

# Lansvale Public School

## Newsletter

10th February (Week 3)

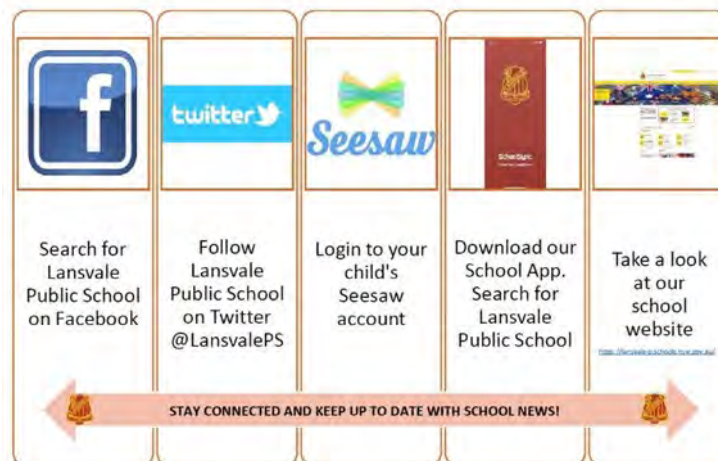


### R/Principal Report – Term 1, Week 3



#### Welcome back!

It has been so lovely to welcome all of our families back to Lansvale Public School. I would like to formally welcome all of our new families to our amazing school. We know you will love being part of the Lansvale community.



#### Principal Position

At the end of 2021 Mr Mark Diamond relinquished his position as Principal at Lansvale Public School. This was a very big decision for Mr Diamond as Lansvale PS is a school that he loves dearly. Mr Diamond will be continuing his leadership in the Department of Education working in the Rural and Remote Education Strategy, supporting leaders and schools across NSW.



I want to take this opportunity to personally thank Mr Diamond on behalf of the Lansvale PS community for his remarkable and outstanding leadership of Lansvale PS over the last 12 years.

- *Welcome Back!*
- *Principal Position*
- *Happy Lunar New Year*
- *Staff*
- *School Executive*
- *Communication– Working Together*
- *School Community Charter*
- *COVID-Smart*
- *2022 Classes*
- *Meet the Teacher*
- *Marvellous Moments with Mrs Karam*



We are hoping to organise a suitable farewell for Mr Diamond later in Term 1 pending COVID guidelines. We will communicate more details regarding this farewell later in the term.

Mrs Lisa Porter – Fairfield Director, Educational Leadership will be working with the Lansvale PS community in the coming weeks to finalise the new substantive Principal position.

## **Happy Lunar New Year**

Last Tuesday 1<sup>st</sup> February we celebrated the Lunar New Year at Lansvale Public School. We hope everyone enjoyed wonderful celebrations with their family.



Chancery Street, Canley Vale NSW 2166



9724 5252



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



Website [www.lansvale-p.schools.nsw.edu.au](http://www.lansvale-p.schools.nsw.edu.au)

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## Principal's Message...continued

### Staff

We are thrilled to have the following new staff join our amazing community this year.



<p><b><u>Mrs Mary Chau – Relieving Deputy Principal</u></b></p> <p>Mrs Chau joins us from Canley Vale Public School where she was the Instructional Leader. Mrs Chau has a wealth of curriculum knowledge and we are thrilled to be able to learn from her throughout 2022.</p>	
<p><b><u>Miss Lisa Ng – Kindergarten Assistant Principal</u></b></p> <p>Miss Ng is a highly experienced teacher and leader who joins us from Canley Vale PS. Miss Ng has extensive skills in teaching K-2 and this year she will be leading our Kindergarten team at Lansvale PS. We are thrilled to have Ms Ng as part of our team.</p>	
<p><b><u>Ms Vicky Lee – Stage 1 Assistant Principal</u></b></p> <p>Ms Lee is a passionate and experienced leader and teacher who joins us from Fairvale PS. She has also held leadership roles at St Andrews PS. Ms Lee has taught various grades across K-6 and is excited to be joining our Lansvale Community. This year Ms Lee will be teaching 1L and leading our Year 1 and Year 2 teams.</p>	
<p><b><u>Miss Kellie Wen – teaching class 2W</u></b></p> <p>Miss Wen taught casually at Lansvale Public School in 2021 before being offered a position in Term 4 at Parramatta PS. She will be teaching 2W in 2022 and is delighted to be at Lansvale PS.</p>	
<p><b><u>Miss Anna Nguyen – teaching class 3N</u></b></p> <p>Miss Nguyen is a very passionate, dedicated and enthusiastic teacher. She has taught casually at Lansvale PS in 2021 before being offered temporary work at Cabramatta PS. Miss Nguyen is excited to be back at Lansvale PS for 2022 and is thrilled to be teaching class 3N.</p>	

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## Principal's Message...continued

<p><b>Mrs Josie Luc – Beginning teacher release</b></p> <p>Mrs Luc is a very experienced teacher and has taught at many schools. Her most recent school was King Park PS. Mrs Luc is passionate about creativity, STEM and Technology. This year Mrs Luc will be working for 3 days a week supporting our beginning teachers.</p>	
<p><b>Miss Fook Hoang – Exec release + casual</b></p> <p>Miss Hoang has been teaching in the Early Childhood sector for many years and is excited to be back in a P-6 setting. She will be teaching our executives classes this year and also covering classes day to day. We are very pleased to have Miss Hoang at Lansvale PS.</p>	
<p><b>Mrs Tracey Thompson – School Counsellor</b></p> <p>Mrs Thompson joins us this year as our new permanent school counsellor. She will be working closely with Mrs Nancy Nicholls supporting our fabulous students and families. We welcome Mrs Thompson to Lansvale.</p>	
<p><b>Thi Kim Phuong Nguyen – SLSO</b></p> <p>Mrs Nguyen will be joining our SLSO team in 2022. Mrs Nguyen can speak Vietnamese and will be supporting various students and families from P-6. We are delighted to have Mrs Nguyen at Lansvale PS.</p>	
<p><b>Miss Mary Dawson- teaching class 4D</b></p> <p>Miss Dawson has been working at Lansvale PS casually throughout 2021. She is highly motivated and is very hard working. Miss Dawson is an experienced teacher and is excited about teaching Year 4 at Lansvale PS in 2022.</p>	

## Principal's Message...continued

### School Executive

I would like to introduce to you the 2022 school executive team. All of our executive members are available to support students and families. Please contact the office if you would like to speak to anyone on our executive team.

R/Principal – Mrs Laura Karam

R/Deputy Principal – Mrs Brooke Hutchinson

R/Deputy Principal – Mrs Mary Chau



Assistant Principal Curriculum and Instruction

– Mrs Mai Lu

Assistant Principal Curriculum and Instruction – Mrs Sanja Mallios

Preschool Assistant Principal – Mrs Lien Chai

Kindergarten Assistant Principal – Miss Lisa Ng

Stage 1 Assistant Principal – Ms Vicky Lee

Year 3 R/Assistant Principal – Mrs Amanda Micallef (M-W) and Mrs Kristy Pham (Th-F)

Year 4 R/Assistant Principal – Olivia Vasilevska

Year 5 R/Assistant Principal – Julie Nghe

Year 6 R/Assistant Principal – Fergie Tu

Assistant Principal Attendance – Mrs Melissa Fereday (Th-F)

SACC (School as Community Coordinator) – Mrs Rose Raslan

### Communication – working together

Parent-teacher communication is essential in building positive school partnerships which support and enhance children's learning experiences at school. If you have any questions or concerns, please contact your child's teacher. In most cases the classroom teachers are able to provide the most accurate information and/or advice. They will happily make a time to discuss items if they are unavailable to meet at the time of your initial discussion. If you are unable to come to the school, please call the front office and the administrative staff will make an appointment for you. In the case of questions or concerns around whole school information, policies, processes and/or sensitive issues, Mrs Hutchinson, Mrs Chau and I are more than happy to meet with parents and carers.



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**Lansvale Public School**



## School Community Charter

In this edition of the newsletter I have included the School Community Charter. The School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.



We work in partnership to promote student learning.



We treat each other with respect and fairness.



We communicate in a positive and constructive manner.

## COVID - Smart

Last week, our most updated COVID guidelines were published via the School App and on Seesaw. Our cohorting measures and staggered pick up arrangements remain in place for the beginning of Term 1. We are regularly revising our procedures and will keep you updated via Seesaw and the School App.



## 2022 Classes

Our classes for 2022 are now set. We initially communicated to families that our classes are temporary until our final student numbers had been counted. We are now able to communicate to all families that your child will stay in their current class for 2022.



## Meet the teacher

We are in the process of organising our Meet the Teacher evening. More than likely this will occur in Week 6 and will be held via Zoom or through phone calls. We will provide more information very soon.



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## Marvellous Moments with Mrs Karam


Every fortnight I will visit at least 2 classes in our school. During my visit I will work with children, team-teach or observe fabulous learning. Each fortnight I will share my photos and experiences with our community in the newsletter. I have already visited every class in our school last week and I look forward to visiting again as part of my 'Marvellous Moments with Mrs Karam' initiative starting in Week 6.



Have a great fortnight,

Mrs Laura Karam  
R/Principal



 **Lansvale Public School**   
"A **PROUD** Public School"

 **Week 3 PBL FOCUS** 

Be **determined** to make safe choices by walking safely in classrooms and on the playground.

 **WALK**



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**Lansvale Public School**

# School Community Charter

 **Collaborative. Respectful. Communication.**

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

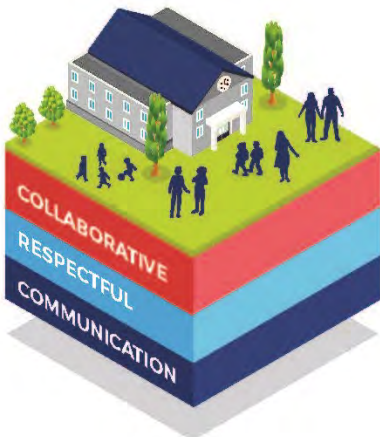
We treat  
each other  
with  
**respect**

## What our schools provide

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

The best education happens when parents and schools work together.

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



## Positive environments

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

Parents and carers can expect:

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

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

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

We work  
**together**  
with the  
school

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

© NSW Department of Education





We create  
**collaborative**  
learning  
environments

We  
all play  
**our part**

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

## Communicating with our schools

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

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

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

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

## Respectful communication is a right

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

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

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

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



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

**School Community Charter**

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## Preschool Newsletter

We would like to give a big welcome to all our preschool families for 2022! We have really appreciated the time you took to meet with our preschool educators and value the input you have given to support your child's learning. We have loved hearing about their interests and your dreams and aspirations for your child. We look forward to working with you to plan and implement authentic experiences to ensure we achieve the goals that you have set for your child.

It has been a great start to the preschool year. The children are learning routine and expectations while building new friendships with their classmates. Our staggered start time ensures that every child is known, valued and cared for. Although the children have just begun, they are already enjoying lots of rich learning experiences.

The children have been engaged in activities that help strengthen their fine motor skills which will help them develop their pencil grip for writing. There are also many fun activities for the children to recognise their names as well as learning the names of their new classmates. During outdoor play the children have been exploring with all their senses as they discover new plants, flowers and insects in their play. As the children interact with each other and form friendships, they are learning important life skills such as sharing, negotiating, turn taking and collaborating.



### A few friendly reminders

- In week 4, the children will begin attending full days at preschool. Drop off will be at the Lansdowne Rd gate. The teachers will sign the children in, parents will not be allowed to enter the preschool premises. Pick up will be from 2:30 at the Lansdowne Rd gate and staff will walk the children down to you.
- Please remember to bring a lunchbox, a hat, water bottle and a change of clothes
- Children are allowed water and white milk only
- Please bring your child's medical action plan and their medication if they have health needs.
- Connect to your child's seesaw

If you have any questions or concerns, please don't hesitate to message your child's teacher through seesaw or you may call the preschool on 97245252.

Warm regards,

Preschool Staff

### Useful Links.

- Please visit the Munch and Move website for more information on healthy eating and active play
- <https://healthykids.nsw.gov.au/munch-move-resources/family-information-session-package/> <https://healthylunchbox.com.au/>

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# HỘP CƠM TRƯA TỐT CHO SỨC KHỎE



Hộp cơm trưa tốt cho sức khỏe có thể đem lại cho trẻ em hứng thú và ngon miệng, chuẩn bị đầy phần khởi, với màu sắc, kết cấu và mùi vị, ăn một bữa ăn trưa hứng thú mỗi ngày. Hộp cơm được chuẩn bị chu đáo một chút thì cơm của quý vị sẽ không thể bỏ lỡ hộp cơm. Đối với trẻ em nhỏ, điều quan trọng là nên có nhiều thứ, chọn thức ăn từ một trong 6 nhóm dưới đây để có một hộp cơm trưa quân bình tốt cho sức khỏe và có thể dễ dàng chọn lựa vừa ý những trẻ em khó ăn.

## Trộn trong 6 loại!



# HỘP CƠM TRƯA TỐT CHO SỨC KHỎE



<b>1. HẠT &amp; NGŨ CỐC XÂY</b> Bánh mì lát mỏng để gói Bánh mì ổ Mì ống Cơm Mì sợi Cơm Cous Cous Bánh bắp xấy và gạo xấy Bánh lát Sushi Nasun Bánh tráng cuốn (Rice paper rolls) Tốt nhất nên chọn những loại làm bằng bột có nguyên hạt (wholegrain) hay bột lứt (wholemeal)	<b>2. TRÁI CÂY</b> Trái cây tươi: Táo Mơ Chuối Nho Quýt Cam Lê Đào Kiwi Mận Dưa Rockmelon Dưa Tây (trái cây nên cắt thành miếng cho trẻ em nhỏ) Trái cây hộp trong nước trái cây tự nhiên Trái cây khô: Nho khô Các loại trái cây khô trộn lẫn (đôi khi)	<b>3. RAU CẢI</b> Rau cải tươi: Bơ Cà rốt Ớt ngọt (Capsicum) Cần tây Bắp tươi Dưa leo Đậu que Nấm Đậu ngọt Cà chua Rau cải có thể cắt thành từng sợi có hình dạng cho trẻ em nhỏ sống có thể quết với các loại sốt homemade hay sốt chua tự nhiên) <b>Rau trộn (Salads):</b> Rau trộn hộp và gói trong bánh mì	<b>4. THỨC ĂN TỪ SỮA/ CÁC THỨC ĂN KHÁC</b> Sữa tươi (để đóng lạnh đêm hôm trước để giữ lạnh) Sữa đậu nành hay những thức ăn từ sữa khác có thêm chất canxi Gà và đơn thuần Bánh sữa tươi, phô mai lát, cục, que Phô mai Cottage Dầu Tây Phô mai Ricotta (chọn sản phẩm bơ chất béo cho trẻ em trên 2 tuổi)	<b>5. THỊT MỀM/ CÁC LOẠI KHÁC</b> Cá: Cá thu trong hộp Cá hồi trong hộp Thịt: Thịt nướng, thịt bò, thịt gà Bánh nướng có thịt nướng thịt gà Đùi gà không da Chả viên chiên (sausages) hay thịt xô viên Thịt người loại thịt nạc: thịt heo (bami), thịt gà, thịt bò (không ăn thường xuyên)	<b>6. NƯỚC</b> Nước là là loại nước uống tốt nhất giúp cho da khỏe và là sự chọn lựa tốt nhất về nước uống để cho vào hộp cơm trưa. Nước lấy từ vòi nước uống an toàn, vì vậy nên mua chai nước loại dùng lại được mà con thích và hương dẫn cho con biết lấy nước. Để chai nước đóng lạnh qua đêm và để chai nước lạnh trong ngày.
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### THỨC ĂN CHỈ DÙNG ĐÔI KHI

Các loại nước uống và thức ăn đậm có thêm lượng đường cao, chất béo bão hòa và muối thường kém lành mạnh. Ngoài ra, các loại thức ăn này còn cung ứng nhiều năng lượng (kilocalories) có thể làm cho trẻ em bị quá cân lượng hay béo phì. Chúng ta gọi đó là những thức ăn và nước uống chỉ dùng đôi khi (‘sometimes’) một lần bởi vì chúng ta chỉ dùng đôi khi một lần với một lượng nhỏ mà thôi. Những thức ăn như kẹo, sô-cô-la, thạch đóng trong ly (jelly cups), trái trái cây (fruits) và đầy bột trái cây (fruit strips), bánh bích qui ngọt, khoai tây và bắp chiên tất cả khi nên cho trẻ em ăn.

Muốn biết thêm thông tin và ý tưởng về cách ăn uống tốt cho sức khỏe và sinh hoạt thể chất, xin vào trang mạng [www.healthkids.nsw.gov.au](http://www.healthkids.nsw.gov.au)





## Fact Sheet

# HEALTHY LUNCHBOXES CONT.



### Water

Water is the best thirst quencher and the best choice of drink for every lunchbox. Tap water is safe so you do not need to buy bottled water.



- freeze a water bottle overnight, it will help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty

### LUNCHBOX IDEAS:

- help to keep the rest of the lunchbox cool
- pack a water bottle even if you are sending milk – the milk can be consumed at morning tea or lunchtime and the water at other times of the day when your child is thirsty

### TIP:

Don't pack too much food or too many choices, as this may be overwhelming for a young child. You only need to provide enough food and drink for 1 snack and 1 main meal. If your child is at the service for extended hours, pack enough for 2 snacks and 1 main meal.



## Food and drinks to leave out of the lunchbox

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Sticky, sweet foods can also cause tooth decay.

### Sticky or sweet foods:

- lollies, chocolates, jelly cups
- cakes, doughnuts, sweet muffins
- plain sweetcream-filled biscuits
- muesli/cereal bars
- fruit bars and fruit strips

### Salty, high fat foods:

- potato chips
- corn chips
- cheery balls, twists
- small oven-baked savoury biscuits
- devon and salami

### Sweetened drinks:

- cordial and soft drink
- fruit juice
- flavoured mineral water
- fruit juice drinks
- sports drinks

It is best not to pack these 'sometimes' foods and drinks in lunchboxes. If you do occasionally put a 'sometimes' food or drink in the lunchbox, keep it to a very small portion only.

**Note about food allergies:** Some services may ask families not to pack specific foods to ensure a safe environment for children with severe food allergies. Please discuss these needs with your service staff.

For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



SHPN (CPH) 180572

## Fact Sheet

# HEALTHY LUNCHBOXES



There are many foods that can be used to pack a healthy lunchbox.

### Fruit & Vegetables

Fruit and vegetables will provide a good daily source of vitamins, minerals and dietary fibre.

All chopped fruit and vegetables can be easily packed into small containers for the lunchbox, making them quick and easy to eat.

### LUNCHBOX IDEAS:

- cucumber, carrot and celery sticks (steam carrot and celery until tender for younger children), corn cob, snow peas, green beans, cherry tomatoes, capsicum strips.
- Fresh fruit eg apple, pear, kiwi fruit, strawberries, orange, grapes and bananas
- tub of diced fruit in natural juice
- dried fruit occasionally – eg mini box of sultanas or a few dried apricots or apple rings
- salad filling in a sandwich, wrap or roll (eg lettuce, grated carrot, avocado, cucumber)



### Meat & other protein foods

Meat and other protein foods provide protein and iron. Limit the use of sausages and processed luncheon/deli meats (eg devon and salami) as they are high in saturated fat and salt.

### LUNCHBOX IDEAS:

- cold roast beef, lamb, pork, chicken, tuna or salmon as a filling in sandwiches, rolls and wraps or added to salad
- hardboiled egg in salad, sandwiches or for a snack
- baked beans, lentil patty
- left-over casserole, rissoles, meatballs, bolognese sauce, stirfry with tofu

### Dairy Food

Dairy foods, such as milk, yoghurt, custard and cheese are an important source of protein and calcium. Reduced fat milk and dairy foods (approx. 2% fat) are suitable for most children over 2 years of age.

### LUNCHBOX IDEAS:

- cheese slice, cheese stick or cubes of cheese as a snack with cucumber slices and cherry tomatoes
- cheese in sandwiches, rolls and wraps or on crackers or rice cakes
- yoghurt or custard (small tub or pouch)
- plain milk (small UHT poppers or plain milk are easy to add to lunchboxes)
- calcium-enriched soy alternatives (soy milk, soy yoghurt)

### Breads & Cereals

Bread, grains and cereal foods provide important nutrients and energy for busy, growing children. Wholegrain or wholesome varieties are the best choices.

### LUNCHBOX IDEAS:

- sandwiches, rolls, wraps, pita bread
- fruit bread, scone, pikelets
- crackers, corn and rice cakes, breadsticks
- rice, noodles, pasta



For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



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# @Lansvale Community Centre

## Playgroups

We are currently taking enrolments for Playgroups 2021. 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, Theresa Ngo and Lee Ly every Monday & Tuesday at the front office or you can call on 9724 5252. To ensure safety for students, parents and staff we follow Covid Safety Measures.



**Tuesday 9.15-10.15am**  
**Lansvale PS**  
**PLAYGROUP**  
**3-5 Years**



**Getting ready for Preschool**

**Wednesday 9:15-10.15am**

**Play2Learn**  
A good beginning for every child



Play2Learn is more than a playgroup!  
Play2Learn is a fun time for you to share with your child. Play2Learn gives your child the chance to learn, grow and prepare for school.

**Friday 9.15-11.15am**

**Community First  
Step Playgroups**

Join us in our playgroups for a new bonding experience with your children. Make new friends and support your children through enriched learning.

\*Bookings are essential. Please contact the Playgroup Office prior to attending playgroup session.



Supported Playgroups create new opportunities for children to learn and become more actively engaged through creative play. Children become more confident and foster a positive learning environment through their involvement in supported playgroups. In 2022 we will be focus on early intervention

Chancery Street, Canley Vale NSW 2166

☎ 9724 5252 ✉ [lansvale-p.school@det.nsw.edu.au](mailto:lansvale-p.school@det.nsw.edu.au)

🌐 Website [www.lansvale-p.schools.nsw.edu.au](http://www.lansvale-p.schools.nsw.edu.au)

**Lansvale Public School**





*I'm sincerely wishing  
you the best of  
celebrations on this  
lunar new year.  
May your home be  
filled with all that  
you need to be  
comfortable in life.  
Happy New Year!*



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## Parenting Workshops

We are aware that parenting is a journey, filled with happiness and challenges. That is why it is important for parents to attend parenting workshops to learn and be able to navigate everyday situations involving your children.

Parenting is the most important job in the world. To achieve successful outcomes we need to be prepared to handle any issues that may arise in our changing world.

That is why attending parenting classes and workshops is one of the most effective ways of preparing for parenting and handling difficult parenting moments.

Our parenting workshops help parents, learn what to expect at each developmental stage of their child. They help parents stay informed of the latest research in child development, child psychology and developmental neuroscience.

The workshops also encourage parents to learn new parenting skills and practice positive parenting.

Please keep your eyes out for the next Parent Workshop in 2022.

If you would like more information please contact the SaCC Rose Raslan via the office on 9724 5252.

## P&C Meeting

P&C helps inform parents about school activities and policy, also gives parents opportunities to meet other parents and teachers. Research shows that children perform better at school when their parents are involved in the school community.

Come along and stay up to date with what is happening at Lansvale Public School at the next P&C Meeting, our Annual General Meeting is coming up this term. Keep your eyes out for the pink flyer! (\*Changes may be made subject to covid safety measures)

If you would like more information please contact Rose, Theresa and Lee via the office on 9724 5252.

# Parent Education



## how much does this class cost?

Fee Free for eligible participants.

## who can participate?\*

- aged 16 years or older
- have left school
- live or work in New South Wales
- are an Australian citizen, permanent resident, humanitarian visa holder or New Zealand citizen
- \*other eligibility may apply

## delivery

- 2nd & 9th March 9.30am - 2.30pm (2 sessions)
- Lansvale Public School
- 37 Chancery St, Canley Vale, 2166

## CECC contact

**call us** 9387 7400  
**visit** [www.cec.edu.au](http://www.cec.edu.au)  
**email** [enrol@cec.edu.au](mailto:enrol@cec.edu.au)

## First Aid Training

(HLTAID011) Provide First Aid

(HLTAID009) Perform CPR

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.

Provide First Aid, is a nationally accredited course providing participants with the qualification to be a First Aid representative in many workplaces and other required situations. The skills are also suitable for those who want to gain the skills for use in the community and home

## enrol via QR code



## CORE contact

**who to call** Rose Raslan  
Community Centre Facilitator  
Lansvale Public School  
9724 5252 / 0433 155 654  
[www.corecs.org.au](http://www.corecs.org.au)



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**Lansvale Public School**



# Food Safety Supervisor



## how much does this class cost?

Fee Free for eligible participants.

## who can participate?

- Youth Aged 16 - 24 (and not at school) *or*
- Jobseeker, Unemployed *or*
- Expecting to become unemployed *or*
- If you have been employed less than 8 weeks *or*
- If you do not hold a Certificate III or above.

## delivery

- 2 Days - Fridays 18th & 25th February, 2022
- 9.30am - 4.30pm
- The Hub, CORE Miller
- 38 Woodward Crescent, Miller, NSW,  
2168 Ph. 8582 4110

call us 9387 7400

visit [www.cec.edu.au](http://www.cec.edu.au)

email [enrol@cec.edu.au](mailto:enrol@cec.edu.au)

## units

- SITXFSA001 - Use hygienic practices for food safety
- SITXFSA002 - Participate in safe food handling practices

Do you take Food Hygiene seriously? This course is designed to ensure you fully understand the requirements around handling food and safety in the kitchen and that strict procedures are in place so that all food served is safe to eat.

Ideal training for all people who work with food including employees, community volunteers, students and parents of sporting groups and canteens.

## enrol via QR code



## CORE contact

who to call

Vesna Rutonjic  
Multicultural Communities Team  
8582 4150 / 0459 876 565

phone

[www.corecs.org.au](http://www.corecs.org.au)

visit

[vrutonjic@corecs.org.au](mailto:vrutonjic@corecs.org.au)

email



# Newsletter



## A message from your Coordinator

Hello OSHC Families and School Communities,

We would like to give everybody a great big welcome back!

It was great seeing many of our families back and the school community again. I feel a positive vibe about this year so far.

For any new families wishing to join OSHC here's a few helpful information: The service at Lansvale Public is run by Camp Australia.

My name is Zehra Dostel and I coordinate this service.

If you need care, you must first register with Camp Australia online: [www.campaustralia.com.au](http://www.campaustralia.com.au)

Make sure you have a Centrelink account so you may access the rebate and then make a booking online for your child/ren to attend OSHC.

We are located at the hall which is near the Kindergarten Quad area or the school's canteen.

Our service hours are from: 7:00 am – 9:00am. Then in the afternoon from: 2:45 pm – 6:00 pm.

The service number is: 0450 776 519 and there is also a Customer Care Number: 1300 105 343. I look forward to meeting you.

## Activities coming up

- Making Tiger Paws
- Playing Four Seasons Game
- Making Chinese Red & Yellow Letter's

## What's on the menu

- Making wontons
- Making stir fry vegetables
- Banana Fritter

## It's free to register

To attend our program, you must register your child. You can register an account with us at [pp.campaustralia.com.au](http://pp.campaustralia.com.au) or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



## Visit our blog

New articles are added each week for parents and cover various topics to help families.

[Visit our blog](#)

**Your  
OSHC.**

[www.campaustralia.com.au](http://www.campaustralia.com.au)

  
**ROCKETEERS**

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# Virtual Information Sessions



Join us for a free virtual information session to find out how Outside School Hours Care can help your family, and how Camp Australia can guide your child's growth.

These virtual, informative, and interactive sessions will provide insight into how OSHC at Camp Australia operates. The team presenting will discuss programs that are offered, registration and booking process, billing, Child Care Subsidy and more.

## Sessions

[Thursday 17 February at 12:30pm AEDT](#)

[Thursday 17 February at 7:00pm AEDT](#)

[Tuesday 22 February at 1:00pm AEDT](#)

[Tuesday 22 February at 7:30pm AEDT](#)

To register free for a Virtual Info Session, visit  
[www.campaustralia.com.au/virtual-info-sessions](http://www.campaustralia.com.au/virtual-info-sessions)

If you would like more information regarding Camp Australia's services but cannot attend any of the above sessions, please feel free to visit your service and speak with your friendly Coordinator; or you can send us an email at [oshc@campaustralia.com.au](mailto:oshc@campaustralia.com.au).



## Your OSHC.

Tailored Out of School Hours experiences.

[Find out more](#)



## ROCKETEERS

Extraordinary Holiday Adventures.

[Find out more](#)



## Register with Camp Australia

Once registered, you'll be able to easily make and manage your bookings online via our Parent Portal.

[Register now free](#)



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