

Lansvale Public School

Newsletter

10th March 2022 (Week 7)



R/Principal Report – Term 1, Week 7



P & C Meetings

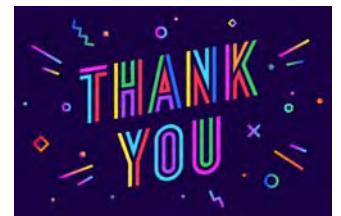
I strongly encourage all of our families to join our Parents and Citizens Association (P & C). We are always looking for more parents to volunteer and with the easing of COVID-19 restrictions we are excited for many activities and events to return in 2022. If you would like to find out more about the P & C please call the office and ask to speak with Rose Raslan our Schools as Community Centre Facilitator and she can put you in contact with our P & C Association.

Our P & C Annual General Meeting is scheduled for Monday 14th March at 9:15am.

ALL ARE
WELCOME
HERE

Meet the Teacher

A huge thank you to all of our staff for meeting with families online last week. We hope you enjoyed meeting your child's class teacher and getting to know the routines and structures that occur in class. If you were unable to book a time then please call the school office and we can assist you in booking a time to meet with your child's teacher online.



COVID-SMART

We were delighted to welcome our families back onsite last week. It has been great to be able to reconnect with lots of different families. A reminder that all classes from K-6 finish at 3pm. We are also strongly encouraging families to continue to drop off children at the gates in the morning.

- P&C Meetings
- Meet the Teacher
- COVID-SMART
- Zone Swimmers
- Year 4 and Year 6- Check-in Assessments
- NAPLAN Online
- Year 6 High School Forms
- Marvellous Moments with Mrs Karam



Principal's Message....continued

RAT kits have been distributed to all children for the rest of the term. These kits are to be used when students are feeling unwell and are displaying any flu-like symptoms. If your child does test positive please call the office to inform us.



We also continue to implement our COVID-Smart measures at school which include vaccinations, physical distancing where possible, maximised fresh air flow through natural ventilation, continued good hand hygiene practices and enhanced cleaning.

Zone Swimmers

Congratulations to our students who participated in the Zone swimming carnival. The weather was horrible but it was great to see everyone still smiling and enjoying the day. The entire Lansvale community is so very proud of you. A special thank you to our fabulous teachers Miss Phan, Miss Inic and Mr Halloran for helping our students.



Year 4 and Year 6 – Check-in Assessments

Over the next few weeks our children in Year 4 and Year 6 will participate in the Reading and Numeracy Check in Assessments. These Check-In assessments are online and are mapped to the NSW syllabus and National Literacy and Numeracy Progressions. The assessments consist of a range of multiple choice questions and help schools identify how students are performing in literacy and numeracy and to help teachers tailor their teaching to target student needs.



NAPLAN Online

During Term 2 - Year 3 and Year 5 students will sit the NAPLAN online assessments. Students will be participating in practice tests in the lead up to the NAPLAN testing period. These will be conducted during school time, in test like conditions. There is a Public Demonstration site that can be accessed from home. We encourage you to allow your child/ren to practice at home so that they are confident in using the online functions and are familiar with the question types.



<https://nap.edu.au/online-assessment/public-demonstration-site>

Students may be exempt from NAPLAN tests if they:

Chancery Street, Canley Vale NSW 2166

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Principal's Message....continued

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/ or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests.

Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, braille, coloured versions and electronic tests are also available to meet the needs of individual students. Access to disability adjustments or exemption from tests must be discussed with the school principal and a parent or carer consent form must be signed.

Students may be withdrawn from NAPLAN by their parent or carer after consultation with the school principal. To withdraw your child from NAPLAN, a parent or carer form must be signed. Please make an appointment with your child's teacher if you need to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at:

<https://www.nap.edu.au/naplan/parent-carer-support>

If you have any questions, please do not hesitate to contact the school.

Year 6 - High School Forms

Next week the Year 6 teachers will distribute information about High Schools for 2023. If you have any questions please speak to your child's classroom teacher or Miss Tu, the Stage 3 Relieving Assistant Principal.



Marvellous Moments with Mrs Karam

I started my regular class visits last week and was delighted to visit class 2L and class 6T.

Class 2L

During my visit with 2L we read the book 'ish' by Peter H Reynolds. This was the first time I had read this book and it was a great story about a young artist who was learning to draw and paint different objects. After we finished reading the book the students in 2L were challenged to create their own 'ish' artwork. I was very impressed by their creativity and use of colours to create different objects. I loved visiting 2L!

Principal's Message....continued



Class 6T

Last week I visited class 6T and they asked me to share one of my favourite books with them. I chose to read the book titled 'Those Shoes' by Maribeth Boelts. We had a great discussion about needs/wants after the story and it was great to see lots of students empathising with the main character. After reading the book 6T taught me their favourite game called 'pizza'. The idea of the game was to knock the pizza (a whiteboard) from your hand. The skill level in 6T was very impressive! Lots of great balancing and dodging. It was lots of fun learning this game!



Have a great fortnight,

Mrs Laura Karam
R/Principal



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Deputy Principal's Corner

with Mrs Hutchinson and Mrs Chau



School Photos

Last Friday, all students would have received their individual forms to order school photos online. Each student has a unique **shoot key** on their form which allows parents and carers to order the school photos. If you have lost this form and shoot key, please contact the school and we can send home a new form with your child's shoot key on it. The eldest child in each family also received an additional family shoot key form. Again, please contact the school if you need a new form.

School photos are held on Monday 28th of March and Thursday 31st of March this term. Please see below to know when your child will be taking their school photo.

Monday 28 th March	Thursday 31 st March
Family photos (8am before school) Preschool students who attend Mon-Wed Kindergarten Year 1 2D, 2W, 2L Year 3 Year 4 Year 5 Year 6	Preschool students who attend Thurs-Fri 2V

Tell Them From Me Survey


Next term, students in Years 4 to 6 will be taking part in the *Tell Them From Me* survey which provides us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed online and is run by an independent research company, The Learning Bar which specialises in school-based surveys.

Students in Years 4 to 6 received a non-consent form on Wednesday. If you do not wish for your child to participate, please return the form back by Friday 25th March.



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From Mrs. Hutchinson

Books with Mrs H



It was so exciting last week, to go around the school visiting classes and sharing books with students. I read the book, 'I don't want to read this book' to class 4D. In the book, the students were introduced to a **HUGE** word that means small – **infinitesimal**. Infinitesimal was such a tricky word; I could barely pronounce it!



4D with Mrs. Hutchinson & Miss Dawson



Click on this [link](#) if you would like to watch and listen to the author, Max Greenfield, reading this funny book. He really brings the book to life!



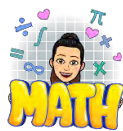
In class 1L, I read a book that I love called, 'This is not an egg.' The class had a great time listening to the book and meeting all the Australian animals in the story. We met an emu, a pair of bilbies, a Tasmanian devil and even a redback spider- EEW!

This book reminded me of the joys of childhood and how when we are young, we use our imagination to create imaginary worlds. It is a lot of fun! I highly recommend it.

1L listening to the story with Mrs. Hutchinson.



From Mrs. Chau



Climb the Ladder with 6L and 3P

Last week, I taught 6L and 3P a maths game called *Climb the Ladder*. It was wonderful to see all students engaged in the activity, particularly when they were trying to help their teacher beat me in the game! *Climb the Ladder* allows students to develop their numeracy fluency. 6L were practising their recall of multiplication facts and 3P developed their knowledge of place value. I have written the instructions for the game below if you would like to play. All you need is 2 dice (or one dice and you can roll it twice!), paper and pens/pencils.



***Climb the Ladder* Instructions (3P's version)**

Aim of the game – to fill your ladder first

- Each player draws a ladder with 5 rungs, this will give you 6 spaces to write numbers in.
- To win, a player needs to fill their ladder with numbers from smallest (bottom of the ladder) to largest (top of the ladder)
- The first player rolls 2 dice (or roll the dice twice if you only have one dice) and makes a 2 digit number with the 2 numbers rolled e.g a 2 and a 4 can make 24 or 42
- Write the number in one of the spaces thinking about whether it is a low or high number
- Player 2 takes their turn. If a player has a number that they cannot place on the ladder, they miss a turn.

This game can be modified depending on what your child is learning to do. Some ideas:

What the student is learning to do	Modification of activity
Counting	Count the dots on the dice and write the number of dots on the ladder
Number after or before	Count the dots on the dice and write the number after or before on the ladder
Counting by 10s	Make a 2 digit number and add or take away 10 then write the number on the ladder
Multiplication (learning a specific times table)	Choose one of the numbers you rolled, and multiply it by your chosen timetable (for example if you are learning your 5 times table you multiply your chosen number by 5) then write it on the ladder
Multiplication	Multiply the 2 numbers and write it on the board

msp online



School Photo Day is

Monday 28 March

2022*

Have your child's school memories captured forever!

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

ONLINE PAYMENTS:

Parents can order and pay online through our website. Instructions are included on the back of the Envelope. All Credit cards are accepted.


Orders accepted until: Monday 28 March 2022

1. **WE DO NOT ACCEPT CHEQUES**
2. **CONNECT:**
Log into www.msp.com.au/photos
3. **Order:**
Place your order online and keep a record of your Order Reference Number.
4. **Family orders:**
Your eldest child should have received a family envelope. Please use this shootkey to order your family package online.
5. Orders received after photo day are subject to a **\$20 Archive Fee**.
6. Sport/Specialty Photo Orders will be organised after photo day on a separate Letter that will be sent home.

* *Except 2V and Preschool students who attend on Thursdays*

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Week 7 - Preschool Newsletter

Healthy Eating

Over the past few weeks, the preschool children have been investigating healthy and unhealthy food. Each week, we encourage the children to try different healthy fruit and vegetables. The children have tried pumpkin, dragon fruit and cucumbers. Before they try it, they are given the opportunity to investigate the fruit or vegetable by holding, touching and smelling it. We used a graph to indicate whether we liked or disliked the taste and used this to engage the children in rich mathematical discussions. We are so proud of the children for trying each food, even though they may not like it. The preschool children are determined to eat healthy food and we love hearing the conversations they have with their peers during recess/lunch about their food.



Cicada Shells

The children have been amazed at the mysterious shells that they found outside on a tree. They discovered cicada shells! They have been so brave with collecting and picking them off the tree, to show their peers and educators. We will begin investigating and exploring cicada's in the classroom. Unfortunately with the rain they have not been able to continue their search for more in our garden. We are hoping the rain will pass soon, so the children can continue to be curious learners.



Numeracy Professional Learning

Last Tuesday our preschool team continued their professional learning with the APC&I. It was a very engaging session where we unpacked the Best Start results. We will use this data to inform our future planning. We also explored the language used in the Best Start test. Our preschool educators will look to introduce some of the language used in the test to best support our children when they begin kindergarten.

Literacy and numeracy booklets- The Department of Education has released a numeracy and literacy booklet for parents and caregivers. This resource has been created for parents, carers and families of children in the early years of school. The activities support the important learning that happens at home. They are designed for you to have fun with your child and to help them have a great start at school.

Here is the link - [Helping your child with literacy and numeracy at home \(nsw.gov.au\)](https://www.nsw.gov.au/early-learning/numeracy-literacy-booklets)

First Foot Forward

In Week 5, students in Stage 3 participated in the First Foot Forward program run by Western Sydney University. This program allowed our students to see Higher Education as part of their future by sparking an interest in lifelong learning. Students enjoyed asking questions and engaging in fun design activities in their workshops.



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YEAR 5 - Artwork





Lansvale Sport Legends 2022



On Thursday 24th of February, 2022, twenty excited and enthusiastic swimmers travelled to Fairfield Leisure Centre for the annual Lansvale Public School swimming carnival. Once again, we weren't able to organise a carnival for the whole school, due to Covid 19. These swimmers were competing for a spot at the Lansdowne Zone Swimming Carnival and they all tried their best and swam their hearts out. Miss Phan, Miss Inic and Mr Halloran were extremely PROUD of these students. Seven out of the twenty made the Lansvale team to compete at the Zone carnival on the 1st of March.



Lansdowne Zone Swimming Carnival 2022



On Tuesday March the 1st 2022, five brave swimmers battled the torrential weather to compete at the Lansdowne Zone Swimming Carnival as a part of the Lansvale Public School Swim Team. Ronald, Talia, Ryan, Justin and Emma completed all their heats with personal best times. Unfortunately Lachlan and Lucas weren't able to make the carnival, but were there in spirit. Ronald came third in 50m backstroke, Emma came 1st in 50m breaststroke and Justin came 3rd in 50m breaststroke. It was fantastic watching our students have fun and compete with the students from other schools in our zone.



A Massive shout out to Miss Phan and Miss Inic for organising swimming for our students in 2022. Thanks to all parents carers for having their kids ready to swim at both carnivals. Hopefully in 2023 we will all be at the pool together.



Endeavour Park Sports Reserve (After School) Auskick Centre
Each Wednesday starting 9th of March – 30th of March from 3:45pm – 4:45pm

Each child will receive: Auskick Drawstring Bag, GWS GIANTS Cape, Pencil Case, Fidget Spinner, Footy Cards, Footy Pump, AFL Auskick Football!

Your child will enjoy a safe, fun, action-packed 4-week program of games and skill development, ideal for boys and girls aged 4-12 for only \$50!

Register Now!

To register, visit play.afl/Auskick and enter 'Fairfield', then click on "Endeavour Park Sports Reserve (After School) Auskick Centre"



SCAN ME

To receive FREE tickets to GWS GIANTS home games, make sure you select YES to become a GIANTS RECRUIT!



For more information contact: Marianna Konidaris on 0499 607 472 or Email: marianna.konidaris@afl.com.au

play.afl/auskick

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ANNOUNCEMENTS

Assembly Term 1 2022

Assemblies will begin again in Week 8. Going forward, Infants Assemblies will be on even weeks and Primary Assemblies will be on odd weeks. Whole School Assemblies will be in the first and last weeks of each term.

For Term 1, see organisation below:

Week 8- Infants

Week 9- Primary

Week 10- No assembly

Week 11- Easter Hat Parade

We will maintain Covid-Safe practices by providing face masks and hand sanitiser for your convenience. Please be reminded that when taking videos or photographs that is it only of your child, to respect the privacy of others.

We look forward to having parents and carers attending assemblies again!

Mrs Pham and Mrs Micallef
Assembly Co-ordinators



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SaCC@Lansvale Community Centre

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.



Tuesday 9am to 11am
Lansvale PS
PLAYGROUP
3-5 Years



Getting ready for Preschool

Wednesday 9am to 11am

Play 2 Learn
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 9am to 11am

**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.



We will be returning to onsite playgroups from Term 1, Week 6. 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 at the Community Table or you can call on 9724 5252.

To ensure safety of all students, parents and staff we follow Covid safety measures.

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Playgroup Fun



Welcome back to onsite school playgroups every Tuesday, Wednesday and Friday morning 9am to 11am. Please see Mrs Rose Raslan in the Community Room.



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Lansvale Public School

FACT SHEET



Children, Play and Crisis

A guide for parents and carers

Why play is important for your child

During times of crisis, like you and your family are currently experiencing, play provides an important and extremely valuable role in supporting your child to:

- process their emotions and feelings about the events
- lower their stress levels
- have an opportunity to feel in control of something
- relax

How play helps your child cope with crisis

- When children play their brains release dopamine. This is one of eight neurotransmitters that help the body and brain to function effectively. The effect of dopamine creates feelings of joy and pleasure. When children receive a regular dose of dopamine, they have increased wellbeing, motivation, focus and adaptability.
- When children engage in rough and tumble play or physical activity, such as chasings and ball games, their brain releases a hormone commonly known as BDNF. This hormone not only promotes brain growth, but most importantly helps reduce cortisol in the brain. Cortisol is a stress hormone, and in times of crisis, all our brains have excess amounts of cortisol. Long term exposure to cortisol is not good for developing brains, so encouraging physical activity and active play at this time is a great antidote.
- There will be many conflicting emotions and feelings that arise from this experience. Children will absorb the feelings and concerns of others, particularly adults who care for them, so having a way to express or act out those feelings and problem solve is important. Fantasy play is one way children make sense of what is happening.
- Do not be surprised if through play your children replay scenes or events from your recent traumatic experience. This is normal and a healthy way to process what has happened.

Remember, at any time, if you are concerned about something you witness in your child's play behaviour, speak to a counsellor and seek specialist advice.

Here are 5 easy ways to support your child to play at this time

- 1/ Look for moments of humour and nonsense in everyday events and in your interactions. Sometimes it is hard to find time for a set play period when you are managing a crisis, but moments of playfulness can also be very beneficial for children. Things like silly names, funny jokes or movements and little surprises, can all be playful moments that bring joy.

www.playaustralia.org.au

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- 2/ Practice "What if?" moments to bring playful thoughts, imagination and joyful interactions into your relationship with your child.

Try these "What if..." moments:

What if ...the water was chocolate? What would you do?

...the rain was not water but cats and dogs? What would we do with all those cats and dogs?

....you had a boat, where would you go?

- 3/ Allow your child to have access to a lot of different items, like disused household items, old packaging foam, cardboard, boxes and any other items you have available. We call these 'loose parts'. These items are especially good for supporting play. Imagination can turn these simple items into anything your child desires and create new ways of engaging with play. When 'loose parts' play happens, the part of a child's brain responsible for problem solving gets a great workout!

- 4/ Let your child, either alone or with friends, create a space for their play. This may be as simple as a blanket in a corner, or a small cubby made from a table and a sheet, or perhaps a large box. Allowing children to create a space of their own where they can retreat to and indulge in play, is an important step in them reclaiming some power and control over their environment.

- 5/ Number 5 ... and perhaps the simplest of them all! Give your child permission to play! Sometimes in the midst of all this hurt and anguish that children witness, they may not think they should play or feel you would not approve. As a supportive adult, encourage them to play and let them know play is still important for them to participate in and it is still okay to have fun..... and don't forget, play is good for you too!

A final note to parents and carers

If your child is NOT playing, do seek specialist support and advice.

Only a child who is unwell, physically or mentally, does not instinctively play.

Play is an important part of human biology.

We wish you well in the days ahead.

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International Women's Day 2022



Our community is amazing! Even in flooding rain our community came together to celebrate International Women's Day Morning Tea. Students celebrated by coming to school dressed in the colour purple and donating a gold coin to a women's charity. International Women's Day is celebrated on March 8 worldwide, commemorating the political, social and economic achievements of women. Over the decades, the objective of Women's Day celebration has evolved and embraced culture and ethnicity to emerge as a celebration of appreciation, respect and love towards women. Women's Day is also celebrated in schools nowadays and forms an integral part of the curriculum to spread the awareness of women empowerment, their roles and achievements. As Serena Williams said "Every woman's success should be an inspiration to another. We're strongest when we cheer each other on"



Parenting Workshops

Lansvale PS parents have undertaken First Aid Training in partnership with Core Community Services. This essential course and childcare was provided free for our families.



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Lansvale Public School

Upcoming Parenting Workshops



Astute Training Pty Ltd
40/7507 High Street, Penrith, NSW 2150
Ph: 02 4232 6288
Ph: 02 4232 6288
Ph: 02 4232 6288

Statement of Attainment in Business Services SC60007901

This skill set addresses the skills and knowledge to provide customer service to an organisation

Course Entry Requirements

Students will be required to undertake a short English literacy assessment prior to enrolment.
This part qualification is available to learners that are eligible for Smart & Skilled training including training for Recovery Training for this part qualification is funded through Smart and Skilled for eligible participants from NSW.
NSW Smart & Skilled eligibility criteria:

- 15 years old or over
 - no longer at school
 - long or working in NSW
 - an Australian citizen, Australian permanent resident, humanitarian visa holder or New Zealand citizen
- Information relating to Smart and Skilled course and eligibility can be accessed here - <https://smartandskilled.nsw.gov.au/learn-and-train>
and, meet one of the following criteria for funding under **Skilled for Recovery**:
- 16-24 years old at commencement, regardless of employment status
 - a person who is a recipient of a Commonwealth Government welfare benefit, or
 - currently unemployed

This program is delivered under Smart and Skilled and this training is subsidised by the NSW government



WHAT YOU WILL LEARN

Units of competency

BSBWOR201 Organise personal work, priorities and development

This unit describes the skills and knowledge required to organise own work, schedules, to monitor and obtain feedback on work performance and to maintain required levels of competence.
This unit applies to individuals who exercise discretion and judgement and apply a broad range of competencies in various work contexts.

BSBCS101 Deliver and monitor a service to customers

This unit describes the skills and knowledge required to identify customer needs, deliver and monitor customer service and identify improvements in the provision of customer service.
It applies to individuals who apply a broad range of competencies in various work contexts. In this role, individuals often exercise discretion and judgement using appropriate theoretical knowledge of customer service to provide technical advice and support to customers over short- or long-term interactions.

BSBCKM301 Process customer complaints

This unit describes skills and knowledge required to handle formal and informal negative feedback and complaints from customers.
It applies to individuals who apply a broad range of competencies and may exercise discretion and judgement using appropriate knowledge of products, customer service systems and organisational policies to provide technical advice and support to a team.

REGISTER YOUR INTEREST
Email: rose.raslan@det.nsw.edu.au
Telephone: 0833 335 654

Delivery available Face to Face - Lansvale Public School
Face to Face - one day per week for 4 weeks (9:30 - 2:30)



Parent Present: Understand Your Mental Health and Wellbeing

Parents health and well-being are always utmost important let alone during the time of COVID. FMSH would like to offer you a free session on this topic so that you can have a deeper understanding about:

- How our mental health works
- Factors affecting our mental health and well-being
- Some of the common mental health issues
- Ways to improve our mental well-being from such understanding

When: Wed 16/3/2022

Time: 2-3pm

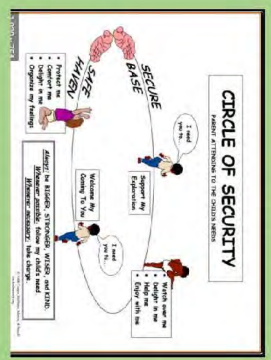
Where: Lansvale Public School Community Centre

Contact:

Rose Raslan 02 9724 5252 or Lianne Ngo 9794 0150 if you need further information.

Expression of Interest for Circle of Security Parenting Program.

The Circle of Security Parenting Program is an attachment-based parent education program that helps parents better understand and build on their relationships with their children. This program helps support their child's ability to successfully manage emotions. Enhance the development of their child's self-esteem.



For more information please click on to YouTube link
<https://youtu.be/1wz28m0BEM8>

If you would like to register or more information, please contact Rose Raslan via the office or at the community table every Monday and Tuesday morning or email rose.raslan@det.nsw.edu.au.



P&C Annual General Meeting



Dear Parents and Carers,

The P&C committee is welcoming all families to attend the 2022 P&C Annual General Meeting. During the AGM meeting, the representatives of our school parent community will be elected.

All current executive roles will be vacant, and nomination will be called for the following positions:

- President
- Vice President
- Secretary
- Treasurer

As we are committed to supporting our families at Lansvale. We encourage you to be involved with the Lansvale community. Working together, we can achieve goals in bringing the best in your child's learning.

This will be a great opportunity to organise and meet a wonderful network of parents who are committed to helping with fundraising events. It is your opportunity to have a voice and provide valuable insight and support Lansvale Public School.

So please come along and vote for your team that you would like to represent or nominate yourself to represent for P&C 2022.

You are invited to the P&C AGM

Date: Monday 14th March 2022

Time: 9.15am

Where: School Hall


Morning Tea will be provided



Lansvale Public School- P&C@LansvalePSPandC

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External Agency Support



Australian Government Disaster Recovery Payment

The Disaster Recovery Payment is a one-off payment to help you if a declared disaster significantly affects you. It's not for minor damage or inconvenience.

How much you can get

If you're eligible you'll get:

- \$1,000 per adult
- \$400 for each child younger than 16.
- If you're a member of a couple, you can both get this payment. You and your partner will need to complete separate claims.

Who can get it

To get the Australian Government Disaster Recovery Payment you must:

- be an Australian resident or hold an eligible visa
- be 16 years or older at the time of the disaster or getting a social security payment
- live in an eligible Local Government Area (LGA).

Go to servicesaustralia.gov.au/disaster to check if your LGA is eligible.

- You also need to have been adversely affected by a declared disaster. For example:
- you've been seriously injured
 - you're the immediate family member of an Australian citizen or resident who died
 - your principal place of residence has been destroyed or must be demolished

How to claim

The fastest way to claim is online through myGov.

Go to servicesaustralia.gov.au/disaster for more information.

servicesaustralia.gov.au/disaster



Disaster Recovery Allowance

Disaster Recovery Allowance (DRA) is a short term payment to help you if a declared disaster directly affects your income.

You can get it for a maximum of 13 weeks, starting from the date your loss of income began as a direct result of the disaster.

The maximum payment rate is the equivalent of Jobseeker Payment or Youth Allowance, based on your circumstances.

Who can get it

To get DRA you must meet all of the following. You:

- are 16 years or older at the time of the disaster
- are an Australian resident or hold an eligible visa
- work or live in an affected Local Government Area (LGA)
- lose income as a direct result of the disaster
- earn less than the average weekly income in the weeks after you had this income loss.

Go to servicesaustralia.gov.au/disaster to check if your LGA has been declared.

We use Australian Bureau of Statistics figures to work out average weekly income. From 19 August 2021, this is \$1,737.10 per week.

If you're a member of a couple, you can both get this payment. You and your partner will need to complete separate claims. You can't get this payment if you're a dependent child.

How to claim

The fastest way to claim is online through myGov.

Go to servicesaustralia.gov.au/disaster for more information.

Go to servicesaustralia.gov.au/disaster to see who is considered independent.

What evidence you need

We may ask you to give us evidence of your loss of income.

If you earn a salary or wage, we may ask you for documents that show your income for the 4 weeks before the disaster.

If your income changes each week, we may ask you to show your income for the 8 weeks before the disaster. Evidence can include:

- pay slips from your employer
- bank statements showing previous bank deposits from your employer
- a letter from your employer.

If you're a farmer or you have a small business, we may ask you to show us as many of these documents as possible:

- profit and loss statements
- income tax returns
- other documents that show cash flow such as a bank statement for your business
- trust or partnership tax return.

If you don't have evidence, call us on 180 22 66.

How to manage your payment

If you get DRA you'll need to report changes in your circumstances. This includes if you earn more than or the same as the average weekly income while you get DRA. Contact us on 180 22 66 to report changes.

servicesaustralia.gov.au/disaster

HEAD TO HEALTH Pop Up

It's okay if you're not feeling okay.

swsphn.com.au/headtohealth



- Sad?** Whether you're trying to improve your own sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, Head to Health Pop Up is a good place to start.
- Anxious?** This new FREE service is available, even through lockdown. Drop in at:
- Alone?**
- Feeling helpless?**
- Financial pressure?**
- Burnt out?**
- Nowhere to turn?**
- No one to talk to?**

Head to Health is a collaborative initiative of NSW Primary Health Networks and funded by the Australian Government. One Door Mental Health provide this service to South Western Sydney with Pop Up locations in Liverpool and Bankstown.



Take a breath. Connect.

 **1800 595 212**

**HEAD TO HEALTH
Pop Up**



Who it is for	The Head to Health service is open to people of any age who may be experiencing distress or mental ill health. This includes people who have never accessed mental health services before, or for their family and friends. It is also for family and friends of those in aged care.
Where it is located	The Head to Health network is growing quickly throughout NSW. The best place to start is to phone us. You may also drop in at the two Pop Ups located in Bankstown and Liverpool, see overhead for addresses.
How you can access	Call Head to Health on 1800 595 212 . You will be guided to the best support for your needs. Your GP or another health professional might also suggest you use the Head to Health service.
How it works	When you call Head to Health on 1800 595 212 , an experienced mental health professional will listen and work with you to find the best ways to get you the help you need.
What help you receive	Depending on the assistance you need, we may connect you with online support or an existing mental health service, such as a GP, or other health or support service to get you back on track. The hubs can help you find a GP if you do not have one. It's really important that your mental and physical health are looked after together.
Who is involved	Head to Health hubs have multidisciplinary teams of GPs and mental health workers, as well as psychologists, mental health nurses, social workers, alcohol and drug workers, who can support you through rehab, or onsite at a hub.
What to expect	Your mental and physical wellbeing are linked, so the best way to improve your mental health is with a team-based approach that includes your GP. You can also get help with the other life essentials such as housing, work, education and training.

To find out more go to: headtohealth.gov.au

Head to Health Pop Ups is an initiative of NSW Primary Health Networks and funded by the Australian Government.

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

Lansvale Public School

NSW BASC \$500 voucher

The NSW Government has launched the BASC voucher program which provides families with a \$500 voucher per child to contribute towards the cost of Before School Care, After School Care and Vacation Care. The voucher can be used at any Camp Australia's (CA) before and after school care – Your OSHC and vacation care - Rocketeers service in NSW.

Who is eligible to claim the BASC Vouchers?

All families with a child enrolled in an OSHC service in New South Wales.

What can I use the vouchers for?

The vouchers can be used for Your OSHC and Rocketeers sessions. The great news is that because the voucher only discounts the gap fee, so if you're claiming CCS then the voucher will go even further.

What time period can the vouchers be used for?

Vouchers can be used to cover out-of-pocket costs between 28 February 2022 and 30 June 2023.

How long do I have to redeem my vouchers?

Once your voucher/s has been claimed from Service NSW, you need to redeem your voucher with Camp Australia by 31 December 2022.



For any questions, reach out to the Department of Education's BASC team at bascreform@det.nsw.edu.au or on 1300 244 145.

How to redeem your BASC voucher/s with Camp Australia

Step 1

Redeem

Between 28 February and 30 September 2022, claim your voucher/s via the Service NSW app on a smartphone device, or by following the verification steps as outlined on the Service NSW website below www.service.nsw.gov.au/basc-voucher.



Step 2

If already registered with CA

Once you have claimed your voucher with Service NSW, refer to the email from us on 28 February with a link to redeem your voucher/s with CA.



If not registered with CA

Register with CA for free by visiting pp.campaustralia.com.au. Once you have registered with CA and have claimed your voucher with Service NSW, we will send you an email with a link to redeem your voucher/s with CA.



Step 3

Book a session

Book any before school, after school or vacation care session with CA and give your child the chance to experience engaging, tailored activities, and spend even more time hanging out with their friends outside of school hours.



Your Outside School Hours Care at Lansvale Public School



Guiding children's growth

Your Outside School Hours Care at Lansvale Public School Primary School



Join in the fun at Lansvale Public School's Outside School Hours Care!

At *Your OSHC* we give children a supportive space to continue their development, build confidence and socialise with their friends. In any one week, children could be participating in science experiments, active play, creative expression and more.

Our exciting and varied *Rocketeer's* programs ensure that your child has the best school holidays. Any given day could see your child competing in a sport carnival, cooking up a storm, experimenting with science and getting hands-on with construction.

Visits Welcome

Please feel free to stop by the program with your children to meet the team and see what happens in our great program each school day.

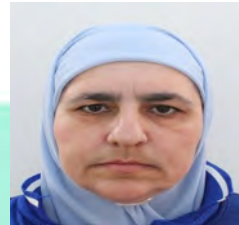
Your OSHC.

Tailored Out of School Hours experiences your children will love



ROCKETEERS

Extraordinary Holiday Adventures with Rocketeers



Get to know Coordinator: Zehra Dostel with these fun facts

- I love COOKING
- I have a cat named Dolma
- I love travelling
- I love reading

Registration is free

To register and book, visit us at www.campaustralia.com.au and use the school finder on our homepage to search for @Model.PrimaryServiceName.

To attend *Your OSHC* or *Rocketeers*, you first need to register your child and book. We recommend families to register so that if you ever need us, we have all the information and documentation we need to best care for your child.

To register, visit campaustralia.com.au

Figure 1

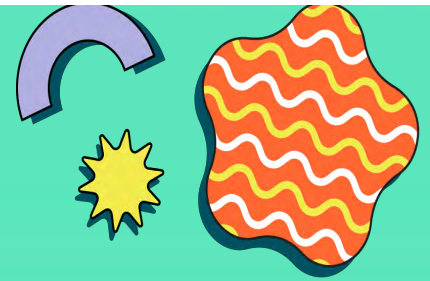
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Website www.lansvale-p.schools.nsw.edu.au

Lansvale Public School

Newsletter



A message from your Coordinator

Dearest Parents, Families and School Community,

Wow! I can't believe we are already in Week Six! It does not feel that way. This year there have been many new families that have joined the Camp Australia Family and the team and I would like to sincerely welcome them. The families are showing that they are already engaged with us and are learning all the ins and outs of our OSHC service.

I would also like to thank our ongoing families and the school community for helping us out with translations in getting the new families onboard.

The rains have been ongoing during these past few weeks and there have been many puddles around the school. A timely reminder to all families that as tempting as it maybe please, please DO NOT drive down the driveway. We have children and there will be times that I will let them play under the shelter to release some energies, therefore, driving down the driveway will be dangerous.

One last thing, I am so very to see that on some Wednesdays this term we have had up to 33 children! That's an amazing number and I would like to thank all the families for this amazing number.

Warmest regards,

Zehra Dostel and the team at Lansvale OSHC

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App



Activities coming up

- Drawing of my family
- Word bank that describes my family
- Family Collage about my family

What's on the menu

- Rice noodles
- Pancakes
- Pop corn

Visit our blog

New articles are added each

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