

# LEPS News



**BE RESPONSIBLE BE RESPECTFUL BE RESILIENT**

Term 1 Week 5 2020

## Calendar – Term 1

28 Feb 6, 13, 20, 27 Mar 3 Apr	Swim School
3 March	Zone Swimming Carnival
9 March	Parent Workshop – Using Reading Eggs 9:15am Library
5 March 26 March	Assemblies 2pm – 3pm in the hall Entry via Riverside road into school grounds
2, 9, 16, 23, 30 March 6 April	Parent and Carer Morning coffee 9am -10am in Library
26 March	School Photos

## From the Principal's Desk



*Ms Ortega Kardasis*

Dear Parents and carers,

The term has been eventful with some of our students attending swim scheme and enjoying the lessons. We thank Mr Diep for his organisation and the teachers and staff that attend weekly to assist and jump in the water with the students.

The **Lunar Year** celebration last week was a great success with many families attending and supporting our school with bringing in the year of the rat. Students enjoyed learning about the importance and significance of this yearly event. We look forward to may more celebrations in the coming years. A big thank you to Mrs Grinham and her team for their organisation.

A reminder to parents that the **student toilets** is not to be used by any parent or carer, this includes visitors. This is a child protection issue. If any adult requires the use of the toilets please make your way to the front office and use our staff toilets.

All **visitors** must enter via the front office on Riverside Road. Please speak to our lovely office staff for assistance.

Our second **Meet the Teacher** will be held on Wednesday 11 March between 3:15pm – 4:15pm. Our lovely Specialist Staff will be cooking up a sausage sizzle for you to grab on your way to the presentation. Please book it into your calendar, we hope to see you there.



## Meet the Teacher...

### Hello!

My name is Mrs Grego-Knust and I am the Instructional Leader for K-2. I work closely with teachers and students to support all our students in reaching their full potential. If you see me in the playground, don't be shy, come over and say hello.



### Favourite Things

- Colour:** Turquoise
- Food:** Thai
- Drink:** Tea – I love my cup of Earl Grey!
- Sport:** Walking my dog
- Hobbies:** Cake decorating, painting and learning guitar.
- Great loves:** Travel and family!

## Miss Agostini

My name is Miss Agostini. This year I am the classroom teacher for 2-6A. I am excited to be a part of this wonderful community.

What you need to know about me is:

- I enjoy going outdoors, hiking, paddle boarding, swimming and kayaking.
- My favourite things to do is listening to country music, enjoying an amazing burger and watching a good movie.
- My favourite colour is blue.
- I'm most scared of owls.
- I also enjoy watching NRL, AFL and soccer. Come and see me to find out what teams I follow!



# Lunar New Year

On Monday, 17 February our students and families celebrated Lunar New Year with activities in the classroom, a song in Vietnamese and a dragon dance, and a wonderful feast with share plates. Some of the Vietnamese students sang a song and Ms Corbett's class performed a dragon dance, wearing the masks they had made. We all enjoyed a delicious feast, with many students successfully using chopsticks! A big thankyou to all staff, students, parents, carers and community members for making the day an entertaining and fun event. For more pictures visit our website and look in the gallery!





## *Working with children check (WWCC)*

Would you like to volunteer in your child's classroom, or attend excursions to help the teacher? You will need a working with children check. (WWCC)

Please follow the link to apply for a volunteer WWCC. It's free!

<https://www.service.nsw.gov.au/transaction/apply-working-children-check>

# Wellbeing

Wellbeing 'Working Out'	Attendance
<p>We all know that exercise is important in our daily lives, but we may not know why or what exercise can do for us.</p> <p>It's important to remember that we have evolved from nomadic ancestors who spent all their time moving around in search of food and shelter, travelling large distances on a daily basis. Our bodies are designed and have evolved to be regularly active.</p>	<p>School is a fun part of your child's life where they get to learn, grow and make friends. It is important to make sure your child is in attendance at school everyday day. If your child is sick or has an important appointment, please let the office or your child's classroom teacher know. Together we can make a difference!</p>
<p><u>The benefits of exercise:</u></p>  <ul style="list-style-type: none"> <li>✓ Increased energy levels</li> <li>✓ Improved muscle strength</li> <li>✓ Can assist you to maintain a healthy weight</li> <li>✓ Improves brain function</li> <li>✓ It is good for your heart</li> <li>✓ Lowers your risk of developing type 2 diabetes</li> <li>✓ Enhances your immune system</li> <li>✓ Reduces the likelihood of developing bone diseases</li> <li>✓ Helps reduce the risk of certain cancers</li> <li>✓ People tend to sleep better</li> <li>✓ Improves your mood and gives you an improved sense of wellbeing</li> <li>✓ Can help prevent and treat mental illnesses like depression</li> <li>✓ Can reduce some of the effects of aging.</li> </ul>	<p style="text-align: center;"><b>Class Dojo</b></p>  <p>A reminder to download the Class Dojo app and then scan the QR code sent home by your classroom teacher to see what amazing things your child is doing at school.</p>
<p style="text-align: right;"><small>Source: <a href="https://www.skillsyouneed.com/ps/exercise.html">https://www.skillsyouneed.com/ps/exercise.html</a></small></p>	<p style="text-align: center;"><b>Strategy</b></p> <p style="text-align: center;"><u>Body Language</u></p> <p>Your body language plays a large role in the message you are sending to your child. When asking your child what they did today at school, make sure your body is facing them and you make eye contact.</p>



## EVERY DAY COUNTS...

A day here or there doesn't seem like much, but...

When your child misses just...	That equals...	Which is...	And therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Over 8 years of learning	Equal to finishing Year 4

*Give your child every day to succeed...* **Every day counts!**



Join us in the Library from 9- 10am every Monday for a friendly chat.

Tea, coffee and refreshments will be available.

# Are you interested in learning new skills?

These parent courses are available. Double click on the image to expand.

 <b>Resourcing Parents</b>									
Term 1 Parenting Courses starting 31 Jan and 19 April -South Western Sydney - Fairfield / Liverpool visit <a href="http://www.resourcingparents.nsw.gov.au">www.resourcingparents.nsw.gov.au</a>									
Course	Agency	Suburb	Cost	Start Date	End Date	Time	Contact Name	Phone	Email/Contact
<b>FOR ONLINE COURSES VISIT: <a href="http://resourcingparents.nsw.gov.au/online">http://resourcingparents.nsw.gov.au/online</a></b>									
Tuning In to Teens	Anne M Hubbard	N/A	\$297.00	Monday, 03/02/2020	Monday, 09/03/2020	8:00 PM - 10:00 PM	Anne Hubbard	0403537638	annehubbard@bigpond.com
Parenting Your ADHD Child 6-Week ONLINE Course - Term 1	ADHD Support Australia	N/A	\$199.00	Monday, 10/02/2020	Monday, 16/03/2020	10:00 AM - 12:30 PM	Vivian Dunstan	0403939227	vivian@adhd-supportaustralia.com.au
<b>Early Learning Events (0-5 years)</b>									
Parent Child Mother Goose	Creating Links	VILLAWOOD	FREE	Wednesday, 05/02/2020	Wednesday, 25/03/2020	10:00 AM - 11:30 AM	Wafa.M and Hazel	+61287137700	admin@creatinglinks.org.au
Supported Playgroup	Woodville Alliance	CARRAMAR,NSW	FREE	Thursday, 06/02/2020	Thursday, 02/04/2020	10:00 AM - 12:00 PM	June Zhao	97243807	jzhao@woodville.org.au
Sing and Grow	Woodville Alliance	Carramar	FREE	Friday, 07/02/2020	Friday, 03/04/2020	10:00 AM - 12:00 PM	June Zhao	97243807	jzhao@woodville.org.au
Transition to School at the Cubby House - Green Valley Public School	Mission Australia	GREEN VALLEY	FREE	Monday, 10/02/2020	Friday, 11/12/2020	9:30 AM - 12:30 PM	Debbie Winardl	97326502	winardld@missionaustralia.com.au
<b>Parenting Events</b>									
My Kids and Me	CatholicCare	FAIRFIELD	FREE	Tuesday, 04/02/2020	Tuesday, 10/03/2020	10:30 AM - 1:00 PM	CatholicCare	131819	parenteducation@catholiccare.org
Go4Fun® Healthy Lifestyle Program	South Western Sydney Local health District	MILLER	FREE	Tuesday, 04/02/2020	Tuesday, 07/04/2020	4:00 PM - 6:00 PM	Vikki Jayewardene	97802897	vikki.jayewardene@health.nsw.gov.au
Go4Fun® Healthy Lifestyle Program	South Western Sydney Local health District	MILLER	FREE	Tuesday, 04/02/2020	Tuesday, 07/04/2020	4:00 PM - 6:00 PM	Vikki Jayewardene	97802897	vikki.jayewardene@health.nsw.gov.au
Parent Child Mother Goose Playgroup	Creating Links	VILLAWOOD	FREE	Wednesday, 05/02/2020	Wednesday, 25/03/2020	10:00 AM - 11:30 AM	Wafa.M and Hazel	+61287137700	admin@creatinglinks.org.au
The Circle of Anger	CatholicCare	CABRAMATTA WEST	FREE	Wednesday, 05/02/2020	Wednesday, 25/03/2020	10:00 AM - 12:00 PM	Lisa Harris	0419223677	lisa.harris@catholiccare.org
Go4Fun® Healthy Lifestyle Program	South Western Sydney Local health District	CABRAMATTA	FREE	Thursday, 06/02/2020	Thursday, 09/04/2020	4:30 PM - 6:30 PM	Vikki Jayewardene	97802897	vikki.jayewardene@health.nsw.gov.au
Go4Fun® Healthy Lifestyle Program	South Western Sydney Local health District	CABRAMATTA	FREE	Thursday, 06/02/2020	Thursday, 09/04/2020	4:30 PM - 6:30 PM	Vikki Jayewardene	97802897	vikki.jayewardene@health.nsw.gov.au
1-2-3® Magic & Emotion Coaching	CatholicCare	FAIRFIELD	\$60.00	Tuesday, 11/02/2020	Tuesday, 25/02/2020	10:30 AM - 12:30 PM	Parent Educator	131819	parenteducation@catholiccare.org

 Indicates courses specifically for Aboriginal and Torres Strait Islander families or children