

24 November 2023 Week 7

- ◆ From the Principal's desk
- ◆ K-4P News
- ◆ 4 5N News
- ◆ Message from School Psychologist Miss Butler
- ◆ Wellbeing Support Dogs News
- ◆ PBL News
- ◆ Diwali Celebrations
- ◆ Community News
- ◆ Notes sent home

**Peddler's
Stalls**

**Wednesday
29 November**

**Islamic &
Catholic SRE
last lesson**

**Friday
1 December**

School Concert

**Friday
8 December**

**Presentation
Day
Wednesday
13 December**



Dear Parents and Carers,

We hope this message finds you well. We would like to extend our heartfelt appreciation to the COS Concert Committee for their outstanding support during our recent celebration of dance. The dedication and hard work of Mrs Talaia, Mrs Pinto, Mrs Lopreiato, Miss Droulias, Mr Pham, Miss Dinh, and Miss Thai were instrumental in making the event a resounding success. The enthusiasm and commitment they displayed contributed to a fantastic night that our students will cherish. We extend our thanks to our families for their attendance and support to a truly magnificent night.

2024

As we approach the end of the year, we would also like to remind parents and carers about the importance of communication regarding enrolment for the upcoming year. If your child will not be returning in 2024, please inform the school as soon as possible. This information is crucial for our planning and ensures a smooth transition for both students and staff.

Attendance

Additionally, we would like to emphasise the importance of regular school attendance. Consistent attendance is vital for student success and engagement in the learning process. If your child is unable to attend school, please notify us promptly. This helps us maintain accurate records and ensures that any missed work can be provided to facilitate continuous learning.

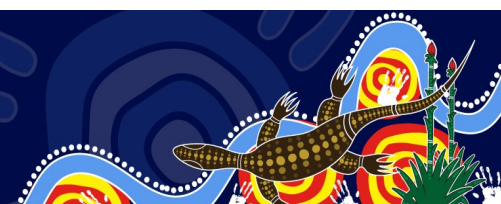
Thank you morning Tea and Forum

We thank the parents and carers that were able to attend our Thank you morning tea and forum to support us in gathering data to improve on school communication and how to best support you as the primary care givers. Your input is supporting our analysis of school programs for 2024.

Thank you for your cooperation and support in making our school community vibrant and successful. of our students. *Ms Ortega*



Lansvale East Public School
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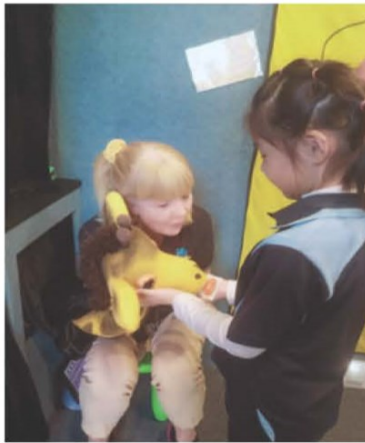
K-4P

ENJOY LEARNING!



Be Respectful Be Responsible Be Resilient

Students engaged in hands on activities for the Healthy Harold workshop.



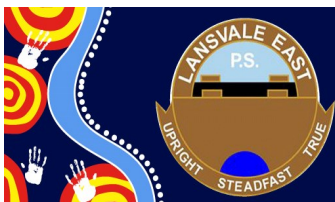
Students demonstrating great use of fine motor skills to make playdough and slime.



Students are learning about 'Volume and Capacity'.



Students are engaged in weighing different objects.



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4-5N DIORAMA DAY



We made dioramas on this day. 4-5N had a lot of fun. We hope you enjoy our creations too.



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How Can I Help my Child Navigate Adolescence?

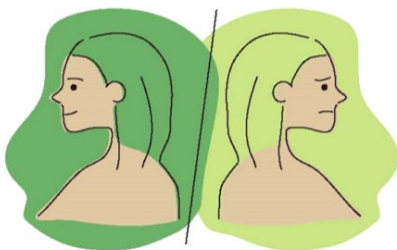
Helping Young People with Intellectual Disability and Autism Navigate the Social, Emotional and Physical Changes of Adolescence

WHAT IS ADOLESCENCE?

Adolescence is the time between childhood and becoming an adult. It starts when a child is around 10 -11 years old and ends when they are 19 - 25 years old.

During this time, big changes happen to the young person's body, their emotions (feelings) and how they interact with their friends and family.

Puberty is the physical and sexual development of a young person's body. It happens during adolescence.



CHANGES TO A YOUNG PERSON'S BODY DURING ADOLESCENCE?

Most young people will experience the following changes:

- **Body (physical) changes** in adolescence, such as:
 - bones and muscles get bigger as they become an adult.
 - changes in body shape
 - a deeper voice
 - skin conditions (pimples and acne)
 - more sweat and body odour in different parts of the body
 - hair growing in different parts of the body (on the genitals and under the arms)
 - for girls - menstruation (periods)
 - for boys- penis erections and semen ejaculations at night while they are sleeping (wet dreams).

- **Behaviour changes in adolescence:**

In adolescence the brain grows and changes. This can lead to behaviour changes such as:

- feeling strong emotions that can change quickly
- an increase in assertiveness and aggression
- wanting to spend more time with friends
- wanting to do more things on their own, try new things, and testing rules and boundaries at home and at school.

THE PHYSICAL (BODY) CHANGES- HOW CAN I HELP MY CHILD?

It can be hard for young people with intellectual disability and autism to understand the changes they experience in puberty, and they may become anxious or worried.

Tips to help your child understand about puberty:

- **Talk to your child *before* their body starts to change-** so they know how their body will change and to reassure them that nothing is wrong.
- **Use the *correct* words for body parts** (e.g penis and breasts) and body functions (e.g erection and periods). Using different words can be confusing.



- **Tell them why the body and behaviour changes are happening.** Explain that everyone goes through puberty and it is part of growing up.
- **Show your child what to do:**
Show your child how to:
 - Put deodorant on
 - Shave their face
 - Use sanitary pads and tampons when they have their period.
- **Use pictures** - Give your child pictures, social stories and books about puberty to help them understand. Think about how your child learns best. See the reading list on our [webpage](#).

SOCIAL AND EMOTIONAL CHALLENGES. HOW CAN I HELP?

Social and emotional challenges are common in adolescence, particularly when it is hard for the person to communicate. Sometimes young people will show their emotions by being verbally aggressive, hitting out at others, damaging property or hurting themselves.

Tips to help with big emotions include:

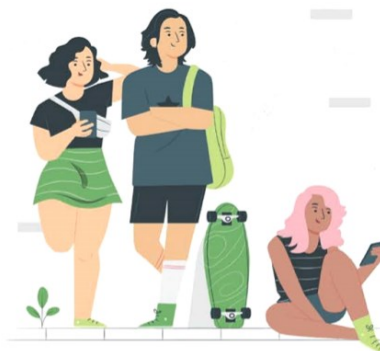
- Adjust their schedule to keep stress low for them.
- Help them to name their feelings and to connect the feeling to a reason they are feeling that way.
- Think about activities that will calm your child when they're upset.
- Give them positive feedback when they try hard to manage their level of emotion.
- Teach your child to breathe in and out slowly to help them calm down when they are angry or upset.

STAYING SAFE. HOW CAN I HELP?

- **Make sure they have someone to talk to** - it can be hard for young people to talk to their parents. Help your child identify a safe person to talk to - e.g., a sibling, a friend or another family member.
- **Private parts:** Talk to your child to make sure they understand:
 - their private parts are always private, so nobody other than a safe person or health professional is allowed to see, touch or talk about them
 - they must never see, touch or talk about the private parts of anyone else
 - if anyone touches their private parts in an unwanted way, they should tell a safe adult straight away.
- **Internet safety:**
 - Check what your child is watching on screens (including their phone) and get filters on devices to restrict access to dangerous or inappropriate material. Sometimes young people learn

inappropriate sexual behaviour from TV, movies, or music videos.

- Sometimes young people can experience bullying by other children at school or online. Talk to your child and their school if you are worried your child is being bullied.



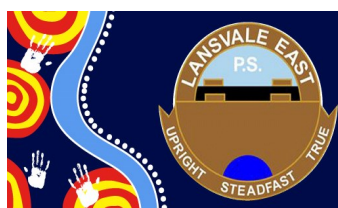
WHEN & WHERE TO GET MORE HELP:

If you are concerned about your child's transition through adolescence, talking to professionals may be helpful:

- **Your child's teacher and school** – using the same strategies across home and school can help your child's understanding.
- **A Behaviour Support Practitioner or Psychologist** can help with behaviour difficulties, including sexualised behaviours and teaching social rules.
- **An Occupational Therapist** can assist with teaching new hygiene routines.
- **A Speech Pathologist** can assist with making information about puberty and adolescence easier for your child to understand.
- **Medical Practitioners- GP, Paediatrician or Paediatric Psychiatrist** – if you are worried about your child's emotions, their mental health or behaviour difficulties, a medical practitioner may suggest support services and medication to reduce some symptoms in the short term.

If you have any feedback on this tip sheet please fill in our [feedback form](#). You can find readings, resources and links related to this topic on our [webpage](#).

If you are still concerned, contact your GP or Paediatrician about services that might be helpful.



LEPS WELLBEING SCHOOL SUPPORT DOGS

VISITING CLASSROOMS

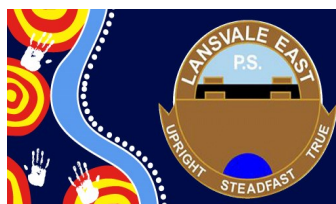
Sade really enjoys spending time with her friends in **K-4T**. She loves listening to what they have to say because they talk about so many interesting things.



Ziggy is in training, he is happy when visiting students, even though Ziggy is still a bit shy. He is learning and trying to be more comfortable while making friends.



Lenny loves being in **K-D** especially when it's time for social play! He has so much fun playing and interacting with his friends during these activities.



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PBL NEWS

Lansvale East Public School - Be Responsible Be Respectful Be Resilient

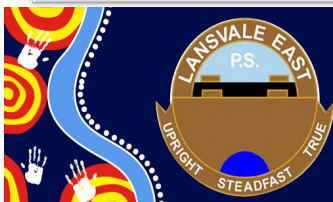
Based on data collected the PBL Focus for Weeks 7 & 8 (Term 4, 2023) is:
Keeping our hands and feet to ourselves - Reminding students and reinforcing rules and expectations in all settings.



Congratulations to our Week 6 Gotcha Award Winners.
For being Respectful; Darren (4-6T), Unique (6D)
For being Responsible; Charbel (K-4T), Jonathan (4-6A)
For being Resilient; Phuong (4-5N), Zakariah (KD)



We are Responsible when waiting in line for the Canteen to open.
We are Respectful when painting our mural with Mr Fardon.
We are Resilient when playing AFL games.



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Monday, 13 November 2023
Lansvale East Public School celebrating Diwali.



HAPPY DIWALI

Wishing you and your family a sparkling Diwali filled with joy, peace, and prosperity. May the festival of lights illuminate your life and bring you endless happiness. Happy Diwali!





LANSVALE EAST PUBLIC SCHOOL

PRESENTS

CONCERT

2023

Dance AROUND THE WORLD

Join us as students from Lansvale East Public School
'Dance Around the World' for the Annual School Concert!



Tickets are available in the front
office or can be purchased
online via the QR code:

Single ticket: \$10

Family of 4: \$35

Family of 6: \$50

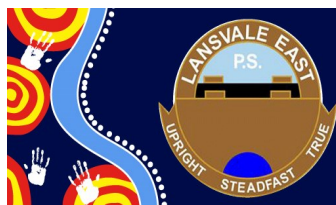


08/12/2023

5:30PM - 7:30PM

LANSVALE EAST
PUBLIC SCHOOL

21 Riverside Road, Lansvale
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PROGRAMS



**LOWER
PRIMARY**
(5-7 years)



**UPPER
PRIMARY**
(8-11 years)



SECONDARY
(High school
students)

Sessions include:

- 🌿 Fun interactive activities that teach about animal care.
- 🌿 Behind-the-scenes tour of our shelter.
- 🌿 Help our Animal Carers with their daily responsibilities.
- 🌿 Meeting a variety of shelter animals.
- 🌿 Learn how to be an animal advocate in your community.
- 🌿 Learn about animal career pathways

📍 **Sydney Adoption and Education Centre**
201 Rookwood Road, Yagoona NSW 2199

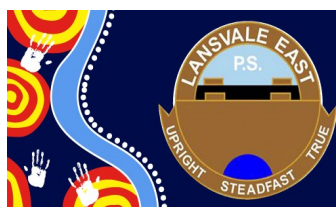
SCAN ME



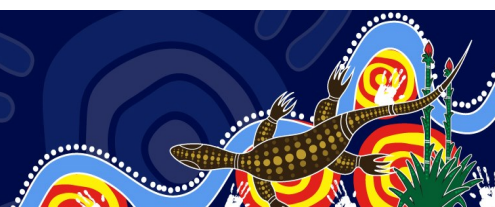
RSPCA NSW Education Team

📞 02 9782 4478 ✉ education@rspcansw.org.au
🌐 <https://events.humanitix.com/host/rspca-nsw>

RSPCA
New South Wales



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Summer School Holiday Activities

COST: \$45 per day
 Wednesdays \$55
AGES: 5-12 years
TIME: 8:00am - 3:30pm

WHAT TO BRING: Water bottle, lunch, enclosed shoes.
ADDITIONAL NOTES: 3 day discount for \$110
 Additional \$10 for all Wednesdays

BOOK NOW



Thurs 21st	Christmas card making, Santa Obstacle Course, Volleyball, Gymnastics	Mon 22nd	Salt Painting, Spikeball, Ultimate Frisbee, Bullrush
Fri 22nd	Ornament making, Soccer, Giant Jenga, Fort building	Tues 23rd	Stress Balls, Mini Gymnastics, Tower Building, Tae Kwon Do
Tues 2nd	Oil Pastel Fireworks, Basketball, Ring toss competition, Boxing Beasts	Wed 24th	Laser Tag, Bunnings Incursion, Volleyball, Giant Board Games
Wed 3rd	Laser Tag, Chalk Mural, Spikeball, Badminton	Thurs 25th	Finger Painting, Ring Toss, Tunnel Ball, Ninja Training
Thurs 4th	Clay Tiles, Mini Musicians, Ultimate Frisbee, Soccer	Fri 26th	CLOSED
Fri 5th	Ooblek Science Experiment, Pickleball, Giant Jenga, Tae Kwon Do	Mon 29th	Nature Art Stamps, Giant Lego, Obstacle Course, Basketball
Mon 8th	Water Colour Painting, Ninja Training, Volleyball, Gymnastics	Tues 30th	Dodgeball, Splatter Art, Fort Building, Mini Olympics
Tues 9th	Statue Painting, Hula Hooping Skills, Singing Practice, Badminton	Wed 31st	Laser Tag, Mural Competition, Soccer, Mini Musicians
Wed 10th	Laser Tag, Hopscotch, Soccer, Pickleball		ADDITIONAL NOTES
Thurs 11th	Messy Paint, Parkour Obstacle Course, Meet the Squad Day, Giant Board Games		ALL PARTICIPANTS MUST HOLD A VALID CLUB MEMBERSHIP
Fri 12th	Mask Painting, Tower Building, Wacky Tennis, Musical Statues		LUNCH PACKS AVAILABLE FOR \$5 PURCHASE
Mon 15th	Healthy Heart Day, Yoga, Kindness Clouds, Boxing Beasts		INCLUDED WITH LUNCH PACK: PARTY PIES, SAUSAGE ROLLS, CHICKEN CHIPS, FRUIT AND JUICE BOX
Tues 16th	Rock Painting, Fort Building, Tae Kwon Do, Floor is Lava		HALAL AND GLUTEN FREE OPTIONS ALSO AVAILABLE UPON REQUEST
Wed 17th	Laser Tag, Poster Competition, Tunnel Ball, Ninja Training		
Thurs 18th	Origami, Dodgeball, Ultimate Frisbee, Dancing		
Fri 19th	Fluffy Paint, Wacky Tennis, Basketball, Giant Jenga		

CONTACT US: Phone number: 9727 8908 Email: fairfieldcabramatta@pcycnsw.org.au








We want to work with businesses in our Fairfield LGA!

The NSW Department of Education are engaging small to medium businesses to maintain public schools.

Reactive and Proactive contracts are currently available. Some of the services we are looking for are Pest Control, Landscapers/Greenkeeper, Glaziers, Builders and more!

[Click here](#) to register your interest or email us at sws.application@spotless.com.au to get more information.

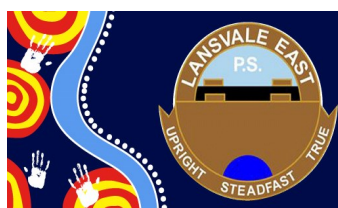
The next information session with School Infrastructure NSW is:

-  Wednesday, 22 November
-  8.30 AM - 10.30 AM
-  Chullora – 12 Muir Road (Cnr Worth St & Muir Rd)



Education
School Infrastructure

schoolinfrastructure.nsw.gov.au



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15 November 2023

Identified COVID-19 case at Lansvale East Public School - school to stay operational.

Dear community members

Lansvale East Public School has been advised that members of the school community have recently tested positive to COVID-19.

Students in K - 4 T, K - D, 1 - 2 D, 3 - 4 T and 4 - 5 N and staff who worked with this group of students may have had contact with a person who was infectious with COVID-19.

While testing and isolation is no longer mandatory for being exposed to someone with COVID-19 in school settings, NSW Health has provided advice on testing and isolation requirements for our school communities following **exposure to COVID-19** that should be considered when making decisions for your child and family if this situation arises at your school.

You are reminded that students and staff cannot attend school if they are showing any **symptoms of COVID-19**. These include fever, cough, sore throat, shortness of breath, runny nose, loss of smell/taste, muscle/joint pains, diarrhoea, nausea/vomiting, extreme tiredness, unexplained chest pain or conjunctivitis (eye infection).

If symptoms occur at any time, your child should not attend school and should undertake a rapid antigen test. If the rapid antigen test is positive, your child should isolate as someone who has tested positive to COVID-19.

The safety and wellbeing of our students and staff across NSW are paramount at all times. As such, we will continue to ensure that all necessary health advice is closely followed.

Thank you for your support.

NSW Department of Education



NSW Department of Education
105 Phillip Street, Parramatta NSW 2150

education.nsw.gov.au

Thursday, 16 November 2023

Term 4 Peddler Stalls

Dear Parents and Carers

Students in Year 6 are organising their fundraising event for the Year 6 farewell at the end of the year by having "Peddler's Stalls" on **Wednesday 29 November 2023**. The Peddler's stalls involve students selling a product or a fun activity for students to buy or participate. The stalls will be held from 11:40 am until approximately 1:30pm.

The stalls have the following items and activities:

STALL	PRICE	STALL	PRICE
Guess it competition	\$1	Badminton	\$1
Snow Cones	\$2	Movie room	\$2
Ice blocks	\$1		
Year 6 Arts and Crafts	50C-\$5	Hairspray	\$1
Soccer shootout	\$1	Lolly bags	Small \$1 Big \$2
Sensory play	\$2	Disco / Karaoke	\$2

If your child has any allergies, please notify your child's classroom teacher or the school prior to the day.

Sincerely,

Year 6 Committee

Miss Tran, Mr Diep & Ms Agostini

Principal

Ms Ortega

✂ _____ ✂ _____

YEAR 6 PEDDLER'S STALLS

Name: _____ Class: _____

If you **would not** like your child to participate or purchase any of the highlighted activities on the day, they are required to return a signed permission slip by Friday 24 November 2023 to their class teacher.

My child **WILL NOT** be allowed to participate in the following activities: (Circle)

Sensory play

Coloured Hairspray

Lolly bags

Snow Cones

Parent/Carer: _____ Signed: _____ Date: _____

PERMISSION NOTE MUST BE RETURNED TO CLASS TEACHERS BY FRIDAY 24 NOVEMBER 2023.



Thursday, 16 November 2023

Sausage sizzle meal deal

Dear Parents and Carers

On **Wednesday 29 November 2023**, students in Year 6 are organising their fundraising event for the Year 6 farewell at the end of the year. Alongside the peddler stalls, sausage sizzles will be available for order.

Students can order a sausage meal deal for \$5.00. This includes a sausage on a roll and a drink. On the day, students have a choice of adding tomato, barbecue or no sauce. Drink options will also include orange juice, apple juice or water. If students do not wish to purchase a meal deal, they are to bring their own lunch.

Please make an online payment for \$5.00 by Friday 24 November if you would like your child to receive the meal deal. Each parent will receive an emailed link to access the parental portal to make an online payment.

To avoid over and under catering, please ensure payments are made prior to Wednesday 29 November 2023.

Purchases will not be accepted on the day.

If you do not have access to online payments, please contact the school office on 9728 1278 to make a manual payment.

Sincerely,

Year 6 Committee
Miss Tran, Mr Diep & Ms Agostini

Principal
Ms Ortega



Every day counts



A day away from school here or there doesn't seem like much but absences add up.

Student attendance at school has an impact on academic achievement and social and emotional wellbeing for individual students. Good student attendance is achieved when schools and families work in partnership to support every student.

Attending school

Going to school every day is important and Kindergarten sets children up for the rest of their schooling.

What your child learns each day builds on what they learned the day before. If your child misses school, their learning routine is broken. Students can also lose confidence and miss out on building their friendships.

You have a legal responsibility to send your children to school every school day.

If your child misses school due to illness, religious reasons, family circumstances or other reasons, contact the classroom teacher. Remember to contact the school within 7 days to explain the reason for their absence.

If your child arrives at school late or needs to leave early, you will need to go to the office to sign your child in or out and explain the reason for the absence.

If you're having difficulty getting your child to school every day and on time, contact the classroom teacher.

If you need help with English, ask for an interpreter. The school will arrange one if available.

When your child misses just...

1 day per fortnight

they miss upwards of

4 weeks per year

which equates to over

1 year missed over their school life

6

Getting ready for primary school

education.nsw.gov.au

7

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

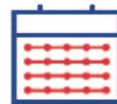
and years over their school life

1 day per fortnight



=

4 weeks



=

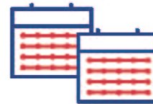
Over **1** year missed

1 day per week



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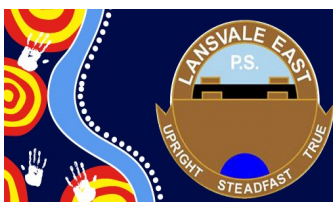
8 weeks



=

Over **2.5** years missed

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Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



Minutes lost = days lost per year

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

When your child misses just...

they miss days per year

5 mins
per day



=

3 days



30 mins
per day



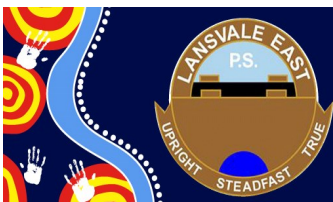
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18 days



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

education.nsw.gov.au



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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.

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 treat each other with respect

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

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:

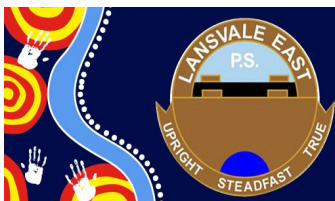
- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to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



**Collaborative.
Respectful.
Communication.**

School Community Charter

education.nsw.gov.au



Lansvale East Public School
21 Riverside Rd, LANSVALE EAST NSW 2166
Phone: (02) 9728 1278
Email: lansvalee-p.school@det.nsw.edu.au
Website: www.lansvalee-p.school@det.nsw.edu.au





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 Portal via School Bytes
- 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

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			
			TOTAL	\$

Child's Name _____ Class _____ Date _____

Parent/Carer Name _____ Signature _____ Phone _____

Payment Method ☐ Parent Portal ☐ Cash ☐ Credit Card



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