



# LEPS Community News

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- PBL News
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- Health & Wellbeing
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## From the Principal's Desk

**Our School Concert**—Music through time is around the corner. For this to be a success we require all our families to attend so the students can perform what they have been rehearsing over the last 12 weeks.



Please purchase your tickets at the front office, bring the family and enjoy the show on Tuesday 6 December. Contact the front office for more information on 9728 1278.

### 2023 ORGANISATION

We are currently organising class structures for 2023. If you are planning on leaving OR returning a little late then we need you to notify the office. Please contact the office if you need more information.

### KINDERGARTEN ENROLMENT 2023

Taking kindergarten for 2023 NOW! The enrolment can be completed online OR you can visit the school office staff, who will be more than happy to assist you. If you have moved into the area please visit us to enrol your children.

### COVID-SMART MEASURES

Our school will continue to operate with our baseline COVID-smart measures in place throughout the last 5 weeks of term to minimise transmission and keep our school open. This includes a combination of layered safety measures such as maintaining hygiene and cleaning practices, using rapid antigen testing (RAT) when experiencing symptoms, maximising natural ventilation, strongly encouraged vaccinations and strongly encouraging mask-wearing particularly when indoors and/or physical distancing is not possible. If you need more RATs, please contact the office and arrange a time to collect a supply. Remember, *'students and staff should continue to stay home when sick'*.

Have a wonderful week.

Tuesday 29 November	High School Transition Day
Thursday 1 December	Whole School Assembly
Tuesday 6 December	Whole School Concert from 5pm

# 4-5E at Heathy Harold- bCyberwise



**Recently 4-5E learned about being Cyberwise. Students started off thinking about how they each use technology and then how it is used differently in their homes.**

**Next, the gems task represented all the positives, while the aliens showed the technology negatives, and then they made a ring of tools to help them stay safe online. We played a crack-the-code game and learned about online resources.**

**We enjoyed learning and visiting Harold. By 4-5E students.**



# 4-5T News

Our term 4 newsletter about our classroom!

## Remembrance day



On the 11th November, students attended a remembrance day assembly. 4-5T created a poppy wreath and learnt about the significance of remembrance day.



## Mass



In term 4, 4-5T have been exploring mass through estimating, measuring and comparing familiar objects. Students have been using a pan balance to experiment with different weights.



## CAPA



During CAPA rotations, 4-5E and 4-5T participate in dance together. Students had a wonderful time learning Latin dances with Ms Sanchez.



# Peace Day: The Uluru Statement of the Heart

On Friday 11 November, the Student Representative Council (SRC) had the pleasure celebrating the Winner of the Peace Prize: The Uluru Statement of the Heart at Cabramatta High School.



Student represented our school in this special cultural day event where they experienced a smoking ceremony, cultural dances from Aboriginal and Torres Strait Islander people and Vietnamese, Pacific Islander and Arabic dance groups.



# PBL NEWS

Be responsible Be respectful Be resilient

## PBL FOCUS Weeks 6 & 7

Being respectful by using nice words to each other.

For students to understand and demonstrate respectful behaviour when interacting with others.

## Data: Minor Incidents (Weeks 5 & 6)

Over the course of two weeks, minor incidents decreased by 57%.



## Data: Major Incidents (Weeks 5 and 6)

Over the course of two weeks, major incidents decreased by 23%.



## PBL Gotcha Awards

Students at Lansvale East Public School receive Gotcha awards from staff when they are being responsible, respectful and resilient on the playground.

Each fortnight, students who receive a Gotcha award are in the running to receive an award at assembly.



# LEPS Sports News

Congratulations to the following students representing our school in the PSSA Semi-Finals and Finals for the Girls Basketball on 25 November 2022. The girls played against Villawood North and won 24-16.

Congratulations to:

Amelia Abdallah

Stacey Langham O'Leary

Tiana Tu U

Lexiiyus Key

Laisa Cagiloaloe

Baileon Key

Nevaeh Solomona

Savaira Babakobau

Siteli Tuulakitau

The girls played well with Tiana Tu u and Laisa Cagiloaloe scoring at least 10 each.

Thank you to the parents who attended the successful day.





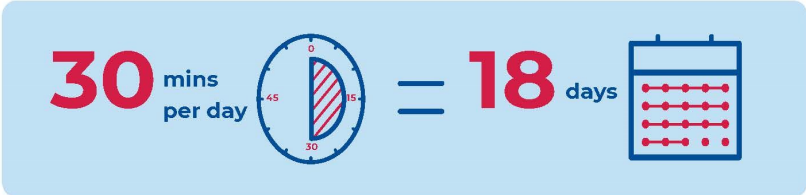
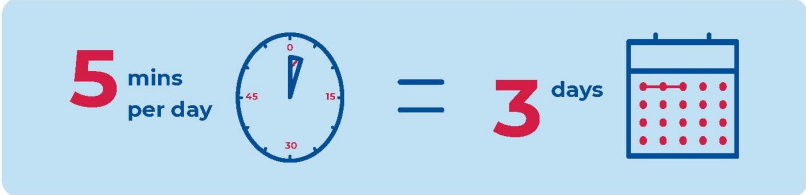
# School Attendance



Please be reminded ...  
It is important to arrive on time and attend the full day of school.

**A couple of minutes here and there doesn't seem like much, but...**

when your child misses just... they miss days per year




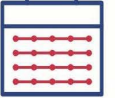

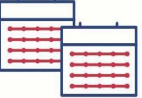
Patterns of lateness can have a serious impact on your child's education.

education.nsw.gov.au

**... and it is essential to maintain regular attendance at school:**

## Days missed = years lost

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

When your child misses just...	they miss weeks per year	and years over their school life
<b>1</b> day per fortnight 	= <b>4</b> weeks 	= Over <b>1</b> year missed
<b>1</b> day per week 	= <b>8</b> weeks 	= Over <b>2.5</b> years missed

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*Upright* ♦ *Steadfast* ♦ *True*



# LEPS PBL Gotcha Awards

The *Positive Behaviour for Learning* (PBL) 'Gotcha Awards' are presented to students who follow the PBL Playground Rules in being **Responsible**, **Respectful** and **Resilient**.

The Gotcha Award Recipients for **Term 4 Week 6, 2022** are:

Award Recipients	For being Responsible	For being Respectful	For being Resilient
	Jonathan Giang 1-3C Prim Simmons K-1-2DT	Dominic Nguyen 5-6S Lucinda Silva 4-5E	Joan Babakobau 3-4T Darren Sutedjo 2-4P

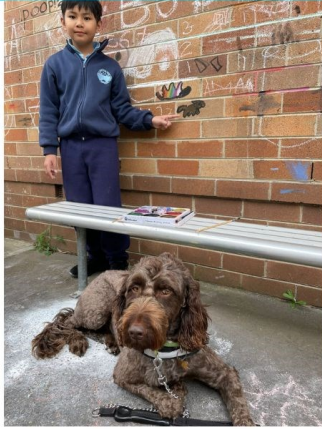
## PBL Gotcha Award Recipients for Term 4 Week 6, 2022





# LEPS WELLBEING SCHOOL SUPPORT DOGS

VISITING CLASSROOMS



**AJ** from **2-4P** showing **Lenny** a portrait he made for him. Great job Picasso!!

**Ziggy** in training and exploring **3-4T Class** and making new friends .



**Sade** loves to help **Max** from **2-4P** and **Bernard** from **1-3C** in their Reading to build and improve self-confidence and public speaking skill.



**Lenny** listening carefully to the stories that **Minh** and **Apisai** are reading.



## Community

Building tolerant mindsets and exposing students to feelings and attitudes of acceptance, trust, relaxation, bonds and building positive relationships, they in turn bring that acceptance to their community and family groups.

## Roles and Responsibilities

Animal Welfare Liaison Officer (AWLO) is the school Principal: Ms Ortega.

Dog Owner: Ms Ortega

The dog owner is responsible for:

Overall welfare: Insurance, vet visits, yearly injections and worming, cleanliness and grooming.

Maintaining appropriate records including a timetable and sign in/sign out system for the times the Wellbeing School Support Dog are in the classroom.

Observations/ outcomes from use of the Wellbeing school support dogs, including surveys mid-year and end of year.

Costs associated with the dog including.

We hope this information assist with any questions.

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## Toddlers and fussy eaters



LEARN MORE 

- For more about fussy eating from The Sydney Children's Hospital Network, click [here](#).
- For tips and tricks on fussy eating, watch this [video](#):



As toddlers grow they start to develop a sense of independence. During this time, their growth and appetite also slow down, however, they still need a variety of healthy foods to make sure they get adequate nutrition. Being a toddler is all about exploring and experimenting. Mealtimes can often be messy as toddlers throw, squash, and play with their food. This is an important and a normal part of toddler development. Choosing and refusing food is one way that children show their independence.

## First Lap vouchers

As we approach the warmer weather, it is important for children to feel confident around water, whether it is swimming pools, the ocean, rivers, creeks or other waterways. Swimming is an essential life skill and it is an integral part of the Australian lifestyle with our expansive coastline, rivers, and lakes. To assist with learning to swim and increase water safety, the First Lap voucher program is available. It provides \$100 vouchers for parents,



guardians and carers of children aged 3-6 years who are not enrolled in school to contribute towards the cost of swimming lessons.

It can be used for a program of at least five structured and supervised swimming lessons.

**START**

- To find a First Lap swim provider, [click here](#) or phone Service NSW on 12 77 88.
- Parents can apply [here](#) for a First Lap voucher before 30 June 2023.



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# Healthy Family Bulletin

## Balance your screen time

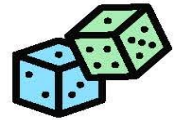
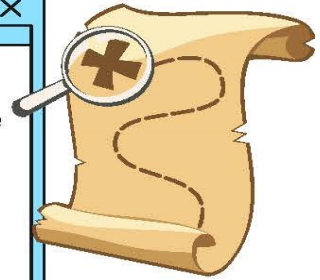


As young children grow and develop, they need more time in active play, less time sitting and enough sleep each day to be healthy. Small changes in screen time habits can benefit a child's physical, social, psychological and cognitive development. Some activity ideas that do not involve the screen include cooking together, playing a board game, gardening, having a treasure hunt at home or creating a storybook using stickers, crayons, pencils and pictures cut out from magazines.



For more information on screen time and screen free activities, click [here](#).

Loading...



## All aboard for active travel to school

Active travel means walking, cycling, scootering, skateboarding or any similar transport where human energy is spent to travel. Here are some tips for more active travel to school:

- Talk about when and how your child will be travelling to school.
- Plan the route as a family and learn which streets are safest.
- Travel with kids to school the first few times to practise road safety and gain confidence.
- See if there are others in the neighbourhood travelling to school – why not travel together?
- Ensure bikes or scooters are in good condition and that children wear appropriate clothing and shoes.
- If your destination is far, active travel for part of the way!



For more information on active travel to school, click [here](#).



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# Healthy Family Bulletin

## Healthy teeth and happy smiles



Did you know, tooth decay is one of the most common childhood diseases and is largely preventable? Tooth decay occurs when the sugars from foods stick to teeth. Looking after children's teeth and gums is essential in preventing dental decay.

Ways you can support children having healthy teeth and gums include:

- Remind them to regularly brush their teeth.
- Book regular dental checks.
- Role model brushing and looking after your teeth.
- Avoid sharing utensils to stop the spread of bacteria.
- Avoid sugary food and drinks as they can lead to decay.



READ MORE



The Healthy Mouths of Kids Under 5 is a great resource for parents and carers. Check it out [here](#).

## Save the date to vaccinate



### Enrolling in childcare?

Keep your child's vaccinations up to date

We know there's lots to remember as a parent, but getting kids to their routine vaccination appointments is one of the most important things you can do to protect them from diseases like polio and measles. Making sure your child is vaccinated on-time is important when it comes to enrolling them in childcare, pre-school and school in NSW. Find out when your child's vaccinations are due [here](#).



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# Healthy Family Bulletin

## Free health coaching: Get Healthy Service



After a challenging couple of years, there is no better time to reset and focus on creating healthier habits. As a parent or carer, it is important to be a good role model for children. Building a routine is a great way to stay healthy. You can kickstart a new routine to make healthier food and lifestyle choices anytime. The first step is to set small, realistic health goals that are important to you and practical steps to achieve them. If you're not sure where to start, sign up for free, confidential coaching to learn simple ways to help improve your health and wellbeing.

**Building a routine** can help keep you healthy



Get Healthy Service: 1300 806 258



To get started, call the Get Healthy Service on 1300 806 258 or click [here](#).

## COVID-19 update

Got COVID-19?  
Don't share your virus with others.

**Please stay home.**



Please register your positive rapid antigen test with Service NSW. Learn more [here](#).



While you're no longer required by law to self-isolate if you have COVID-19, it is recommended you stay home until your acute symptoms (runny nose, sore throat, cough, fever) have gone. Take steps to protect others:

- Wear a mask in public if you must leave the house.
- Avoid large gatherings and indoor crowded places.
- Don't visit people at high risk of severe illness or anyone in hospital or an aged or disability care facility, for at least seven days.
- Talk to your employer about when you should return to the workplace.



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## Year 6 Farewell The Warwick Holiday Inn



Thursday 24 November 2022

Dear Parents and Carers,

The Year 6 Farewell reception will take place at The Warwick Holiday Inn Lansvale on Thursday 8 December 2022.

Students from Year 5 are also invited to join the farewell dinner with the senior students and wish them all the best in their future journeys.

- Date:** Thursday 8 December, 2022
- Time:** 5.00 pm – 9:00pm
- Location:** 355 Hume Hwy, Warwick Farm NSW 2170
- Theme:** Masquerade (i.e wearing masks)
- Cost:** Year 5 - \$20.00



All students in year 5 and 6 have received their invitation with this information note. Students are to inform Mr Diep if they are attending by **Wednesday, 30th November 2022**. Please fill out the form below to indicate if your child is attending the Year 6 Farewell. Please return the note to the front office.

We would like to thank the Lansvale East staff and the wider community who have participated in the many fundraising activities Year 6 have held throughout the year. Without your continued support the farewell would not be the night to remember it promises to be for our senior students!

Mr S. Diep  
Rel. Assistant Principal

Ms E.Ortega  
Principal

✂- -----

## Year 6 Farewell The Warwick Holiday Inn



My child/children \_\_\_\_\_ of class \_\_\_\_\_

- will be attending
- I have enclosed \$20.00 (Year 5 students only)
- will not be attending



the Lansvale East Year 6 Farewell on Thursday, 8 December, 2022.

Dietary Requirements \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Parent/Carer  
(print name)

Parent/Carer  
(Signature)

Date

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# School Community Charter

 **Collaborative. Respectful. Communication.**

The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

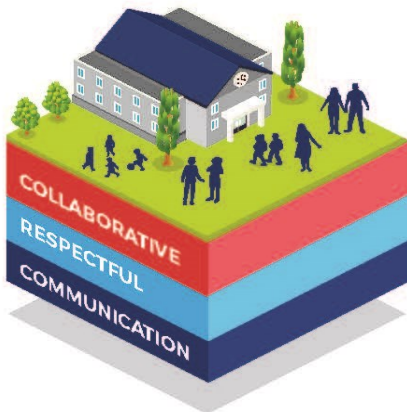
We treat  
each other  
with  
**respect**

## What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 - 2022.



## Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- To be welcomed into our schools to work in partnership to promote student learning.
- Communication from school staff will be timely, polite and informative.
- Professional relationships with school staff are based on transparency, honesty and mutual respect.
- To be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We  
**prioritise**  
the wellbeing  
of all students  
and staff

**Unsafe  
behaviour**  
is not acceptable  
in our schools

We work  
**together**  
with the  
school

**Ensuring respectful learning environments for all members of NSW Public Schools communities.**

© NSW Department of Education



We create  
**collaborative**  
learning  
environments

We  
all play  
**our part**

We work  
**in partnership**  
to promote  
student  
learning

## Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process:

[education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students](http://education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students)

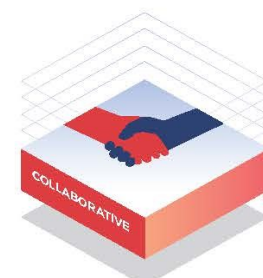
## Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.

### Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.**  
**Respectful.**  
**Communication.**

**School Community Charter**

[education.nsw.gov.au](http://education.nsw.gov.au)

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## UNIFORM ORDER FORM

Please indicate below the size and quantity of the items required and calculate the total.

Payments can be made by any of the following methods:

- Parent Online Payment (POP instructions on the back of this form)
- Correct cash in an envelope

Please send your completed order form to school with your child, alternatively please e-mail the form to

[Lansvalee-p.school@det.nsw.edu.au](mailto:Lansvalee-p.school@det.nsw.edu.au)

ITEM	COST	SIZE	QUANTITY	TOTAL
		4 6 8 10 12 14 16 M L		
School Dress	\$45:00			
Skort	\$20:00			
Short Sleeve Polo	\$25:00			
Long Sleeve Polo	\$30:00			
Shorts (Boys)	\$20:00			
Jacket	\$30:00			
Sports Shorts	\$20:00			
Sports Shirt	\$25:00			
Tracksuit	\$70:00			
Tracksuit Jacket	\$40:00			
Tracksuit Pants	\$30:00			
Hat/Cap	\$20:00			
Excursion Bag	\$15:00			
School Bag	\$35:00			
Library Bag	\$25:00			
			<b>TOTAL</b>	<b>\$</b>

Child's Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Parent/Carer Name \_\_\_\_\_ Signature \_\_\_\_\_ Phone \_\_\_\_\_

Payment Method     POP Payment     Cash     Credit Card

Visa        Mastercard        Card Number \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry \_\_\_\_\_ / \_\_\_\_\_    CCV \_\_\_\_\_

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## PARENT ONLINE PAYMENTS

Using Westpac QuickWeb

Dear Parents,

Online payments are accessed through the home page of the school's website:

[www.lansvalee-p.school@det.nsw.edu.au](http://www.lansvalee-p.school@det.nsw.edu.au)

The school website will have an option on the menu bar "Make a Payment".

When you click on this you will be taken straight to the Westpac QuickWeb page.

Payers will complete the necessary details, some of which are mandatory before confirming the payment details and completing the payment. A receipt can be printed from the payment page.

The payment screens are:

- Entering payment details
- Entering credit card details
- Confirmation of payment details and
- Online payment receipt

Payments can be made by Visa or MasterCard credit or debit card only. The school does not see any details of your card.

Please ensure you enter the child's correct name, class and details of what you are paying for. These details are necessary so that the payment is credited to the correct child.

All payments made before 6.00pm each day will be received at the school the next day. Payment after 6.00pm will not be received by the school for two days.

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