



Melbourne Archdiocese
Catholic Schools



Holy Child Primary
Dallas

HOLY CHILD PRIMARY SCHOOL

6 March 2026

KEY DATES

MARCH

Friday 20 March, 12pm

Harmony Day Whole school celebration of cultural diversity in our community. Yallah, Arab Dance and Culture Incursion in the school hall. Families invited. Sausage sizzle and Gelato lunch

APRIL

Thursday 2 April

School ends at 1pm

REMINDERS

SunSmart: from September to April, when UV levels reach 3+, students must follow SunSmart guidelines; slip on protective clothing, slop on SPF30+ sunscreen, slap on a hat, seek shade, and slide on sunglasses; Holy Child enforces NO HAT NO PLAY.

Parent Parking: the front car park is for drop-off and pick-up only (max 10 minutes); do not use the disabled bay or block the gate, which must remain clear for emergency access.

No Smoking: our school is a strict smoke-free zone, and smoking is not allowed anywhere on or near school grounds.

Cool 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.

Warm Weather: children must drink plenty of water and bring a named bottle; no reheated food is allowed, and in cooler weather students should wear appropriate warm clothing with navy or black beanies or gloves.

IMPORTANT TIMES

- **Gates open:** 8:30am
- **School begins:** 8:45am sharp
- **Lunch:** 10:50am to 11:40pm
- **Recess:** 1:40pm to 2:15pm
- **School ends:** 3:20pm
- **Gates close:** 3:40pm

- **Picking Up Children Early (No Collection During These Times)**
 - 11:00–11:40am
 - 1:40–2:20pm
 - After 3:00pm

If you arrive during break times, you will need to wait until students return to class, as staff cannot assist until then.

Safe, happy and ready to learn



OUTSIDE SCHOOL HOURS CARE

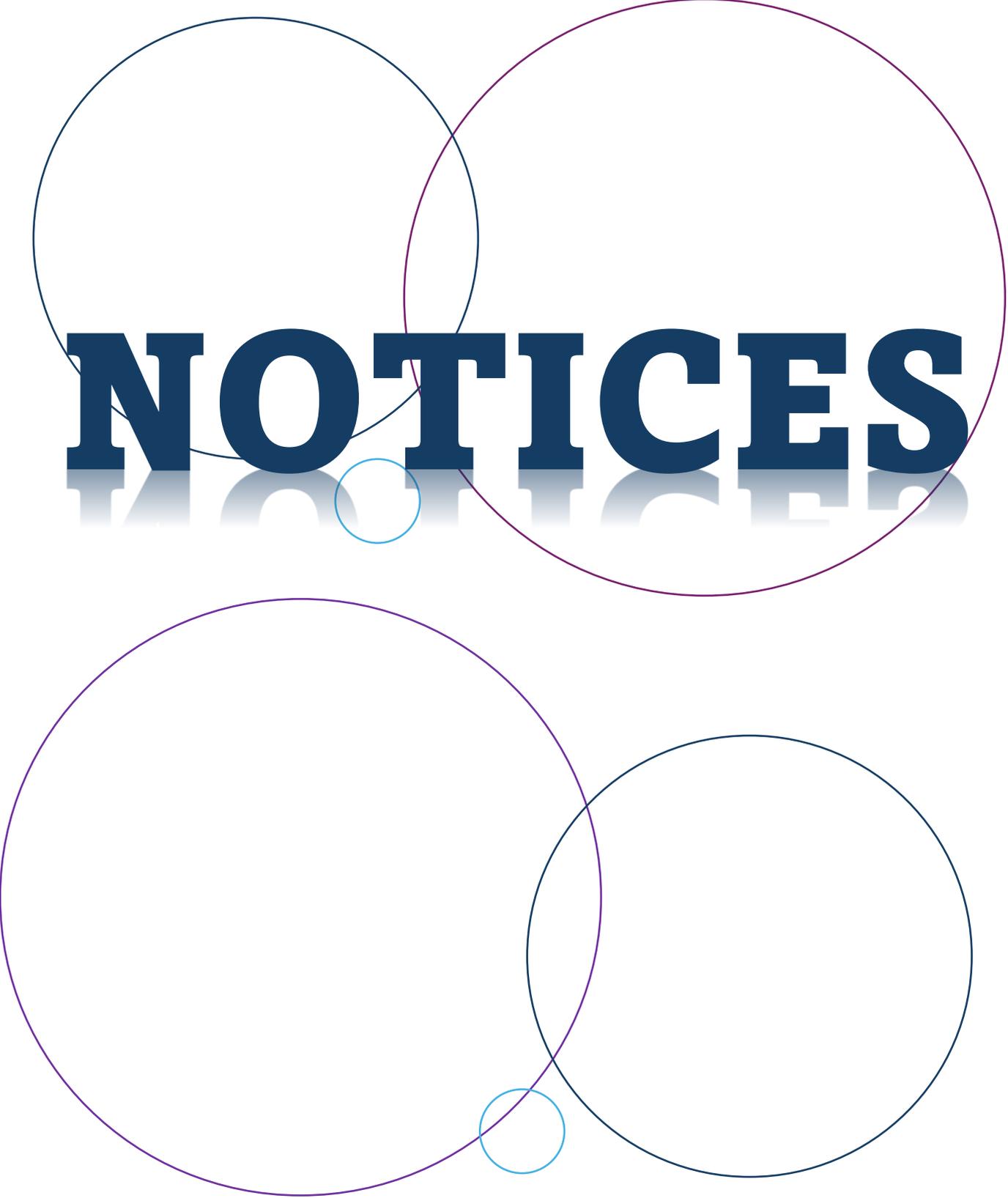
Holy Child Primary School, Dallas

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



The image features a decorative background of overlapping circles. A large purple circle is on the right, a large blue circle is on the left, and a smaller cyan circle is positioned between them. Another set of these circles is located at the bottom of the page. The word "NOTICES" is centered in a bold, dark blue font, with a reflection effect below it.

NOTICES

NEW UNIFORMS CLEARANCE SALE

We still have a range of older-style uniform items available for families who need them.
These are brand-new items from our previous uniform design.



\$5.00 each



\$10.00

Preloved Uniforms for Sale

Prices start from \$5.00

See Mrs Grace Marchione in the Uniform Shop

Preloved Uniforms
FOR SALE

Prices start from \$5.00

See Mrs Grace Marchione
in the Uniform Shop



The Importance of Sleep

Sleep is key for maintaining the health of children and teens. Their bodies need sleep the same way they need food, water and oxygen.

When children and teens sleep, their bodies do much more than just rest. Their bodies are doing a number of essential tasks, such as:

- Storage of memories
- Removal of toxins from the brain
- Growth of limbs
- Repair of muscles
- Balance of hormones



Sleep recommendations

The recommended amount of sleep (daily) by age:

- **4-12 months:** 12-16 hours including naps
- **1-2 years:** 11-14 hours including naps
- **3-5 years:** 10-13 hours including naps
- **6-12 years:** 9-12 hours
- **13-18 years:** 8-10 hours



Inadequate sleep

If a child or teen does not get the recommended amount of sleep for long periods of time, this increases their risk of developing anxiety & depression, diabetes, obesity, high blood pressure or cardiovascular disease.

Establishing healthy sleep habits

Because many children and teens are not getting enough sleep regularly, it's important to help them establish healthy sleep habits early in life.

Healthy sleep habits include:

- Keep a consistent bedtime & naptime
- Follow a bedtime routine, such as:
 - Turn off electronic devices 1 hour prior to bedtime
 - Provide a warm bath or shower
 - Read a book or sing a song together
 - Turn lights off



Infants 0-4 months are not given sleep recommendations due to the wide range of normal variation in duration and patterns of sleep.



Nearly 30% of children and 75% of teens do not get the recommended amount of sleep their bodies need. (National Sleep Foundation)



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-908-11-28-17ax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) fax: (833) 256-3668 or (202) 690-7442; (3) or email: program.intake@usda.gov.



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