

31 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

Friday 31

Year 4 Excursion to Penola for Penola Discovery Day

NOVEMBER

Monday 3

No School

Tuesday 4

Public Holiday - Melbourne Cup Day

Monday 10

Prep Community Excursion

Monday 17

School Closure Day

Thursday 27

Year 1/2 Excursion to Latrobe Wildlife Sanctuary

Thursday 20 from 9:30am - 2:30pm

Community Hub: Excursion - Royal Melbourne Botanical Gardens

DEPUTY PRINCIPAL MESSAGE

Dear Families,

As we continue to grow together as a school community, we are reminded that even in difficult and challenging times, there is always hope and the possibility of new beginnings. This week, we reflect on the powerful story from **Luke 7:11-17**, where Jesus performs a miracle that speaks to the themes of compassion, restoration, and the importance of community.

In this passage, Jesus encounters a widow who is grieving the loss of her only son. Moved by compassion, Jesus reaches out to her and says, "**Don't cry.**" He then touches the bier, the platform carrying the dead body, and commands the young man to rise. Miraculously, the young man comes back to life, and Jesus gives him back to his mother. This moment is a powerful reminder that, no matter how difficult or painful our circumstances may seem, God is always with us, offering comfort, restoration, and hope.

For all of us, this story can be especially encouraging. However, just as Jesus showed deep compassion to the widow, He is always present in our lives, ready to lift us up when we feel weary. Through His love and care, we can find strength to face challenges and continue our journey with hope and determination.

Prayer

Let us pray:

"Dear God, thank You for Your love and compassion. Help us to trust in Your care, knowing that You are always with us, even in the most difficult times. When we feel discouraged or unsure, may we remember that You offer us hope and new beginnings. Guide us in our learning and help us to support one another with kindness and understanding. Amen."

With blessings,
Guy Toomey
Deputy Principal / RE Leader

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.




2026 UNIFORM SHOP


Opening Hours

SPECIAL OFFER – 20% OFF SELECTED ITEMS


Tuesday, January 27

 10:00 a.m. – 1:00 p.m.

Wednesday 28 January | Thursday 29 January | Friday 30 January

 8:30 a.m. – 9:30 a.m.

Monday 2 February and Tuesday 3 February

 8:30 a.m. – 9:30 a.m.

From Thursday, February 5 onwards:

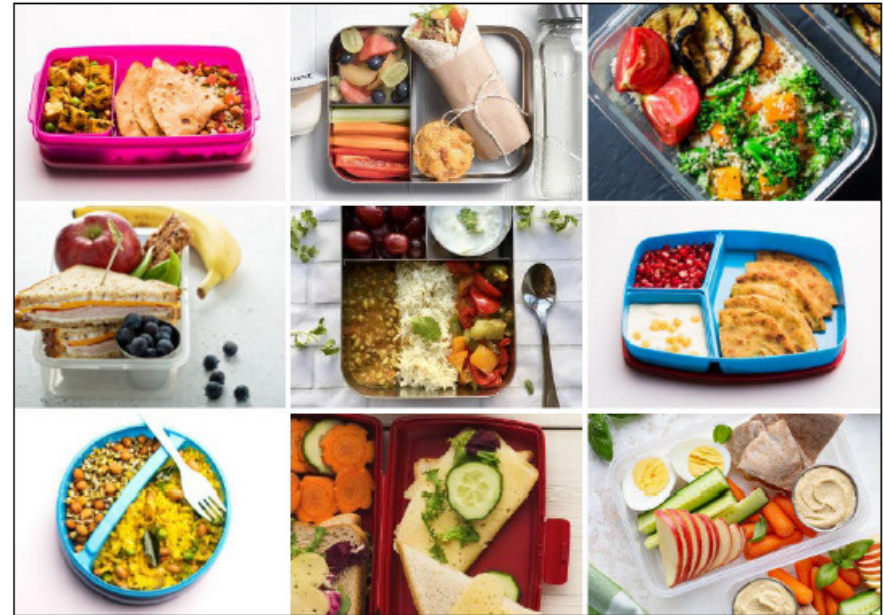
 Normal hours resume – 8:30 a.m. – 9:00 a.m.

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"> 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 Tatiki 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 meat 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!
- 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 اللحوم والبروتينات

الحبوب النباتية المحمصة

الفاكهة

الماء

هذه الفجوات لوجبة الغذاء المدرسية هي مجرد اقتراحات. يرجى الاستشارة في إعداد الوجبة التي ينسجم بها طفلك وتفضيله من أجل التعلم والنمو.

نشاط: ارسم أطعمتك المفضلة لوجبة الغذاء المدرسية

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

بطل الكاري والخضار والخبز العبد من مجموعة الطعام. وهي خبزات رقيقة لوجبة الغذاء المدرسية.

للمزيد من المعلومات حول الأكل 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 وللمنطقة.

Good Food for Health

منتجات الألبان والبدائل

الخضروات

الفاكهة

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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 لن تحتاج الوقت لتصفيتها. أنواع الأطعمة التي تصنعها الوجة وتقبل روائح الصبح أسعد. جربها حول إعداد الفطائر من الوجبات المدرسية مسبقاً لتجربتها جاهزة في الفجوة بدلاً من إعدادها كل صباح.

قم بتجديد غفائي الزبادي أو غفائي الماء للمساعدة في الحفاظ على رودة الطعام حتى وقت الغداء في الأيام الباردة. تأكد من أن الأطفال يحكمون حجم صندوق الغداء، والخبزات بأصغرهم وسيضمن ذلك حصولهم على الحصة الكافية وعدم الاضطراب إلى طلب المساعدة من الآخرين.

خطت لعملاء غفائي طوال الأسبوع وهم يتراء، مستلزمات العلكة تخبثاً، عبوة مرودة واحدة تكفي للأسبوع. خذك أرخص من الغفائي إلى الموزونيات كل ليلة لتكافؤ مكونات وجبة الغذاء.

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

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 طفلك، وعائلتك بأفضلها للوصول إلى خدماتنا أو للمزيد من المعلومات، اتصل بنا أو قم بزيارة موقعنا الإلكتروني.

DPV Health®

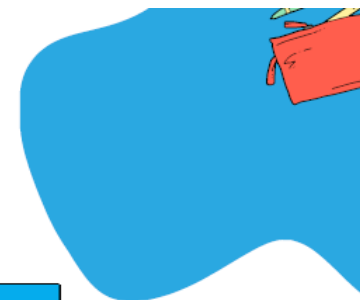
HUB



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	Quiet Space 9 am - 11:30 am 	Playgroup 0-5 مجموعة ألعاب 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 ألعاب 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 tea Zumba Student presentations NEW!
10 AM	NEW!	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 Help Others and Learn New Skills <ul style="list-style-type: none"> Classroom Helper Help Teachers On Excursions Raise Money School 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 NEW!
11 AM						1:00 pm- 3:00 pm Sewing خياطة May vá
12 AM	Helping Hand With Olivia and Chelsea 1:00 pm - 3:00 pm <ul style="list-style-type: none"> Documents Computer Finding answers Forms 	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 	Family Support With Van and Melissa دعم الأسره وانخفاض الخدمات Hỗ trợ gia đình 1:30 - 3:15 	Walk To School Assembly العشي إلى تجميع 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 NEW!
3 PM	NEW!	Parents Chat & Coffee يتحدث الآباء ويتناولون القهوة Cha mẹ Trò chuyện và cà phê 2:30 - 3:30 			Wellbeing Session <ul style="list-style-type: none"> 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

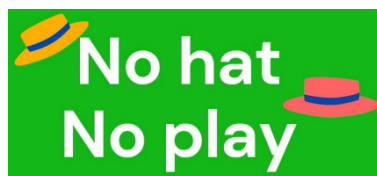
Australia has one of the highest rates of skin cancer in the world.

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.

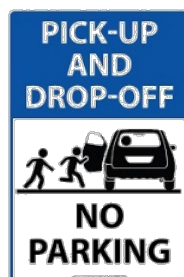
During cooler weather

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

