

- ◆ From the Principal's desk
- ◆ 4-6 A & 4-6N News
- ◆ 4 6 T News
- ◆ 6D News
- ◆ PBL News
- ◆ Wellbeing Support Dogs News
- ◆ Message from School Psychologist Miss Butler
- ◆ Notes sent home
- ◆ Dates to remember...

**Presentation Day**

**Wednesday  
13 December**

**PBL Green Event**

**Thursday  
14 December**

**End of  
Term 4 2023**

**Friday  
15 December**

**Year 6  
Farewell**

**Friday  
15 December**

**19 December 2023 Week 11**



Dear Parents and Carers,

As we bid farewell to 2023, we reflect on the incredible moments that have made this year truly special for our school community. The highlight of the season was undoubtedly our School Concert, "Dance Around the World," a resounding success that showcased the immense talent and dedication of our students and staff.



**Celebrating Diversity Through Music:** "Dance Around the World" brought together the rich and diverse cultural tapestry of our school. The performances were a testament to the hard work and creativity of our students, who embraced musical traditions from various corners of the globe. We were transported with energy as our students took us on a musical journey, leaving lasting impressions on all who attended.

**Heartfelt Thanks to Families:** We extend our sincere gratitude to the families who played an integral role in making the School Concert an extraordinary success. Your unwavering support and enthusiasm created an uplifting atmosphere, fostering a sense of community spirit that resonated throughout the event.

**Fundraising Triumph:** In the spirit of giving, we are delighted to announce that the School Concert raised an impressive \$3000! These funds were dedicated to the End of Year Fun Day and the Year 6 Farewell.

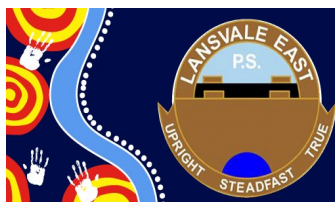
**End of Year Festivities:** Our Year 6 students were bid adieu with a memorable Farewell Dinner and Fun Evening. It was a heartwarming event filled with laughter, nostalgia, and the joy of shared memories. To the Year 6 parents who joined us for the dinner, thank you for your presence and for contributing to the special moments that made the evening truly unforgettable.

**A Memorable Year:** As we wrap up the academic year, we congratulate all our students for making 2023 a memorable and enriching year. Your hard work, creativity, and resilience have truly made a positive impact on our school community.

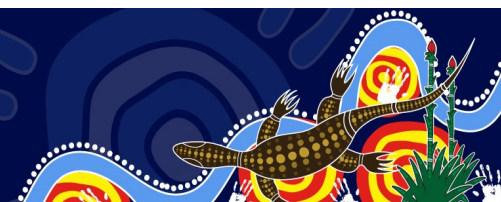
**Looking Forward to 2024:** With great excitement, we look ahead to 2024, anticipating another year of growth, learning, and community building. Together, as a united school family, we will continue to create memorable experiences that shape the future of our students.

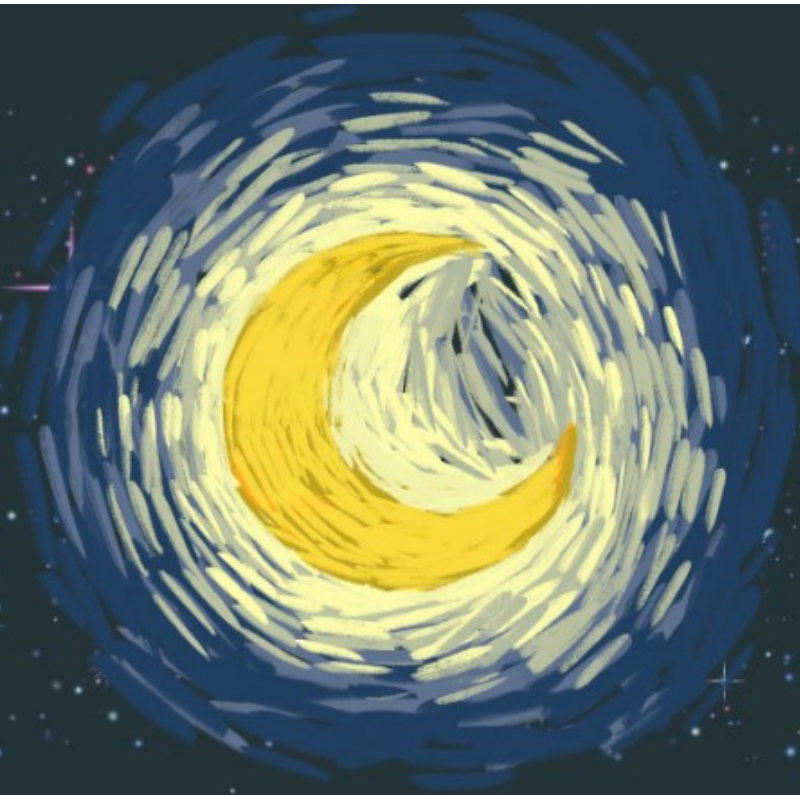
Wishing everyone a joyful holiday and Christmas season and a Happy New Year!

*Ms Ortega* 



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DEAR PARENTS, CARERS, TEACHERS, AND STUDENTS,

AS THE SCHOOL YEAR COMES TO A CLOSE, IT IS WITH MIXED EMOTIONS THAT WE BID FAREWELL TO OUR WONDERFUL YEAR 6 STUDENTS. THIS TALENTED GROUP HAS MADE AN INDELIBLE MARK ON OUR SCHOOL, AND WE ARE INCREDIBLY PROUD OF THEIR ACHIEVEMENTS AND GROWTH OVER THE PAST ACADEMIC YEAR.

THROUGHOUT THE YEAR, THE YEAR 6 STUDENTS HAVE CREATED LASTING MEMORIES THAT WILL STAY WITH THEM FOREVER. FROM SCHOOL TRIPS AND SPECIAL EVENTS TO EVERYDAY CLASSROOM MOMENTS, THESE EXPERIENCES HAVE PLAYED A CRUCIAL ROLE IN SHAPING THEIR CHARACTER AND FOSTERING LIFELONG FRIENDSHIPS.

WE WOULD LIKE TO EXPRESS OUR GRATITUDE TO THE DEDICATED TEACHERS WHO HAVE WORKED TIRELESSLY TO SUPPORT AND GUIDE OUR YEAR 6 STUDENTS. YOUR COMMITMENT TO EDUCATION AND MENTORSHIP HAS UNDOUBTEDLY CONTRIBUTED TO THEIR SUCCESS.

TO THE PARENTS AND CARERS, THANK YOU FOR ENTRUSTING US WITH THE EDUCATION OF YOUR CHILDREN. YOUR PARTNERSHIP AND INVOLVEMENT HAVE BEEN INSTRUMENTAL IN CREATING A POSITIVE AND ENRICHING LEARNING ENVIRONMENT.



Mr Diep, Ms  
Agostini &  
Ms Tran

# 4-6A & 4-6N

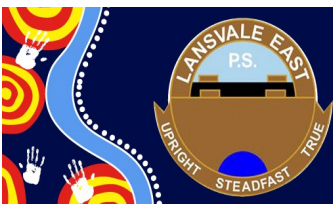


## Term 4

Our incredible 4-6A and 4-6N classes embarked on a heartwarming learning adventure with "The Grinch Who Stole Christmas." They dove into the enchanting world of Dr. Seuss as our students explored valuable lessons and shared joyous moments during this festive season.

But the excitement didn't stop there! Our young stars actively attended and participated in a variety of events, including the captivating Variety Club showcase and a spectacular school concert. The energy and enthusiasm were contagious as they showcased their talents and celebrated the spirit of togetherness.

In a beautiful blend of creativity and cultural appreciation, our students also contributed to the creation of an Aboriginal Mural, adding a touch of artistry to their educational journey. Join us in applauding their commitment to learning, community engagement, and the spirit of the season. The magic is real in 4-6A and 4-6N!



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Term 4, Week 9

# 4-6T NEWSLETTER

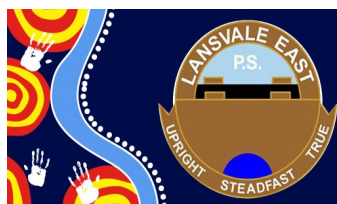


As the year comes to an end, 4-6T celebrated by attending the Variety Christmas party.

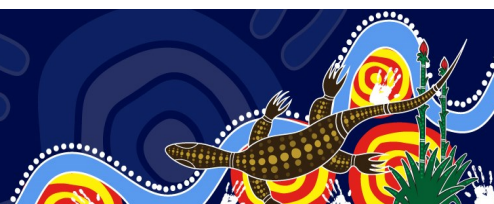
We had such an amazing time! We got to go on fun rides such as a giant slide, haunted house, teacups and a swing ride. We also got to interact with animals such as alpacas, rabbits, goats and chickens.

There was also face painting and police cars and fire trucks!

The best part was of course, meeting Santa Claus!



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# Farewell to Year 6

As we approach the end of another academic year, it is with great pride and joy that we reflect on the incredible journey our Year 6 students have undertaken. This year has been filled with growth, perseverance, and numerous achievements. As they prepare to transition to the next chapter of their educational journey, we are confident that the foundation laid in Year 6 will serve as a solid platform for their future success. The farewell of our Year 6 students is bittersweet, as we bid farewell to a remarkable group of young individuals who have brought energy, enthusiasm, and a sense of belonging to our school. Throughout the year, they have participated in various extracurricular activities, showcasing their talents in sports, arts, and leadership roles. As they venture into the next phase of their education, we encourage them to carry the values of being respectful, responsible, and resilient that have been instilled in them during their time at Lansvale East Public School. We express our heartfelt gratitude to the parents/carers and teachers who have played an integral role in shaping the academic and personal growth of these students. Congratulations to our Year 6 graduates, and we look forward to witnessing the continued success of each and every one of them.

In our final week there are still events to look forward to including:

Wednesday 13 December – Presentation Day

Thursday 14 December – PBL Fun Day

Friday 15 December – Year 6 Farewell



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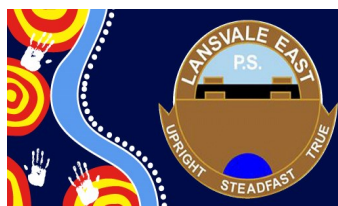




# PBL NEWS

Lansvale East Public School - Be Responsible Be Respectful Be Resilient

Based on data collected the PBL Focus for Weeks 9 & 10 (Term 4, 2023) is:  
Being Respectful to our Peers- Reminding students of expectations when playing and interacting with their peers such as sharing and using nice words, as well as keeping our hands and feet to ourselves.



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# LEPS WELLBEING SCHOOL SUPPORT DOGS

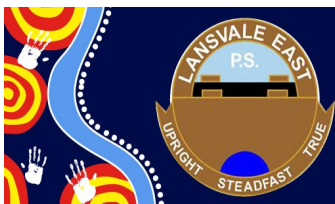
VISITING CLASSROOMS



Thank you for loving and being patient with our wellbeing school support dogs this year! It's been amazing seeing how students and staff became great friends with **Sade**, **Lenny**, and **Ziggy**. These four-legged friends are super happy at our school! They've been playful and made us feel better when we needed it.



Let's give them a big cheer for making our days happier!



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# How does my Child Process Sensory Information?

## Understanding How Children with Autism or an Intellectual Disability Experience Sensory Input

### WHAT IS SENSORY PROCESSING?

We all experience the world through our senses – sight, sound, touch, smell, taste, body awareness, movement and sensing our internal body state (e.g., feeling hungry, sick, tired).

Sensory information (called 'sensory input') is what we see, sounds we hear, things we touch, how our body feels etc. Sensory processing is how our brains use this information to understand and interact with the world around us.



Everyone's brain processes sensory input differently. For example, some children don't like the feel of certain fabrics, some don't like being hugged, others seek out physical contact. Some children have strong food preferences, enjoy fast movement, or don't like loud noises.

### SENSORY PROCESSING DIFFICULTIES

Children can become overwhelmed with too much sensory input (e.g., bright lights, cooking smells and noise at the playground) or not respond to sensory input in their bodies – this means they have sensory processing difficulties. Children with autism and intellectual disability are more likely to have sensory processing difficulties.

Children with sensory processing difficulties often have one or more of the following characteristics:

**Hyper-responsive** –these children are more sensitive to sensory input than most children. They are often overwhelmed by sensory experiences, which can make them feel distressed and agitated.

**Sensory Avoiding** – these children actively avoid specific experiences because they create unpleasant sensations for them.

**Hypo-responsivity** – these children are less sensitive to sensory input than most children and can be unaware of or slow to respond to sensory input.

**Sensory Seeking** –these children seek out experiences where they will have specific sensory input that they enjoy.

### WHAT DO SENSORY PROCESSING DIFFICULTIES LOOK LIKE?

Children who are **hyper-responsive** to sensory input may:

- be easily overwhelmed by group activities and noisy or crowded places
- refuse to wear clothes they describe as 'itchy or scratchy'
- be easily distracted in class by noises or movement that others haven't noticed
- dislike getting messy
- spit out or refuse particular foods because of the taste and texture (how the food feels in their mouth).



Children who are **hypo-responsive** to sensory input may:

- seem clumsy, bump into things a lot, and have poor hand-eye coordination.
- want to touch and feel things all the time.
- find it hard to sit still and want to jump around, jump on a trampoline etc.
- enjoy crisp, crunchy foods.

## HOW CAN I HELP?

Strategies to help with sensory processing difficulties are different for each child.

Children who are **hyper-responsive** to sensory input may benefit from:

**a quiet space** to be on their own so that they can leave a stressful situation to re-gain calm and control

**less sensory input** - dim lighting, decrease noise, reduce the number of people in the space

**a predictable environment** so the child knows what sensory input to expect

**preparation for a situation that might be overwhelming** e.g. give them headphones if they will be in a loud space

**learning to notice** when sensory input is becoming too much for your child, and how they can get away or take a break.

Children who are **hypo-responsive** to sensory input may benefit from:

**visual supports** to help them focus on a task or activity

practicing **mindfulness** activities, e.g. describing things they can see, hear, feel, and smell to help them be more aware of these sensations in their body

**fidget items** (puzzles, squishy balls, bubbles, sensory bottles, bean bag chairs)

**high energy physical activities** - e.g., climbing equipment, a ball pit, a trampoline, swimming

**sensory activities** - e.g. playing with play doh, digging in sand

lots of **movement breaks** in their day

eating foods with **strong flavours** and **mixed textures**

**deep pressure on their body** - bear hugs, weighted blankets, lap pads or firm clothing

**learning to notice** when sensory input is becoming too low for your child, and how they can increase their level of arousal.

## WHEN & WHERE TO GET MORE HELP:

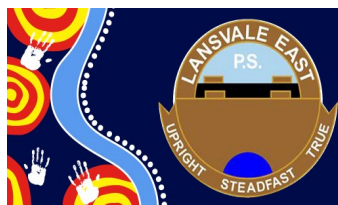
If your child's sensory difficulties are interfering in everyday activities, arranging an assessment to find out their sensory profile and sensory preferences may be helpful.

This assessment might lead to a diagnosis of a Sensory Processing Disorder.

Occupational Therapists are usually involved in the assessment and treatment of sensory processing difficulties. They will give you strategies to help your child to feel calmer and more confident. They can also work with your child's school to support your child in the classroom.

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.





Thursday 30 November 2023

### KD End of Year Movie

Dear Parents and carers,

This term, students in KD have been embarking on literacy adventures through various text, specifically delving into texts about different animals and creatures. During our exploration, students focused on penguins in the text "Lost and Found" and where they come from.

Due to this, we are excited to announce that, in week 10, students in KD will have the unique opportunity to watch the 2006 film "Happy Feet". Based on a penguin trying to find himself and where he belongs. Please be informed that this film is rated G and will be presented in an age-appropriate manner for our students.

In addition, to celebrate their successes in our whole school concert, students in KD will have the opportunity to watch the 2002 film "Lilo and Stitch" (rated G) as it links to the country setting of their concert dance performance 'Hawaiian Rollercoaster'.

Miss A. Droulias  
Classroom Teacher

Ms E. Ortega  
Principal





Thursday 30 November 2023

## **Challenge2bfit Inflatable Obstacle Colour Run**

Dear Parents and Carers,

Positive Behaviour for Learning (PBL) provides students and staff at Lansvale East Public School with a set of rules - 'Be Responsible', 'Be Respectful' and 'Be Resilient', which underpin a positive and proactive system for defining, teaching and supporting appropriate student behaviours. PBL develops a positive, safe and supportive school climate which maximises student learning and growth.

The PBL Team has organised the Challenge2bfit Company to set up an Inflatable Obstacle Colour Run as an end of the year whole school event on **Thursday 14 December 2023** (Term 4 Week 10).

The Challenge2bfit Inflatable Obstacle Colour Run 2023 will be held in sessions from 10:00am to 1:00pm. Students will complete their colour run obstacle course session and then join a dance party with the DJ.



**Location:** Onsite, Lansvale East Public School

**When:** Thursday, 14 December 2023

**What to wear:** Students are encouraged to wear green clothing

**What to bring:** Spare change of clothes for after the event

**Staff members with emergency care and CPR training are accompanying the students. A risk assessment of this activity has been undertaken and all necessary actions have been approved by the Principal. Students who are of concern because of recent, unsafe behaviours at school, may be excluded from this event. Parents will be notified if staff are considering excluding any particular student from attending.**

Mrs S. Pinto  
PBL Coordinator

Ms A. Droulias  
Ms N. Tran  
Ms C. Angeleski  
PBL Committee

Ms E. Ortega  
Principal



---Please detach and return to the classroom teacher by **Tuesday, 12<sup>th</sup> December 2023**-----

### **Challenge2bfit Inflatable Colour Run**

I give permission for my child \_\_\_\_\_ of class \_\_\_\_\_ to participate in the Challenge2bfit Inflatable Colour Run Obstacle course session. I understand that I will need to provide a spare change of clothes for my child to wear at the end of the event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Carer

**PERMISSION NOTE MUST BE RETURNED TO CLASSROOM TEACHER BY 12 DECEMBER 2023**



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# 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

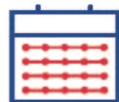
and years over their school life

**1** day per fortnight



=

**4** weeks



=

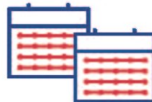
Over **1** year missed

**1** day per week



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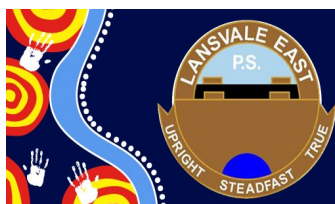
**8** weeks



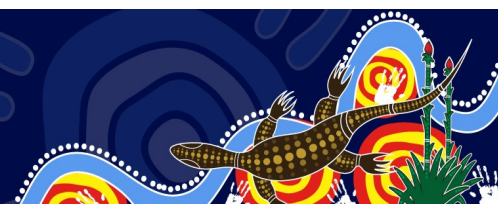
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Over **2.5** years missed

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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](http://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

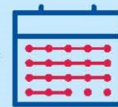


**30** mins  
per day



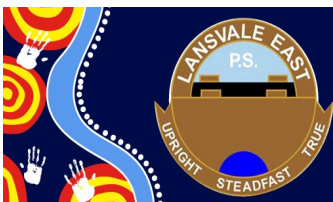
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**18** days



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

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

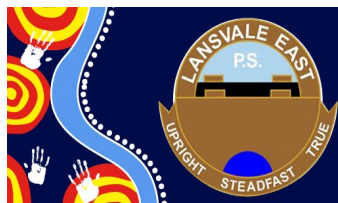
- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to 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 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](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			
TOTAL				\$

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

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

Payment Method ☐ Parent Portal ☐ Cash ☐ Credit Card



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

