



LEPS Community News

- From the Principal's desk
- 2-3 C News
- 4-5 R News
- 2-D News
- 2-D Learning & Support Program News
- Screen Free and Outdoor Activity Ideas
- PBL News
- Scripture Letter to Parents
- Message from School Counsellor- Mrs Sue Pyke
- COVID -19 Family Bulletin
- Uniform Price List

Dates to remember...

Learning from
Home

Until 17
September

From the Principal's Desk

Dear Parents and Carers,

Thank you for your continued support during our state-wide lockdown and especially within our LGA. It has been challenging for everyone as we continue to work from home, learn from home and maintain our wellbeing. For this reason we are celebrating Wonderful Week 8 with lots of fun learning and limited use of devices. Students will be receiving activities that will have them select their learning for the day in a fun filled way. The whole family or siblings can help one another complete the tasks. We want to remind our amazing parents and carers that you are doing an incredible job supporting your child/ren with home learning and managing all the other things that are happening around you. It is easy to lose focus and become frustrated and emotional during these times. Please know there are many help lines available to you to reach out to;

<https://education.nsw.gov.au/covid-19/advice-for-families>

<https://www.nsw.gov.au/covid-19/financial-support#:~:text=A%20one%2Doff%20payment%20of,sick%2C%20carer's%20or%20pandemic%20leave.>

<https://www.beyondblue.org.au/>

<https://www.nsw.gov.au/covid-19/financial-support>

If you need to talk to us we are all available online or a call. Just pick up the phone call us on 9728 1278 to schedule a Zoom session for a chat. We are all here to help one another. Stay safe everyone and continue to follow the NSW Health Guidelines.

Thank you to all the staff at LEPS for the dedication and continued commitment throughout this challenging time. A HUGE thank you to our students that are doing their very best each and everyday with home learning. You are truly inspirational. I am so very proud of all of you.

Stay safe everyone, keep smiling. Better days are coming.

HAVE A GOOD



2-3C learning from home

This term, 2-3C have been absolute champions learning from home. All students in 2-3C have showcased their resilience through adapting to a new learning environment and a new classroom teacher too!

2-3C are having fun participating in engaging and creative hands-on learning. In zooms, 2-3C have been building their phoneme and grapheme knowledge by playing interactive soundwaves games together. In mathematics, 2-3C have used their creativity to find various ways to represent fractions, whole numbers, time and position, using any materials found at home.



2-3C have further shown great initiative by taking on new responsibilities and helping their families with household tasks. 23C have been practising their life skills by making their bed every morning, cleaning their workspace at the end of the day, helping their families clean the house, cook, garden and so much more!



Ms Angeleski and I would like to thank the supportive parents of 2-3C for their hard work, dedication and drive to provide the best learning experiences at home for their children. We are so proud of both 2-3C students and parents for the amazing work they have done this term. - Miss Tran

4/5R News

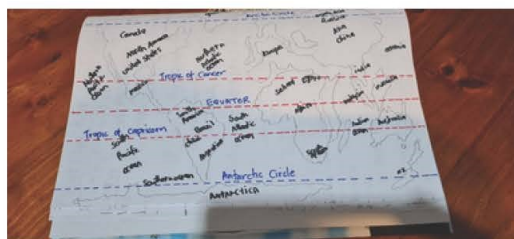
ONLINE LEARNING



Students in 4/5R have been engaging in a variety of different learning experiences at home. Students have shared their learning through gardening, creative arts, physical exercise, experiments and online learning.



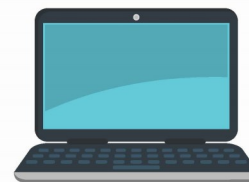
We enjoy our zoom sessions where we talk about our week of learning and always end our sessions with a quick game.



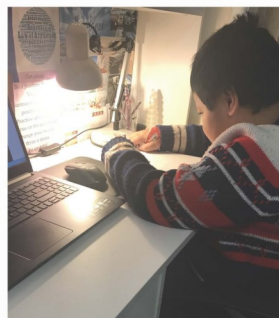
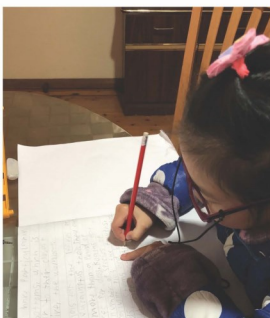
TERM 3 • 2021



2D NEWS



A 'LEARNING FROM HOME' EXPERIENCE!



Although we haven't been able to see each other in person, we have still had that face to face contact!



Thank you 2D families, for helping us all login and connect.

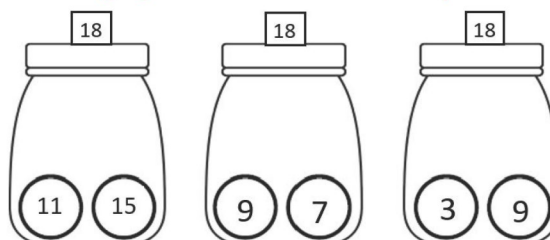
We started off the term a little bit confused and worried, but as the term has progressed, the students in 2D have held their heads high and are striving for success through their submitted work.

Throughout Literacy, students have been looking at creating stories but using actual facts. We are creating hybrid texts!

2D have been learning about masses and 3D shapes this term for Maths, whilst also challenging themselves with mathematical thinking in our number tasks!



Here is an example of one of our tasks. Can you challenge yourself and solve the problem?



Which numbers need to be moved so that each jar has a total of 18?

Is there a certain number that helps you know where to start?

Can you use number knowledge, addition and subtraction?

But our learning does not just stop there! We have been working hard in all our other subjects as well.

In HSIE, we have been learning about places in Australia and are beginning to do our own research on managed, constructed and natural features in Australia.

In Science we have been true scientists by making predictions and trialing experiments linked to the different push and pull forces in every day life.

It has been a very busy term so far, and 2D are creating positive learning experiences for themselves at home!

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Website: <http://www.lansvalee-p.schools.nsw.edu.au/>

Learning and Support Program

The Learning and Support Program assists students who require additional support in class across key learning areas including and not limited to literacy and numeracy.

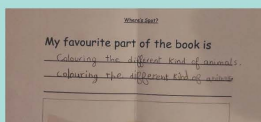
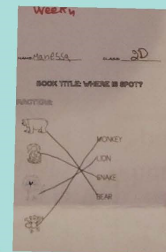
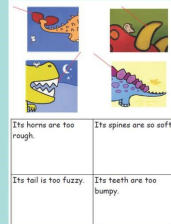
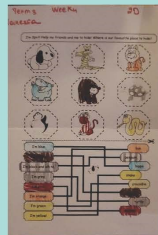
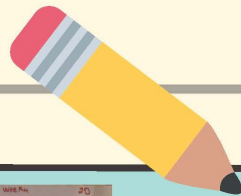
TERM 3
W7



In Term 2, students who received support in reading and writing in 2D will continue to be supported for remote learning.

Home Learning in 2D

During Term 3 of home learning, students in Year 2 have been receiving weekly reading and writing activities. Students have been greatly engaged!



Weekly reading and writing activities are assigned in each students' portfolio on ClassDojo. A range of activities and videos are created to assist in completing set tasks.

Mrs Nguyen will be checking in with families weekly. Please continue to check your portfolios regularly on ClassDojo for new tasks, videos and messages. Ensure that completed work is sent and uploaded in your child's portfolios. You can contact me through ClassDojo or via email:

stephanie.nguyen23@det.nsw.edu.au



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Be Screen Free and Get Active

Turn off the TV or computer and get active

- ✓ Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
- ✓ On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear "I'm bored" – think of something active to do.
- ✓ During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Why reduce television time?

- studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children's viewing hours
- TV replaces time a child can be active and enjoy physical activity
- there is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.

Screen-free things to do

Limit your child's screen time to no more than one to two hours a day. This includes television, electronic games and computer games. Offer alternatives to watching TV, until new, healthy habits are created. Some alternatives are:

- ☐ listen to music
- ☐ go to the park
- ☐ draw a picture
- ☐ play cards
- ☐ ride a bike
- ☐ read a book
- ☐ make a scrap book
- ☐ hula hoop
- ☐ jump rope
- ☐ play with your pet
- ☐ do a crossword
- ☐ learn a magic trick
- ☐ learn to juggle
- ☐ plant some seedlings
- ☐ play hopscotch
- ☐ learn to knit or crochet
- ☐ play a board game
- ☐ create sidewalk art with chalk
- ☐ build a cubby house.





PBL AT HOME

Lansvale East Public School - Be Responsible Be Respectful Be Resilient

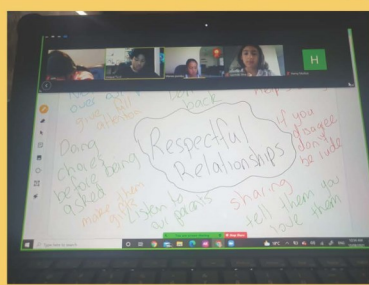
PBL Focus

Weeks 6 & 7 (Term 3, 2021)

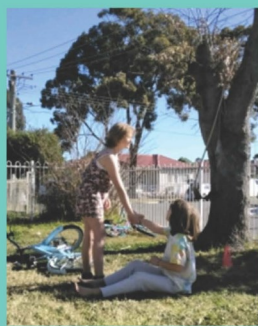
Being Responsible at Home

For the students to understand and demonstrate the expected behaviour that is required when they are learning from home.

3-4N created a mind map on how we can maintain Respectful relationships at home.



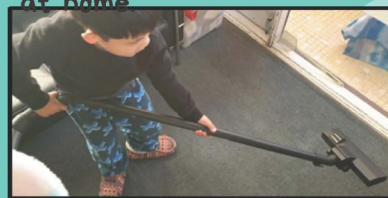
4-5R
Being responsible at home - helping family members



Don't forget to send in photos of your child being Responsible, Respectful and Resilient at home.



Troy, Amanda and Darren from 2-3C showing how they are Responsible at home



Aylssa from 2D showing how she is Responsible at home by packing away her pencils.





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Friday, 27th August 2021

Dear *Parents/Carers*,

Update on Special Religious Education Learning from Home

To support families who have chosen for their child/ren to part take in scripture SRE, approved providers of SRE have modified their authorised curriculum resources.

You may wish to access the SRE resources of your choice via these portal entry points:

- [Approved providers for All Faiths SRE](#) (Islamic, Jewish, Buddhist, Baha'i, Hindu)
- [Approved providers for Christian based faith SRE](#)
- [Primary Ethics for SEE](#)

For more information or support on these resources, please contact your chosen provider of SRE.

Kind regards,

Ms J. Douglas
Scripture Coordinator

Message from the school counsellor, Sue Pyke.



As we continue in lockdown some of our experiences will be the same but some will be different, depending on our circumstances –

'We are not all in the same boat. We are all in the same storm.' Damian Barr

It is important to reach out if you are experiencing difficulties. Sometimes sharing with a family member or a friend can help. In some instances, someone at school may be able to help you directly or, if not, will try to put you in touch with someone who can.

As I've mentioned before, establishing a routine or rhythm for each day can be particularly helpful as it provides us with some structure to our days. This can provide both physical and mental health benefits. If you need some help creating or recreating one, here is a link to a template for ideas on what to include:

<https://www.berrystreet.org.au/uploads/main/Files/rhythm-template-v2.pdf>

If you have any concerns about your child that you would like to discuss with me please don't hesitate to get in touch through the class teacher or school email if you prefer.

- Kids Helpline: 1800 55 1800
- Lifeline: 13 11 14
- Mental Health Access line: 1800 011 511
- Domestic violence: 1800 737 732 (1800RESPECT)

Information for child care services, family day care services and primary schools in south west Sydney.
This bulletin is provided by South Western Sydney Local Health District's Healthy Children Initiative team.

Case alerts

How to find latest COVID case locations

Check if you have visited a location with a confirmed COVID-19 case in the past 14 days and follow the NSW Health advice. You can find out about new COVID-19 case locations by:

- Viewing the list or using the interactive map on the NSW Health [website](#)
- Following NSW Health on [Facebook](#)



NSW Restrictions

Additional restrictions are now in place for all of NSW including Greater Sydney effective from 12:01am Monday, 23 August 2021.

Restrictions update

NSW will extend the current lockdown in Greater Sydney until the end of September, and introduce new rules targeting the Local Government Areas of concern.

Local government areas (LGAs) of concern include Bayside, Blacktown, Burwood, Campbelltown, Canterbury-Bankstown, Cumberland, Fairfield, Georges River, Liverpool, Parramatta, Strathfield, and some suburbs of Penrith.

- Curfews will be introduced from 9pm to 5am.
- Outdoor exercise is limited to one hour per day.
- When you leave home, you must carry a face mask with you at all times.
- Mask wearing outside your home has been extended to all of Greater Sydney, except when exercising;
- Workers from Canterbury-Bankstown, Cumberland, and Fairfield LGAs will no longer need to be tested for COVID-19 every three days to work outside their LGA.
- All exams and other education or professional development related activities will move online, not including the HSC. The government will provide further information on its education plan in due course.

PUBLIC HEALTH ORDER



**Stay at home order
extended & additional
restrictions in NSW**

20 August 2021

www.nsw.gov.au/covid-19



Click [here](#) for more information.

Information is current at date of issue - 23 August 2021

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Construction Sites

All construction work and sites can continue across Greater Sydney, including LGAs of concern, and regional and rural NSW.

Workers who live in LGAs of concern are required to take extra precautions. Workers must meet the COVID vaccination requirements before they can enter or remain at a construction site. Click [here](#) for COVID requirements for construction workers.

If you have any symptoms, you must immediately go and get tested. You must not go to work if you have symptoms, even if you are an authorised worker.

After your COVID-19 test, you must go home immediately and isolate until you receive a negative result. If you return a positive result, health professionals will contact you and will look after you.



**Aged 16 – 39
years in a LGA
of concern?**

**Book your priority vaccination
appointment today**

Pfizer vaccination appointments are now available for those aged 16-39 years.

To be eligible you must also live within one of the LGAs or suburbs of concern.

An increased number of vaccination bookings are available at the Sydney Olympic Park and Macquarie Fields clinics.

For more information and to book, click [here](#).

Anyone aged 18+ can still book in for the AstraZeneca vaccine.

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Vaccination information

New walk-in vaccination clinics are available to anyone over the age of 18. Vaccination is one of the most effective ways to reduce the spread of COVID-19 and help protect yourself, your friends and your community.

Catherine Park*

Where: 55 Catherine Park Drive, Catherine Park

When: 8:30am to 4:30pm, Saturdays.

*Bookings available on Wednesdays and Thursdays.

To book, see [link](#).

Bankstown Sports Club

Where: 8 Greenfield Parade, Bankstown

When: 8:00am to 5:00pm, 7 days

You don't have to make an appointment.

Check your eligibility [here](#). Read more about vaccination clinics [here](#).

Bring your Driver Licence and Medicare card.

Stay home, stay safe, stay strong

Do it for yourself, your family, your friends and your community. Do it for us.



Healthy eating at home

Eating a variety and balanced diet helps with our overall sense of wellbeing. A healthy approach to food is important for supporting our mental health. Here are some ideas to help your weekly shop stay healthy and last longer:

- Use fresh ingredients first
- Storing foods in a cool, dry place can make food last longer
- Canned vegies, such as baked beans and legumes, have a long shelf life and can be added for quick, nutritious meals. Look at the back of your pantry for cans you may have forgotten about!
- Don't forget frozen vegies and fruit are also healthy options! Most fruits freeze well – chop them into smaller pieces and peel fruits with thick skins before freezing.



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Accessing meals and food

Many people have lost their income due to COVID-19 and need support to get meals for their family. The following organisations provide support accessing meals and food items:

- [Anglicare](#): Deliver food parcels through Mobile Community Pantry, Community Pantry, and Emergency Food Assistance.
- [Foodbank](#): Provides food and grocery items to charities and schools who distribute food into the community. If you are in need of food assistance, contact them on 9756 3099.
- [City of Liverpool Meals on Wheels](#): Deliver meals to frail, aged and disabled persons.
- [St Vincent de Paul Society](#): Supply snack packs to services to support visitors and the most vulnerable people in as many LGAs as possible.
- [Food request](#): Fairfield City Council provide free food delivery services for people in need during the current lockdown.
- [Food Share Drive Thru](#): Greenacre Area Community Centre has worked with Foodbank Australia to provide food hampers of fresh fruit, vegetables and other pantry staples.
- [Community food services](#): Campbelltown City Council community services are still in operation and can support you even if you can't visit them. These services include [emergency food relief](#) and [Campbelltown Meals on Wheels](#).



Staying active at home

Keeping active can help your physical health and wellbeing. You don't have to have expensive equipment! Here are some activities to try around the house:

- Exercise on the spot.
- Dance to some music.
- Use items at home (e.g. filled water bottles) for strength exercises
- Do some gardening around your home.
- Try FREE online workout [videos](#).
- Walk with a household member within your LGA, or within 5km of your home.



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Translated COVID information

COVID-19 vaccine information in your language

Information about COVID-19 vaccines has been translated into multiple languages. You can find information in your language [here](#).

Find out when and where you can have your COVID-19 vaccine

Below are translated COVID-19 vaccination information in Arabic, Assyrian, Chinese (simplified), Khmer and Vietnamese.

<p>يمكنك التعرف على الوقت والمكان الذي يمكنك فيه الحصول على لقاح كوفيد-19 الخاص بك على www.health.gov.au</p>  <p>COVID-19 VACCINATION</p>	<p>للحصول على أفضل حماية من كوفيد-19، ستحتاج إلى جرعتين من نفس اللقاح</p>  <p>COVID-19 VACCINATION</p>
<p>فقد جسمك، لم يبقَ شيء من دفعلك، ليس بمكشوفة د COVID-19 بك تمامًا: www.health.gov.au</p>  <p>COVID-19 VACCINATION</p>	<p>ليمنعك من تدهورك، تمت ديتك د COVID-19، جد فمنصة، لكيب هتكون دود نوب لمتكن</p>  <p>COVID-19 VACCINATION</p>

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查询您的新冠疫苗接种
时间和地点, 请前往
www.health.gov.au



COVID-19
VACCINATION

需注射两针同种疫苗
方可最佳防御新冠病毒



COVID-19
VACCINATION

សូមពិនិត្យដឹងថាតើពេលណា
និងនៅទីតាំងណាដែលអ្នកអាច
ទៅចាក់វ៉ាក់សាំង COVID-19 បាន
ដោយសេរីមើលលើគេហទំព័រ
www.health.gov.au



COVID-19
VACCINATION

ដើម្បីបង្ការការពារជំងឺ
COVID-19 ឲ្យមានប្រសិទ្ធភាព
បំផុត អ្នកនឹងត្រូវការចាក់ពីរដូស
នៃវ៉ាក់សាំងតែមួយ



COVID-19
VACCINATION

Tìm hiểu khi nào và ở
đâu bạn có thể tiêm
vắc-xin ngừa COVID-19
tại www.health.gov.au



COVID-19
VACCINATION

Để được bảo vệ tốt nhất
chống lại COVID-19, bạn
sẽ cần hai liều vắc-xin
cùng loại



COVID-19
VACCINATION

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School Uniform Shop

The School uniform Shop is available from the front office.

The shop is open Monday - Friday 9:00am - 3:00pm.

Uniform	PRICE
Polo shirt (Short)	\$25
Polo shirt (Long)	\$30
Short (Males)	\$15
Skort (Female)	\$15
Jacket	\$25
Cap (Sky blue)	\$15
Hat (Navy blue)	\$15
Dress	\$45
Sport Uniform	\$35
Sport short	\$10
Sport shirt	\$25
Track Suit	\$70
Track Suit Jacket	\$40
Track Suit Pants	\$30
School Bag	\$35
Library Bag	\$15
Excursion Bag	\$15

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Lansvale East PS.



facebook.com/LansvaleEastPublicSchool



@LansvaleEast

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