

Lansvale Public School

Newsletter

28th October Week 3



Principal Report

= Term 4, Week 3



Dear Parents/Carers,

We have had another busy 2 weeks of learning. I was able to visit our Kindergarten Transition session last week and it is hard to believe that our littlest learners are almost ready for Kindergarten. We welcomed lots of our preschool students into 'big school' and it was also great to see lots of new faces.

Staffing News!

Congratulations to Mrs Kristy Pham who has been appointed to Lansvale Public School permanently. We are so thrilled to be able to now call Mrs Pham a permanent teacher.



World Teachers' Week

This week we celebrated World Teachers' Week. This is where we come together to thank our hardworking teachers at Lansvale Public School. I truly believe that we have the best teachers at our school. Our teachers are hardworking, dedicated and passionate about supporting your children and ensuring that every child at our school achieves growth in their learning.

A huge thank you to our community for hosting a wonderful 'Thank you' lunch for our teachers. Our staff were very thankful for everything that our community did to help make them special this week.

- *Staffing News!*
- *World Teachers' Week*
- *P & C Meeting*
- *Term 4 Calendar*
- *Tell Them From Me Survey*
- *Year 5-Selective High School Application 2024*
- *Kindergarten & Preschool 2023 Enrolments*
- *Kindergarten 2023 Orientation*
- *Marvellous Moments with Mrs Karam*



Principal's Message...continued



[A reminder -> P & C Meeting – Term 4](#)

Our next P & C meeting will be held on Tuesday 1st November (Week 4). We are trialling a different time for our P & C meeting and hoping this time will suit more parents to come and join us. We will be meeting at 2:15pm in the school hall.



Chancery Street, Canley Vale NSW 2166

☎ 9724 5252 ✉ lansvale-p.school@det.nsw.edu.au

🌐 Website www.lansvale-p.schools.nsw.edu.au

Lansvale Public School



Term 4 Calendar

Take a look at some of our events over the next few weeks!

When	What is happening
Term 4	
Week 3 – Tuesday 25 th October	Stage 3 Camp – Bathurst
Week 3 – Wednesday 26 th October	Stage 3 Camp – Bathurst
Week 3 – Thursday 27 th October	Preschool excursion to Centennial Park
Week 3 – Thursday 27 th October	Year 6 Oz Harvest program continues
Week 4 – Monday 31 st October	Kindergarten Transition – Session 3
Week 4 – Tuesday 1 st November	P & C Meeting at 2:15pm
Week 4 – Wednesday 2 nd November	Fairfield Network Public Speaking Final at King Park PS
Week 4 – Wednesday 2 nd November	Kindergarten Transition – Session 4
Week 4 – Wednesday 2 nd November	Year 3 Gardening Club excursion
Week 4 – Thursday 3 rd November	Year 6 Oz Harvest program continues
Week 4 – Thursday 3 rd November	Years 3-6 Rugby League Clinic begins
Week 5 – Tuesday 8 th November	Preschool excursion to Centennial Park
Week 5 – Tuesday 8 th November	Stage 2 Camp
Week 5 – Wednesday 9 th November	Stage 2 Camp
Week 5 – Thursday 10 th November	Koori Culture Day at Merrylands PS for specific students
Week 5 – Thursday 10 th November	Years 3-6 Rugby League Clinic continues
Week 5 – Thursday 10 th November	Year 6 Oz Harvest program continues
Week 5 – Friday 11 th November	Peace Day at Cabramatta High School
Week 5 – Friday 11 th November	Remembrance Day ceremony at Cabra-Vale Diggers

Principal's Message...continued

[A reminder -> Tell Them From Me Survey](#)

Over the next few weeks we will be conducting The Tell Them From Me survey for parents. The survey asks parents and carers questions about different factors that are known to impact student wellbeing and engagement. Our community team will be available to assist parents in accessing this survey. We are encouraging all families to complete this survey. To access the survey for our school go to: <http://nsw.tellthemfromme.com/lps2166>



[A reminder -> Year 5 - Selective High School Applications 2024](#)

Applications for entry to a selective high school in Year 7 in 2024 are expected to open on 18 October 2022 and close on 16 November 2022 at 11:59pm.



The Selective High School Placement Test will be held on 4 May 2023. The test will be paper-based.

More information can be found here -> <https://shsoc.education.nsw.gov.au/>

[Kindergarten and Preschool 2023 Enrolments](#)

We would like to start welcoming any enrolments into Kindergarten or Preschool for 2023. If your child turns 5 before 31st July 2023 you are able to request an enrolment application from the school office. All families within our school intake area will be accepted, provided all documentation is submitted. Families can also complete their initial enrolment application online via our school website at <https://lansvale-p.schools.nsw.gov.au/>



If your child does not live within our **intake area**, visit **out-of-area enrolment**. Out-of-area **enrolment procedures** are subject to the department's enrolment policy.

Children attending our preschool this year will still need to follow the same enrolment procedures if they wish to enrol at Lansvale Public School.

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Kindergarten 2023 Orientation

We are looking forward to welcoming our newest learners to big school in 2023. Below you will find a list of all upcoming Kindergarten transition days.



KINDERGARTEN 2023 ORIENTATION DAYS

IMPORTANT DATES:

Session 1 - Tuesday 18 October 9:30am - 10:30am

Session 2 - Thursday 20 October 9:30am - 10:30am

Session 3 - Monday 31 October 9:30am - 10:30am

Session 4 - Wednesday 2 November 9:30am - 10:30am

50th Anniversary of Lansvale Public School

Lansvale Public School 37-45 Chancery St CANLEY VALE NSW 2166 lansvale-p.school@det.nsw.edu.au ph 9724 5252



Lansvale Public School

Kindergarten 2023 Parent Information Day

Wednesday 30 November 2022
9.30am - 11.00am
School Hall



Chancery Street, Canley Vale NSW 2166

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Marvellous Moments with Mrs Karam

Stay tuned for the next newsletter where I will share my visit from 4 different classes.

Chinese Community Language with Mrs Zheng

Last week I had so much fun visiting Chinese Community Language with Mrs Zheng. I was absolutely blown away by how well the children are able to speak in Chinese. The students were learning how to say certain phrases and I even learnt how to say 'train'! My language skills need a lot of work but it was great to try!



Class 3MB

I had a great time in Class 3MB last week. I visited 3MB last Friday and they were working together exploring probability using a dice. The students had to work in pairs and record using tally marks how many times they rolled a certain number. We then created a class graph, and it was interesting to see what numbers were rolled the most. I was very impressed with their mathematical skills. Thank you for letting me visit.

Have a great fortnight!

Mrs Laura Karam
Principal

Deputy Principal's Corner

with Mrs. Hutchinson, Mrs. Chau & Mrs. Goulton



From Mrs. Hutchinson

Books with Mrs. H.

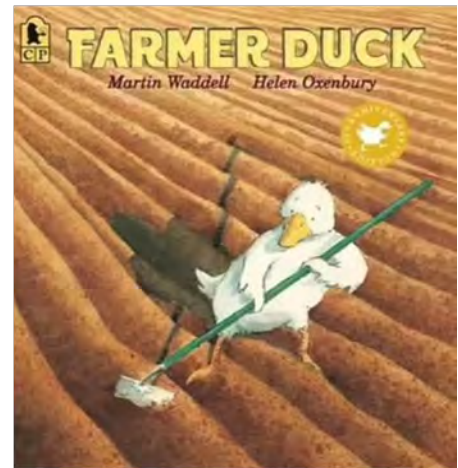
What a big fortnight it was with my 'Books with Mrs H'! I had a great time visiting our adorable Kindergarten students in KH. I read a book called, 'Gotcha!' written by Gail Jorgensen which is about a bear who is being annoyed by a big, black, beastly blowfly. The students had a lot of fun guessing which animal the fly would land on next and using the picture clues from the book.



Then I was off to 5J to share some funny books by Mo Willems. These books are in the 'Don't let the Pigeon Drive the Bus,' series. These books are fun for both young and old as the cheeky pigeon tries to persuade the reader to allow him to do just as he wants. We read, 'Don't Let the Pigeon Stay Up Late' and 'The Pigeon Wants a Puppy'. All these books are funny from a parent's perspective too as the pigeon uses all the excuses that we have heard from our children as they attempt to persuade us to let them stay up late or buy them a pet. I know I certainly have heard many of these arguments from my own children and 5J students agreed that they have tried some of these excuses on their own parents!

Last of all, I trekked all the way down the back of our school to our youngest students- Preschool Red! I was lucky enough to visit the two different Preschool Red groups, two days in a row.

I read the book Farmer Duck by Martin Waddell to one of the Preschool groups and all the children were so shocked with how lazy the farmer was! The poor duck had to do all the work! The children were horrified that the farmer could do that to the poor duck.



I read a different book, to the other Preschool Red called 'Gus goes to school'. This was a story about a little boy who was getting ready to go to big school. In preparation for his big day, the boy in the story was playing schools with his toys and pretending he was the teacher. I shared with the class how I used to do this with my teddies too and they all thought that was very funny!

Lansvale Lionhearts

Last Friday we had our 10th and final Lionhearts session for 2022 where our 37 Lionheart prides (groups) spent time showing their appreciation and being thankful for one another. They celebrated by sharing their favourite lessons, played games and to finish off, each group member received their very own, personalised bookmark created by their Lionhearts leaders as well as an ice block! How sweet!

Although we are sad that Lionhearts has come to an end for 2022, we can walk away knowing we have established important social networks, nurtured relationships between students and teachers, as well as learnt and put into practise a range of lifelong social skills. Throughout this process, we have created many positive memories we can all think back upon and be PROUD of. Lionhearts is such a rewarding program for both our students and teachers, and even though it has ended for the year, we encourage all students and teachers to continue being Lionhearts by living their best selves and maintaining the special connections they have made with each other. Saying hi, doing the secret handshake, asking how the other person is or hanging out are just a few ways to maintain the bonds we have made.

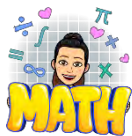
We would like to thank our Lionheart Leaders for organising and leading their groups and for being role models to look up to. Thank you to all students in each group for participating in this wonderful program, making important contributions, applying your learning and for doing your best to be Lionhearts by completing your weekly Lionhearts mission. A final thank you to all our dedicated teachers and support staff for being the exceptional Lionheart educators and positive role models that you are.

We can't wait for Lionhearts 2023!

A final Lionheart mission from Lenny the Lion himself: Be a Lionheart, always.

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From Mrs. Chau



Red or Black with 2L

I absolutely loved my time with 2L. They were all so engaged and eager to learn the game *Red or Black*. Students in Year 2 were developing their fluency in subtraction so we adapted the *Red or Black* game to practise their subtraction ability. Previously in 4S, students were required to add and subtract, but as our Year 2 students are still learning various strategies to apply, students were only required to subtract.

Just a reminder of how the game is played using a deck of cards:

- All students start on the number 50
- Remove all picture cards and place the cards facing down
- Students take turns guessing whether the top card is red or black
- If they are correct, then they can take the number on the card from their score
- The player who reaches zero first is the winner

It was evident students in 2L were learning to bridge, as many of them explained they strategically partitioned the number to bridge to a multiple of ten. I loved how they all completed the subtraction problems mentally. Well done 2L and thank you so much for a wonderful time in your classroom.



From Mrs Goulton

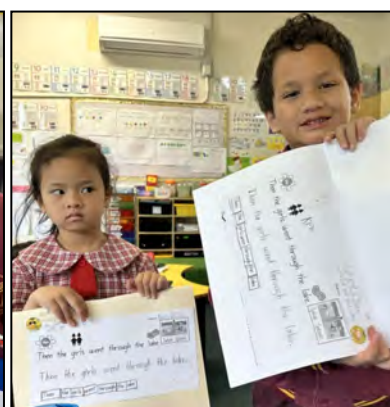


It has been a great pleasure to return back to Lansvale PS after being on maternity leave all year. I was warmly welcomed back by all of the staff, students and community. I can see that there has been so much quality teaching and learning happening in our classrooms as I have had students come and share their learning with me as well as visiting our classrooms.

The students from 1E shared their amazing writing with me after they read the text 'Peas and Quiet'. All students were able to share what made them proud about their writing- it sure brought a smile to my face!



During Week 2 I visited KL who were engaged with writing about their text 'We're Going on a Lion Hunt'. The focus was on time connectives. It was great to see the Kindy students being able to verbalise their sentences and read back their writing. I am excited to get into more classrooms during Term 4 and learn more about our students and their learning.



Preschool Newsletter Week 3

New Preschool Mud Kitchen

Our Preschool mud kitchen is currently under construction. It will approximately take a couple of weeks to complete the project subject to the weather. We cannot wait for our preschoolers to experience the new, beautiful mud kitchen as it allows the children to work on their personal, social and emotional development. The mud kitchen encourages our children to role play, share and turn take.



Kindergarten Transition

Last week our preschoolers began their transition to Kindergarten program. The children met the Kindergarten teachers in their classrooms and engaged in many activities to give them a taste of what learning will be like in the Kindergarten setting. The Kindergarten teachers were so impressed with how well the children interacted with each other and they demonstrated important skills such as sharing, turn taking, collaborating and helping each other, which are all essential skills needed to succeed in Kindergarten. We will continue this program in Week 4 as well as providing many more opportunities for our children to tour the school grounds such as the canteen, office, toilets and bubblers.





Cyber Safety

Last Wednesday, our Preschoolers took part in an online Cyber Safety program aimed at exploring the following themes:

- what exactly is the internet?
- balancing screen time and 'green time'
- speaking with trusted adults
- sharing information online

Our wonderful Preschool teachers will extend on the learning by revisiting these themes in their Preschool program.



Student teachers

This week we welcome 2 new student teachers from Sydney University. Miss Sierra and Miss Jenny will be completing their practicum here at Lansvale Preschool for the next few weeks.

They are feeling a little nervous but are excited to meet our children and families. So if you see them around Lansvale, please stop and say hello.



Free Parent resources to promote Cyber Safety

Click on the links below to learn more about Cyber Safety programs and to access free resources and videos to share with your child.

<https://www.informandempower.com.au/free-parents>

<https://www.esafety.gov.au/kids>

<https://kidshelpline.com.au/kids/issues/being-safe-internet>





Lansvale Public School

"A PROUD Public School"



Weeks 3 & 4 PBL FOCUS



Be proud by always playing sensibly and cooperatively.



When playing with others
be sensible not silly.
Be a good mate and cooperate,
be calm and play tranquilly.



be PROUD

be kind

be calm

be responsible

make good choices

be a buddy

be helpful

be inclusive

work together

Year 2 Writing

In Writing, Year 2 students are learning how to write a narrative. We have been exploring imagery, similes and dialogue to create our very own stories.

Blob... blob... blob... all
 that could be heard under
 the deep dark sea were the
 waves.
 One ^{dark} night the little mermaid
 was ^{super} bored ^{because} her strict
 parents. ^{So} she decided
 to ^{sneak} out of ^{the} her under
 the water Kingdom. ^{And} she
 swam away from her ^{safe} home.
 As she swam away, and looked
 back at her rocky cave with

Fatima
2D

2019-2022
 The Busters
 Long ago there was a ^{ghost}
 special team called the ^{ghost}
 busters. They got a call from ^{someone}
 someone scared and they
 in a haunted house. They were
 very scared.
 The ghost busters ^{had} an ^{special}
 special clothe on and then they
 reached on ^{the} ^{ghost} truck and drove
 to the house. When they got ^{inside}
 inside they crept ^{around}
 and checked all of the ^{rooms}
 to find ^{out} the ^{ghost} ^{was}
 ghosts. ^{They} saw the ^{ghost} ^{was}
 scary eyes, wavy hair, ^{and} ^{big}
 They were fierce.

Fatima 2V

Hiss... hoot... chirp... ^{there} ^{was}
 were so many ^{birds} in the
 forest. ^{There} ^{was} a enormous
 house haunted house that
 had a brown ting ^{inside}
^{All} ^{over} the coffin it ^{had}
 spider webs ^{all} ^{around}. ^{the}

Hansen

2L

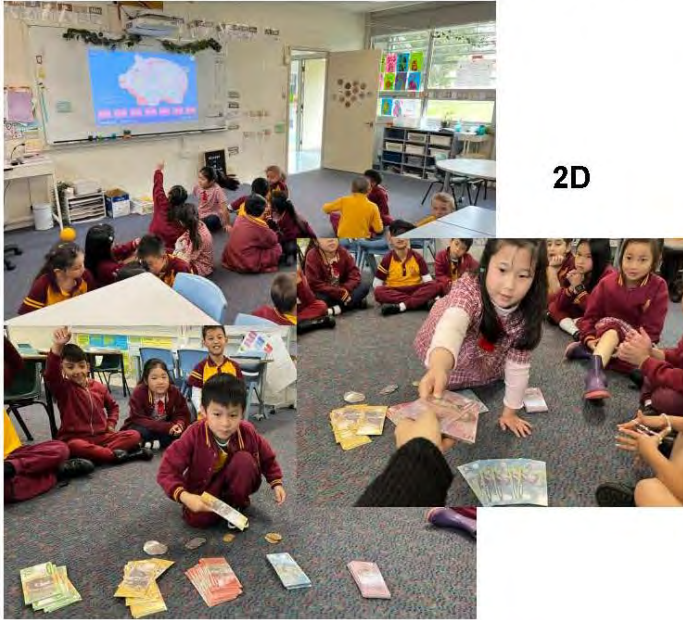


2W



Year 2 Maths

In Mathematics, Year 2 students are learning to transfer their understanding of addition, subtraction and place value to count money. They are learning to count and order collections of notes and coins. Have a look at the amazing learning that is happening in our classrooms!



2D



2V



2L



2W



K-2 ATHLETICS CARNIVAL



On Monday the 17th of October, students from Kindergarten to Year 2 walked down to Hartley's Oval for the annual K-2 Athletics Carnival. All students displayed tremendous school spirit and sportsmanship while rotating through the stations. Activities included the egg and spoon race, long jump, agility ladders, hurdles, shot put, running races and many more!



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This year was the first time that Challenge2Bfit set up an inflatable obstacle course as one of the activities at the event. The course was engaging, challenging and most importantly a whole lot of fun. The students had a blast!

A huge shout out to the K-2 Athletics Team for organising an incredible event for our students.



Another huge shout out to the P&C who donated ice blocks to our students.



@Lansvale Community Centre



Rose Raslan
School as Community Centre Facilitator

Playgroups

Supported Playgroups create new opportunities for children to learn, and become more actively engaged through play and creativity. Children become more confident and positive through their involvement in supported playgroups.



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Come along and join our playgroups for a fun interactive learning morning. If you have children aged 0 to 5 years old and would like to participate in our supported playgroups please come and see Rose Raslan at the front office or you can call on 9724 5252. To ensure safety of all students, parents and staff follow Covid safe guidelines.



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Parenting Workshops



Music for Mums, Bubs & Everyone!

Face to face sessions for children
aged 0 - 5 and their families

This music therapy program will provide families with:

- an increased confidence to use music and play at home
- an opportunity to learn new ways to support child development
- a stimulating, fun and musical environment

Who is running the course?

Fully trained and qualified staff of Woodville Alliance.

COVID SAFE Environment.

MONDAYS

Starting 17 October 2022
through to the
12 December 2022

10:00am – 11:00am

Location:

Villawood Community Hub
G08,1 Villawood Place
Villawood 2163

FOR MORE INFORMATION OR TO REGISTER FOR THE PROGRAM

Call us on (02) 9724 3807
or 0412 013 355

Email: info@woodville.org.au

Follow us on Social Media

Woodville Alliance Woodville Alliance Official

www.woodville.org.au



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P&C



P&C Meeting

2pm @ school

1 November 2022

Please come along and join our next P&C meeting on Tuesday 1 November at 2pm in the Hall. All are welcome, so come along, listen, and discuss what is happening at Lansvale PS over a cuppa. We look forward to seeing everyone there.

Parent Participation



Thank you to all that attended our NSW Police Parent Workshop. It was a great informal session where parents can chat to members of Fairfield Police Station.

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World Teachers Day Luncheon

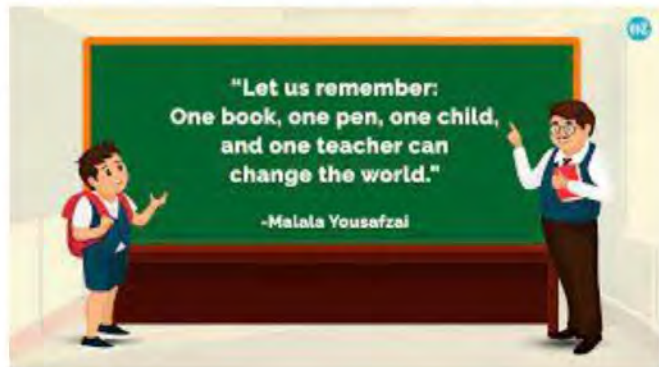
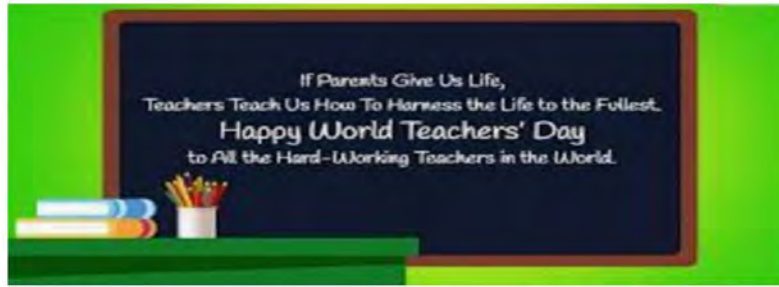


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Doing the noodle

This activity helps children relax when they are stressed, anxious or worried. It works to help the body become like a soft cooked noodle!

1. Explain that a worried, stressed body is usually stiff like an uncooked noodle that could be broken
2. To relax, we want to look and feel like a cooked noodle, soft, warm and floppy
3. Loosen up your body parts by wiggling them, shaking them and telling them to **RELAX**
4. Start by telling your toes to **WIGGLE**
5. Then you tell your toes to **STOP** and feel soft and warm
6. Then do the same with your other body parts – starting with your feet, legs, bottom, tummy, hands, arms, shoulders, face and head – until your whole body feels like a **SOFT, COOKED NOODLE** lying on a plate



This exercise is from the program Tuning in to Kids®. It is an evidence-based, emotion-focused group parenting program originally developed by Professor Sophie Havighurst and Ann Harley in 1999.

Breathe in breathe out



Hot soup

Take a deep breath in and imagine you are blowing out to cool down your hot soup. Repeat this for a couple of minutes.

Dragon breathing

Sit comfortably on the floor with your legs crossed. Take a deep breath in. Open your eyes wide and stick your tongue out. Breathe out through your mouth. Repeat this for a couple of minutes.

Belly breathing

Lay down on the floor with your hand on your tummy. As you breathe in, feel your tummy fill up with air. Breathe out and feel your tummy deflate like a balloon.

Milkshake breathing

Take a cup and a straw. Fill the cup with water and a little bit of dishwashing liquid, or even better grab a real milkshake! Take a slow breath in and blow out gently through the straw. Watch as the water starts to bubble. Repeat this for a couple of minutes.

Elephant Breathing

Stand with your feet wide apart and your arms dangling. Pretend that your arms are like elephant trunks. As you breathe in, lift your arms in the air slowly above your head. Breathe out and gently lower your arms.

3

External Agency Support

Free English For Citizenship Navitas is providing a free short course for those who want to prepare for the Australian Citizenship Test. Topics cover Australia's story till date, Australia's democratic beliefs, rights and liberties, the government and the law as well as practice tests. For more info, contact 0297070200 or email: bankstown@navitas-skilledfutures.com.au

Free Short Courses Navitas is providing free short courses on Computer Skills, Preparation for IELTS, English for Driving, Social English for Arabic/Vietnamese/Chinese Speakers and many more. For more info visit: navitaskilled-futures.com.au/see



YOUR LOCAL SERVICES SUPPORTING YOU

The Multicultural Disability Advocacy Association along with SWS Local Health District and EACH, would like to invite you to meet us and learn more about our services while spending the morning relaxing through art and aromatherapy.



DATE: Wednesday, 2 November 2022

TIME: 9:30am -1:00pm

VENUE: Cabravale Leisure Centre

Eric Bedford Room

30 Broomfield St, Cabramatta NSW 2166

<https://www.eventbrite.com.au/e/fairfield-consumer-forum-and-art-workshop-tickets-431521320887>

Lunch provided. Please advise of any dietary requirements by Wednesday, 26 October 2022. **50 person limit.**



To RSVP please call MDAA on (02) 9891 6400

About Us

Women-centered, trauma-informed, holistic and preventative women's health services to improve health and wellbeing of women in the community.

Funded by South West Sydney Local Health District. Jointly auspiced by Bankstown and Liverpool Women's Health Centres.



Our Services

Client Intake & Referral

Dietitian

Generalist Counselling

Generalist Casework

Generalist DV Casework
(including small financial assistance)

Health Education

Health & Wellbeing Group Activities

Outreach services
(various location)

Legal Aid NSW Service *

Our Location

Inside Arthur West Memorial Hall
(behind PCYC Fairfield Cabramatta)
McBurney Road, Cabramatta 2168



Contact Us

Phone: (02) 9794 0150

Email:

SWSLHD-FairfieldWomensHealthService
@health.nsw.gov.au

Use this QR code to follow our latest updates on facebook -->



Fairfield
Women's
health service

SERVICE INFORMATION & GROUP PROGRAM

TERM 4/2022

A safe space for women in the community

Providing FREE health and wellbeing services to women living in the Fairfield areas, particularly:

- Culturally and linguistically diverse
- Refugee and
- Newly arrived

Opening Hours

Monday - Friday

9:00am - 5:00pm

(Closed between 1:00pm - 2:00pm)

Contact Us

Phone: (02) 9794 0150

Email:

SWSLHD-FairfieldWomensHealthService
@health.nsw.gov.au

Gentle Yoga Program

MONDAYS 10:00AM - 11:00AM

17, 24, 31 October; 7, 14, 21, 28 November;
5, 12, 19 December
Cabramatta Site

This 10-week FREE gentle yoga program will take you on a journey of bringing harmony into your mind and body.

Each session will focus on bringing peace into your mind and body. In every session we will enjoy the benefits of breathing practices, yoga poses and meditation.

Please bring your own yoga mat

*Legal Aid NSW is available for one-on-one appointments every other Monday. Bookings are required.

Healthy Lifestyle Group

(for women at risk of chronic health conditions)

TUESDAYS 9:30AM - 10:45AM

18 October; 1, 15, 29 November
Cabramatta Site

Our qualified English & Arabic speaking dietitian will deliver health talks to support and promote healthier lifestyles. Topics include:

- Diabetes
- Cholesterol
- Heart disease / blood pressure
- Healthy food & lifestyle choices

Zumba classes will be offered as well

Bookings essential for all groups, info sessions and events.

Vietnamese Cultural Group

WEDNESDAYS 10:00AM - 12:00PM

19 October; 2, 16, 30 November;
14 December
Cabramatta Library

Our English and Vietnamese speaking caseworker will run group sessions to suit local Vietnamese women. Activities include information sharing, social support, women's health & mental health education, activities to help with health and wellbeing such as gentle exercise & mindfulness meditation, guest speakers & information from service providers selected by the group, and morning tea.

Women's Exercises Group

THURSDAYS 10:45AM - 11:15AM

13, 20, 27 October; 3, 10, 17, 24 November;
1, 8, 15 December
Cabramatta Site

Practice Zumba and Yoga with some relaxation techniques facilitated by our resident exercise expert.



Arts & Craft Group

FRIDAYS 10.30AM - 12:00 PM

14, 21 October; 11, 18, 25 November;
2 December
Cabramatta Site

Join our bilingual speaking counsellors in having some fun with arts & craft and making new friends from the area. Art tools will be provided.

Events

Monday 10.10.2022: 8:30am-3pm: Bus Trip To Wollongong

Tuesday 11.10.22: 11am-1pm: Keeping Fairfield Women and Their Families Safe - COVID 19 - Community Consultation: Cabramatta Library

Wednesday 09.11.2022: from 10am: Free Hearing Checks for women age over 26 - by Hearing Australia: Cabramatta Site.

Wednesday 23.11.2022: 10am- 11am: Have your Say Date: Cabramatta Library

Wednesday 23.11.2022: 11am-1pm: Mental Health in Older People - presented by FWHS Generalist & Bilingual Counsellor: Cabramatta Library

Maintain Fairfield Women and their Families safe

Information about COVID-19 & COVID-19 Vaccination provided by local Bilingual English/Vietnamese, English/Arabic workers to keep the community updated with the latest news.

Funded by FECCA COVID-19 SMALL GRANTS



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