

5 September

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

SEPTEMBER

Monday 15 September

Prep Excursion to Scienceworks

Friday 19 September at 3:20pm

Last day of Term 3 (Staff & Students)

HELLO



A Blessing Prayer for Father's Day

by Greg Sunter


God of Kindness and Compassion,
we are your children, and you are Father to us all.
We give honour and thanks to those who reflect your fatherly example:
those who are dads and grandads;
step-dads, foster dads, godfathers and fathers-in-law;
those who are coaches, leaders and mentors;
and those who are elders and wisdom-men of our communities.
We look to these men for strength of body and strength of character.
We look to them to pass on skills and pass on stories.
We look to them to protect and provide.
We look to them for care and compassion.
We look to them to be co-creators and stewards of the world.
For all those who embrace their role as father, we give thanks.
For those who struggle with being fathers, give them strength.
For those who are distanced from their children, give them comfort.
For those who have passed from this world, give them peace.
Bless these men that we call father.
Bless them in their strength and in their weakness.
Bless them in their joy and in their sorrow.
Bless them in their work and in their play.
And bless them, Father, for being fathers.
We make this prayer through the one who taught us to call you Our Father:
Your Son, Our Lord, Jesus Christ.

Wishing all in our community a very 'Happy Father's Day' and God Bless you all.

Guy Toomey (and staff)

STUDENTS OF THE WEEK

GRADE	STUDENT
Prep EC	<p>From Week 2- Marita Yousif for trying your hardest in all your work. You have tried very hard to sound out new words! Keep up the great work!</p> <p>Sophia Rodger for always trying your best and contributing to class discussions. You consistently demonstrate a positive attitude to your learning and work to challenge yourself to keep improving! Congratulations!</p>
Prep AM	<p>From Week 2- Ariel Vu for your fantastic effort in Maths and counting together 2 small collections to find the total in a number story. Keep up the great effort Ariel!</p> <p>Santino Rocca for showing persistence with your learning this week and demonstrating kindness in class. Keep up the wonderful effort Santino!</p>
1 BC	<p>Yohanna Kayssr for your enthusiastic engagement in class learning and discussions. Your positive attitude and determination to always try your best makes you a valued member of our classroom!</p>
1 KF	<p>Andraws Al-Sheikh for always showing amazing progress and a strong desire to keep improving every day. Your hard work, determination, and positive attitude don't go unnoticed. Keep growing and reaching for your best!</p>
2 SV	<p>Shariel Esho for being a role model in how to show kindness to your friends, teachers and everyone around the school at all times. You always come to class ready to learn, are always on time to complete your homework and are a fantastic learner. Amazing job, keep it up!</p> <p>Peter Al-Sheikh for working very hard with your learning in class and for making big leaps and strides in your reading and writing and doing your home reading. You've come so far since you joined us at Holy Child this year and we are all very proud of you. Keep up the amazing work!</p> <p>Mira Polus for working very hard with your learning in class, for always coming to school with a huge smile on your face and for being a kind person to your teachers and friends. Your energy and positivity brighten up our days. Keep up the amazing work!</p>
2 BD	<p>Kherota Kapi for always trying your best in writing and contributing to class discussions. Your sentences are getting better all of the time! Well done, Kherota.</p>
3/4 CM	<p>Mira George for being a curious and adaptable learner who follows instructions and works well independently and in group situations. You should be very proud of yourself!</p> <p>Umut Bahar for being a persistent learner and working well in maths. He has been trying really hard to ensure he reads the time correctly. You should be very proud of yourself!</p>

GRADE	STUDENT
3/4 JC	<p>Marcus Metti for displaying persistence in all areas. You have demonstrated continuous growth in your writing, creating engaging narratives that are action packed. Keep up the amazing work!!</p> <p>Anna Phan for showing an increasing curiosity in mathematics. You have developed your understanding of money and have shown an interest in decimals. Keep up the amazing work!!</p>
3/4 SM	<p>Mena Metti: you are thinking about your learning and are advancing to new levels by working towards expanding your knowledge more each day. Great determination Mena.</p> <p>Jacinta Adam: you love learning. Your persistence and commitment to consistently doing better is exemplary. You inspire us. Congratulations!</p>
	
5/6 JR	<p>Charbel Shabo- For demonstrating leadership during tabloid sports and buddies. Great work Charbel!!</p> <p>Adrian Benyamen- For being a persistent learner who tries his best. Keep up the great work Adrian!</p>
5/6 MM	<p>Chantelle Mesho: For showing persistence in learning her 4 times tables and always treating her peers with kindness. Well done, Chantelle!</p> <p>Darcy Morton: Well done on showing great improvement in your attendance and commitment to learning. You have shown yourself to be a cooperative, caring, and enthusiastic student who works well in all classes. Keep up the excellent effort Darcy!</p> <p>Edan Truong: congratulations on being a highly motivated and independent learner who shows a genuine love for learning. Your enthusiasm and commitment to developing your knowledge and skills are truly commendable. Well done, Edan!</p>
5/6 SW	<p>Maldino Yousif for being persistent in writing, showing his ability to take on feedback and improve his historical narrative with figurative language and sensory language.</p>
LOTE	<p>Brael Esho 3/4 CM for your excellent contribution in class when learning about Italy and its place in the world. Well done / Bravo Brael!</p>
Visual Arts	<p>Marcella Hawel for showing concentration and dedication to creating Picasso inspired Artwork. Keep up the great Art and fantastic attitude!</p>

MEDICAL ACTION PLANS

For the safety of our children



Dear Families,

To ensure the safety and wellbeing of all students, it is essential that the school has up-to-date **medical action plans** for your child, including those for **anaphylaxis, asthma, diabetes, epilepsy, or other medical conditions**.

What you need to do

1. Obtain an updated plan from your child's doctor.
2. Provide a signed copy to the school office, either as a hard copy or by email: admin@hcdallas.catholic.edu.au.
3. Supply any required medications (e.g., Epipen, asthma inhaler) to the school along with the plan.

Please note: the responsibility to provide these documents rests with families. Ensuring we have current plans is vital for your child's safety and allows us to respond quickly in an emergency.

Thank you for your cooperation and support.

Holy Child Primary School



Implications of your child Hitting-Back

When children respond to conflict by hitting back, it can have a big impact on how others see them and how they feel about themselves at school. While it might feel like a quick solution at the moment, physical reactions can affect friendships, their reputation, and important relationships with teachers and peers. Below are some of the possible implications for your child when hitting back becomes a response.

- Friends may feel unsure or scared, which can weaken or damage existing friendships.
- Other students might see your child as unsafe or unkind, which can affect their reputation at school.
- Teachers and staff may lose some trust, leading to closer monitoring or fewer responsibilities.
- Positive relationships with peers can be harder to build if others feel worried about being hurt.
- Your child may miss out on opportunities to work or play with certain groups because of conflict.
- The behaviour can create a cycle of conflict, making it harder for your child to resolve problems peacefully in the future.

School is better when your child is here

Going to school every day is the most important part of your child's education. There are no safe number of days for missing school – each day a student misses puts them behind and can affect their educational outcomes and their social connectedness. The best thing you can do is support your child to get to school every day.

A positive attitude towards school, healthy habits and routines, and parental involvement can support your child's regular school attendance and prevent chronic absence patterns.

When your child misses just... they miss



5 mins
per day



3 days
per year

When your child misses just... they miss



1 day
per fortnight



4 weeks
per year

and over



1 year missed
over their school life

When your child misses just... they miss



30 mins
per day



18 days
per year

When your child misses just... they miss



1 day
per week



8 weeks
per year

and over



2.5 years missed
over their school life

Adapted from material © State of New South Wales (Department of Education), 2023

1. Establish positive habits to promote attendance

- Set good bedtime and morning routines to make the process of getting to school smoother for everyone. Try to prepare as much as possible the night before, e.g. school uniform, school bag packed.
- Ensure your child gets enough sleep and exercise to support their physical and mental health.
- Talk positively about the importance of school attendance with your child. Explain that it is an important part of growing up, a legal obligation and that you expect them to attend every day.
- Show an interest in your child's school and become involved where possible. Keep notes, newsletters, etc. in a place where they are visible reminders of school news for the whole family. Talk about school activities in a positive manner.
- Discuss any changes to usual routines in advance with your child, such as alternative drop-off and pick-up arrangements, to ensure clarity and minimise anxiety.

2. Changes in your child's attitude towards school

We all have those days when it is just too hard to get up and feel motivated to go to work or school, but if this occurs regularly, it may be a sign that your child needs support. Early intervention is vital to address physical, emotional or social reasons for school avoidance before it progresses to chronic absence problems and on to school refusal.

Signs of school avoidance to look out for

- feeling sick before school, e.g. waking up with a headache, stomach-ache or sore throat
- tearfulness, clinginess and dawdling before school – struggling to get out of bed, leave the house or get out of the car
- complaints about attending school and reluctance to talk about school
- missing classes and being late for class.

What is happening at school?

Early signs of school avoidance may be identified at school through observations and insights by your child's teachers. Work in partnership with the school to support your child's attendance and wellbeing.

Further Resources

[Anxiety about going to school](#) – Victorian Government

[Attendance and missing school](#) – Victorian Government

[How can I get my teenager to school?](#) – Victorian Government

[Early Signs of School Avoidance/Refusal](#) – Travancore School

[Tips for Promoting School Attendance](#) – Travancore School

[Understanding School Avoidance and School Refusal](#) – Travancore School

[School refusal at children and teenagers](#) – Raising Children Network

[Understanding school refusal](#) – Headspace

[School refusal](#) – Be You
[Everything you need to know about school refusal](#) – ReachOut

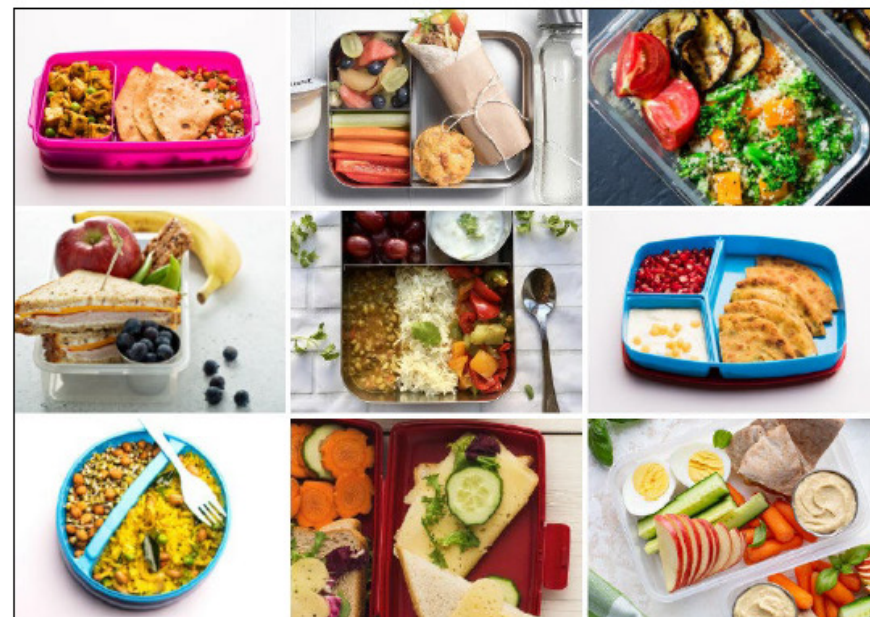
3. What can you do when you see the signs?

- Work with your child to understand what is happening and so that they feel supported and empowered. Listen with compassion but be consistent in expectations.
- Speak with your child's teacher(s) about your concerns.
- Consider taking your child to the GP to rule out or address any physical or emotional health problems.
- Request and attend school meetings with your child and their teacher to develop strategies to support increased attendance.



Melbourne Archdiocese
Catholic Schools

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 [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!
- 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	EVENTS
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 الأنكليزي 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						
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 	Invitation to Parents Online Safety Thursday 22nd May 5:30 pm - 7 pm <ul style="list-style-type: none">In % area  <div>NEW!</div>
1 PM						
2 PM	NEW!					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>
3 PM						
	Parents Chat & Coffee يتحدث الآباء ويتناولون القهوة Cha mẹ Trò chuyện và cà phê 2:30 - 3:30  					Wellbeing Session Healthy Aging at all stages 

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

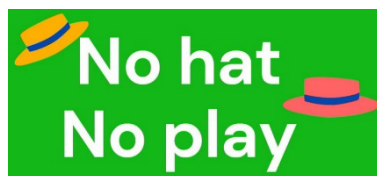
Australia has one of the highest rates of skin cancer in the world.

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.

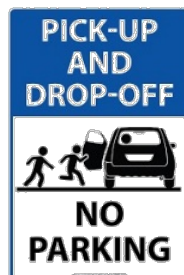
During cooler weather

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



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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

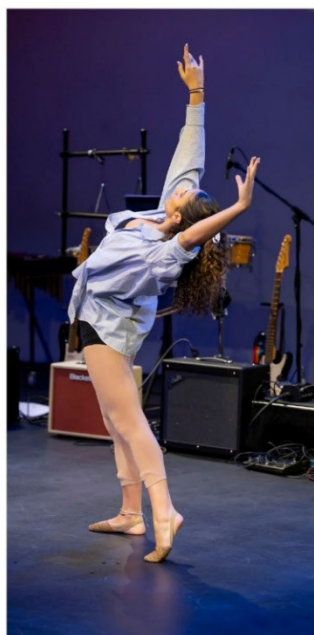


Arts In Motion



AFTER SCHOOL PROGRAM FOR YEARS 4-6 GIRLS

An exciting versatile four week dance program which will develop students' confidence, fitness levels, creativity, expressive skills and more.



BOOKINGS

www.trybooking.com/DFIEC

Thursday 9, 16, 23 and 30 October 2025, 4.00pm – 5.00pm

Mercy College, 760 Sydney Road, Coburg 3058

\$20

Students must wear comfortable shoes and clothes