



Holy Eucharist School

St Albans South

www.hestalbanssth.catholic.edu.au

Engage Educate Empower

Holy Eucharist School

1a Oleander Drive,
St Albans, VIC 3021.

Ph: 8312 0900 Fax 9366 8192

Principal: Mr. Jeffrey Parker
principal@hestalbanssth.catholic.edu.au

Deputy Principal:
Mr. Michael Bonnici

Holy Eucharist Parish

Parish Priest-
Fr. Tuan Anh Do CSsR.

Assistant Priest:
Fr Peter Ly Trong Danh CSsR (P)
9366 1310

Mass Times
Saturday: 6pm
Sunday: 9am, 10.30am, 6pm
Vietnamese Mass at 12pm

Friday, 20th September 2019

Newsletter No. 15

English

Principal's Message:

Over the last two weeks the Prep, Grade one and Grade two children have been involved in activities based on the school Camping Policy. The Prep children shared a breakfast together, the Grade one children shared dinner and the Grade two children shared breakfast and dinner together. These experiences and activities, are designed to develop independence and assist our children in preparing for the overnight stay which takes place in Grade 3.

On Thursday we celebrated the creativity of our children with the Annual Art Show. The displays were of very high quality and the students should be congratulated on the art work they produced. I would like to thank Mrs. Hickey for all the work she did over the year with our children and also for all the effort she put into setting up the exhibition.

Swimming for the middle and upper grades has come to an end and it was great to see that so many of our children make progress over the two weeks. Swimming is a very important component of the Physical Education Program and by the end of Grade six we aim for all children to swim 50 metres. I would like to thank Miss Christie for organising the Swimming Program and also thank the teachers who supported the program.

Today was the last fundraiser for term three and I thank all the families for their support over the term. The money raised will go towards improving the technology in the school.

I hope you had a very enjoyable holiday and you are able to enjoy some quality time together as a family. The school will be closed on Monday 7th October for a Professional Development Day for the school staff. **Children will start term four on Tuesday 8th October.**

God Bless

Mr Jeffrey Parker
Principal

Twenty-Fifth Sunday in Ordinary Time – Year C



A reading from the holy Gospel according to Luke (Lk 16:10-13)

You cannot be slaves both of God and of money.

Jesus said to his disciples: 'The man who can be trusted in little things can be trusted in great; the man who is dishonest in little things will be dishonest in great. If then you cannot be trusted with money, that tainted thing, who will trust you with genuine riches? And if you cannot be trusted with what is not yours, who will give you what is your very own?'

'No servant can be the slave of two masters: he will either hate the first and love the second, or treat the first with respect and the second with scorn. You cannot be the slave both of God and of money.'

The Gospel of the Lord.

ADMINISTRATION NEWS

Fees

An Arrears fee statement was sent home last week and there are still quite a few families with outstanding fees that need to be finalized as soon as possible. If any family has any queries or concerns, please contact the school on 8312 0900 before the end of term.

Re-enrolment

Re-enrolment for 2020 was sent home last week. The enrolment fee for 2020 is **\$80.00 per family**. This amount will be deducted from next years' school fees. If any family has any queries or concerns regarding the re-enrolment for next year, please contact me on 8312 0900.

If your child is not returning to Holy Eucharist next year, please inform the school office as soon as possible as there a many families on our waiting list.

Sue Smart

Administration/Business Manager

UNDER DATES

Sat 21 st & Sun 23 rd Sept	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Sat 29 th & Sun 30 th	Monday 1 st Oct
TWENTY-FIFTH SUNDAY IN ORDINARY TIME YEAR C 	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	TWENTY-SIX SUNDAY IN ORDINARY TIME YEAR C 	SCHOOL HOLIDAYS

Sport News

Grade 3-6 Swimming Program

In week 8 & 9, it was the Grade 3-6's turn to have their two-week swimming program at Sunshine Leisure Centre. Students had a 45 minute lesson every day for 9 days and the progress they made throughout the program was phenomenal. The students showed great enthusiasm when learning how to improve their swimming skills and they are to be commended on their positive behaviour throughout the program.

A big thank you goes out to Holy Eucharist School Leadership Team, the Grade 3-6 teachers and LSO's, the Sunshine Leisure Centre swimming instructors and to our parents for supporting the children and making the final swimming program for 2019 such a success.



National Athletics Championships

This week, students from all over Australia will be competing in the National Athletics Championships in Darwin from the 18th-23rd of September. Stephanie Afano (6HB) will be representing our school in the Victorian State team for the Under 11 Girls Shot Put event. We wish Stephanie all the very best and we are looking forward to hearing about her time away when she returns.

Miss Clare Christie
Physical Education Teacher



LEARNING AND TEACHING

HOMEWORK

A number of parents have raised their concerns about homework not being issued out to students. Over the past few weeks students in grades 3 – 6 participated in the swimming program and because of this, homework was not issued. Many students who returned from swimming were tired. Therefore, teachers felt that the students would not benefit from homework after attending swimming.

At Holy Eucharist... "we believe homework is an important aspect of our school program as it has the potential to develop good study habits and a sense of responsibility in students. It also plays an important role for parents in developing communication with the school" (HE Homework Policy, 2018).

Homework is only to be given on Monday to Thursday nights.

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| Prep – Grade 1 | Reading – 10 minutes per night.
Practising high frequency words |
| Grade 2 | Homework is to be given. Includes reading.
Recommendation – 15 minutes maximum per night |
| Grades 3-4 | Homework is to be given. Includes reading.
Parent's signature is required.
Recommendation – 20 minutes maximum per night |
| Grades 5-6 | Homework is to be given. Includes reading
Parent's signature is required.
Recommendation – 30 minutes maximum per night |



NB: Take Home Readers are brought to school on a daily basis. Parents/guardians are required to sign and/or write a comment on the reading log. Take home readers are changed on a daily basis (only when reading log has been signed by the parent/guardian). If the students are reading novels, they are required to bring their book to school on a daily basis and reading logs must be signed by the parent/guardian.


Teachers are requested to implement the above policy by using the following procedures:

1. School will provide a homework book for children in Grades 2-6. The school will provide homework each week.
2. Homework is to be corrected.
3. Homework is to extend classroom work. It is not to be new unseen material.
4. Two consecutive unfinished/unsigned/not submitted homework: teacher is to contact parents through the homework book.
5. After a further two unfinished/unsigned/not submitted homework, teacher is to inform parent that due to an apparent lack of home support the school will no longer continue to send homework home for the child.
6. Homework is to BEGIN 2nd full week of term 1.
 - No homework is to be given in the first and last week of term.
 - No formal homework after the first week of December. Formal homework finishes the end of November.
7. **Homework should be encouraged as a positive work habit.**

PARENT CODE OF CONDUCT POLICY

At Holy Eucharist School we believe that Parents and Caregivers play a key role in the education of their children and should act in the best interest of students, their families, staff, and the School community. Our utmost responsibility at our school is to create a child-safe school environment. It is a dynamic process that involves active participation and responsibility by the whole school community.

Holy Eucharist School, in partnership with families, will ensure children and young people, engaged and active participants in decision-making processes, particularly those that have impact on their safety. This means that the views of staff, children, young people and families are taken seriously and their concerns are addressed in a just and timely manner. In order to remain true to our commitment, we have developed Parent/Caregiver Code of Conduct Policy which highlights the school's key expectations of both staff and parents/caregivers with regard to respectful relationships and behaviours. It also specifies school's position with regard to unacceptable behaviours that breach our culture of respect. Please take some time to familiarise yourself with this policy. It can be downloaded from our website or can be obtained from the Administration Office.



**Holy Eucharist Catholic Primary School
St Albans South.**

PARENT/CAREGIVER CODE OF CONDUCT POLICY

Please also refer to the Grievance Policy (Parents/Caregivers)

Holy Eucharist Catholic Primary School Commitment Statement to Child Safety
It is the school's responsibility to ensure the safety and wellbeing of children and young people at our Catholic school.

The intention for this statement is to provide a central focus for child safety at our Catholic school, built around a common understanding of the moral imperative and overarching commitments that underpin our drive for improvement and cultural change.

Holy Eucharist Catholic Primary School together with the CECV will stay abreast of current legislation and will meet legislative duties to protect the safety and wellbeing of children and young people in our care, including the Victorian Child Safe Standards (Victorian Government 2016), mandatory reporting, grooming, failure to disclose and failure to protect requirements.

*As defined by the Victorian Government Special Gazette No. 2 (2016), 'children and young people' in this document refers to those children and young people enrolled as students in Catholic schools in Victoria.

Holy Eucharist Catholic Primary School Commitment Statement to Child Safety

EVIDENCE OF THIS OCCURRING AT HOLY EUCHARIST

Holy Eucharist Catholic Primary School, together with the guidance of the Catholic Education Commission of Victoria Ltd (CECV) holds the care, safety and wellbeing of children and young people as a central and fundamental responsibility of Catholic education. This commitment is drawn from and inherent to the teaching and mission of Jesus Christ, with love, justice and the sanctity of each human person at the heart of the Gospel.

Our utmost responsibility at Holy Eucharist is to create a child-safe school environment. It is a dynamic process that involves active participation and responsibility by the whole school community. Holy Eucharist Catholic Primary School, in partnership with families, will ensure children and young people, are engaged and active participants in decision-making processes, particularly those that have an impact on their safety. This means that the views of staff, children, young people and families are taken seriously and their concerns are addressed in a just and timely manner.

Introduction

At Holy Eucharist School we are committed to nurturing respectful relationships and active partnerships with you as parents/caregivers. We believe that our students' learning journeys are enriched through positive and reciprocal home and school relationships.

As parents/caregivers, you act as one of the most influential role models in your child's life. We therefore seek your support in promoting and upholding the core values of the school community and its culture of respectful relationships.

This Parent and Caregiver Code of Conduct is intended to guide you in your dealings with staff, other parents/caregivers, students and the wider school community. It articulates the school's key expectations of both staff and parents/caregivers with regard to respectful relationships and behaviours. It also specifies the school's position with regard to unacceptable behaviours that breach our culture of respect.

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SCHOOL HATS IN TERM 4

In Term 4 all students and teachers are required to wear a hat when they are outside. It is an expectation and school policy that all students wear their school hat and their correct school uniform at all times. **School hats are now available for purchase at the school office.**



SCHOOL UNIFORM

It is an expectation that all students are wearing the correct school uniform at all times. If students are not wearing the correct uniform they are required to have a written letter from their parents explaining why they are out of uniform.

Please note: If students are **not wearing the correct school uniform, a note will be sent home** informing the parent/guardian. This note will need to be signed by the parent/guardian and the **name of the student will be recorded at the school office.**

The school holidays are good opportunity for parents and guardians to make sure that their child's uniform is up to date. School uniform can be purchased from PSW Uniforms at 2/5153 Westwood Drive Ravenhall VIC 3023. Alternatively second hand uniform is available from Susan Fatai who operates our Second Hand Uniform Stall between 3.10pm – 3.20pm each day.

The school office will gladly accept donations of second hand uniforms (including school shoes), which can be worn by our students. If you would like to assist in anyway by donating, washing and sorting of clothes, please contact Michael Bonnici at the school office.

CHILDREN ARRIVING TO SCHOOL EARLY IN THE MORNING

There are still a number of students arriving at school before 8am. Please note that teachers commence Yard Duty at 8:30am, however students are arriving much earlier. Students who arrive early to school are not supervised at this time. We have 'Before School Care' in the hall which commences at 7am and a 'Breakfast Club' in the Community Room begins at 8:15am.



We all have a Duty of Care. Therefore teachers have been instructed to direct all unsupervised children (who arrive at school prior to 8:30am) to go to Before School Care or to the Breakfast Club for their safety.

GATES

At Holy Eucharist Catholic Primary School we hold the care, safety and wellbeing of children and young people as a central and fundamental responsibility of our school. Our commitment is drawn from and inherent in the teaching and mission of Jesus Christ, with love, justice and the sanctity of each human person at the heart of the gospel ([CECV Commitment Statement to Child Safety](#)).

In order to remain true to our commitment, we have had to restrict the times that the school gates are open. All gates around the school will be open at 8:15am until 9:00am and will reopen from 3:10pm until 3:45pm. If your child is late or you wish to visit the school outside these times, you will need to report to the school office on Chedghey Drive to obtain a visitors pass. **Please note that if your child is not picked by 3:30pm they will be sent to After School Care. Camp Australia who operate the After School Care program may charge a fee.**



GATES ARE OPEN:

8:15am until 9:00am

3:10pm until 3:45pm

If gates are locked during school hours, please report to the School Administration Office in Chedghey Drive.

SCHOOL CLOSURE DAY

All staff at Holy Eucharist School will be taking part in Professional Learning on Monday 7th October 2019. During this session all staff will be unpacking and working through the Intervention Framework (A 'Multi Tiered System' to support student learning). Therefore, the school will be closed on:

- Monday 7th October 2019 – (No School).
- Monday 4th November 2019 – (No School – Report Writing Day)
- Tuesday 5th November 2019 – (No School – Public Holiday - Melbourne Cup)



Mr Michael Bonnici

Learning and Teaching/Deputy Principal

Michael.Bonnici@hestalbanssth.catholic.edu.au

HAVE A SAFE AND HAPPY SCHOOL HOLIDAY

CAMP AUSTRALIA

School Closure day Monday 7th October 2019

Vacation care is available from 7am- 6pm. Breakfast, morning tea and afternoon tea will be provided. Children only need to bring lunch from home.

As there needs to be more than 15 children for the program to go ahead, call Kelly on 0402390969 before **6pm on the 20th September** to book your child/children in. There is a different process for school closure days therefore please contact Kelly if you are interested. If there are any changes Kelly will notify parents.

Holiday club bookings are now available for the Spring holiday program. Excursions, incursions, club based days full of fun experiences are on offer. For bookings, please visit the Camp Australia website on

www.campastralia.com.au/holidayclub

Ms Kelly Triantafyllidis

After School Care Coordinator

kelly.triantafyllidis@hestalbanssth.catholic.edu.au

SCHOOL NEWS

Next term the Australian Dental Van will be visiting Holy Eucharist School in the week beginning 11th November, 2019. This is a free service for children provided by Medicare Bulk Billing. Medicare CDBS provides children funding of \$1000 for preventative dental treatment every 2 years. The Australian Dental Van will let you know if you are eligible for this service.

Information notes were handed out to students last week. If you would like your child to visit the Dental Van at school, please fill out the form and return it to your classroom teacher by **8th October 2019**. The returned date of the notes has been extended to allow for any families who needed time to fill out the consent form. Extra forms are available at the office. Any questions please come in and speak with Mrs. Semcesen at the office.

HEALTHY EATING

Obesity is an unfortunate health issue that continues to grow in our society. Obesity in children is becoming more of a concern as the rate children who are overweight or obese is increasing on a yearly basis. At the moment in Australia, 25% of children are classified as obese. That accounts for 1 in every 4 children. If these numbers continue to go up, it could see our children at risk of even bigger health issues such as cardiovascular (heart) diseases, type 2 diabetes, musculoskeletal (muscular) diseases and even some types of cancers. If children are not taught how to keep their weight within a healthy range from a young age, it will make doing so once they are older a lot harder. It is crucial to teach children from a young age what healthy eating looks like so that they can make healthy choices themselves and continue on a healthy eating path to ensure that they aren't at risk of any future diseases or complications.

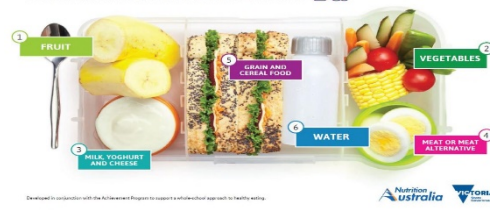
It all starts with a healthy lunchbox. Students spend most of their day time at school and must consume lunch and a snack. Mixed with a healthy breakfast before coming to school, this can encourage students to eat healthier options and will ultimately give them the energy that they need to perform better in class. While some parents struggle for time and must resort to the canteen for lunch orders, there are plenty of healthier options on the menu to consider when ordering lunch for your child. For example; rather than ordering a big piece of lasagna which is full of fats and carbohydrates, parents can order a chicken wrap which has protein, less carbohydrates and some good vegetables in it too. A small change in calorie intake can see children maintain a healthy weight. In terms of snacking, as opposed to the regular bag of

chips or bag of lollies, students can benefit more from a bag of popcorn or some mixed fruits. All of these options taste great, too!

If we start looking after our children now and give them healthier options to eat, they will learn to adapt to this lifestyle and continue with it as they get older. Please find attached images of the healthy food pyramid which will guide you in knowing how much your child should be eating of each food group, as well as a picture of an ideal lunchbox. Make the change today, and opt for lessening the harsh rates of childhood obesity that we're unfortunately faced with!



FOR A HEALTHY LUNCHBOX **PICK & MIX**
SOMETHING FROM EACH GROUP 1-6!



DATES TO REMEMBER

OCTOBER

- Sunday 6th October – Daylight Savings begins
- Monday 7th October – School Closure Day – **NO SCHOOL**
STAFF PROFESSIONAL DEVELOPMENT
- Tuesday 8th October – Term 4 Begins for all students
- Friday 11th Junior Sports Day – To be advised
- Tuesday 15th October – Regional Athletics (Keilor Little Athletics Club)
- Thursday 17th - Friday 18th October – Grade 3 Sleepover
- Thursday 17th – Assembly in hall – All Welcome
- Tuesday 22nd – Thursday 31st – Life Education Van at Holy Eucharist (All Welcome)

- Thursday 24th – Grandparents Day Morning Tea
- Friday 25th – Mission Market
Portfolios go home
- Monday 28th – State Athletics (Lakeside Stadium, Albert Park)
- Wednesday 30th – Portfolios are due back at school
- Thursday 31st – Assembly in hall – All Welcome

NOVEMBER

- Friday 1st – Feast of All Saints
- Saturday 2nd – Feast of All Souls
- Monday 4th – School Closure Day – **NO SCHOOL** – Report Writing

• **Tuesday 5th – PUBLIC HOLIDAY – Melbourne Cup – NO SCHOOL**

At Holy Eucharist Catholic Primary School we promote the safety, wellbeing and inclusion of all children