



## Holy Eucharist School - St Albans South

1A Oleander Drive St Albans VIC 3021. Phone: 8312 0900

[www.hestalbanssth.catholic.edu.au](http://www.hestalbanssth.catholic.edu.au)

### Principal:

**Mr. Michael Bonnici**

[principal@hestalbanssth.catholic.edu.au](mailto:principal@hestalbanssth.catholic.edu.au)

### Deputy Principal:

**Ms. Anne-Marie Conte**

### Parish Priest

Fr. Vincent Long Pham CSsR

### Community Leader:

Fr Peter Ly Trong Danh CSsR

### Assistant Priest:

Fr Vincensius Lolo CSsR

Fr Patrick Corbett CSsR

Fr Christoforus Matutina CSsR

(P) 9366 1310

### Mass Times

**Saturday:** 5pm (English),

6:30pm (Vietnamese)

**Sunday:** 9am, 10.30am, 6pm (English)

12pm (Vietnamese)

**Prep:** Mary James, Natalie Lucchiari, Carla Lolicato & Samenta Ganeshanatham,

**Grade 1:** Jo Dragovic, Angela Lopez-Dee, Elise Ring & Crystal Carmuciano/Maryanne Camilleri.

**Grade 2:** Jackie Dabal/Clare Christie, Thy Tran, Dion Xuereb & Juliana Bizjak.

**Grade 3:** Thilini Nanayakkara, Jane Hurren & Vivian Faraj/Christine Saunders.

**Grade 4:** Jennifer Khong, Kathryn Barrie, Julie Murnane & Rose Barnes/Gabrielle Bright.

**Grade 5:** Bruno Pellaschiar, Vanessa Shaw/Tamara Patel & Stefany Nemet.

**Grade 6:** Jacelle Cablao, Helen Kennedy & Adam Nicholl.

**Education in Faith:** Vanessa Shaw

**Learning & Teaching:** Anne-Marie Conte

**Literacy Leader:** Bernadette Parnis

**Literacy Intervention:** Charise Gibbs,

**Literacy Tutoring:** Allison Borg

**Reading Recovery:** Karen Colman & Cassie Renfrew.

**Maths Leader/Tutoring P-6:** Erin McNally

**Maths Intervention:** Maryanne Camilleri

**Learning Diversity/Wellbeing:** Julie Semcesen

**Speech Pathologist:** April Jones

**Family and Community Engagement**

**/Wellbeing:** Clare Christie

**School Counsellor:** Edward Faraci

**Digital Technology/ICT:** Vivian Faraj

**Visual Arts:** Shobha Hickey

**Performing Arts-Music:** Damian O'Bree

**Physical Education:** Harry Herrera

**LOTE:**

**EAL/New Arrival:** Irene Jurista

**Education Support:** Joe Sirianni

**Library:** Jenny Bistricki & Rita Zammit

**Business Manager:** Sue Smart

**Administration Staff:** Mandy Huong & Stefani Richardson

**Community Hub Leader:** Adella Howard

**Cleaners:** June Balatbat & Maria Attard

**School Maintenance:** Peter Buttigieg

Monday the 15<sup>th</sup> day of August 2022, is the Feast of the Assumption of the Blessed Virgin Mary

*A reading from the holy Gospel according to Luke (Lk 1:39-56)*

*The Almighty has done great things for me; he has lifted up the lowly.*

*Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'*

*And Mary said:*

*'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid.*

*Yes, from this day forward all generations will call me blessed,*

*for the Almighty has done great things for me.*

*Holy is his name, and his mercy reaches from age to age for those who fear him.*

*He has shown the power of his arm, he has routed the proud of heart.*

*He has pulled down princes from their thrones and exalted the lowly.*

*The hungry he has filled with good things, the rich sent empty away.*

*He has come to the help of Israel his servant, mindful of his mercy*

*- according to the promise he made to our ancestors - of his mercy to Abraham and to his descendants for ever.'*

*Mary stayed with Elizabeth about three months and then went back home. The Gospel of the Lord.*



### Principal's Message:

Dear Holy Eucharist Community,

We have had a very busy and exciting month at Holy Eucharist. On Monday we had our Athletics Carnival on the school grounds. All the students in Years 3, 4, 5 and 6 participated in a variety of sporting events. The weather was superb, and everyone showed great teamwork throughout the day. The results are as follows:

- **1st Place - Clarke (Blue)**
- **2nd Place - Stevens (Red)**
- **3rd Place - Taylor (Green)**
- **4th Place - Padley (Yellow)**



Congratulations to all our participants and to our House Captains for being great sport leaders. I would like to thank Mr Herrera for planning and organising the Athletics Carnival for our students – Well done! Also, big thank you to our staff for leading and supervising the various events throughout the day. The students had a wonderful day.

We have some very exciting news! A couple of weeks ago Miss Allison Borg (Literacy tutor) married Joe Diaco, Miss Tamara Patel (Grade 5 teacher) was engaged to Carlos Galacia and Miss Jacelle Cablao was engaged to Joseph Nguyen. We also have 2 staff members who became grandparents. Ms Catherine Hoang (LSO) became a grandmother for the first time to baby Andre and Mr Bruno Pellaschiar (Grade 5 teacher) became a grandfather for the third time to baby Mikayla. On behalf of everyone at Holy Eucharist I would like to congratulate these staff members and wish them all the very best.

As mentioned in previous newsletters, the new Child Safe Standards outlined in Ministerial Order 1359 came into effect on 1 July 2022 in all Victorian schools. Schools have had to transition from the seven Standards to the new 11 Standards as set out in Ministerial Order 1359. As a result, we have updated our Commitment Statement to Child Safety to reflect these changes. This commitment statement applies to school staff, clergy, school employees, including volunteers, and contractors. Our Commitment Statement to Child Safety is available on our school website [www.hestalbanssth.catholic.edu.au](http://www.hestalbanssth.catholic.edu.au) in English, Vietnamese, Burmese and Arabic. Alternatively, you can obtain a copy of our Commitment Statement to Child Safety from the office.

Just a reminder that our school will be taking part in a School Review early in Term 4. In preparation for the review, our school will be closed next week on **Friday 19<sup>th</sup> August 2022**

God Bless,

Mr Michael Bonnici  
Principal

**NO SCHOOL ON  
FRIDAY 19<sup>th</sup> AUGUST 2022**

## COMMITMENT STATEMENT TO CHILD SAFETY

Our Commitment Statement to Child Safety has been updated in light of the revised Child Safe Standards which came into effect on 1 July 2022. The purpose of Holy Eucharist School's Commitment Statement is to demonstrate our strong commitment to the care, safety and wellbeing of all students at our school. It provides an outline of the policies, procedures and strategies developed to keep students safe from harm, including all forms of abuse in our school environment, online and in other locations provided by the school.

This commitment takes into account relevant legislative requirements within the state of Victoria, including the specific requirements of the Victorian Child Safe Standards as set out in the new Ministerial Order 1359. This commitment statement applies to school staff, clergy, school employees, including volunteers, and contractors.

Our Commitment Statement to Child Safety is available on our school website [www.hestalbanssth.catholic.edu.au](http://www.hestalbanssth.catholic.edu.au) in English, Vietnamese, Burmese and Arabic. Alternatively, you can obtain a copy of our Commitment Statement to Child Safety from the school office.



## SAFETY CONCERNS

Last week, I was disappointed to hear that there was a parking incident in Hibiscus Avenue. On Wednesday 3<sup>rd</sup> August at 8:55am, a parent was making their way to Hibiscus Avenue to drop off their child when suddenly, another car driving at high speed, collided into the parent's car. The car was badly damaged, and the driver was shaken by the ordeal. Fortunately, the student and the pre-schooler who was sitting on the side closest to impact, weren't injured.

**I urge you to please take care and to be patient during drop off and pick up times. Please note that the police and the council will be monitoring the streets surrounding the school.**



## PARKING

There are still a number of parents/carers who are leaving their cars parked unattended along the church driveway. **PLEASE DO NOT LEAVE YOUR CAR PARKED IN THE DRIVEWAY NEXT TO THE CHURCH TO PICK UP YOUR CHILD/REN!** When this happens, the people behind you become angry and frustrated because they are blocked and cannot leave.

The church driveway should work just like a **Kiss & Go Zone**. This means that:

- **The Kiss and Go Zone is a "No Parking" area.**
- **The driver should remain in their vehicles at all times.**
- **When you leave home you need to ensure that your child is in their seats with their bags with them.**
- **Your child must use the footpath side of the door when getting in and out of the car.**
- **The driver must never double park.**
- **If the Kiss & Go Zone is full or you wish to get out of the car, please park in an area away from the Kiss & Go Zone.**
- **When crossing the driveway, please use the Zebra Crossing. We need to set good examples for our children.**
- **Do not park in the Staff Car Park to Drop Off or Pick Up Children.**

Please make sure that you obey the parking restrictions around the school, as there have been many complaints from parents/carers who have received parking fines. Please note that Brimbank Council are issuing these fines to people not obeying the law and not the school. Therefore, the school cannot cancel or pay for these fines.

Please ensure that you adhere to the following road rules:

- **Do not** leave your car unattended in the church driveway
- **Do not** block or park in neighbouring driveways
- **Do not** double park. Even if it is for a few seconds.
- Only those persons with **DISABLED** stickers are permitted to park in the disabled parking bays at the front of the school.
- **Do not** park on people's nature strips.



## COVID-19 UPDATES

**COVID-19 safety measures may have changed; however, it is important that we maintain our COVIDSafe protocols so that our school is a safe environment for learning and teaching.**

**By following these simple steps during winter, we can reduce the transmission of any communicable disease and ensure our school is a safe and productive learning environment for all.**

### Face Masks:

The Victorian Department of Health strongly recommends that face masks are worn in indoor settings. As a result, we are asking all students aged 8 and over and all staff in all schools across Victoria to wear masks when in class (except where removing a mask is necessary for clear communication) from now to the end of winter.

Masks are not required to be worn outdoors, but can be worn when physical distancing is not possible. This expectation should not constrain student participation in the full range of school activities, including music, sport and performances.

### Rapid Antigen Tests (RATs):

The Victorian Government is providing up to three further deliveries of Rapid Antigen Tests (RATs) in Term 3 and again in Term 4 to schools. These will be available for collection from the school office for those who are symptomatic or who are household contacts.

### Transport of children to school by positive cases:

Parents/carers who are COVID-19 positive can now leave self-isolation to transport children to or from school via private vehicle. However, the parent/carer must travel directly to and from the school only. **They must remain in the vehicle at all times**, unless it is reasonably necessary to leave the vehicle to walk the child to and from the entrance of the school safely. **They must wear a face mask at all times.**

### Expanded eligibility for fourth COVID-19 vaccine dose:

The Australian Technical Advisory Group on Immunisation (ATAGI) has updated its recommendations around fourth doses of COVID-19 vaccination. From Monday 11 July 2022, people over 30 years will be eligible for a fourth dose. ATAGI recommends that people aged 50 to 64 years should have their fourth dose, while those aged 30 to 49 years may choose to have a fourth dose. For further information see the [ATAGI website](https://www.health.gov.au/healthcare/immunisation).



## **IS YOUR CHILD UNWELL? IF YES...PLEASE KEEP THEM AT HOME!**

**Staff members and students must stay at home if they are unwell or if they have COVID-19.**

**Please remember**, that your child should **not come to school** if they have a sore throat, a temperature, if they feel fatigued (tiredness), if they have a loss of taste or smell, tummy pains or shortness of breath. If the students show any of these symptoms whilst at school, they will be sent home immediately. The constant message is for all of us to be responsible in the actions we take. By keeping yourself safe, you are keeping your families, your colleagues and your friends safe.

## **SCHOOL UNIFORM**

Holy Eucharist School has a Uniform Policy. 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 find an explanation of the school uniform listed below. Alternatively, you can visit our school website to view our school uniform policy [https://www.psw.com.au/schools/holy-eucharist-school-st-albans.html?\\_t=1660168686498&product\\_list\\_limit=36&product\\_list\\_order=price](https://www.psw.com.au/schools/holy-eucharist-school-st-albans.html?_t=1660168686498&product_list_limit=36&product_list_order=price)

### **Girls - Summer:**

Maroon Check Dress  
White socks / Black shoes – **no runners**  
Woolen jumper with school logo – **not the PE tracksuit top**  
School Hat – In Term 1 and Term 4

### **Girls- Winter**

Maroon check pinafore or Maroon slacks  
Yellow skivvy or yellow polo shirt with logo  
White socks / Black shoes – **no runners**  
Woolen jumper with school logo – **not the PE tracksuit top**

### **Girls – Sport (Only on Sport Days)**

Maroon shorts or Maroon skirt/skort  
Maroon tracksuit with school logo on top  
Gold polo shirt with school logo  
White socks and runners

### **Boys - Summer:**

Grey Shorts  
Gold polo shirt with school logo  
Grey socks / Black shoes – **no runners**  
Woolen jumper with school logo – **not the PE tracksuit top**  
School Hat – In Term 1 and Term 4

### **Boys Winter**

Long grey pants  
Yellow skivvy or yellow polo shirt with logo  
Grey socks / Black shoes – **no runners**  
Woolen jumper with school logo – **not the PE tracksuit top**

### **Boys - Sport**

Maroon shorts  
Maroon tracksuit with school logo on top  
Gold polo shirt with school logo  
White socks and runners

**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. If you are experiencing financial difficulties, please contact the school office.

## **SCHOOL REVIEW**

In Victoria, schools are reviewed to make sure they are meeting the minimum standards and other requirements for registration. The review is a requirement by the Victorian Registration and Qualifications Authority (VRQA). Catholic schools in the Archdiocese of Melbourne take part in the review process every 4 years. The School Review is used to support deep learning and ongoing monitoring of improvement throughout the four-year continuous improvement process within the School Improvement Framework.

School Review supports schools and the wider system to foster improvement in an ongoing and continuous way, as well as ensuring schools continue to meet external legislative and regulatory requirements.

School Review has two main dimensions – **Improvement** and **Compliance**.

In Term 3, we have another School Closure Day to prepare staff for our School Review. Therefore, the school will be closed on **Friday 19<sup>th</sup> August 2022**



## **SCHOOL/MACS POLICIES - UPDATED**

We are continually updating our Holy Eucharist /MACS policies on the school website.

There are features on our website to assist with navigating. Some of the new features include:

- ❖ Translations in 18 different languages
- ❖ An 'Enrol' tab which now has the updated Holy Eucharist School/MACS enrolment forms for 2023
- ❖ A drop-down menu to assist in locating all the updated policies mandated by MACS



New HE/MACS Policies

Select language

New Enrolment Forms

New drop-down menu to locate policies

## **MELBOURNE ARCHDIOCESE CATHOLIC SCHOOLS – SCHOOL IMPROVEMENT SURVEYS (MACSSIS)**

Throughout each year, we pause to listen to our students, families and staff to gauge how our learning community is travelling. This feedback is invaluable to our progress as effective school communities and is backed by evidence-based research and best practices.

A significant and formal way in which we engage and gather data is through MACSSIS, the Melbourne Archdiocese Catholic Schools – School Improvement Surveys. One of the main goals of the MACSSIS survey is to identify the strengths and areas for improvement within our school. We believe it is important that you have a voice in order to contribute to shaping the ongoing improvement of Holy Eucharist School.

The survey will be accessible online, from Monday 29<sup>th</sup> August and will need to be completed by Friday 16<sup>th</sup> September 2022. The survey will be available in English and in various other languages and dialects. All participation is invited, welcomed and 100% voluntary. The surveys are not a test; they are an inclusive way to inform the work we are already doing to improve our school. Everyone has the right to refuse to participate, or withdraw from the survey at any point before, during, or after completion of the survey. Please notify the school if your child (Years 4-6) does not wish to participate. If you would like more information, please free to contact Michael or Anne-Marie at the office.

Mr Michael Bonnici

**Principal**

[principal@hestalbanstth.catholic.edu.au](mailto:principal@hestalbanstth.catholic.edu.au)



### Book Fair

The Scholastic Book Fair is fast approaching, next week, Monday 15th - Thursday 18th August. You and your child will have the opportunity to explore a huge range of affordable books featuring characters and subjects kids love and want to read about. From newly released books and bestsellers to award-winning titles and perennial favourites.

The Book Fair will be set up in our school Library. It will be open at lunchtime, 11:15am-12pm, and after school, 3:15-3:30pm. Students will be welcome to browse and purchase books during these times. Students will also have an opportunity to visit the Book Fair with their teacher during class time and create a 'wish list' that they can bring home.

Our Book Fair Family Event. You and your child will have the opportunity to explore a huge range of affordable books featuring characters and subjects kids love and want to read about. From newly released books and bestsellers to award-winning titles and perennial favourites. We look forward to seeing you at the book fair!

### Book Week

Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one week celebrating books and Australian children's authors and illustrators. Teachers and librarians create colourful displays, develop activities, run competitions and tell stories relating to a theme to highlight the importance of reading.

CBCA book Week 2022 will be held in August: Week 7 August 20-26. This year's theme is *Dreaming With Eyes Wide Open*. The Book Week 2022 theme "Dreaming With Eyes Open" acknowledges Australia's First Nations People and their rich story based culture.

Book Week is a time to celebrate favourite characters from classic stories through to contemporary books. Children will engage in a range of fun activities throughout the week. We will have a Dress Up Day, Thursday August 25th. You can begin preparing a costume to wear. STAY TUNED for more news about Book Week.



### Shortlisted Books – Categories:

**Book of the Year: Young Readers** "Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for readers from the middle to upper primary years. Ages 7-12 years."

- Dragon Skin by Karen Foxlee
- The Detective's Guide to Ocean Travel by Nicki Greenberg
- Huda and Me by H. Hayek
- A Glasshouse of Stars by Shirley Marr
- Exit Through the Gift Shop by Maryam Master and Astred Hicks
- Rabbit, Soldier, Angel, Thief by Katrina Nannestad

**Book of the Year: Early Childhood** "Entries in this category may be fiction, drama or poetry and should be appropriate in style and content for children who are at pre reading or early stages of reading. Ages 0-6 years."

- When the Waterhole Dries Up by Kaye Baillie and Max Hamilton
- What Do You Call Your Grandma? By Ashleigh Barton and Martina Heiduczek
- Walk of the Whales by Nick Bland
- Amira's Suitcase by Vikki Conley and Nicky Johnston
- Jetty Jumping by Andrea Rowe and Hannah Sommerville
- Winston and the Indoor Cat by Leila Rudge

**Picture Book of the Year** "Entries in this category should be outstanding books of the Picture Book genre in which the author and Illustrator achieve artistic and literary unity or, in wordless picture books, where the story, theme or concept is unified through Illustrations. Ages 0-18 years (NB. Some of these books may be for mature readers)."

- The Boy and the Elephant by Freya Blackwood
- Blue Flower by Gabriel Evans and Sonya Hartnett
- Stellarphant by James Foley
- The Inheritance by Armin Greder
- Just One Bee by Christopher Nielsen
- Icebery by Jess Racklyeft and Claire Saxby

**Eve Pownall Award** "Entries in this category should be books which have the prime intention of documenting factual material with consideration given to imaginative presentation, interpretation and variation of style. Ages 0-18 years."

- Still Alive, Notes from Australia's Immigration Detention System
- The Illustrated Encyclopaedia of Peculiar Pairs in Nature by Sami Bayly
- Book of Curious Birds by Jennifer Cossins
- Walking in Gagudju Country: Exploring the Monsoon Forest by Dianne Lucas, Ben Tyler and Emma Long
- The First Scientists: Deadly Inventions and Innovations from Australia's First Peoples by Corey Tutt and Blak Douglas
- Heroes, Rebels and Innovators by Karen Wyld and Jaelyn Biunaliwai

**CBCA Award for New Illustrator** "This Award aims to recognise and encourage new talent in the field of Australian children's book Illustration. Ages 0-18 years."

- A Trip to the Hospital by Freda Chiu
- Everyday Wonders by Natala Graetz
- Great White Shark by Cindy Lane and Claire Saxby
- Walking in Gagudju Country: Exploring the Monsoon Forest by Dianne Lucas, Ben Tyler and Emma Long
- For Love by Cristina Neri
- The Boy Who Tried to Shrink His Name by Michelle Pereira and Sandhya Parappukkaran

Everyone has the opportunity to enjoy these books simply by logging into *Story Box Library* using Holy Eucharist's login. Details – login heps3021, password heps3021



Mrs Bernadette Parnis

Literacy Leader

[bernadette.parnis@hestalbanssth.catholic.edu.au](mailto:bernadette.parnis@hestalbanssth.catholic.edu.au)





## Mary of the Cross – Feast Day 8<sup>th</sup> August

Mary Helen MacKillop (Religious Sister of St Joseph [RSJ]), was an Australian nun who has been declared a saint by the Catholic Church as Saint Mary of the Cross. She was canonised on 17<sup>th</sup> October, 2010 and is Australia's first Saint.

Patron Saint of Australia, Abuse Victims, Trauma & the Poor

Dear God,

Thank you for the life of St Mary of the Cross MacKillop.

She showed us that in the struggles and hard times of her life you were there, loving and helping her.

Please be with me when times are hard or when I am afraid.

Please help me to love you just as she loved you. Amen.

*"Never see a need without doing something about it" Mary MacKillop*

### PHYSICAL EDUCATION

On Monday the 8<sup>th</sup> August 2022, students and staff from Grade 3-6 had their Grade 3-6 Athletics Carnival at School. Students competed in 80 meter sprints, various tabloid games and athletics track and field events. It was fantastic to see the students trying their best and having fun throughout the day.

A big congratulations to all of our students for their encouragement and teamwork on the day. Thank you to our amazing staff for all of their help.

Mr Heribert Herrera

Physical Education Teacher



## The Assumption of the Blessed Virgin Mary- Feast Day 15<sup>th</sup> August

### Historical Context

Since the 5<sup>th</sup> Century there has been an active tradition and belief around the assumption of Mary. The tradition

states that Mary was physically 'taken up' into heaven at the end of her life. It is believed that her soul and her body remained united. This ancient belief was defined as an infallible teaching of the Church by Pope Pius XII in 1950. It is one of only two infallible statements that have been defined as such and both related to the Blessed Virgin Mary. The feast is celebrated on August 15 and is a Holy Day of Obligation.

### ADMINISTRATION NEWS – FEES FOR TERM 3

Dear Parents

Thank you to all families, we appreciate your continued commitment to paying the Holy Eucharist School fees. Fees statements will be sent home early next week. If there is any family that has any financial concerns or queries, please contact me on 8312 0900.

Mrs Sue Smart

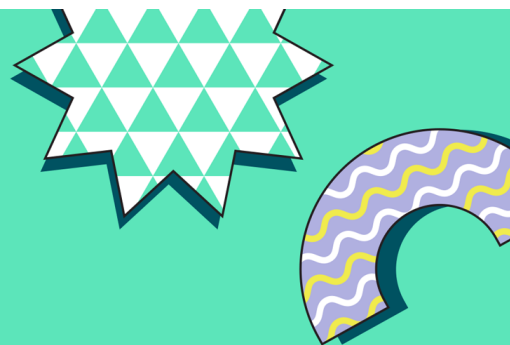
**Business Manager**

[suzanne.smart@hestalbanssth.catholic.edu.au](mailto:suzanne.smart@hestalbanssth.catholic.edu.au)

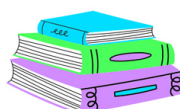
### PHYSICAL EDUCATION – MIDDLE AND SENIOR ATHLETICS CARNIVAL



# Newsletter



## Little Book Worms



[www.campaustalia.com.au/bookworms](http://www.campaustalia.com.au/bookworms)



[Find out more](#)

From August 22 to 26, celebrate National Book Week with us at Your OSHC. Plus, join our read-a-thon happening between August 15 to 29.

### A message from your Coordinator

How exciting, we are celebrating Scienceweek during the week of 15th August with lots of exciting experiments like DIY solar panel Greenhouse, hygiene experiments, bubble making and more exciting experiments.

The week after, from the 22nd to the 26th we are celebrating Bookweek. During Bookweek we will be designing a cover page, acting part of a story, observing book characters, amongst other book related fun and educational activities.

Looking forward to seeing all your lovely children and their creations.

Miss Karen



#### Activities coming up

- Orange Fizz
- Story Creations
- Cultural Story Sharing



#### What's on the menu

- Chocolate Pancakes
- Pizza
- Cheese Toasties

### It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campaustalia.com.au](http://pp.campaustalia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



### Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

### Looking after your voice

Your voice is created in your “voicebox” in your throat. It happens when your vocal cords come together.

You can “feel” your voice if you put your hand on your throat and make a long sssss sound (no voice) then a long zzzz sound where you feel the vibration of your vocal cords coming together to form voice.

Think of your vocal cords like hands clapping. Noise, or voice is produced when they come together, just like when your hands clap. The harder you clap the more your hands hurt. The louder you yell the more damage you can do to your vocal cords. Other ways of damaging your vocal cords are frequent throat clearing, or making character voices or noises in your throat.

If you continue to use “bad” voice yelling and screaming you can get nodules forming on your vocal cords. This would be like having a bump on your hands that stopped them being able to come together when you clap

You need to look after your voice; Some hints are:

Have everyone on board with trying to always use good voice and monitor each other for when bad voice occurs.

- Identify the times you use bad voice and try to change that.
- Have small sips of water rather than clearing your throat.
- Avoid having too many medicated throat lozenges than can dry out your vocal cords.
- Get your friends and family to all monitor voice use and try to eliminate or reduce the times you use bad voice.
- Come up with a hand gesture for good voice (maybe thumbs up then V with your index and middle finger) and bad voice ((maybe thumbs down then V with your index and middle finger).
- Have a talking stick for the times when people are trying to talk over each other. Only the person with the stick should be speaking, allowing them to use good voice.

Teachers are considered to be professional voice users and also need to make sure they look after their voices.

Teachers and parents can be good role models for how to use good voice. Try to model good voice behaviours. Talk about what times should be quiet voice time (eg. Story time or homework time).



## ENROLMENTS 2023

### Enrolments are now open for 2023.

Children commencing Prep next year must be 5 years of age by 30<sup>th</sup> April 2023. We have already started interviewing our new applicants and places are filling quickly.

It is really important that our current families also register their child/children at the office if they wish to enrol them for Grade Prep in 2023.

Tours of the school are now taking place (after school) from 3:30pm every Tuesday. Please contact the office to make a booking.

SCHOLASTIC Book Fairs

You're invited to our Scholastic **BOOK FAIR**

Come. Stay. Read a Great Tale!

Find these books and hundreds more at the Fair!

**EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL**

**Date:** Monday 15<sup>th</sup> August - Thursday 18<sup>th</sup> August 2022  
**Where:** Holy Eucharist School Library

SCHOLASTIC

**2023 ENROLMENTS NOW OPEN** At Holy Eucharist Primary School.

- We acknowledge and celebrate individual differences.
- We have achieved positive results in NAPLAN.
- Our specialist program includes Physical Education, Music, Visual Arts & LOTE.
- We work in partnership with families to build a strong relationship between school and family.

Principal: Mr Michael Bonnici  
 principal@hestalbansstth.catholic.edu.au ph: 8312 0900

**ĐĂNG KÝ NHẬP HỌC NĂM 2023**  
 Tại trường Tiểu học Holy Eucharist

- Chúng tôi hiểu và tôn vinh sự khác biệt của từng cá nhân.
- Kết quả thi Naplan vượt trội.
- Một chương trình giảng dạy đặc biệt. Nhà trường cung cấp các môn học về nghệ thuật, âm nhạc, thể dục và LOTE.
- Chúng tôi luôn xây dựng mối quan hệ vững mạnh giữa nhà trường và gia đình.

Hiệu trưởng: Mr Michael Bonnici  
 principal@hestalbansstth.catholic.edu.au Ph: 8312 0900

Engage Educate Empower

Đồng hành Giáo Dục Tree Quynh

## Pupil Free Day



**Date:** 19-Aug-2022



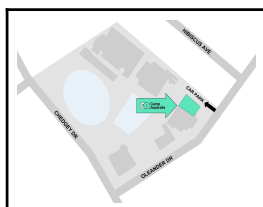
**Time:** 07:00 to 18:00



**Location:** The Before and After School Care Room at Holy Eucharist School



**Fees:** \$60.10  
 \$9.02 after max CCS\*



\*Child Care Subsidy (CCS)

The Child Care Subsidy can provide up to 85% off your fees. Your eligibility is determined by your family's annual adjusted taxable income, the type of childcare you use, and your activity level. To find out if you're eligible, contact Centrelink on 13 61 50.

**Your OSHC.**

Tailored before and after school experiences that children love.

To book, visit [www.campastralia.com.au](http://www.campastralia.com.au)

by Camp Australia

**Catholic Regional College St Albans**

**YEAR 7 2024**

**Enrolments closing August 19 2022**

**Limited places available for YEAR 7 2023**

Quý phụ huynh đã đăng ký cho con vào Lớp 7 năm 2023 hay năm 2024 chưa?

هام: هل سجلت طفلك في الصف السابع لعام 2023 أو في الصف السابع لعام 2024

Friday 19 August 2022: Applications for Year 7 2024 close.  
 Friday 21 October 2022: Offers of places are posted to families.  
 Friday 11 November 2022: Final date for acceptance of offers made.

Scan the QR code for enrolment information

9366 2544 [www.crcstalbans.catholic.edu.au](http://www.crcstalbans.catholic.edu.au) [echalmers@crcstalbans.com.au](mailto:echalmers@crcstalbans.com.au)

### ACKNOWLEDGEMENT

At Holy Eucharist School, we are honoured to acknowledge the Traditional Custodians of the land, the Wurundjeri People of the Kulin Nation, the first and enduring caretakers of the land in which we work and live.

We pay our respects to the Traditional Elders, both past, present and emerging, who have walked this country for countless generations. We value the diversity of Aboriginal and Torres Strait Islander cultural heritages and recognise the impacts of colonisation and pledge our ongoing commitment to reconciliation.

### SAFETY OF CHILDREN AND ALL VULNERABLE PEOPLE:

We hold the care, safety and wellbeing of children and all vulnerable people as a central and fundamental responsibility for our community. The Holy Eucharist Commitment to Child Safety and Reporting Process are on display in the Administration foyer of the School and School Policies are available on the website at [www.hestalbansstth.catholic.edu.au](http://www.hestalbansstth.catholic.edu.au)