



Principal:

Mr. Michael Bonnici

principal@hestalbanssth.catholic.edu.au

Deputy Principal:

Ms. Anne-Marie Conte

Redemptorist Community:

Fr. John Hodgson CSsR

Fr. Joseph Xuan Hieu Nguyen, CSsR

Fr. Robin Lomangkong, CSsR

(P) 9366 1310

Mass Times:

Tuesday – Friday: 9am (English)

Saturday: 5pm (English)

7:30pm (Vietnamese)

Sunday: 8:45am, 10.00am, 6pm (English)

12pm (Vietnamese)

Prep: Samenta Ganeshanantham, Juliana Bizjak & Thy Tran

Grade 1: Dion Xuereb, Jo Dragovic &

Jin-Young Lee,

Grade 2: Mary James, Thilini Nanayakkara & Celine Goulding

Grade 3: Christine Saunders/CB, Angela Lopez-Dee & Allana Curmi

Grade 4: Elise Ring, Beatrice Mariano, Stefany Nemet & Zachary Gordon

Grade 5: Julie Murnane, Raquel McClurg, Janelle Dumaguit & Matthew Laureano

Grade 6: Kathryn Barrie, Jacelle Cabla, & Michael Higgins/Kathleen Morrison

Education in Faith Leader: Anne-Marie Conte

Learning & Teaching Leader: Erin McNally

Literacy Leader/Intervention: Jane Hurren

Literacy Intervention: Karen Colman.

Maths Leader/Tutoring P-6: Erin McNally

Maths Intervention: Maryanne Camilleri

Learning Diversity/Wellbeing Leader:

Julie Semcesen

Family & Community Engagement/

Wellbeing Leader: Crystal Carmuciano

Mental Health in Primary Schools Leader

(MHIPS) / School Counsellor: Edward Faraci

Speech Pathologist: Claire Huntington

STEM/ ICT Leader Clare Christie

Music: Colleen Azzopardi

Visual Arts: Shobha Hickey

Physical Education: Jake Franze

LOTE: Joe Sirianni

EAL/New Arrival: Irene Jurista

Library: Jenny Bistricki

Business Manager: Sue Smart

Administration Staff: Mandy Huong,

Stefani Richardson, Georgina Vella

Learning Support Officers:

Nwanes Bahnam, Nu Cuai, Menka Dave,

Ester Dawt Thluai, Jessica Di Pietro,

Catherine Hoang, Sara Kasko, Erica (Thoa) Le,

Celia (Thoi) Nguyen, Chau Nguyen, Trang

Nguyen, Van Nguyen, Shalindi Pandithakorale,

Thi Phan, Elizabeth Sant, Rosemarie Slater,

Alesha Tran, Frances Wulf, Mary Xuereb,

Sarah Xuereb, Rita Zammit,

Cleaners: June Balatbat & Maria Attard

School Maintenance: Peter Buttigieg

Newsletter No. 13 – Friday 29th August 2025

HOLY EUCHARIST PRIMARY SCHOOL

Holy Eucharist School - St Albans South

Address: 1A Oleander Drive, St Albans VIC 3021.

Postal Address: 20 Chedgey Drive, St Albans VIC 3021

Phone: 8312 0900 **Website:** www.hestalbanssth.catholic.edu.au



“For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”

Luke 14:11

TWENTY-SECOND SUNDAY IN ORDINARY TIME - YEAR C

✠ A reading from the holy Gospel according to Luke (Luke 14:1-7-14)

All who exalt themselves shall be humbled and all who humble themselves shall be exalted.

On a sabbath day Jesus had gone for a meal to the house of one of the leading Pharisees; and they watched him closely. He then told the guests a parable, because he had noticed how they picked the places of honour. He said this, “When someone invites you to a wedding feast, do not take your seat in the place of honour. A more distinguished person than you may have been invited, and the person who invited you both may come and say, “Give up your place to this man.” And then, to your embarrassment, you would have to go and take the lowest place. No; when you are a guest, make your way to the lowest place and sit there, so that, when your host comes, he may say, “My friend, move up higher.” In that way, everyone with you at the table will see you honoured. For everyone who exalts himself will be humbled, and the man who humbles himself will be exalted.”

Then he said to his host, “When you give a lunch or a dinner, do not ask your friends, brothers, relations or rich neighbours, for fear they repay your courtesy by inviting you in return. No; when you have a party, invite the poor, the crippled, the lame, the blind; that they cannot pay you back means that you are fortunate, because repayment will be made to you when the virtuous rise again.”

Dear Holy Eucharist Community,

We’ve had an extremely busy and productive term, and it’s hard to believe we’re already nearing the end of it! By the end of next week, all of our students will have participated in our swimming program. A big thank you to Ms. Anne-Marie Conte for coordinating this wonderful opportunity for our students, and to our administration staff for ensuring that all the bus bookings ran smoothly.

Last week, Ms. Conte and I had the privilege of attending the Australian Catholic Education Conference in Cairns. We joined principals, deputy principals, and Religious Education Leaders from across Australia for three days of learning and reflection. The theme of the conference was ‘Hope, Anchored in Faith,’ and it explored the strategic vision and mission of Catholic education in three key areas—Faith, Excellence, and Access. We engaged with a diverse range of speakers and workshops on topics including Catholic identity, learning and teaching, leadership, parent and parish engagement, and much more. It was an enriching experience, and we are excited to bring back new ideas to continue strengthening our school community.

Whilst we were away, I was delighted to hear that our students celebrated Book Week with great enthusiasm. The Book Week assembly was a vibrant display of creativity, with both students and staff dressing up as their favourite book characters. It was heartwarming to see in all the photos the effort and passion put into this event, which highlighted the importance of reading and imagination in our students’ learning journeys. A special thank you to Mrs. Jane Hurren and the entire staff for organising such engaging activities that made Book Week truly memorable for all.

This Sunday, our Year 4 students will be receiving the Sacrament of First Holy Communion during the 10am Mass. A heartfelt thank you to their teachers and parents/carers for preparing them for this special occasion. Please keep our Year 4 students in your prayers as they receive Jesus for the first time.

Wishing you all a wonderful weekend ahead. God Bless,

Michael Bonnici

principal@hestalbanssth.catholic.edu.au



Engaging, Educating and Empowering our diverse Christ-centred community

MACSSIS

Melbourne Archdiocese Catholic Schools – School Improvement Surveys
1–19 September 2025



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 in English and in various other languages and dialects, from Monday 1st September and will need to be completed by Friday 19th September 2025. 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.

We encourage all families to complete the MACSSIS survey and everyone who does will go into a raffle to win a 10-inch Kodak Classic Photo Frame Wi-Fi enabled (RRP \$199)!

If you would like more information, please free to contact Mr Michael Bonnici or Mrs Crystal Carmuciano at the office.

YEAR 6 CAMP

The Year 6s will be attending Log Cabin Camp in Creswick on Monday 1st September until Wednesday 3rd September 2025.

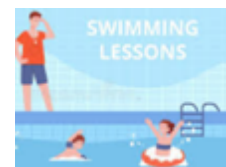
Log Cabin Camp, located on 36 acres near Creswick, offers bunk-style heated cabins, indoor meeting spaces, and a wide range of outdoor activities like zip-lining, archery, and more. Dedicated staff members will also attend the camp to assist with supervision.



SWIMMING

As part of the Sports Program at Holy Eucharist, students from Year 3 and Year 5 will be participating in their final week of the Swimming Program in Week 7 of Term 3, 2025. The program will include a 45-minute swim session each day at the **Sunshine Leisure Centre**.

The swimming program is a fantastic opportunity for your child to develop their coordination and confidence in the water, as well as learn essential water safety skills.



HEALTH CARE CARD

If you have a valid Health Care Card, you are eligible for some financial support through the Camps, Sports and Excursions Fund (CSEF). For more information or assistance, please contact the staff in the office.



LOST PROPERTY ITEMS

We have accumulated a number of lost property items at the office that are not labelled with names. This includes jackets, jumpers, beanies, water bottles and lunch boxes.

We kindly remind you to ensure that your child's name is clearly labelled on all items. Often, we find articles of clothing with names that are so faded they are hard to read, making it difficult to return them to their owners. Thank you for your cooperation in helping us keep track of our students' belongings.



SCHOOL NEWSLETTER

As of this term, the school newsletter will no longer be printed and sent home with students. Instead, it will be available digitally via ClassDojo and on our school website.

For families who still wish to receive a printed copy, a limited number will be available for collection from the Administration Office. We take this step to have more environmentally sustainable practices at Holy Eucharist and to avoid increasing printing costs.

WHOLE SCHOOL CLOSURE DAY

All staff at Holy Eucharist School will be participating in Professional Learning on Friday 12th September 2025 (the second last week of Term 3). As a result, the school will be closed on this day.

All teaching staff, Learning Support Officers (LSOs), and administration staff will be required to attend this professional learning.



CAMP AUSTRALIA – Out of Hours Care

If you need to go to work or have other commitments before 8:30am, then your child/ren will need to go to **Before School Care**. Camp Australia is contracted by the school to provide this service from 7am each day until 8:30am. **After School Care** is also available from 3:10am until 6pm. Parents/Carers will need to enrol their child prior to their child attending the service, which will incur a fee (*Please note, you may be eligible to receive subsidies of up to 90% on Your OSHC fees with the Child Care Subsidy (CCS).* We strongly recommend you apply for the CCS to determine your eligibility).

For more information regarding Out of Hours Care (Camp Australia), please visit our school website for more information

<https://www.hestalbanssth.catholic.edu.au/enrolment-information/before-after-school-care/>



SCREEN TIME - Help your child achieve a healthy balance in their online and offline activities.

How much is too much?

There is no magic figure. The right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

It can be easy to focus only on the clock, but the quality and nature of what they are doing online, and your involvement, are just as important.

Consider your child's screen use in the context of their overall health and wellbeing. For example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.

Signs to watch for - Signs that your child's online activity may be having a negative impact on them or on your family include:

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family



What to do if you are concerned: Ask questions and listen

- Some of the behavioural changes described above are a normal part of growing up but, if you are concerned your child is struggling, try to find out why — there may be underlying issues such as cyberbullying, friendship difficulties or mental health issues.
- As part of your conversation, ask your child about how much time they spend online and explain why it is worrying and what they could be missing out on.
- Try not to show that you disapprove or they might shut down communication altogether.
- Talking to your child's school may also reveal academic or social issues, and the school may also be able to provide support.

Explore underlying issues and seek help if necessary

- You can read advice for parents about issues like [cyberbullying](#), [gaming](#), and [grooming and unwanted contact](#).
- If necessary, you can get help for your child through a [counselling or online support service](#).

Help your child manage their online time - Stay engaged and encourage balance

- Keep an eye on the games, apps and devices your child uses. Chat with your child regularly and help them stay aware of how much time they are spending on different online and offline activities.
- Include positive things outside the online world in your conversations, such as what they love in life, careers they are interested in and new hobbies.
- Join in. Play games together as a family, or explore some joint online projects. Rather than being just a solitary activity, online time can then become another way of strengthening connections as well as building social skills.
- Where possible, avoid limiting online time as a punishment as this approach may inflate its importance to children.

Create a plan

- Involve your child in creating a family plan for leisure and entertainment time that balances time spent sitting in front of screens — including time online and watching TV — and a variety of offline activities.
- Work out the plan together. Young people are more likely to respond to rules they have contributed to and see as being fair and consistent.
- As well as agreed age-based time limits, the plan could include rules about which websites can be visited and online games can be played. It could also include control of access to the internet or devices, perhaps with daily passwords revealed once family time, homework and chores are complete.
- A minor reduction each day or a '15-minutes to switch-off' warning can help the transition to a more balanced use of time.

Reducing your own screen time also sets a positive example.

- You could also consider formalising your plan into a signed written agreement — a family online safety contract. Our advice [in online safety basics](#) has some tips on this.
- There should be clear consequences for not sticking to the agreement and it is important to follow through with these.

Use the available technology

- Parental controls are software tools that allow you to monitor and limit what your child sees and does online. But be honest and open with your children about why and how you want to use these technologies.
- There are also apps and software to measure online time as well as set time limits on device use or internet access.
- Find out more information in [parental controls](#).

Set boundaries for digital device use in your home. Device-free zones and times can help you manage screen time. For example, your family plan could include rules like this:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- devices charged overnight in a place your child cannot access



Source: eSafety Commission Website 2024

For more information please visit <https://www.esafety.gov.au/parents/issues-and-advice/screen-time>



 eSafety Commissioner

STUDENT OF THE WEEK AWARDS

Class teachers will select one student per week to receive the "Student of the Week" award. The names of these students (first name only) will be published in our newsletter. This week we congratulate the following students:

<u>Prep TT</u> Week 5: Dang Week 6: Margaret	<u>Prep SG</u> Week 5: Sao Week 6: Aleah	<u>Prep JB</u> Week 5: Jet Week 6: Abigail	
<u>Year 1DX</u> Week 5: Louis Week 6: Matthew	<u>Year 1JL</u> Week 5: Akuek Week 6: Seeyoo	<u>Year 1JD</u> Week 5: An Week 6: Alicia	
<u>Year 2TN</u> Week 5: - Week 6: Abigail	<u>Year 2CG</u> Week 5: Joanna Week 6: Mele	<u>Year 2MJ</u> Week 5: Joy Week 6: Thawng	
<u>Year 3AL</u> Week 5: Connor Week 6: Darcy	<u>Year 3AC</u> Week 5: Ben Week 6: Zoe	<u>Year 3S/B</u> Week 5: Tommy Week 6: Meharmet	
<u>Year 4ZG</u> Week 5: Nathan Week 6: Kim	<u>Year 4SN</u> Week 5: Mia Week 6: Sophia	<u>Year 4BM</u> Week 5: Xin Week 6: Isaac	<u>Year 4ER</u> Week 5: Ryan N Week 6: Henry Le
<u>Year 5RM</u> Week 5: Devika Week 6: Sophia	<u>Year 5JM</u> Week 5: Lina Week 6: Anthony	<u>Year 5JD</u> Week 5: Shalom Week 6: Simon	<u>Year 5ML</u> Week 5: Amelia Week 6: Mason
<u>Year 6JC</u> Week 5: Thawng Week 6: Sharon	<u>Year 6H/M</u> Week 5: Ayden Week 6: Hai-My	<u>Year 6KB</u> Week 5: Mandy Week 6: Preston	

Mr Michael Bonnici

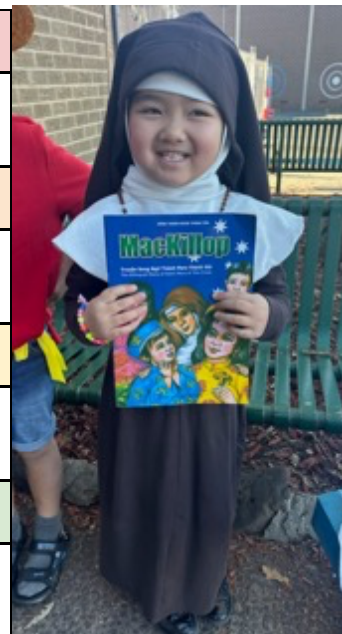
Principal

principal@hestalbanssth.catholic.edu.au

LITERACY – BOOK WEEK WINNERS!

We celebrated Book Week at our assembly last week. Thank you to parents, students and staff for all of your planning for the dress up parade. Congratulations to the students listed below who were chosen by their classroom teacher to win a prize for wearing a fabulous costume!

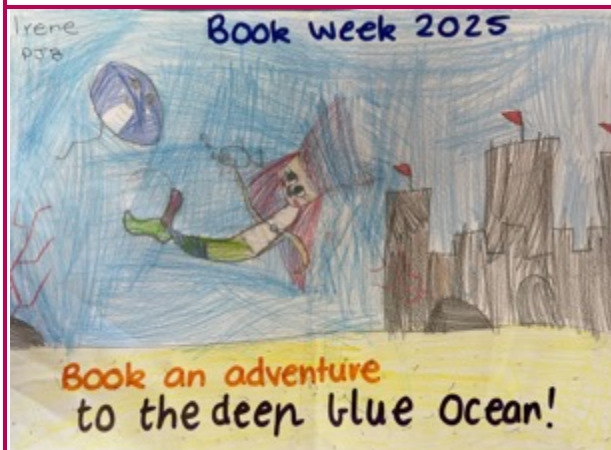
PREP JB	PREP TT	PREP SG	
Jet	Zoye	Daisy	
1JD	1JL	1DX	
Angelina	Ivy	Anna	
2CG	2MJ	2TN	
Jacob	Ken	Dominic	
3AL	3S/B	3AC	
Rossie	Hayley	Chanel	
4SN	4ZG	4ER	4BM
Kaitlyn	Cohen	Ryan	Ariam
5JD	5RM	5JM	5ML
Bella	Dion	Isaac	Kevin
6JC	6KB	6H/M	
Jared	Reuben	Luca	



LITERACY – 'BOOK AN ADVENTURE' WINNERS!

During our Book Week assembly, we celebrated the creativity and imagination of our students. Our Prep to Year 2 students shared their wonderful drawings inspired by the theme of adventure, while our talented writers in Years 3 to 6 were recognised for their outstanding entries in the short story competition.

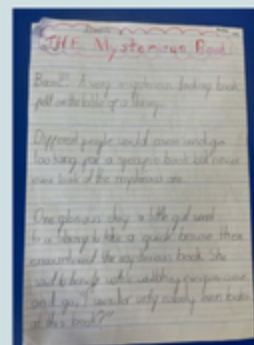
Congratulations to all of our 'Book an Adventure' winners! Please see our winners below.



Year 3 winner: Arsema 3AC

"Boom!!! A very mysterious looking book fell on the table of a library. Different people would come and go looking for a specific book but never even look at the mysterious one.

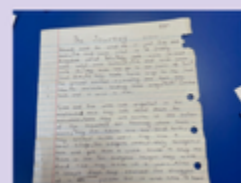
One glorious day a little girl went to a library to take a quick browse then encountered the mysterious book. She said to herself while watching everyone come and go, "I wonder why nobody even looks at this book?"



Year 4 winner: Samar 4BM

"...As they made their way to the front the ground started rumbling and then they saw the avalanche heading their way. "RUN!" shouted Sam but it was too late.

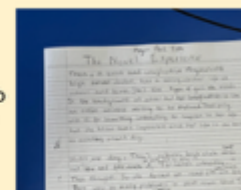
Sam and Jim were both engulfed in the avalanche and they both rolled down the mountain. Soon they both awoke at the bottom of the mountain not knowing where they were..."



Year 5 winner: Megan D 5JM

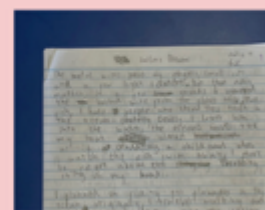
"Thea's the type of girl who blends into the background at school but her imagination is like an entire universe waiting to be explored. Thea's only wish is for something interesting to happen in her life but she knows that's impossible since her life is as boring as watching paint dry.

Until one day, Thea's school book club sent out new and free novels to each kid in your 10. "It looks interesting..." she thought. So she decided to read it at home. Oh boy! There were so many problems in that novel that Thea didn't get up to reading the solution..."



Year 6 winner: Julia N 6JC

"... I planned on fishing for flounder in the ocean originally. I remember walking out of the front door, waving my father goodbye. Not forever, of course, but just for the day. My father was a tough man, thick mustache, tall physique and a deep voice. He loved fishing and I followed in his footsteps but unlike him, it wasn't about catching the biggest fish. It was admiring the ocean's beauty, its creatures, its plants!..."



FAMILY SCHOOL PARTNERSHIPS - FATHER'S DAY BBQ BREAKFAST

Holy Eucharist would like to celebrate all father figures with our annual Father's Day stall running on Wed, Sept 3rd and Thursday, Sept 4th. We will sell raffle tickets during recess and lunch in the week leading up to the Father's Day BBQ. The BBQ breakfast will be held outside near the Year 1 rooms from 7:30am on Thursday, Sept 4th and a special Father's Day assembly will occur in the hall afterwards. We will announce raffle winners at the end of the BBQ Breakfast.

A heartfelt thank you to our local community for generously donating raffle prizes. There are 5 prizes to win including \$50 Bunnings Voucher, Father's Day Hamper (Westwood Legal), Pot Plant (Toah Trinh Gardens), Father's Day Hamper (A&M Kitchen Cabinets) and a Father's Day Cookie box (Klingberg's Cookies).

Looking forward to seeing Dad's, Uncle's, Grandfather's and other important fatherly figures in our student's lives on this special occasion at school.

Mrs Crystal Carmuciano

Family School Partnerships/Well-being Leader

crystal.carmuciano@hestalbanssth.catholic.edu.au



Our Monty's Colour Fun Run Fundraiser has kicked off!

Students have received their sponsorship booklet and can now register their profile at www.myprofilepage.com.au

There are big prizes up for grabs! Simply raise \$10 to unlock your first incentive prize or rather donate to a cause, the choice is yours!

If you raise \$50, you go into the raffle to slime Ms Conte! ☺

PREP ENROLMENTS FOR 2026 - NOW OPEN

Enrolments are now open for Prep 2026. Children commencing Prep next year must be 5 years of age by 30th April 2026. We already have a number of applications for next year and have started interviewing families.

It is important that our current families also register their child/children at the office if they wish to enrol them for Grade Prep in 2026.

Tours of the school are now taking place after school. Please contact the office to make a booking.

IMPORTANT DATES:

31 Aug, Sun	22ND SUNDAY IN ORDINARY TIME - Social Justice Sunday 10am First Holy Communion Ceremony Mass (Gr 4)
1 Sep	World Day of Prayer for the Care of Creation
1 - 3 Sep	Year 6 Camp - Log Cabin Creswick
1 - 5 Sep	Grade 3 & 5 Swimming program
3-4 Sep	Father's Day Stall
4 Sep	Father's Day Breakfast & Assembly
7-13 Sep	NAPCAN National Child Protection Week
7 Sep, Sun	23RD SUNDAY IN ORDINARY TIME (Father's Day)
8 Sep	The Nativity of the Blessed Virgin Mary
9 Sep, Tues	Mandarin Tree Planting Ceremony -
11 Sep, Thu	Colour Explosion Fun Day Grade 1 Breakfast
12 Sep	The Most Holy Name of Mary
12 Sep, Fri	School Closure - Wellbeing
14 Sep, Sun	EXALTATION OF THE HOLY CROSS
16 Sep, Tues	Grade Prep Mad About Science Incursion
17 Sep, Wed	Grade 5 Celebration Day Grade 3- Big Day In Whole School Assembly - Welcome to Country)
19 Sep, Fri	Term 3 ends (P,1,2 & 3 finish at 2:25pm and 4-6 at 2:30pm)

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.hestalbanssth.catholic.edu.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 and present, 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.