

- ♦ From the Principal's desk
- ♦ K-4 T News
- ♦ K-4 V News
- ♦ Message from School Psychologist Miss Butler
- ♦ Dates to remember...
- ♦ Community News
- ♦ Uniform price list

Dates to remember...

**Islamic &
Catholic SRE**

**Friday
1st March**

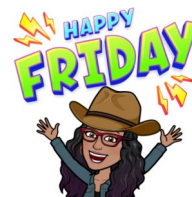
**K-2
Excursion
13 March**

**3-6 Excursion
14 March**

01 March 2024 Week 5



Dear Parents and Carers,
I hope this message finds you well. We extend our heartfelt gratitude to each and every family for gracing the first Assembly on Thursday, February 29th. Your presence added warmth and encouragement to the event, making it a memorable occasion for our entire school community.



Our students have been enjoying the Friday integration day. The day was filled with a mix of sports and creative arts rotations, offering our students a chance to explore their interests and talents. It was heartening to see them fully engaged and relishing the diverse activities.

EXCURSIONS

Looking ahead, we are excited to announce upcoming excursions for our students. The K-2 Excursion is scheduled for Wednesday, March 13th, while the 3-6 Excursion will take place on Thursday, March 14th. These outings promise to be both educational and enjoyable, enhancing our students' learning experiences beyond the classroom. Please remember to send in your payments by the due dates on the notes. If you need any assistance please contact the office.

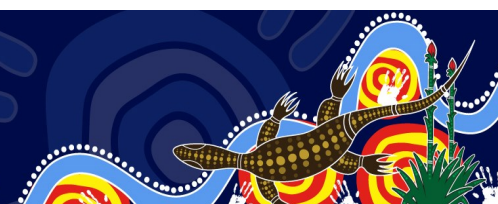
ATTENDANCE

A gentle reminder about the importance of punctuality: It greatly contributes to the smooth functioning of our school day. Please ensure that your child arrives at school on time. Our gates will be closed promptly at 9:00 AM, as we regrettably do not have available staff to manage gate closure after this time. Your cooperation in this matter is highly appreciated and crucial for the safety and efficiency of our daily routines. If Hollywood Drive or Jupiter Street is closed please drive to Riverside Road and walk your child into the office. Our lovely office staff will be able to assist you.

Have a wonderful weekend. *Ms Ortega*



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Looking for a General Assistant

Lansvale East Public School is looking for a General Assistant on a part time basis for 2024.

The days are: Monday, Wednesday and Friday.

The General Assistant performs a range of tasks relating to the routine maintenance and the upkeep of the school.

- Maintaining and caring for school grounds, including, mowing school lawns, marking of school playing fields, preparation of grounds for planting trees and shrubs and watering of same, pruning shrubs, trimming hedges, light lopping and trimming of trees. Safety and proficiently operate mowers, tools and equipment, store and maintain mowers, tools and equipment in accordance with WHS standards.
- Unpacking, storing, and distributing supplies. Assist with school stock take as required.
- Identifying and reporting maintenance/safety issues to the role supervisor, undertaking minor maintenance of buildings and equipment not covered by contracts or requiring a qualified trades person.

Must have current Working With Children Check.

If you are interested please contact the principal Ms Ortega on 9728 1278

Personalised Learning and Support Plan (PLaSP) Procedures for families

What is a personalised learning and support?

Personalised learning and support is a process that supports a wide range of students with additional learning and support needs.

Personalised learning and support is underpinned by evidence of four key elements or areas of activity:

- The assessed individual education needs of the student.
- The provision of adjustments or support to meet the students' assessed needs.
- Monitoring and review of the impact of the adjustment or support being provided for the student.

Consultation and collaboration – of teachers with parents, support staff and other professionals where required.

Teachers are making calls to parents and carers to organise a meeting. Please note that this will sometimes come from a no caller id. If you do not answer they will attempt to reach you via ClassDojo.

If you have any questions please contact the office and let them know that you would like a call back from the classroom teacher to organise a time.



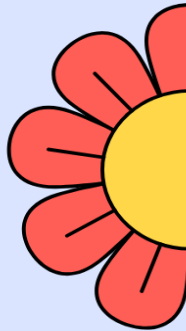
WHAT'S ON

K-4T

TERM 1
WEEK 5

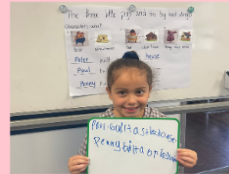
Welcome to Term 1 in K-4T.

- M:**
- Cultural studies
 - Library
- T:**
- W:**
- Sports
- T:**
- F:**
- Rugby League



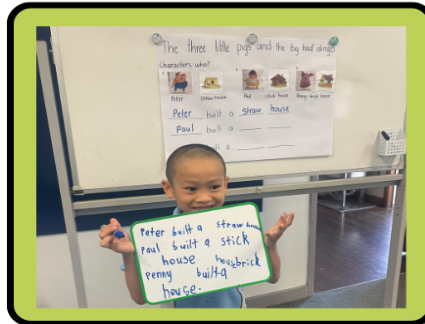
Teacher & SLSO

Miss Tran
Mr Al Saedi



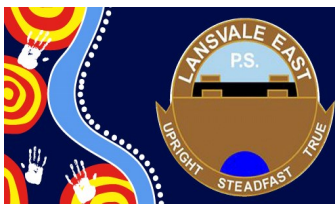
Writing

In K-4T, we are learning about fairy tales. We are learning to write sentences to describe a story.



Maths: 2D shapes

In K-4T, we have been learning about 2D shapes and their properties.



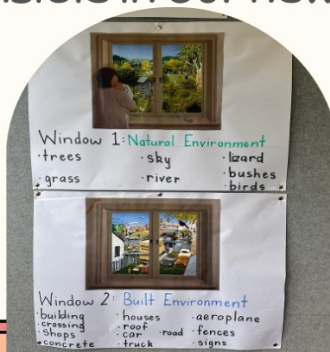
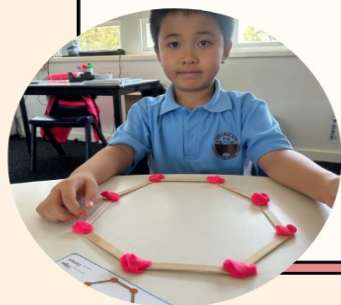
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K-4V News in Term 1

Wow, what an amazing start to the new schooling year we have had! K-4V have returned back to school with positive attitudes and an eagerness to learn. We are demonstrating ways to be responsible in our new classroom.



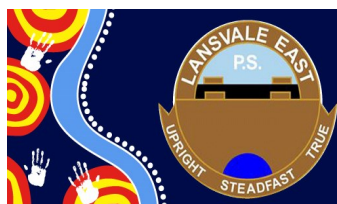
Writing News

Students are exploring Window by Jeanie Baker. Students are engaging in the text by learning to make connections. They also learnt about natural and built environments in the text.

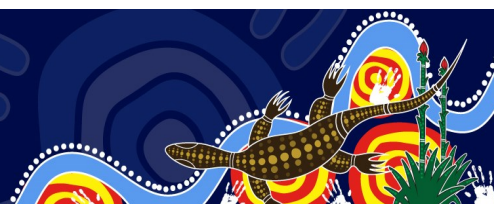


Integration News

Students in K-4V are integrating with 3-4J this year. This term, we have begun to integrate for Sport, Library, CAPA on Fridays and any special events coming up. We look forward to learning with 3-4J this year.



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Why is My Child Anxious?

Helping Children with an Intellectual Disability and Autism Manage their Anxiety

WHAT IS ANXIETY?

It is normal for a child to feel anxious sometimes. Autistic children and those with an intellectual disability tend to be more anxious.

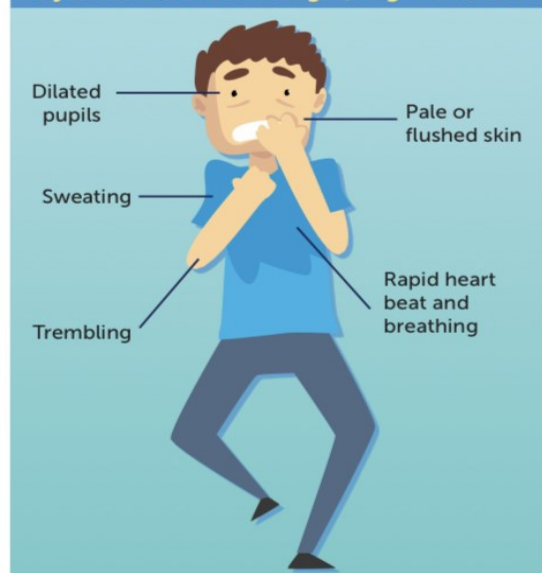
Anxiety is our body's natural response to stress. Anxiety can protect us from harm or threat (real or imagined) by preparing our body to respond to danger - fight, flight or freeze.

Anxiety can trigger feelings such as fear, nervousness, anger and hopelessness. When a child is anxious, they often worry about what *might* happen.

Mostly, reassurance and support from family and school is enough to help a child cope with a new or stressful situation. However, when worry is excessive or lasts for a long time, it can be a problem. Excessive worry makes it difficult for a child to be involved in daily tasks, enjoy their usual activities and try new experiences. Anxiety can reduce a child's confidence in their ability to cope.

Learning to manage new and stressful situations, and influence fear and worry, are important life skills.

Physical Indications of Fight, Flight or Freeze



WHAT DOES ANXIETY LOOK LIKE?

Anxiety for most children is experienced as changes in the body, as well as changes in thinking and feelings.

Physical signs of anxiety include:

- *heart beating faster*
- *breathing more quickly*
- *feeling dizzy*
- *a tight or sick stomach*
- *headaches*
- *sweating*
- *going to the toilet a lot*
- *having trouble getting to sleep and staying asleep*
- *feeling tired or shaky*
- *sore or tight muscles*
- *feeling restless.*

Some children might experience one or two of these symptoms, while others will experience several. Some children will also find it difficult to identify and tell others about what they are feeling.

Parents and teachers are also likely to notice that when a child is anxious, their mood and behaviour changes.

These changes can include:

- *insistence on routine and sameness*
- *hypervigilance and checking*
- *avoidance / withdrawal from social situations*
- *irritability and being easily upset by small things*
- *tantrums in younger children*
- *being angry, aggressive or disruptive*
- *increased preoccupation with their special interests*
- *increased repetitive or obsessive behaviours*
- *avoidance of school, or school work*
- *self-injury, such as scratching their skin or hitting their head.*

FREE

KIDS SELF DEFENCE CLASS

Age 5-12 yrs

Program Outlet:

Every Thursday: 3:40 to 4:40pm

10 Session

15th
Feb

22nd
Feb

29th
Feb

7th
March

14th
March

21st
March

28th
March

4th
April

11th
April

18th
April

Session Designed to:

Build Confidence
Self Awareness and Defence
Learn Self Discipline
Increase Focus
Improve Fitness

Class Structure:

15 min stretch and warm
35 minutes of content according to each week
10 min Group Game

Technique:

Hands- Jab, Cross, Uppercut, Palm Strike,
Hammer Fist, Three point push
Kicks - Snap, Front, Roundhouse
Blocks- Cover, Grab Parry, Outside or inside
block, stomach block



2/247 Railway Pde,
Cabramatta, 2166

Note: Kids from Fairfield and Liverpool LGA only

Space are limited please contact **Parag** on
below details or scan to register asap



0497548793



psiwakoti@corecs.org.au



<https://forms.office.com/r/TX2FZqLzZjding>



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First Aid Training

HLTAID009 – Provide cardiopulmonary resuscitation
HLTAID010 – Provide basic emergency life support
HLTAID011 – Provide first aid

Gain the confidence to respond in an emergency situation by developing your basic first aid skills. You will be equipped with the skills and knowledge required to provide first aid response, life support and management of casualty(s) at the incident until emergency qualified help arrives at the scene.

How much does this class cost?

Fee Free for eligible participants.

Who can participate?

Student general eligibility* checklist:

- A. aged 15 or over
- B. no longer enrolled in secondary school (homeschool exception)
- C. live or work in NSW
- D. have a USI
- E. meets one of the following requirements

- Australian citizen
- Australian permanent resident
- NZ citizen
- meet Refugee or Humanitarian Visa requirements
- Eligible Asylum Seeker

*other eligibility may apply, supported by the NSW Government

This is an introduction class that will teach participants to:

- Recognise an emergency situation
- Learn First Aid Principles
- Apply first aid in an emergency response
- Apply CPR

enrol via QR code



CORE contact

Vesna Rutonjic
Community Development Worker

Call: 8592 4150 / 0459 876 565

Email: vrutonjic@corecs.org.au

Supported by the



Contact us

call 9387 7400

drop in 98 Bondi Road, Bondi Junction 2022

email enrol@cec.edu





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

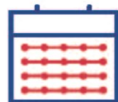
and years over their school life

1 day per fortnight



=

4 weeks



=

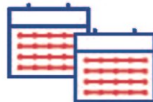
Over **1** year missed

1 day per week



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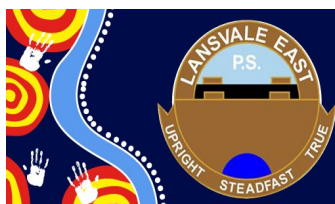
8 weeks



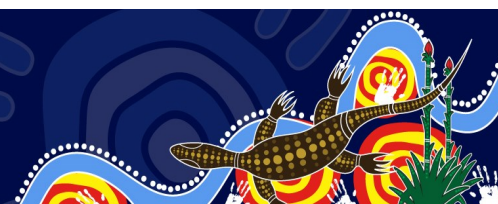
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Over **2.5** years missed

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Why attendance matters

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



Learn



Make friends



Build skills through fun

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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

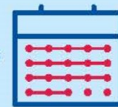


30 mins
per day



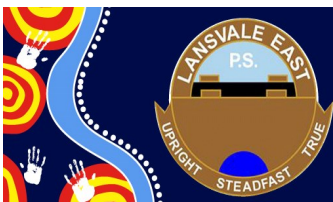
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18 days



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.**

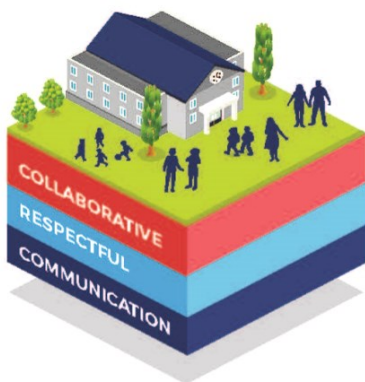
The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

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:

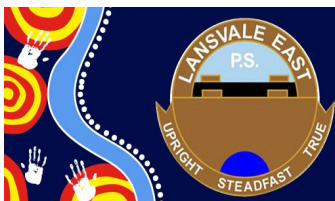
- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to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



**Collaborative.
Respectful.
Communication.**

School Community Charter

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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

| 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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