



- *Manly Surf School*
- *Parent Teacher Interviews and Reports*
- *RAT Kits*
- *COVID-SMART*
- *Attendance Email Notifications*
- *Kindergarten and Preschool 2023 Enrolments*
- *Biggest Morning Tea—Cancer Council*
- *Marvellous Moments with Mrs Karam*

## Principal Report

= Term 2, Week 7



Dear Parents/Carers,

I hope you have had a healthy and restful fortnight. The colder weather has definitely set in, and it has been great to see lots of children wearing our winter uniform to school each day. If you need to purchase additional items from the uniform shop, then please visit our friendly office staff.

### Manly Surf School

Lansvale Public School has been lucky enough to receive a **FREE** excursion for all of our Year 5 and Year 6 students. Our students will get the opportunity to visit Manly, learn to surf and be treated to a free lunch. This is a fabulous opportunity for our students, and we are really looking forward to this event.

Notes went home with all Year 5 and Year 6 students this week. A reminder that families need to complete the online registration link to secure their spot.

Also, please be rest assured that the students will be provided with appropriate wet weather clothing e.g., wetsuits when swimming at the beach. We can't wait to hear all about their fun excursion.



### Parent Teacher Interviews (Save the date) and Reports

We are pleased to offer face to face interviews in Week 10. K-2 Interviews will be held on Tuesday 28<sup>th</sup> June and 3-6 interviews will be held on Thursday 30<sup>th</sup> June. More information will be sent home in the coming weeks.

Our teachers are also finalising our Semester 1 reports and these will be sent home to families in Week 9.



## Principal's Message...continued

### RAT Kits

This week we communicated to families about the continuation of symptomatic Rapid Antigen Testing. This means that all children at Lansvale PS will receive additional RAT Kits to be used if children are displaying any covid-19 symptoms. These RATs have been sent home this week.



It is important that we continue to remain vigilant with any child or staff member who is unwell. This will help to keep our entire Lansvale PS community safe.

### COVID-SMART

A reminder that if a student or staff member receives a positive RAT test, they need to:

- record the positive RAT result through the [Service NSW website](#) or [Service NSW app](#) – and add details of our school.
- notify the school of the positive RAT or PCR test result as soon as possible
- You can email the school at [lansvale-p.school@det.nsw.edu.au](mailto:lansvale-p.school@det.nsw.edu.au) or phone on 9724 5252
- follow [NSW Health advice](#) to isolate for 7 days.



### Attendance Email Notifications

- Don't forget if your child is unwell and you have not notified the class teacher you will receive an email from our school.
- Please reply to this email explaining your child's absence.
- Letters will also be sent home to families if a reason has not been received within 7 days. If you have any questions about our attendance procedures then please contact the office.





## **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.

## **Biggest Morning Tea – Cancer Council**

In Week 5 the staff at Lansvale PS were completely spoilt by our wonderful families. Many families baked special treats for the staff for the entire week with the purpose of raising much needed money for the Cancer Council. We were able to raise \$1400 which is an incredible amount.

A huge thank you to all of the families who donated treats, spent time baking and assisted with this fabulous initiative. Thank you!



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## **Marvellous Moments with Mrs Karam**

This week I visited 2 classes. It was great to visit classes and see our students learning so much.



## **Preschool Red – Monday, Tuesday, Wednesday Class – Miss Tida**

Last week I visited class Preschool Red on Wednesday and really enjoyed getting to know our littlest learners. It was great to see the children exploring the Preschool space and learning many things along the way. I read the book Elephant Island to the class and the children really enjoyed chatting about the images and the different objects throughout the book.



## **Preschool Red – Thursday, Friday Class – Miss Tida**

On Thursday I visited Preschool Red and had lots of fun getting to know the children. We spent some time at the beginning, learning each other's names and then I read a story titled 'All my treasures'. We had a great time chatting about the different treasures in our life and all of the special moments. I really enjoyed my time in Preschool this week and loved getting to know our students.



Have a wonderful fortnight.

Mrs Laura Karam  
Principal





# Deputy Principal's Corner

## with Mrs Hutchinson and Mrs Chau



### Road Safety

Just a reminder to parents and students to be extra careful around our busy roads at both the back and front of our school. Please ensure that you hold the hands of your little ones when near Lansdowne Rd and Chancery Street as children can be unpredictable and suddenly walk or run out onto the road. Below is additional information about road safety around our school.

#### Walking to school

While walking to school is encouraged for school children, here are some hints for parents to follow to ensure your children enjoy a safe trip to and from school every day:

- Where possible, walk to school with your children, especially if children are under the age of 10.
- Arrange for another adult or a group of older friends to walk with your children.
- Walk your children along the safest route to school and identify hazards and appropriate crossing locations along the way.

#### Crossing at a marked pedestrian crossing

Pedestrian Crossings are designated by road markings (either painted white lines or concrete centre islands) that warn motorists that a crossing is ahead, to take care and give way to pedestrians. To use a crossing safely you must;

- Walk up to the crossing
- Stop
- Look
- Listen
- Think
- Keep looking and listening whilst crossing



### School Photos

Students would have received their school photos this week. If there are any issues with the school photos, we ask you contact MSP photography directly on 02 9499 6555.

### From Mrs. Hutchinson



#### Books with Mrs H

I am continuing to enjoy my book reading sessions around the school. This week, I caught up with 3MB and read my book titled, 'If I was Prime Minister'. The book was used as a stimulus to spark children's interest and the students in 3MB were able to talk about what they would do if they had the chance to be Prime Minister. Many of the children came up with fabulous responses such as, giving everyone 50% off their taxes, making homes for homeless people and helping build a rocket that could go to Mars so people can live there. Patrick, Jennie, Zen, Helen, Hudson, Mohammad, Justin, Ethan, Yumi, Phuong, T-Jay and Tyrell made great suggestions - so who knows, we might see one of these students leading our country one day!





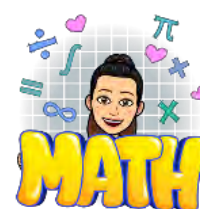
Last week, I also popped into 1N to read a Nick Bland book called, 'King Pig'. The story was about a pig who was the king of a country where nobody liked him! He struggled to understand why nobody ever listened to him or spoke to him. He was incredibly disliked, and he could not understand why. By the end of the book, the pig was able to figure out why he was not a popular leader and began to change his ways to be a more selfless leader. 1N, like 3MB, were able to discuss how the king could be a better leader so I am sure we also have some future leaders in this class too! If you are interested to find out more about this book, you could borrow it from our library, just like I did.



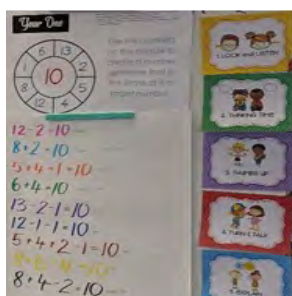
## From Mrs. Chau

### Maths Talk with 1L and 4D

This week, instead of the usual maths games, 4D and 1L had to really turn on their thinking caps to solve open ended problems.



The problem presented to 1L required students to use the numbers on the outer circle to create a number sentence that equals the number in the middle, 10. 1L demonstrated their ability to flexibly use numbers to make the target number. Students used their knowledge of part-part whole, addition and subtraction to come up with various number sentences. It was wonderful to see students thinking of various solutions to complete their number sentences. For example, Evie needed the number 3 to say  $13-3$ , but the number 3 wasn't on there. Using her knowledge of part-part whole, she used 2 and 1 to come up with  $13-2-1$ . Once Evie shared her thinking, it inspired other students to do the same.



4D's problem involved balancing an open-ended equation. We discussed how mathematicians notice patterns, are systematic in their approach, come up with rules (hypotheses) and test these rules. Students comfortably thought of numerous solutions for the equation; however, I challenged them to notice patterns and come up with a general rule as their solution. After coming up with a couple of solutions, Andy started to systematically write a list of solutions. This assisted 4D with their final rule. To be more specific in their descriptions, 4D learnt a couple of new words! *Minuend* and *subtrahend*! Students noticed that the ones in both subtrahends had the same digit as well as the subtrahend on the right was 10 less than the one on the left. There was a lot of discussion around whether numbers needed to be within a certain range. It was wonderful to see students getting their brains sweaty (maybe a bit too much!) and really thinking like mathematicians!







# Lansvale Public School

## "A PROUD Public School"



Week 7 & 8 PBL FOCUS



Be **determined** to make good choices by  
staying in bounds



Stay in bounds  
to be safe and sound



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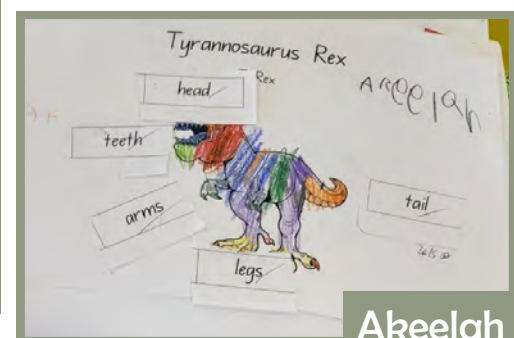
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# Kindergarten

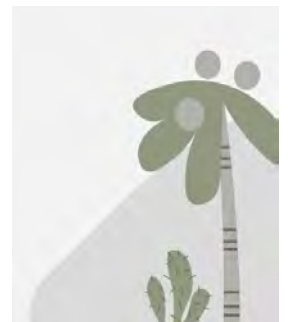
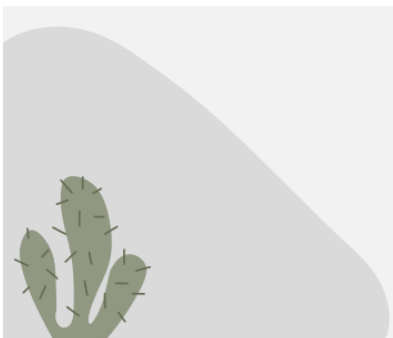
Kindergarten have been reading informative and imaginative texts about the Tyrannosaurus Rex. We had so much fun looking for a Tyrannosaurus Rex around our school! We were amazed at the size of a Tyrannosaurus Rex and imagined what it would be like if it was still alive! We had a go at drawing a Tyrannosaurus Rex and enjoyed learning lots of new words to help us describe a Tyrannosaurus Rex.



Elias KL



Akeelah KH



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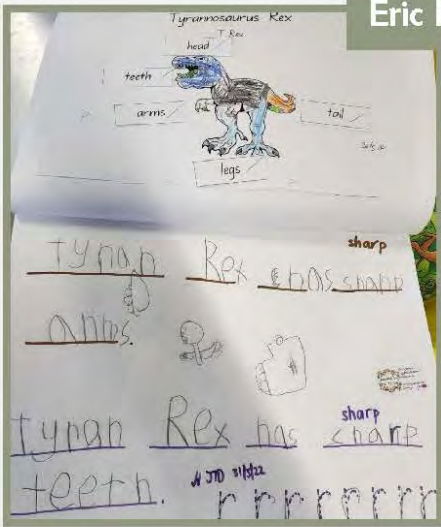
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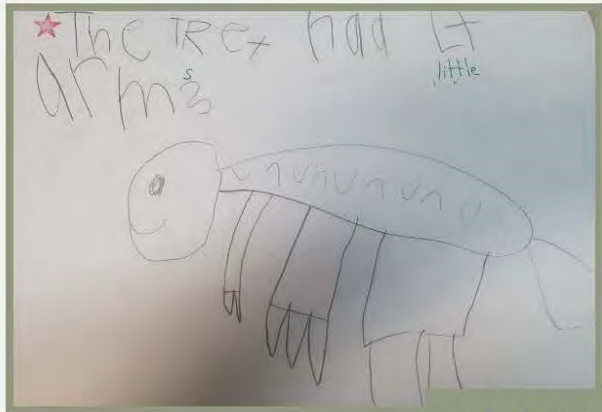


# Kindergarten

Eric KH



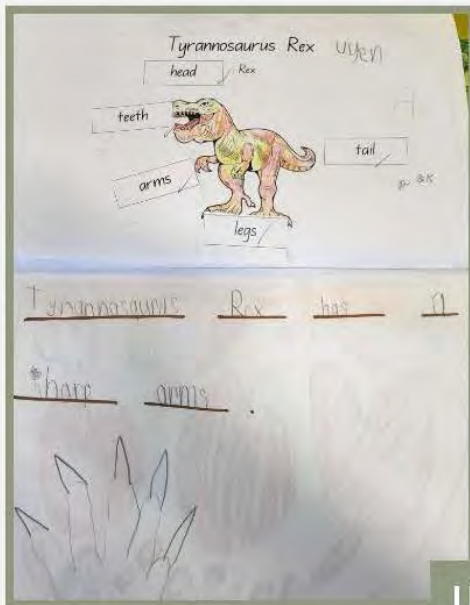
**Josephine KJ**



Hali KN



# Kindergarten



Uyen KH



Grace KN



Anthony KL





Harry KI

# Kindergarten



Harry KI



Shaneekah KN



Linda KL



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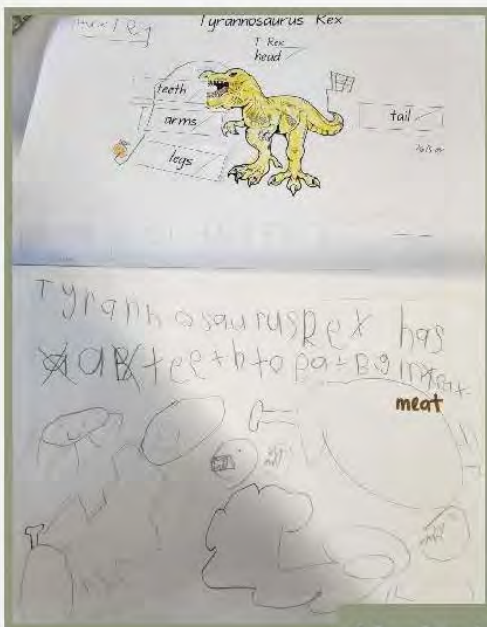
# Kindergarten



Irene KL



Vincent KN



Huxley KH



Jericho KN





# Kindergarten

Emily KN



The TRex ate meat.



Summer KN



Krystal KJ



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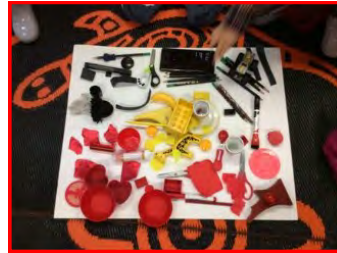
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# Preschool Newsletter Week 7

## Reconciliation Week

Last week our preschoolers celebrated Reconciliation Week alongside their primary school colleagues. Reconciliation at Lansvale means coming together as a whole school to do our best to bridge the gap between the broader Australian community and the Aboriginal and Torres Strait Islander community. To deepen their understanding and appreciation of our First Nations People, our preschoolers learnt the meaning of the Aboriginal flag and used many creative ways to replicate this. We created Aboriginal symbols and read stories to explore the histories of our country.



## Principals' Network Meeting

Last week we also hosted the Fairfield Principals Network Meeting. Our preschoolers had a starring role in opening this meeting by saying the Acknowledgement to Country. We also performed our famous 'Singing in the Rain' tap dancing/hip hop performance in front of the principals who were all impressed with our dance moves.



## Sustainability

Recently, our preschool children have been engaged in an inquiry project around rubbish and how that impacts our sea life. After investigating the drains located around our preschool and school, our children got to see the effects of rubbish on our oceans. Our creative preschoolers began designing a machine with very thoughtful parts to help save our sea animals. We brainstormed ideas and ways we can stop the big kids in the big school from throwing their rubbish on the ground. We love seeing our children becoming environmentally conscious citizens, thinking of ways to help protect our planet.





## **Pirate ship fun!**

This week our preschoolers finally got to explore the pirate ship playground for the very first time. They loved spinning, climbing, running, bouncing and sliding down the equipment. It was so much fun. They can't wait to come back again.



### **Message from the office**

Families can make an online payment at our school website

<http://lansvale-p.schools.nsw.gov.au/> and select 'make a payment' to the office.

Please remind your child to return their permission note with the receipt number to the front office.



# Reconciliation Week 2022



To acknowledge and celebrate Reconciliation Week, Lansvale Public School staff, students and community worked collaboratively together to bridge the gap between the broader Australian community and the Aboriginal and Torres Strait Islander People. At Lansvale, Reconciliation is about becoming more knowledgeable and appreciative about Aboriginal and Torres Strait Islander peoples, histories, and cultures past and present. It is also an opportunity for us to challenge our assumptions and prejudices and in particular find out more about our local community.

Lansvale's Aboriginal Education Committee collated learning activities and resources to support our teachers to implement experiences to celebrate and build on the respectful relationships shared by our First Nations People and the wider community. Our children had opportunities to explore the Aboriginal and Torres Strait Islander flags, Aboriginal art and symbols, languages, Dreamtime stories, song and dance and many classrooms created their own acknowledgement to country.

Have a look at how students at Lansvale showcase their newfound understanding and show deepest respect for Aboriginal and Torres Strait Islanders histories and cultures:

## PLAYGROUP

Our playgroup families worked together to create the Aboriginal and Torres Strait Islanders flag. They also decorated some handprints using the colours of the flags.





## PRESCHOOL

Our preschool children learnt about the significant meaning behind the colours of the Aboriginal flag and used creative ways to replicate this. They also explored Aboriginal art symbols, stories, music and dance.



## EARLY STAGE 1

Kindergarten students explored and used Aboriginal colours and symbols to produce beautiful artworks.





## STAGE 1

Stage 1 students learnt about Reconciliation week and discussed the theme "Be Brave and Make Change". Students collaboratively used Aboriginal colours and symbols to design their artworks.



1N used Aboriginal symbols to create patterns and collage handprint artwork.

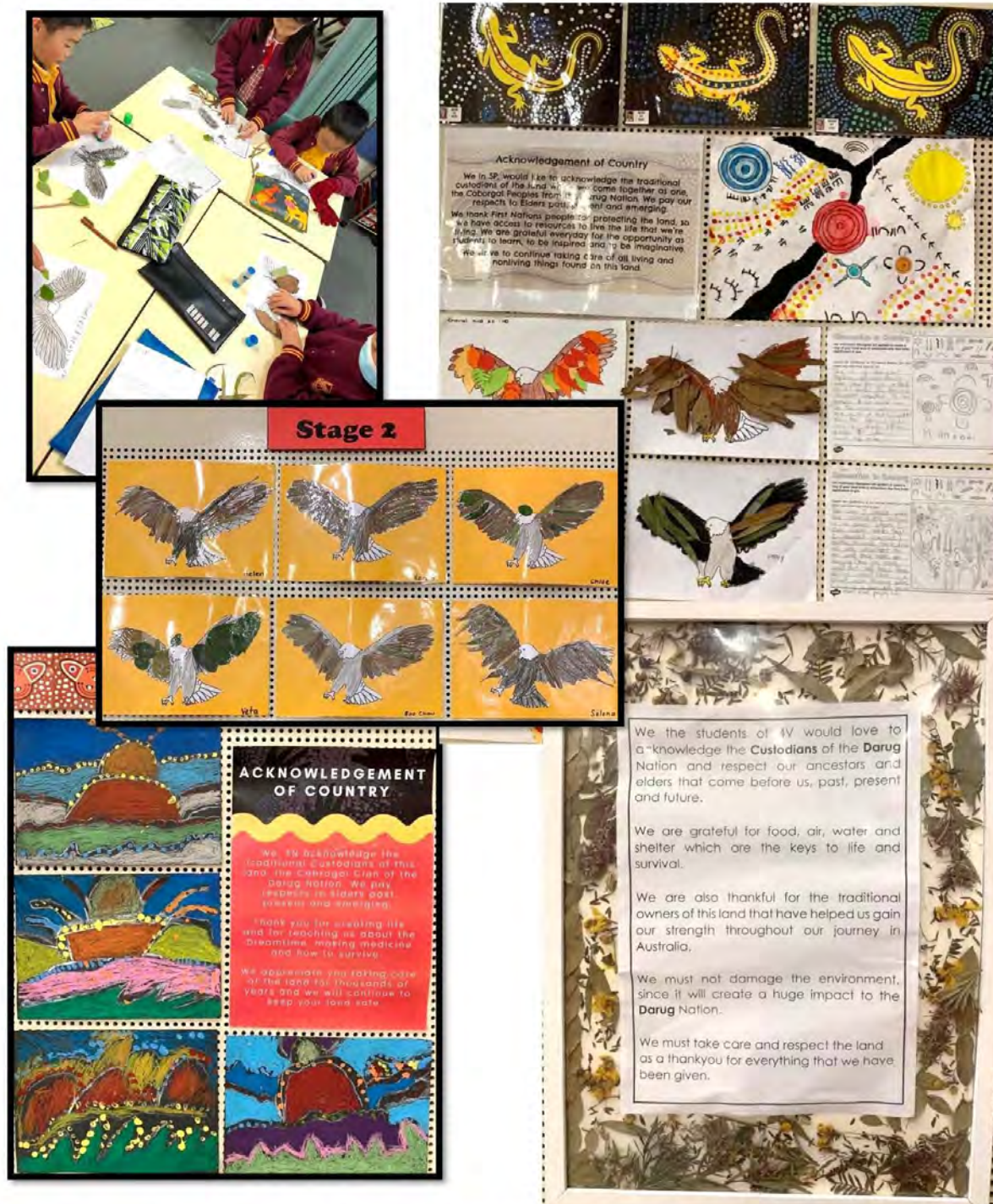
Ms Vu and Ms Do have inspired their students (2V & 2D) to co-construct a joint Acknowledgment of Country. Students worked together to complete a jigsaw puzzle artwork using colour pencils, oil pastels, waster paint and acrylic paint.





## STAGE 2 & STAGE 3

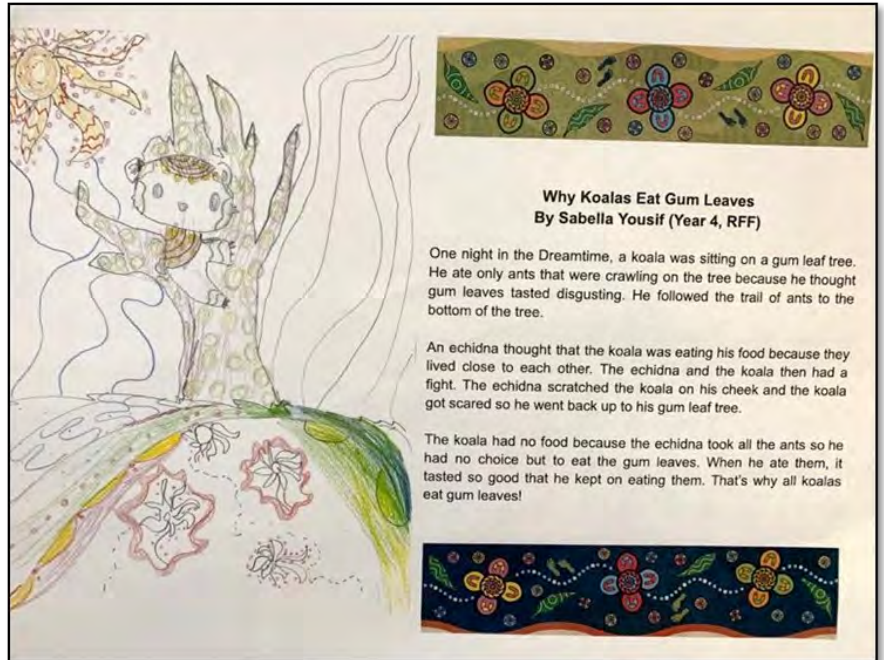
Students in Primary classes have co-constructed Acknowledgements of Country and authentically used it to show understanding and respect of Aboriginal histories and cultures. To celebrate Reconciliation, students created artworks as a response to the Dreamtime stories that they read.





## CULTURAL STUDIES CLASSES

In Cultural Studies classes, students listened to Dreamtime stories and learnt about First Nations traditions. They shared ideas through Yarning Circles and collaboratively created amazing artworks and writings.



### Why Koalas Eat Gum Leaves By Sabella Yousif (Year 4, RFF)

One night in the Dreamtime, a koala was sitting on a gum leaf tree. He ate only ants that were crawling on the tree because he thought gum leaves tasted disgusting. He followed the trail of ants to the bottom of the tree.

An echidna thought that the koala was eating his food because they lived close to each other. The echidna and the koala then had a fight. The echidna scratched the koala on his cheek and the koala got scared so he went back up to his gum leaf tree.

The koala had no food because the echidna took all the ants so he had no choice but to eat the gum leaves. When he ate them, it tasted so good that he kept on eating them. That's why all koalas eat gum leaves!



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## VIETNAMESE CLASS

Year 5 students in Ms An Ngo's *Vietnamese class* demonstrated their understanding and respect to Aboriginal and Torres Strait Islander history and cultures by co-constructing an Acknowledgement of Country in their first language. They then collected leaves from the playground and used Aboriginal colours to paint them to decorate the Acknowledgement of Country.



Translations:

*"Ms An's Vietnamese class acknowledges the Aboriginal People as the owners and custodians of Australia. We respect the Elders and are thankful for all the things they have done and continue doing to preserve this land."*





# Lansvale Sport Legends 2022



## Zone Netball Championships: Coaches Corner

On Monday 30th May, the Lansdowne Zone Netball Team played at the Sydney South West Netball Championships at the Minto Indoor Netball Stadium. Students from 12 different schools in the Lansdowne Zone all competed to make the team. The following students represented Lansvale PS at the Netball Championships: **Pounamu Pickering-Ratu (6L), Chelsea Pili (6T), Stacey Nguyen (6L), Tayla Nguyen (6L) and Alicia Fetu (6L).**

It was an exhilarating experience as the team played 8 games in a row! We are so proud of them as their hard work and incredible effort lead to competitive games against very difficult competition. We can't wait for the PSSA Netball season to begin at Lansvale PS.

**Coaches: Tina Inic, Jennifer Le and Jenny Tran (absent)**



### Reminder:

PSSA season 2 begins on Friday the 10th of June.  
The sports are Soccer, Netball and Touch Football.  
Please return notes and money to the office ASAP.







# Lansvale Sport Legends 2022



## Zone Cross Country



On Wednesday the 1st of June 2022, 55 students from Lansvale Public School, travelled to Adams Park to compete at the Lansdowne Zone Cross Country Carnival. Conditions were freezing, windy and sloshy but that didn't deter the competitive spirit from the Lansvale team. Miss M. Le, Miss J. Le and Mrs Halwag were very impressed and proud of how the students ran their races, supported their friends and school and displayed sportsmanship to competing students from different schools. For our youngest students, it was their first time at a Zone carnival and they all gave it a red hot crack. A huge congratulations to **Tayla, Bella.J, Ali, Lena, Theodore and Taha** who all placed in the top 10 of their division 1 races and earned a spot to run at the Sydney South West Regional Championships at the Sydney International Equestrian Centre on Wednesday the 15th of June. Lansvale Public School is extremely PROUD of all the students that attended the Zone Carnival this year. We are hoping that most of you will return next year and improve your placings.

**A huge shout out to Michelle Le for leading the cross country team this year.** You did an amazing job and gave the students the best opportunity to race and have fun. Thanks to all staff/community that helped Michelle with the 2022 cross country.

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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**

**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 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.



**Welcome to Term 2 Playgroups.**

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 safe measures.

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# National Reconciliation Week at Playgroup



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# P&C

If you are wondering what the P&C is like, then why not attend a meeting. You can bring a friend as it is easier to have support in a new environment. There are many ways to support your kids at school like meeting staff, attending assembly items, helping out at school events and being part of the P&C. Our families can participate at any level they are comfortable with, depending on work and other commitments.

P&C helps inform parents about school activities and policy. It 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.

The P&C Federation have guidelines, rules and regulations that we abide by and follow to run our meetings. Our meetings only happen once a month and everybody can contribute to what is happening in the school. The more people involved, the more exciting and successful it will be.

The P&C is one small part of the school, but we have a history of making significant contributions throughout the year with fundraising and trying to foster a positive community spirit.

We would love new committee members. P&C need a wide range of people who are committed to delivering great outcomes for their children and school.

*Upcoming P&C meeting is on Week 9 Monday 20 June 2022 from 9.15am to 11am in the Hall. Morning tea is provided.*

Thank you to all the wonderful staff and parents for donating to Australia's Biggest Morning Tea. We raised \$1,404 for The Cancer Council. A special thank you to Hoa, Carmen, Vijay, Cam, Liyun, Kimmy & Belinda for making all the treats for a successful event.



## Cooking Demo



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# Bihun Goreng Fried Vermicelli

## Fried Vermicelli Noodle

**Noodles sauce** (notes: 1/4 pack)

- 2 tablespoon Oyster sauce
- 1 tablespoon Chilli sauce
- 1 tablespoon Soy Sauce
- 1 teaspoon Karamel Masakan  
(Cooking Caramel)
- 1 teaspoon Fish Sauce
- 2 teaspoon sugar
- Pinch salt
- 2 eggs (whisked)

**Veggies ingredients**

- 125g Wai Wai Vermicelli Rice noodle (soak in warm water for 10min then strained)
- 1 carrot (sliced thinly)
- 1 onion (sliced)
- 1/4 Cabbages (sliced vertically)
- 4 spring onions (cut to 3cm)



### **Instructions**

Bihun Goreng Fried Vermicelli Noodle dish that originates from Indonesia and is commonly eaten in South East Asia. Bihun Goreng consists of chewy springy vermicelli noodles fried with leafy greens, chicken, egg, bean spouts & garlic. Seasoned with a sweet soy sauce for the perfect flavour.

1. Do NOT boil your rice vermicelli for **Bihun Goreng**. When you boil your noodles, then fry them again, it will cause them to break apart in the pan because they have become too soft. Soak the vermicelli in WARM water (not hot) for 10 minutes until loosened. Strain immediately and then pan fry with your ingredients. Do NOT pan fry for too long as this will lead to soggy broken noodles.
2. Tips always prepare all your ingredients in advance both veggies, soak noodle and mix sauces ready.
3. First marinate your sliced chicken/beef in corn starch, soy sauce, sesame oil and sugar. In another bowl, whisk together your noodle sauce ingredients. Prepare your veggies all thinly sliced.
4. You can use a wok or large pan, add cooking oil & marinated chicken, fry until 75% cooked. Then add garlic and green onions and mix with chicken allow this to fry for 30 seconds until fragrant. Pour in your whisked egg and scramble with other ingredients.
5. Then add your leafy veggies. Allow this to cook until the vegetables wilted. Add your noodle, cut the noodle if too long. Pour your noodle sauce. Give everything good mix until every noodle is coated & soft.
6. Ready to eat.

By Theresa & Nadia 23/05/2022



# Parent Workshop FWHC Dietition

On Monday 6 June 2022 in partnership with Fairfield Women's Health Centre facilitated a Parent Workshop.

Dietition Renee engaged with mothers about healthy eating and nutrition for the whole family.

This was followed by individual consultations with mothers regarding their health and nutrition concerns and queries.

If you would like more information on a Paediatric Dietitian please contact Rose on 9724 5252 or

[rose.raslan@det.nsw.edu.au](mailto:rose.raslan@det.nsw.edu.au)

Please keep your eyes out for another "Healthy Eating and Nutrition Workshop" in Term 4.



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# Healthy eating for children

TEACH YOUR CHILD HEALTHY HABITS FOR A HEALTHY LIFE



## WHAT ARE THE DIETARY GUIDELINES?

The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The *Australian Dietary Guidelines* of most relevance to children are included below:

### GUIDELINE 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.

### GUIDELINE 2:

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)

And drink plenty of water.

### GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
  - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats, such as oils, spreads, nut butters/pastes and avocado.
  - Low fat diets are not suitable for children under the age of 2 years.
- Limit intake of foods and drinks containing added salt.
  - Read labels to choose lower sodium options among similar foods.
  - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

### GUIDELINE 4:

Encourage, support and promote breastfeeding.

### GUIDELINE 5:

Care for your food; prepare and store it safely.



[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

Want more information about healthy eating?

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns. Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

### Examples of discretionary choices include:

- Sweet biscuits, cakes and desserts
- Processed meats and sausages
- Ice-cream, confectionery and chocolate
- Meat pies and other pastries
- Commercial burgers, hot chips, and fried foods
- Crisps and other fatty and/or salty snacks
- Cream and butter
- Sugar-sweetened cordials, soft drinks and sports drinks.

It is also important to remember that young children (less than 3 years of age) can choke on hard foods. To prevent this from happening:

- Sit with them when they eat and don't give them hard foods such as popcorn, nuts, hard confectionery or crisps.
- Cook or grate hard fruit and vegetables to soften them.
- Remove all bones from fish or meat.



## ENCOURAGING HEALTHY HABITS

Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

You can help by teaching your whole family to:

- Choose 'everyday foods' for home and school from the Five Food Groups.
- Save discretionary choices for special occasions.
- Provide a variety of types and colours of fresh vegetables and fruit that are in season.
- Enjoy reduced fat varieties of milk, yoghurt and cheese (once they are 2 years or older).
- Eat mainly wholegrain cereal foods and breads.
- Drink plenty of water instead of sugary drinks like cordial, energy drinks, sports drinks, fruit drinks, vitamin waters and soft drink.
- Eat a healthy breakfast every day.
- Learn about how foods are grown and where they come from.
- Try new foods and recipes – help with cooking and preparing foods and drinks too.
- Turn off the tv and computer at mealtimes – make this family time.
- Wash their hands before eating or cooking.
- Be physically active – play outside, walk the dog or run around at the local park.



The *Australian Dietary Guidelines* provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing.

For more information visit:  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### or contact:

National Health and Medical Research Council  
GPO Box 1421  
Canberra ACT 2601  
13 000 NHMRC (13 000 64672)

### To order print copies contact:

National Mailing and Marketing  
Email: [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au)  
Phone: 02 6269 1080

Publication Reference: N55f



**Australian Government**  
**National Health and Medical Research Council**  
**Department of Health and Ageing**

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[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

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## SERVE SIZES



### Vegetables and legumes/beans

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 2 1/2     | 4 1/2     | 5          | 5 1/2       | 5 1/2       |
| Girls | 2 1/2     | 4 1/2     | 5          | 5           | 5           |

A standard serve of vegetables is about 75g (100-350kJ) or:

- 1/2 cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- 1/2 cup cooked, dried or canned beans, peas or lentils\*
- 1 cup green leafy or raw salad vegetables
- 1/2 cup sweet corn
- 1/2 medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

\*preferably with no added salt



### Fruit

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 1         | 1 1/2     | 2          | 2           | 2           |
| Girls | 1         | 1 1/2     | 2          | 2           | 2           |

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup dried or canned fruit (with no added sugar)
- Or only occasionally:
- 125ml (1/2 cup) fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1 1/2 tablespoons of sultanas)



### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 4         | 4         | 5          | 6           | 7           |
| Girls | 4         | 4         | 4          | 5           | 7           |

A standard serve (500kJ) is:

- 1 slice (40g) bread
- 1/2 medium (40g) roll or flat bread
- 1/2 cup (175-190g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- 1/2 cup (120g) cooked porridge
- 1/2 cup (30g) wheat cereal flakes
- 1/2 cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



### Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 1         | 1 1/2     | 2 1/2      | 2 1/2       | 2 1/2       |
| Girls | 1         | 1 1/2     | 2 1/2      | 2 1/2       | 2 1/2       |

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 80-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish
- 2 large (120g) eggs
- 1 cup (180g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

\*weekly limit of 455g



### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

#### Serves per day

|       | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years |
|-------|-----------|-----------|------------|-------------|-------------|
| Boys  | 1 1/2     | 2         | 2 1/2      | 3 1/2       | 3 1/2       |
| Girls | 1 1/2     | 1 1/2     | 3          | 3 1/2       | 3 1/2       |

A standard serve (500-600kJ) is:

- 1 cup (250ml) milk, UHT long life, reconstituted powdered milk or buttermilk
- 1/2 cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cubes (40g) of hard cheese, such as cheddar
- 1/2 cup (120g) ricotta cheese
- 1 cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

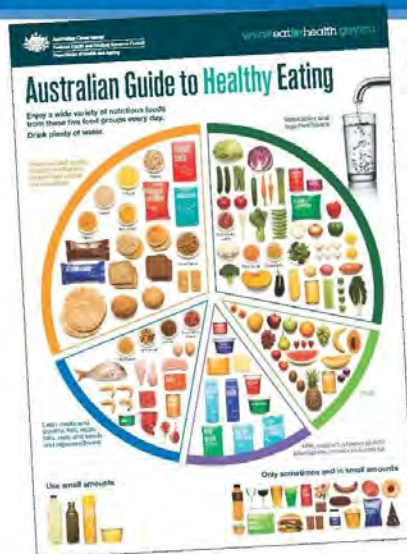
- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed by children who are not overweight but are taller, more active or older in their age band.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 4-5g per day for children 2-3 years of age, 7-10g per day for children 3-12 years of age, 11-15g per day for children 12-13 years of age and 14-20g per day for adolescents 14-18 years of age.

- For meal ideas and advice on how to apply the serve sizes go to:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

FOR FURTHER INFORMATION GO TO [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



## WHICH FOODS SHOULD I EAT AND HOW MUCH?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your child with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, they will get enough of the nutrients essential for good health, growth and development. They may have a reduced risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. Your child may also feel better, look better, enjoy life more and live longer!

The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For example, a 3-year-old boy requires 1 serve of fruit a day, but an 11-year-old boy needs 2 serves of fruit a day. A 9-year-old girl needs 4 serves of grain (cereal) foods a day, and a 14-year-old girl needs 7 serves a day. Children who are taller, more physically active or in the higher end of their age band (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au).

### HOW MUCH IS A SERVE?

It's helpful to get to know the recommended serving sizes and serves per day so that your child eats and drinks the right amount of the nutritious foods they need for health – as shown in the tables above. We've given you the serve size in grams too, so you can weigh foods to get an idea of what a serve looks like.

The 'serve size' is a set amount that doesn't change. It is used along with the 'serves per day', to work out the total amount of food required from each of the Five Food Groups. 'Portion size' is the amount your child actually eats and this will depend on what their energy needs are. Some children's portion sizes are smaller than the 'serve size' and some are larger. Children may eat smaller amounts more often if they choose.

### HOW MANY SERVES A DAY?

Children rarely eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of their portion sizes should end up being similar to the number of serves they need each day.

If your child eats portions that are smaller than the 'serve size' they will need to eat from the Food Groups more often. If your child's portion size is larger than the 'serve size', then they will need to eat from the Food Groups less often.

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## Upcoming Parent Workshops



# Circle of Security

**Monday | 9:30am – 11:30am**

**20th June 2022**

**Chancery Street**

**Canley Vale NSW 2166**

- Understand your child's emotional world by learning to read emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour the innate desire for your child to be secure

To register or for more information

Please contact Rose  
0433 155 654



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## Parent and carer webinars

2022

### Safer online gaming

**Help your kids stay safe by learning about the benefits and risks of online gaming.**

eSafety's expert education and training team is running FREE live webinars in June 2022 exploring safe online gaming. Parents and carers of young people aged 8 to 13 years are invited to join.

**Dates:** (AEDT)

Thursday 9 June: 12.30 - 1.30 pm

Friday 17 June: 12.30 - 1.30 pm

Tuesday 21 June: 7.30 - 8.30 pm



**Register now:** [esafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



eSafety Commissioner

[esafety.gov.au](https://esafety.gov.au)

### FROM The Smith Family- Saver Plus-

#### Saver Plus – important update on eligibility criteria

Hello! Saver Plus program now accepts Carer Payment as income in our eligibility criteria. This update will enable another vulnerable segment of our community to have access to the Saver Plus program and have the opportunity to develop lasting savings habits.

As a reminder, Saver Plus is funded by Department of Social Services, and aims to help eligible participants with free financial education and \$500 matched savings for education expenses such as laptop and school uniforms. The program is the Australian longest financial education program for community.

Please note, Child Support Payments and cash-in-hand as income are also accepted in our income eligibility criteria.

More information about Saver Plus and other eligibility criteria can be found on <https://www.thesmithfamily.com.au/programs/financial/saver-plus>

For enquires and referrals, please feel free to contact Chris on [chris.leung@thesmithfamily.com.au](mailto:chris.leung@thesmithfamily.com.au)

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