



OUR LADY HELP OF CHRISTIANS

Primary School Brunswick East

Exceptional Education

Newsletter 2, Term 4, 2025

Friday 24th October



Loving God,

We thank You for the gift of our teachers,
for their wisdom, patience and dedication.
Bless them with strength and joy in their vocation,
guiding young hearts and minds with love and care.
May their work continue to inspire hope
and may they always know the difference they
make
in the lives of the children they teach.
Amen

Dear Parents/Carers,

Today we celebrated World Teachers' Day, and what a great acknowledgement it was! Thank you to our Parent Association for generously organising a special lunch for our staff. This thoughtful gesture was a lovely way to show appreciation for the dedication, care and passion our teachers bring to their work at OLHC each and every day.

We are so lucky to have a team of educators who go above and beyond to nurture, inspire and empower our students to reach their full potential. We are equally grateful to our parent community for recognising and celebrating the important role teachers play in shaping young lives.

If you see our Deputy Principals, Ms McGrath and Mr Murray, specialist teachers and support staff today, please take a moment to thank them also for the invaluable contribution they make to our school.

Important Dates Term Four

Monday 3/11/25 Staff Professional Practice Day
- no students to attend

Tuesday 4/11/25 Melbourne Cup (Public holiday)
- no students to attend

Friday 5/12/25 2026 Staff Planning Day
- no students to attend

Tuesday 16/12/25 - Term 4 concludes at 1.00pm

OLHC Sports Carnival 2025



What a fantastic day we had at last Friday's annual Sports Carnival! The school grounds were alive with colour, energy and excitement as students gave their all in every event, from sprint races to relays and team challenges. It was wonderful to see such determination and teamwork.

Thank you to Ms McGrath, whose leadership and organisation, along with the support of our incredible parent volunteers and Sports Captains, ensured the day ran seamlessly. We are so grateful for your time, enthusiasm and effort!

Congratulations to all students for their outstanding sportsmanship and achievements, you truly made OLHC proud. And a big thank you to all our parents and grandparents who came along to cheer from the sidelines, your encouragement was greatly appreciated. Please see the final results below.

Sports Competition

1st place - Toomey

2nd place - Miller

3rd place - Xavier

4th place - Barkly

Spirit Award

1st place - Miller

2nd place - Xavier

3rd place - Barkly

4th place - Toomey



Experience Music Soiree

On Tuesday evening, our school community once again gathered for the OLHC Experience Music Soirée, which was a joy to behold for the musically trained ear! The audience was treated to an incredible array of performances that showcased the growing musical confidence and creativity of our students.

We were treated to an incredible showcase of talent, from our Prep students performing Metallica on the guitar, to a captivating rendition of *Billie Jean* on the drums and the spirited melodies of AFL club theme songs on the keyboards, among many other memorable performances.

A huge thank you to Experience Music for their ongoing partnership and for the dedication and expertise they bring to our school's music program. Their support in preparing and coordinating the evening ensures the Soirée continues to be a highlight on our school calendar.

Congratulations to all our talented performers for sharing their gifts so proudly.



Reminder Battle of the Bands

A reminder *Battle of the Bands* will take place tomorrow night **Saturday, October 25th at 7.00 pm**. This adults only evening promises to be full of live entertainment, community spirit and great music, all in support of Our Lady Help of Christians.

If you are unable to attend on the night, we'd still love for you to be part of this important event by making a donation. *Battle of the Bands* is our major fundraiser for the year and every contribution, big or small, helps make a real difference.

All funds raised will go directly toward the purchase of new classroom furniture, helping us continue to create flexible, comfortable and engaging learning spaces for our students.

Donations can be made via this [link](#).

Silent Auctions - place a bid via this link <https://www.32auctions.com/OLHCBattleoftheBands>

Bidding will close at 10:00pm on Saturday night, so make sure your bids are in before then.



A Message from Fr Brendan Reed and Fr Tien Tran - A Call to Serve: Join Our New BMCC Committees

Dear Parents,

As our Brunswick Moreland Catholic Community continues to grow in faith and fellowship, we are entering an exciting new chapter, one that invites each of us to share our gifts and participate more deeply in the life of our parish.

To strengthen our shared mission set out in the BMCC Strategic Pastoral Plan 2025-2029, four new committees are being formed within BMCC:

Worship Committee,
Welcome and Hospitality Committee,
Outreach Committee, and
Education in Faith Committee

Each of these groups will play a vital role in helping our community live out the Gospel in practical, joyful and meaningful ways.

We are calling for volunteers, parishioners and school parents of all ages, backgrounds, and skills to join one of these committees and help shape the future of our faith community.

BMCC Worship Committee

Our worship is at the heart of who we are as a Catholic community. The Worship Committee will support and enrich our liturgical life across all BMCC churches, ensuring that our celebrations of the Eucharist and sacraments are prayerful, inclusive, and vibrant. Members will collaborate with clergy, musicians, readers, and liturgical ministers to plan and evaluate our worship services. If you have a love for liturgy, music, art, or prayerful reflection, this committee offers a meaningful way to contribute.

BMCC Welcome and Hospitality Committee

The spirit of welcome is a hallmark of Christian life. This committee will help ensure that every person who walks through our church doors feels seen, valued and at home. Members will coordinate

hospitality teams, develop initiatives to welcome newcomers, and foster a culture of warmth and connection at parish gatherings. Whether you're a friendly greeter, an event organiser or simply someone who enjoys making others feel comfortable, your presence here will make a difference.

BMCC Outreach Committee

Faith calls us beyond ourselves, to serve and stand with those in need. The Outreach Committee will coordinate our community's charitable and social justice efforts, deepening our engagement with the wider Brunswick and Moreland communities. This might include partnerships with local service organisations, advocacy work and initiatives that promote care for creation. If your heart is drawn to acts of compassion, justice and solidarity, we warmly invite you to join.

BMCC Education in Faith Committee

Lifelong faith formation is essential to our spiritual growth. The Education in Faith Committee will focus on developing opportunities for learning and reflection, for children, youth and adults alike. This might include sacramental preparation, Bible study, small group gatherings, retreats and exploring Catholic social teaching. If you have a passion for teaching, faith development or guiding others on their spiritual journey, this is the place for you.

Each of these committees will meet regularly, offering a space for collaboration, discernment and creativity. No prior experience is required, only a willing heart and the desire to serve. Together, we can build a parish community that is alive with prayer, welcome, service and faith which will benefit us all.

An Expression of Interest Form is now available on:
<https://shorturl.at/h4pRU>

or on the parish website at

<https://bmcatholiccommunity.org.au/>.

The filled form can be emailed to the parish office at:

bmcc@cam.org.au. If you would like more information, please contact the parish office at (03) 9380 1023.

We look forward to hearing from you.

With every blessing and good wish,

Fr Tien Tran

2026 Prep Information Night

On Monday 27th October OLHC will host a 2026 Prep Parent Information Evening starting at 7.00 pm. This evening will provide an opportunity for parents of children commencing Prep in 2026 to ask any questions they have in relation to their child starting primary school. We will explore the Prep transition arrangements OLHC has put in place and how you as parents and carers can support your child as they start their journey at primary school. Parents of existing students and new families to the school are encouraged to attend. Prep orientation sessions will then take place on the 6th and 13th of November 9.15 am - 10.15 am, concluding with the 'Step Up Afternoon' session 2.00 pm - 3.00 pm on the 15th of December.



Preparing Your Year 4 Child for Their First School Camp in 2026

It's completely normal for children to feel a mix of excitement, nerves and sometimes even fear when thinking about new experiences like their first school camp. There are several ways you can help your Year 4 child feel more confident and prepared for this next step in 2026:

Talk through specific worries: listen to your child's concerns and help them prepare together. For example, if they're worried about how to pack a sleeping bag, practise it at home. If they're anxious about trying new foods at camp, set a goal to try one new meal from a school camp menu each week as a family.

Encourage independence from home: if your child has never spent a night away, consider arranging sleepovers with grandparents, trusted friends or other family members before school camp. This can help your child feel more comfortable and confident spending a night or two away from you.

Encourage problem-solving: talk through possible situations they might face. For example, losing a sock or feeling homesick and discuss what they could do in each scenario. This builds resilience and self reliance.

Practice packing independently: make sure they can pack their bag on their own, including clothing, toiletries and any other essentials.

Promote positive talk about camp: share your own positive camp memories or speak to older students who have been before. Hearing others' excitement can make camp feel less intimidating.

There are many small steps you can take, and it's never too early to start. Preparing gradually helps make the experience exciting rather than overwhelming.

Parent Tips:

Getting ready for camp doesn't have to feel like a big task - you can make it fun! Try turning packing, trying new foods and sleepovers into little games or challenges and celebrate each success along the way. A small reward or word of encouragement can go a long way in building your child's confidence and helping them look forward to camp with excitement, not anxiety.

Why it matters:

Attending school camp gives children valuable opportunities to practise independence in a supportive environment. Experiences like being away from home, solving problems and working as part of a team help build confidence, resilience and responsibility - all essential foundations for success in the senior years of primary school and beyond.

Ms Maegan Whiteley
Mental Health and Wellbeing Leader



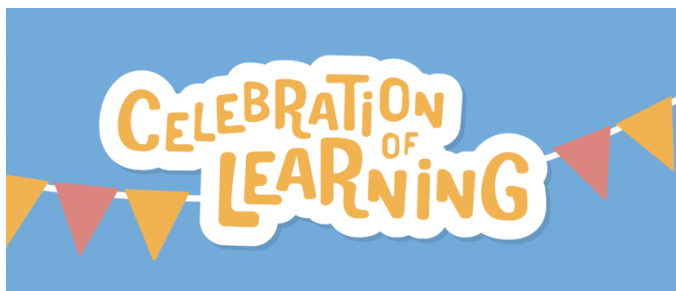
Year Level Masses for Term Four

Throughout Term 4, each class will attend a Parish Mass. Celebrating Mass enables students to participate in our rich Catholic tradition - hearing the word of the Lord and participating in the celebration of communion (God's love). Parish Masses also help us to build links with the local parishioners and contribute to a vibrant Catholic community. The Mass dates and times are listed below. All families are welcome to attend!

Parish Mass dates:

- Year 5 & 6 - Friday 31st Oct, 10:00am
- Year 3 & 4 - Friday 14th Nov, 10:00am
- Prep, Year 1 & 2, Friday 28th Nov, 10:00am

Damien Murray
Religious Education Leader



Reminder Celebration of Learning - Term Four

Across the school we will celebrate the learning from 2:40 pm - 3:20 pm on Monday 1st December 2025. We invite all members of our community to visit and celebrate the learning across the school.

Reminder Upcoming Fundraiser: Scholastic Book Fair

We are excited to announce a library fundraiser will be a **Scholastic Book Fair**! This is a wonderful opportunity to support both our school and your

child's love of reading - 25% of books purchased goes towards revenue for the library.

Book Fair Dates:

- **October:** Tuesday 29th, Wednesday 30th, and Thursday 31st



Wonderful Opportunity to attend an AFLW Game - Carlton vs Giants, this Sunday!

As part of our Carlton Respects program participation this year, our OLHC families are invited to enjoy a **free** AFLW match this Sunday the 26th of October, when Carlton take on the Giants at IKON Park.

Families can book tickets via this [link](#) using the code **AFLW25COMMUNITY**.

Ms Maegan Whiteley



canteen to sell these.

Reminder Zooper Dooper Friday

Zooper Doopers will be available for purchase for \$1.00 each Friday this term. Our friendly Year 6 students will be responsible for opening the



Term Four Class Assemblies

Please see term four's assembly roster below. These assemblies will be held in the Centenary Centre on a Wednesday

from 2:45 p.m. - 3:15 p.m. All are welcome to attend.

- Wednesday 29/10/25 **Prep E** Assembly at 2.45pm
- Wednesday 5/11/25 **Prep M** Assembly at 2.45pm
- Thursday 11/12/25 **Year 6c and Year 6P** Assembly **9.15am**

Student Birthdays



We wish the following students a wonderful birthday over the last week:

Sage 3K, Noa 2C, Olivia B 5B, Oscar D 4W, Diego 2D, Valentino 2D, Adeline H 3J.



Classroom Cuisine Lunch Orders

Please find *attached a copy of Classroom Cuisine's* updated menu for Term 4 in the flyer section below..

We have added a Mexican Inspired Salad with Corn Chips and Tortellini Pasta Salad to our main course selection - perfect for the warmer months. Also, the Simple Salad Roll is back due to popular demand! The subsequent courses now include a Raspberry Jelly Cup and a Bag of Grapes, to take advantage of the seasonal produce.

2025 Term 4 Dates

Friday 24/10/25 World Teachers' Day

Monday 27/10/25 2026 Prep Parent Information Night 7.00pm - 8.00pm

Wednesday 29/10/25 **Prep E** Assembly at 2.45pm

Monday 3/11/25 Staff Professional Practice Day - no students to attend

Tuesday 4/11/25 Melbourne Cup (Public holiday) - no students to attend

Wednesday 5/11/25 **Prep M** Assembly at 2.45pm

Thursday 6/11/25 Prep Transition 1 9.15am – 10.15am

Friday 7/11/25 Prep Inform & Empower Cybersafety Session

Tuesday 11/11/25 Remembrance Day Service at 10:45am

Thursday 13/11/25 Prep Transition 2 9.15am – 10.15am

Monday 17/11/25 - Thurs 20/11/25 - Swimming Program Week 1

Monday 24/11/25 - Thurs 27/11/25 - Swimming Program Week 2

Friday 28/11/25 Advent Assembly 1 11.30am

Monday 1/12/25 Celebration of Learning 2.40pm - 3.20pm

Wednesday 3/12/25 Christmas Carols Assembly 2.00pm-3.15pm

Thursday 4/12/25 Advent Assembly 2 11.30am

Friday 5/12/25 2026 Staff Planning Day - no students to attend

Wednesday 10/12/25 Year 6 Big Day Out

Thursday 11/12/25 Year 6 Assembly 9.15am Graduation Mass at 6.00pm

Friday 12/12/25 End of Year Mass 10.00am, End of Year Reports go home, Advent Assembly 3 11.30am

Monday 15/12/25 Advent Assembly 4 11.30am and Step up Afternoon 2.00pm-3.00pm

Tuesday 16/12/25 - Term 4 concludes at 1.00pm

Finally, as always I would love to hear any feedback you have about our school, so please feel free to email me at mmcintosh@olbrunswickeast.catholic.edu.au with any thoughts, concerns or suggestions that you may have to continue to make our school a wonderful place to be and to learn. I will get back to you as soon as I can and do appreciate any feedback that you have to share.

Kind regards,

Ms Maree McIntosh
Principal



Student of the Week!

PREP E
LEON R
LEO V
PREP M
MEMA B
ELOISE D
1B
LULU S
CELINE H
1D/K
EMILY M
LEXI D
2C
TIANNA H
LUCA B
2D
BELLE M
ANALIAH H
3K
CLANCY SCH
MICHAEL T

3J
MOSES H
NED SCH
4W
SEBASTIAN C
GRACE R
4S
ANALIA L/S
ILARIA C
5B
JOSEPH A
OLIVIA B
5H
MEKLIT E
PIATH M
6C
VENICE H
EVA T
6P
LEXI M
ISABELLA W



Relationships Australia



EXTEND-A-HAND 2025

THURSDAY 16 OCTOBER - FRIDAY 7 NOVEMBER

Join Extend in Term 4 and create artwork for a friendly well-being card to deliver to your neighbour or someone you know in your community in your own time with a parent guardian present.

We are proud to support the Neighbours Every Day campaign, helping to foster a sense of belonging through simple, inclusive, neighbourly acts.

Get involved in this wonderful initiative by showing appreciation to the people in your community!



CREATE, SHARE AND GROW BELONGING THROUGH SIMPLE, INCLUSIVE NEIGHBOURLY ACTS

Book your sessions at extend.com.au for your children to participate in this wonderful initiative during the final school term!

To learn more about Neighbours Every Day visit neighbourseveryday.org

IMPORTANT INFORMATION for parents

Please refer below a direct link to the November 2025 Digital Edition of the
[Secondary Education Guide](https://victoriaschoolguides.starcommunity.com.au/secondary-education-november/)



<https://victoriaschoolguides.starcommunity.com.au/secondary-education-november/>



DOWNBALL HANDBALL COMP



TERM 4 | SUNDAY 2ND NOVEMBER

Register Now!

MELBOURNE SPORTS AND AQUATIC CENTRE
30 AUGHTIE DRIVE, ALBERT PARK 3206
150+ SCHOOLS INVITED
50+ TROPHIES, MEDALS, PRIZES & AWARDS
\$33 + GST

 **HANDBALL
AUSTRALIA**

WWW.HANDBALLAUSTRALIA.COM.AU

Choose a Main Course item, then select 1 or 2 Items from the Snack/Drink Menu to make up a 2 or 3 Course Lunch Pack

Main Course Menu

BAKERY All items freshly baked this morning!

	2 Course	3 Course
Cheese and Vegemite Scroll (V)	\$6.45	\$8.95
Savoury Bite 'Little Frank' Roll	\$6.45	\$8.95
Topped with Only Cheese Roll (V)	\$6.45	\$8.95
Cheese and Bacon Roll	\$7.45	\$9.95
Scroll with Ham and Cheese	\$9.95	\$12.85
Frankfurt 'in a blanket' with Sauce & Cheese (2)	\$10.95	\$13.65

PIZZA / SAUSAGE ROLLS / GOZLEME / PASTIZZI / QUESADILLA / PUFF PARCELS Served at room temperature!

Ricotta & Spinach Pastizzi (2) (V)	\$7.45	\$9.95
Margherita Pizza TWIST (V)	\$8.95	\$11.45
Sausage Roll with Sauce	\$8.95	\$11.45
Margherita PITA Pizza (V)	\$8.95	\$11.45
Quesadilla (Chicken) served with Sour Cream (H)	\$10.95	\$13.65
Tandoori Chicken Puff Parcel with Mango Chutney (H)	\$10.95	\$13.65
Ham & Pineapple Pizza Slice	\$10.95	\$13.65
BBQ Chicken Pizza (H)	\$10.95	\$13.65
Lamb and Beef Gozleme (H)	\$13.45	\$15.45
Mushroom and Spinach Gozleme (Vg)	\$13.45	\$15.45
Spinach and Cheese Gozleme (V)	\$13.45	\$15.45

SUSHI HAND ROLLS (2pc) Soy Sauce (GF) Provided

Teriyaki Chicken Hand Rolls (H)	\$11.50	\$13.75
Crispy Chicken (Schnitzel) Hand Rolls (H)	\$11.50	\$13.75
Cooked Tuna Hand Rolls (GF)	\$11.50	\$13.75
Avocado Hand Rolls (GF, Vg)	\$11.50	\$13.75
Cucumber Hand Rolls (GF, Vg)	\$11.50	\$13.75
Vegetarian Hand Rolls (GF, Vg)	\$11.50	\$13.75
Tofu Hand Rolls (GF, V)	\$11.50	\$13.75

RICE PAPER ROLLS (2pc) (Wednesday, Thursday, Friday)

Chicken Rice Paper Rolls (GF, H)	\$13.45	\$15.45
Vegetarian Rice Paper Rolls (GF, Vg)	\$13.45	\$15.45

SANDWICHES / ROLLS / WRAPS / SOFT SHELL TACOS

Strawberry Jam Sandwich (1.5) (Vg)	\$7.45	\$9.95
Vegemite Sandwich (2) (Vg)	\$8.95	\$11.45
Soft Shell Chicken Taco with Salsa, Cheese & Salad (2)	\$9.95	\$12.85
Plain Cheese Sandwich (2) (V)	\$9.95	\$12.85
Simple Salad Roll (Vg)	\$9.95	\$12.85
Cheese and Salad Roll (V)	\$10.95	\$13.65
Wholegrain Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
Roast Chicken and Salad Roll (H)	\$11.50	\$13.75
Roast Beef, Chutney, Cheese & Lettuce Roll	\$11.50	\$13.75
Turkey, Cranberry, Lettuce & Cheese Sandwich (1.5)	\$11.50	\$13.75
Mild Salami and Salad Roll	\$11.50	\$13.75
Wrap with Chicken, Tzatziki, Lettuce, Tomato & Cucumber (H)	\$12.75	\$14.95

SALADS / PICNIC BOXES / POKE BOWLS

Fresh Fruit Salad – Main Course Size (GF, Vg)	\$11.50	\$13.75
Ham Picnic Box (GF)	\$11.50	\$13.75
Vegetarian Picnic Box (GF, V)	\$11.50	\$13.75
Greek Style Salad with Feta and Olives (GF, V)	\$12.75	\$14.95
Mexican Inspired Salad with Corn Chips (GF, Vg)	\$12.75	\$14.95
Tortellini Pasta Salad (V) (Wednesday, Thursday & Friday)	\$12.75	\$14.95
Poke Bowl with Teriyaki Chicken (H)	\$13.45	\$15.45

GF SANDWICHES & WRAPS

GF Ham & Cheese Sandwich (1.5)	\$10.95	\$13.65
GF Cucumber & Ham Sandwich (1.5)	\$10.95	\$13.65
GF Wrap – Ham and Salad	\$12.75	\$14.95

Snack/Drink Menu

FRESH FRUIT & VEGETABLES

Apple pieces, Lemon juice, Cinnamon & Brown Sugar	+\$1.00
Cantaloupe and Honeydew Pieces	+\$1.00
Fresh Fruit Combo	+\$1.00
Freshly Chopped Orange Segments	Included
Freshly Chopped Watermelon Pieces	Included
Whole Fruit – Apple	Included
Whole Fruit – Banana	Included
Bag of Grapes	Included
Carrot, Cucumber, Red & Yellow Capsicum	Included
Celery and Carrot Sticks with Sultanas	Included
Cherry Tomatoes, Tasty Cheese & Rice Crackers	Included
Corn Wheels & Lightly Steamed Broccoli	Included
Edamame (Lightly Salted)	Included
Sugar Snap Peas, Beans and Cherry Tomatoes	+\$1.00

BAKERY – SWEET

Choc Chip Cookie	Included
Finger Bun with Sprinkles	Included
Lamington	Included
Not Cross Bun	Included
Cinnamon Doughnut	Included
Cornflake Cookie	Included
Choc Cup Cake (GF/DF/Vg)	+\$1.00
Blueberry Muffin	+\$1.00
Jam Drop Biscuit (GF)	+\$1.00
Carrot Cup Cake (GF/DF/Vg)	+\$1.00

SUSHI

1pc Tuna Sushi (GF)	+\$1.00
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POPCORN / HARVEST SNAPS

Popcorn – Slightly Sweet, Lightly Salted	Included
Popcorn – Lightly Salted	Included
Harvest Snaps (GF/DF/Vg)	Included

DRIED FRUIT / LEGUMES

Lime & Black Pepper Chickpeas	Included
Roasted Chickpeas	Included
Balsamic & Sea Salt Fava Beans	Included
Dried Fruit Medley with Yoghurt Sultanas	+\$1.00

DIPS WITH MINI RICE CAKES / CORN CHIPS

Tzatziki Dip with Mini Rice Cakes	+\$1.00
Spring Onion Dip with Mini Rice Cakes	+\$1.00
Spicy Capsicum Dip with Mini Rice Cakes	+\$1.00
Avocado Dip with Mini Rice Cakes	+\$1.00
Corn Chips with Salsa (GF)	+\$1.00

YOGHURTS / BOWLS / CUPS

Raspberry Jelly Cup	Included
Strawberry Yoghurt (Dairy Farmers)	+\$1.00
Vanilla Yoghurt (Dairy Farmers)	+\$1.00
Chia Bowl with Banana, Coconut & Strawberries	+\$1.00
Stewed Rhubarb and Apple with Custard	+\$1.00

DRINKS

Apple Juice (Nippy's)	Included
Orange Juice (Nippy's)	Included
Chocolate Milk (Nippy's)	Included
Strawberry Milk (Nippy's)	Included
Full Cream Milk	Included



GF = Gluten Free, DF= Dairy Free, H= Halal, V= Vegetarian, Vg= Vegan

Descriptions, dietary and allergen information available on our website.

www.classroomcuisine.com.au

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