



LEPS NEWS



**ENROL NOW FOR
2020
KINDERGARTEN**

DATE	EVENT
4 & 6 Dec	Kindergarten transition
5 Dec	Year 6 Farewell
12 Dec	Presentation Day
16 Dec	Challenge 2Bfit inflatable fun day
17 Dec	Xmas Family Picnic Day

**RESPECTFUL
RESPONSIBLE
RESILIENT**

Principal's Report

We have had an amazing week 7, with students participating in the Rugby Program and seeing the continuation of Kindi transition for 2020.

I have continued to meet with parents and carers and it has been wonderful to have face to face informal chats. Please know that my door is always open.

On **Tuesday 17 December** we will be holding a **FAMILY XMAS Picnic day**.

Time: 12:00 – 1:30pm

Bring: packed picnic lunch to have with your kids
blanket
fold up chairs



At 1:30pm we will all clean up and students will go back to class for the remainder of the day.

WE HOPE YOU CAN ALL JOIN US TO CELEBRATE THE YEAR AND TO FAREWELL THE TEACHERS THAT WILL BE MOVING ON FOR 2020.

Join us for this wonderful XMAS Festivities.

Ms Ortega Kardasis





School Facebook

Any questions regarding school matters can be answered by contacting the front office on 9728 1278 or speak with Ms Ortega.

Canteen

Volunteers are needed in the canteen for TUESDAYS. Parents and carers support is required.

3/4 Curious presented their dioramas to K/1

Last week, students in 3/4 Curious presented their dioramas to K/1 Kind. K/1 Kind have been learning about changes that occur in our environment and are now working on dioramas to model those changes. We thought we would bring in the experts from 3/4 to show us what dioramas are and some ways that they can be made!



Remember to get a late note at the office if your child is late. Please don't go into classes with your child as this is disrupting learning time. We thank you for your support.

**Wishing Ms Le the very best in her position at
Bankstown Public School for the position of:
Vietnamese teacher, five days a week for 2020.**

Dear Parents and Carers,

After the interview for a Full-Time temporary for the whole of the 2020 school year, which may become permanent, at Bankstown Public School; I have been offered this position.

It was a privilege for me to teach Vietnamese Community Language and Creative Arts at Lansvale East Public School part time for three days a week these recent years. During my time at this community school, I have enjoyed teaching your children to learn your home language – Vietnamese, and have fun whenever each class has Creative Arts lessons with me. I can see they enjoyed the Community Language programs. The students have given me joy during my tenure and when they often ask me, with their excitement, “Miss Le, do we have you today for Visual Art/ Dance/ Music/Drama?” throughout the year. It was also my privilege to work with teachers and parents/carers at Lansvale East Public School in my role as Community Languages teacher.

Thank you for having me at Lansvale East Public since 2013.

I wish students, parents and staff all the best in a New Year 2020.

Miss Le

Kính gửi quý phụ huynh và giám hộ,

Sau khi tôi được phỏng vấn do thầy Hiệu Trưởng tại trường Bankstown Public School, tôi đã được nhận vào dạy học tại trường này trong năm 2020.

Trong suốt thời gian dạy học tiếng Việt cộng đồng ngôn ngữ và môn học sáng tạo nghệ thuật tại trường Lansvale East Public School, tôi đã có nhiều niềm vui khi thấy các em học sinh luôn luôn chăm chỉ học tiếng Việt và vui thích khi biết mình sắp được cô Lê dạy môn học sáng tạo nghệ thuật mỗi tuần cho lớp Mẫu Giáo đến Lớp Sáu.

Thật là một đặc ân khi tôi đã được nhận vào trường Lansvale East từ năm 2013. Chắc chắn tôi sẽ có nhiều kỷ niệm vui và kinh nghiệm dạy học tốt đẹp để làm hành trang cho thời gian sắp đến.

Cầu chúc quý phụ huynh, học sinh và ban giáo viên mọi sự tốt đẹp trong năm 2020.

Cô Lê



School pick up

Dear Parents and Carers,

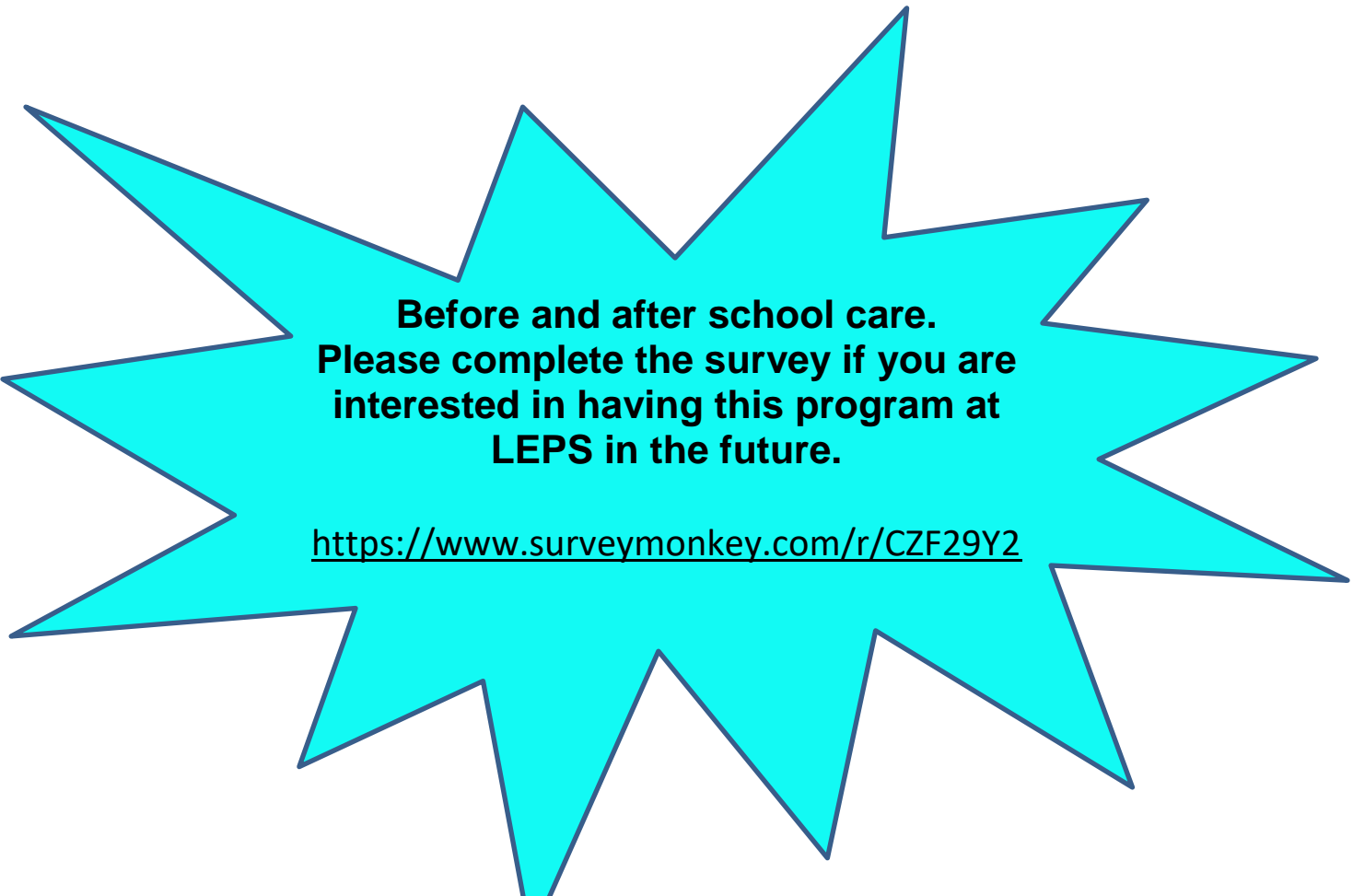
Please remember that only the nominated people
On your child's enrolment information will be
Allowed to pick up your child. It helps if you let us
know with a phone call or letter. Attach a picture to
of the person to the letter so that we can follow this
up with any further identification details.
The safety of your children is important. Without your
consent we will not allow individuals who are not
on the list to collect your child from school.
Please update your files to assist us.

LEPS Staff

Students with asthma require their inhalers
to be updated. Please make certain you have
sent an inhaler with the correct expiry date
to school ASAP.



Asthma inhalers



**Before and after school care.
Please complete the survey if you are
interested in having this program at
LEPS in the future.**

<https://www.surveymonkey.com/r/CZF29Y2>

SCREEN TIME



The following ideas are reproduced from an article published by the American Academy of Pediatrics in January 2018.

Children and Media - Tips from the American Academy of Pediatrics

- **Make your own family media use plan.** Media should work for you and within your family values and parenting style. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep. Make your plan at HealthyChildren.org/MediaUsePlan.
- **Treat media as you would any other environment in your child's life.** The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.
- **Set limits and encourage playtime.** Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children.
- **Screen time shouldn't always be alone time.** Co-view, co-play and co-engage with your children when they are using screens - it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. Watch a show with them; you will have the opportunity to introduce and share your own life experiences and perspectives, and guidance. Don't just monitor children online, interact with them - you can understand what they are doing and be a part of it.
- **Be a good role model.** Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.
- **Know the value of face-to-face communication.** Very young children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for language development. Conversations can be face-to-face or, if necessary, by

video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.

- **Limit digital media for your youngest family members.** Avoid digital media for toddlers younger than 18 to 24 months other than video chatting. For children 18 to 24 months, watch digital media with them because they learn from watching and talking with you. Limit screen use for preschool children, ages 2 to 5, to just 1 hour a day of high-quality programming. Again co-viewing is best when possible and for young children they learn best when they are re-taught in the real world what they just learned through a screen. So, if Ernie just taught the letter D, you can reiterate this later when you are having dinner or spending time with your child.
- **Create tech-free zones.** Keep family mealtimes, other family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child bedroom to help avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.
- **Don't use technology as an emotional pacifier.** Media can be very effective in keeping kids calm and quiet, but it should not be the only way they learn to calm down. Children need to be taught how to identify and handle strong emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding other strategies for channeling emotions.
- **Apps for kids – do your homework.** More than 80,000 apps are labeled as educational, but little research has demonstrated their actual quality. Products pitched as "interactive" should require more than "pushing and swiping." Look to organizations like Common Sense Media (www.commonsensemedia.org) for reviews about age-appropriate apps, games and programs to guide you in making the best choices for your children.

Hope that you find these tips useful!

Mrs Sue Pyke

School counsellor

Source:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Children-and-Media-Tips.aspx>

Go directly to the source to find additional tips relevant for adolescents.