ألعاب 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>
1 PM	<b>NEW!</b>	<b>NEW!</b>			Appointment made at the office	<b>Invitation to Parents Online Safety</b> Thursday 22nd May 5:30 pm - 7 pm <ul style="list-style-type: none"> <li>In % area</li> </ul>
2 PM						<b>Family Support With Van and Melissa</b> دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15 
3 PM	<b>NEW!</b>	<b>NEW!</b>			Appointment made at the office	<b>Wellbeing Session</b> <ul style="list-style-type: none"> <li>Healthy Aging at all stages</li> </ul>
			<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

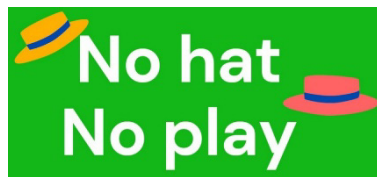
Australia has one of the highest rates of skin cancer in the world.

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.

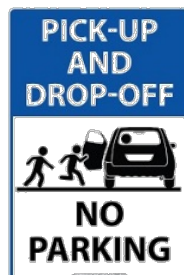
#### During cooler weather

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

