

17 October

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

OCTOBER

Thursday 23 October

Year 3 Excursion to Penola to watch Suessical Jr

Thursday 30 October at 10am - 12pm in the school hall

Optional attendance video launch:
*Supporting Children and Families
Engage in Early Years and Education
Settings*

Friday 31 October

Year 4 Excursion to Penola for Penola
Discovery Day

[illegible]

DEPUTY PRINCIPAL MESSAGE

Dear Families,

As we continue to learn and grow together this school year, it's important to remember the power of persistence and faith. In this week's Gospel Reading, Luke 18:1-8, Jesus encourages us to remain persistent, even when things seem difficult.

In this passage, Jesus tells the Parable of the Persistent Widow, a story about a woman who repeatedly comes before an unjust judge, asking for justice. Despite the judge's reluctance, the widow's persistence finally moves him to act. Jesus uses this story to show that if even an unjust judge can be moved by persistence, how much more will God respond to those who persist in faith and prayer.

Jesus concludes the parable with a powerful question: **"When the Son of Man comes, will he find faith on the earth?"** This reminds us that persistence in prayer and faith is important. It is not about giving up when we don't see immediate results but continuing to trust that God is working in our lives, even when we don't always see the answers right away.

There may be challenges along the way, but just like the widow in the parable, you are encouraged to keep going and to trust that your efforts will lead to progress. God is with you in your journey, guiding and supporting you every step of the way.

Prayer

Let us pray:

"Dear God, thank You for Your constant love and support. Help us to be persistent in our learning and in our faith, trusting that You are with us through every challenge. Give us the strength to keep going, even when things feel difficult. May we always rely on Your wisdom and guidance. Amen."

With blessings,
Guy Toomey
Acting Principal

Social media age restrictions

The Australian Government is protecting young Australians at a critical stage of their development, through world-first social media age restrictions.

From 10 December 2025, age-restricted social media platforms will have to take reasonable steps to prevent Australians under the age of 16 from creating or keeping an account.

The restrictions aim to protect young Australians from pressures and risks that users can be exposed to while logged in to social media accounts. These come from design features that encourage them to spend more time on screens, while also serving up content that can harm their health and wellbeing.

While no formal assessments have been made, the age restrictions are likely to apply to [Facebook](#), [Instagram](#), [Snapchat](#), [TikTok](#), [X](#) (formerly Twitter) and [YouTube](#), among other platforms.

More generally, age restrictions will apply to social media platforms that meet three specific conditions, unless they are excluded based on criteria set in out in legislative rules made by the Minister for Communications in July 2025.

The conditions for age restriction are:

- the sole purpose, or a significant purpose, of the service is to enable online social interaction between two or more end-users
- the service allows end-users to link to, or interact with, some or all the other end-users
- the service allows end-users to post material on the service.

[Online gaming](#) and standalone messaging apps are among several types of services that have been excluded under the legislative rules. However, messaging services that have social-media style features which allow users to interact in other ways apart from messaging may be included in the age restrictions, as well as messaging features accessed through age-restricted social media accounts.



eSafety
Commissioner

[eSafety Commissioner](#)

No Hat, No Play - Stay Safe in the Sun!

From October to April, all children must wear their hats during any outside activities.

If a student doesn't have a hat, a new one can be bought from the uniform shop.



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.



BOOK CLUB



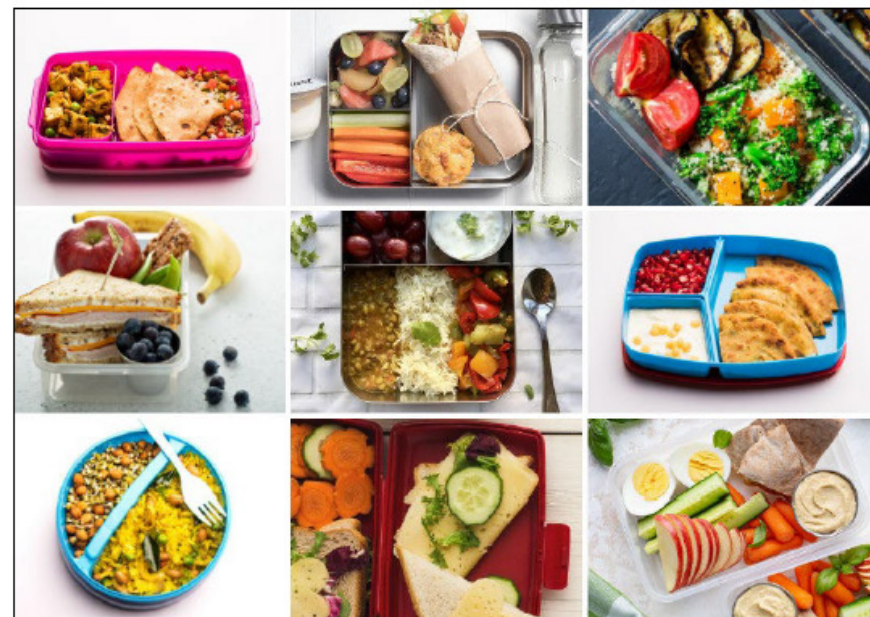
Book Club

DUE DATE

Tuesday

21 October 2025

HEALTHY LUNCHBOXES



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

Fruits	Vegetables	Dairy and Alternatives	Water
- Apple - Banana - Mandarin - Fig - Berries - Fruit salad - Tinned fruit in juice, not syrup	- 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	- Milk - No-added sugar yogurt (frozen overnight) - Cheese cubes - Tabaki dip - Cottage cheese - Calcium fortified soy milk	Take a water bottle (for refilling throughout the day). Tip: Freeze overnight to keep foods cool in lunchboxes.
- Flat bread and naan - Pasta dishes	- Noodles - Rice, quinoa or couscous - Fruit loaf - Homemade pizza - Wholemeal (brown) bread	- Meat and Protein Alternatives - Grilled meats with the extra fat removed (eg. beef, chicken)	- 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	
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 - Morning tea - Zumba - Student presentations NEW!
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> - Classroom Helper - Help Teachers On Excursions - Raise Money - School Events Appointment made at the office	Envisage Parent Support Group 9:30 AM - 11 AM Supporting parents who care for a child NEW!
11 AM						
12 AM	Helping Hand With Olivia and Chelsea 1:00 pm - 3:00 pm - Documents - Computer - Finding answers - Forms 	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 Research to make kindergartens more accessible NEW!
1 PM						
2 PM	NEW!					Wellbeing Session Healthy Aging at all stages COMING SOON
3 PM						

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

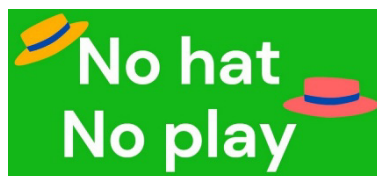
Australia has one of the highest rates of skin cancer in the world.

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.

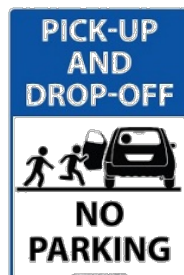
During cooler weather

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



STRONGER SWIMMERS START HERE



Sign up by 27 October and get

2 WEEKS FREE!*

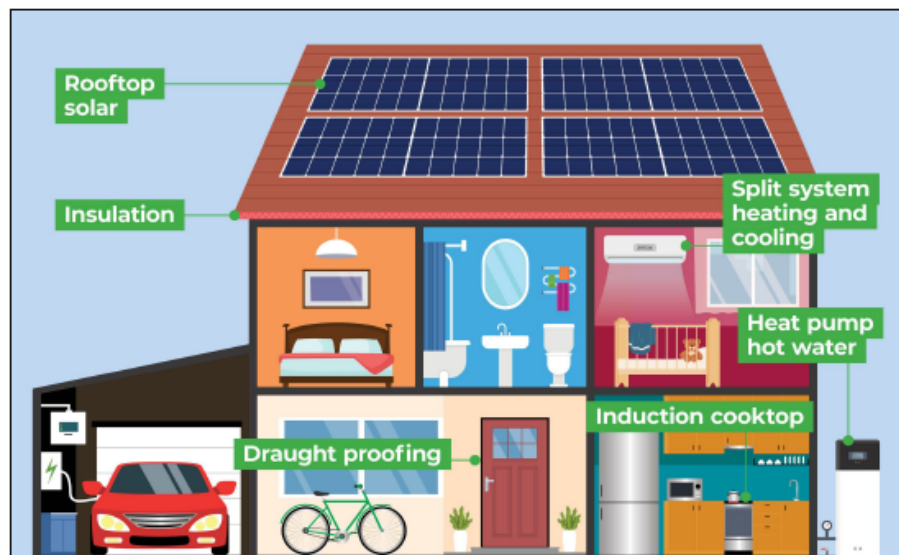
Give your family the confidence to enjoy every splash this summer by enrolling your child in swimming lessons.

Why choose us?

- Lessons for infants through to adults
- A swimming program that aligns with national benchmarks for water safety competencies
- Unlimited pool entry for students to practice outside of lesson time
- Passionate, professional and industry-qualified swimming teachers

Enrol today!

**T&Cs apply. Ask our team for details.*



HUME CITY COUNCIL

Lower bills, greater comfort

Energy saving upgrades for your home

Are your energy bills going up, but you're still cold in winter and hot in summer? Keen to switch to more efficient appliances?

Come hear about Hume City Council's Home Energy Upgrades program offering quality, good-value energy saving products to Hume residents. Receive help with government rebates, plus additional Council rebates for concession card holders.

Thursday 18 September, 6.30pm – 8pm
Hume Global Learning Centre – Craigieburn

Saturday 25 October, 11am – 12.30pm
Hume Global Learning Centre – Sunbury

Tuesday 11 November, 6.30pm – 8pm
Dallas Neighbourhood House at the Broadmeadows Community Hub



Full details and register at
hume.vic.gov.au/energy or scan the QR code
or call 9205 2751



HUME CITY COUNCIL

Free Energy and Water Bill Help Drop-in Session

Do you want to save on your electricity, gas and water bills?

Bring your bills to receive free help to:

- apply for the new \$100 Power Saving Bonus for concession card holders
- understand your bills and check for a better energy deal
- access energy and water concessions, payment plans and relief grants
- upgrade to efficient, electric appliances with Hume Home Energy Upgrades

Thursday 16 October, 1pm – 4.30pm (drop in any time)
Dallas Neighbourhood House at Broadmeadows Community Hub
180-182 Widford St, Broadmeadows

To receive help to apply for the \$100 Power Saving Bonus, please bring:

- A copy of a recent electricity bill in your name
- Your eligible concession card (pensioner or health care card)
- Identification such as a drivers licence, Medicare card, ImmiCard or Australian visa
- Bank account details: BSB and account number

Arabic and Turkish speakers will be there to assist.
Everyone is welcome – come along and enjoy warm food and giveaways.



Bookings are not essential but assist
us in managing numbers.

Register at hume.vic.gov.au/energy
or scan the QR code or call 9205 2751.



HUME BELEDİYE MECLİSİ

Ücretsiz Enerji ve Su Faturası Yardımı Ziyaret edebileceğiniz oturumlar

Elektrik, gaz ve su faturalarınızda tasarruf etmek ister misiniz?

Aşağıdaki konularda ücretsiz yardım almak için faturalarınızı getirin:

- İndirim kartı sahibi olarak yeni 100 dolarlık Enerji Tasarrufu İkramiyesine başvurun
- Faturalarınızı anlayın ve daha avantajlı enerji tekliflerini öğrenin
- Enerji ve su indirimlerinden, ödeme planlarından ve yardım hibelerinden yararlanın
- Hume Evde Enerji Yükseltmeleriyle verimli elektrikli cihazlara geçin

16 Ekim Perşembe, 13.00 – 16.30 (istediğiniz zaman uğrayın)
Dallas Neighbourhood House, Broadmeadows Community Hub
180-182 Widford St, Broadmeadows

100 dolarlık Enerji Tasarrufu İkramiyesine başvurmak için yardım almak isterseniz lütfen aşağıdakileri getirin:

- Kendi adınızın olduğu, yakın tarihli bir elektrik faturası kopyası
- Geçerli indirim kartınız (emekli veya sağlık bakım kartı)
- Ehliyet, Medicare kartı, ImmiCard veya Avustralya vizesi gibi kimlik belgesi
- Banka hesap bilgileri: BSB ve hesap numarası

Size yardımcı olmak için Arapça ve Türkçe konuşan kişiler bulunacaktır.
Kapımız herkese açık. Gelin, sıcak yemeklerden yiyecek ve hediyeler alın.



Önceden kayıt yaptırmak zorunlu değildir, ancak gelecek olanların sayısını bilmemizde bize yardımcı olacaktır.
www.hume.vic.gov.au/energy adresinden veya karekodu taratarak kayıt yaptırabilirsiniz.



HUME CITY COUNCIL (بلدية هيوم)

مساعدة مجانية في دفع فاتورة الكهرباء والمياه جلسة متاحة للجميع بدون حجز مسبق

هل ترغب في التوفير في فواتير الكهرباء والغاز والمياه؟

أجبر فواتيرك للحصول على مساعدة مجانية في:

- تقديم طلب للحصول على مكافأة توفير الطاقة الجديدة بقيمة 100 دولار، والمخصصة لحائلي بطاقات الامتياز (concession card)
- فهم فواتيرك والتحقق من وجود عرض أفضل لخدمات الطاقة
- الاستفادة من خصومات الكهرباء والمياه، وخطط الدفع، ومنح المساعدة المالية
- تحديث الأدوات المنزلية إلى أدوات كهربائية أكثر فعالية ضمن برنامج Hume Home Energy Upgrades (برنامج هيوم للتحديثات المنزلية المتعلقة بالطاقة)

الخميس 16 تشرين الأول/أكتوبر، من الساعة 1:00 ظهراً حتى 4:30 بعد الظهر (يمكن الحضور في أي وقت)
Dallas Neighbourhood House
180-182 Widford St, Broadmeadows

للحصول على المساعدة في تقديم طلب مكافأة توفير الطاقة بقيمة 100 دولار، يرجى إحضار ما يلي:

- نسخة من فاتورة كهرباء حديثة باسمك
- بطاقة الامتياز المؤهلة الخاصة بك (بطاقة التقاعد أو بطاقة الرعاية الصحية)
- وثيقة تعريف مثل رخصة القيادة، أو بطاقة مينيكر، أو بطاقة ImmiCard، أو التأشيرة الأسترالية
- تفاصيل الحساب المصرفي: رمز BSB ورقم الحساب

سيواجه متحدثون باللغة العربية والتركية لتقديم المساعدة.

الجميع مرحب بهم – انضم إلينا واستمتع بالطعام الساخن والهدايا المجانية.



إن حجز موعد غير ضروري ولكن سيساعدنا التسجيل في تنظيم عدد الحضور.

سجل على الرابط hume.vic.gov.au/energy أو قم
بمسح رمز الاستجابة السريعة (QR code).

