

Lansvale Public School

Newsletter

19 August Week 5



Principal Report

= Term 3, Week 5



Dear Parents/Carers,

We have had a very busy last 2 weeks. Thank you to our students, staff and community for making Education Week a huge success. It was so humbling to have lots of parents and carers visiting classrooms and enjoying a picnic lunch.

A very big thank you to our amazing P & C and parent volunteers who worked to run our sausage sizzle all morning. Also, a big thank you to our Education Week committee who put together a wonderful week of activities for all students to enjoy.

THANK YOU

Lansvale Lionhearts

In Week 3 we launched our Lansvale Lionhearts program. Our teachers are very excited about this and our students are enjoying coming to our Lionhearts sessions every Friday. Please make sure you ask your child about their weekly pocket message.

LANSVALE LIONHEARTS



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 or phone on 9724 5252
- follow [NSW Health advice](#) to isolate for 7 days.

- *Lansvale Lionhearts*
- *COVID-SMART*
- *Term 3 Calendar*
- *Book Parade*
- *Father's Day Stall*
- *Kindergarten and Preschool 2023 Enrolments*
- *Marvellous Moments with Mrs Karam*



Principal's Message...continued

Term 3 Calendar

There is so much happening this term. Take a look at some of our events over the next 2 weeks.



When	What is happening
Week 6 – Monday 22 nd August	ICAS Spelling Test
Week 6 – Monday 22 nd August	Parent Workshop – Literacy and Numeracy
Week 6 – Tuesday 23 rd August	ICAS Science Test
Week 6 – Wednesday 24 th August	Healthy Harold visits LPS for 10 days!
Week 6 – Wednesday 24 th August	Year 3 Gardening club
Week 6 – Thursday 25 th August	Year 6 Oz Harvest program begins
Week 7 – Monday 29 th August	ICAS Mathematics
Week 7 – Tuesday 30 th August	Father's Day Stall
Week 7 – Tuesday 30 th August	Pyjama Day
Week 7 – Thursday 1 st September	Paper Planes & Pizza Event for Father's Day

Book Parade

We are excited to be holding a Book Parade this year. This event will be held every 2nd year going forward. This year the Book Parade will be held in Week 8 on Tuesday 6th September. We wanted to let everyone know in advance, so you have plenty of time to get those costumes ready!

The theme for this year is 'Dreaming with eyes open...'



Father's Day Stall

Father's Day is fast approaching. Our wonderful P & C will be holding a Father's Day stall over two days. This will occur on Tuesday August 30th and Wednesday 31st August. Stay tuned for more details soon!

Principal's Message...continued

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.

Marvellous Moments with Mrs Karam



Vietnamese – Year 5 with Mrs Fisher

On Tuesday I visited Mrs Fisher's Year 5 Vietnamese class. It was great to see so many happy, engaged students. The students were learning about daily routines in Vietnamese and I was so impressed with their language skills. Students were able to clearly articulate to me in Vietnamese their daily routine. The students also enjoyed working in teams to complete an online quiz using Kahoot.



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Principal's Message...continued



Class 4V

I really enjoyed my visit with class 4V. The students were working on creating pamphlets using Canva. Each student had researched a capital city and was working on creating an advertising brochure to demonstrate their understanding. I enjoyed visiting the different groups and seeing how much students knew about the different capital cities across Australia. I was also very impressed with their technology skills. Lots of students were able to produce very detailed brochures with amazing graphics. Well done 4V!

Khmer – Year 2 with Miss Reach

The Year 2 Khmer group were working in a small group learning how to mix different colours to create new colours. Whilst doing this they were engaging in the Khmer language and learning how to use their first language. At the beginning of the lesson the students read a quality text that helped to deepen their knowledge of paint mixing. It was lots of fun visiting Year 2.



Class 1E

On Thursday, I visited class 1E during their morning routine. It was great to see the students starting the day with a morning song and looking at the visual timetable. After this the class engaged in a phonics activity. I was impressed with how well the students were able to identify nonsense words and use their phonemic awareness to help them. I had a great time in class 1E.

Principal's Message...continued

Science Week

This week our students have been participating in various different science activities during lunch time. Thank you to our wonderful Science committee for organising such a fun week.

Take a look at some of the photos below.



Have a great fortnight!

Mrs Laura Karam
Principal

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Deputy Principal's Corner

with Mrs. Hutchinson and Mrs. Chau



From Mrs. Hutchinson

Lansvale Lionhearts

Lansvale Lionhearts kicked off in Week 3, with great success!!! Woo hooooo!!!!

For the past two weeks, the students have been working on getting to know each other in our Friday Lionhearts sessions. Each group developed a unique name and collaborated to create a secret handshake for their group. Their secret mission this week, is to find their group members in the playground, greet them using the secret handshake and report back to the group on Friday.

This week in Lionhearts, we see students playing some more fun ice breaker games and strengthening their relationships with students from across the school. I can't wait!

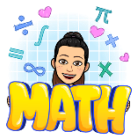
Books with Mrs. H.

This week, I visited 4N to share with them a beautiful new book that I borrowed from our school library. This book is titled, 'We are Australians' by Duncan Smith and Nicole Godwin, and it looks at the rights and responsibilities that we all have as Australians. It is full of amazing artworks created by Jandamarra Cadd and we all marveled at his talent as we admired the pictures on each of the pages.



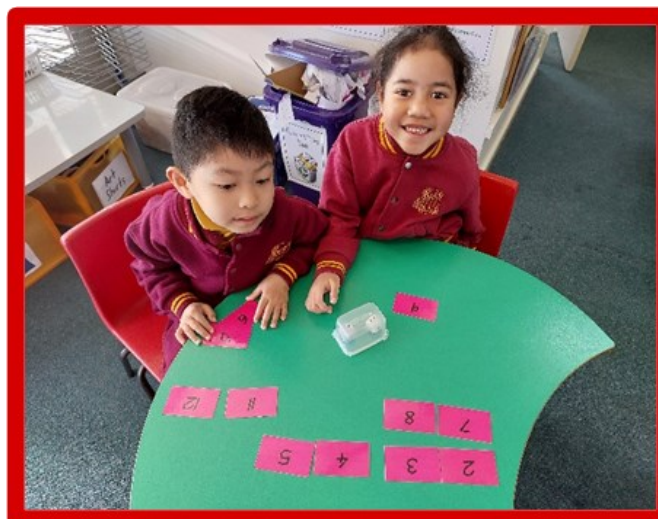
This book discusses the First Nations People and how they have inhabited Australia for over 65 000 years. It also discusses how many people have travelled to Australia to make it their home. 4N were keen to share the many countries that their families had come from to make Australia their home. What an interesting conversation!

From Mrs. Chau



Take that Number with KN and Red or Black with 4S

It was so wonderful to see how much our kindergarten students have learnt this year. The game *Take that Number* required numeral identification as well as one-to-one correspondence and subitising. KN students showed me different ways they could add numbers: some students did one to one, some used their fingers and some students could count on! Wow!! The students engaged quickly in the game and took no time at all to work out what to do. They worked out quickly if it was possible to "take a number" if only one dice was rolled e.g. if they wanted the number 8 and rolled a 3 on the first dice, they worked out that you needed 5 on the other dice. What amazing thinking from our kindergarten students!



My visit to 4S was filled with lots of noise and excitement. We played a game called *Red or Black* where students had to guess whether the card they turned over would be either red or black (hence the name!). If they were correct, they could add the 2-digit number to their total, if it was incorrect, they had to subtract. There were lots of cheering and groans ringing through the classroom. It was wonderful to see students using various strategies to add and subtract: compensating, splitting, bridging and jumping! Well done 4S!





Lansvale Public School

"A PROUD Public School"



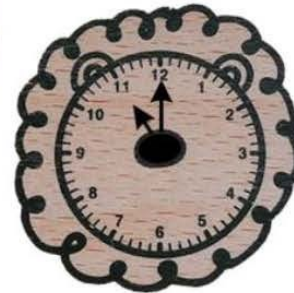
Weeks 5 & 6 PBL FOCUS



Be **organised** at lunch time by going to the canteen after eating time.



Straight after eating time,
You can go to the canteen line.



LEGO CLUB

Lansvale's Lego Club initiative launched last week and was a great success! Club members attended an induction at Lansvale's Lego Club headquarters located at the Creation Station where they were welcomed by teachers and support staff. PROUD expectations were shared and learning intentions briefly discussed as weekly sessions will provide multiple opportunities for students to focus on and develop a range of skills including:

- creativity
- collaboration
- verbal and non-verbal communication
- attentiveness
- sharing and turn taking
- problem solving
- conflict resolution

Students were organised into groups and challenged to individually create something using Lego within a given time frame. Once time was up, they shared their creations within their teams by explaining what they had made and were also encouraged to be respectful learners by looking at and listening to other team members. We can't wait for the next Lego Club session this week! Let's go! Or should we say Lego!?! 😊



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PRESCHOOL NEWS

EDUCATION WEEK

Thank you to all the families that joined us for our open classrooms during Education Week. It was so nice to have our families in our classrooms again, spending time with the children during their preschool day. The recycled home art you all created looked amazing! Thank you for supporting our children to be environmentally responsible citizens at home and at preschool. Our wonderful teachers also invited our parents to a powerpoint presentation showcasing all the learning that has occurred during the first semester of preschool. We ended the visit with a lovely picnic lunch with our families!



NAIDOC WEEK

To celebrate Naidoc week, our preschoolers used tapping sticks to sing and tap to the song "Inanay" - an indigenous children's song. We said our Acknowledgement of Country outside and remembered our promise to look after the land, the animals and the people too. We then used the colours of the Aboriginal flag as inspiration to create our recycled bottle lid art. We took a long time to complete our artwork but are so proud of how it turned out. It will sit proudly in our preschool classroom.



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ACTIVE BEGINNINGS FUN FIT KIDZ

Thank you to the families who have shown interest in continuing with Active Beginnings Fun Fit Kidz in Term 3 with Coach Tim and Coach David. The Monday & Tuesday group started their session on 15/08/22 where they learnt how to strike a stationary ball using a bat and a batting tee. They also participated in an obstacle course and a 'sausage roll' which supported their jumping skills, balancing skills, confidence, listening skills, coordination and spatial awareness. The children incorporated the Fun Fit Kidz motto "I CAN DO IT!" to support their emotional well-being in showing persistence when completing these gross motor movements.

If you wish for your child to participate in this program, please let your preschool teacher know and we can give you a note. The fee is \$10 per week. There will be one session per week up until Week 10, Term 3.

Here's a link to some activities to support your child's gross motor skills in striking a stationary ball at home: https://www.nslhd.health.nsw.gov.au/HealthPromotion/MunchMove/Documents/MinMoves_ActivityCards_StrikingStationaryBall.pdf



PRESCHOOL RED YEAR 4 BUDDIES



Both Preschool Red classes had the opportunities to reunite with their Year 4 buddies! The Year 4 students came down to preschool on Tuesday and Thursday to walk the preschool children to the pirate ship. This allowed them the children to learn:

- How to positively interact with their buddies using both verbal and non-verbal communication.
- Build secure attachment with their buddies.
- Confidently explore and engage with social and physical environments through relationships and play.
- Increasingly co-operate and work collaboratively with others.



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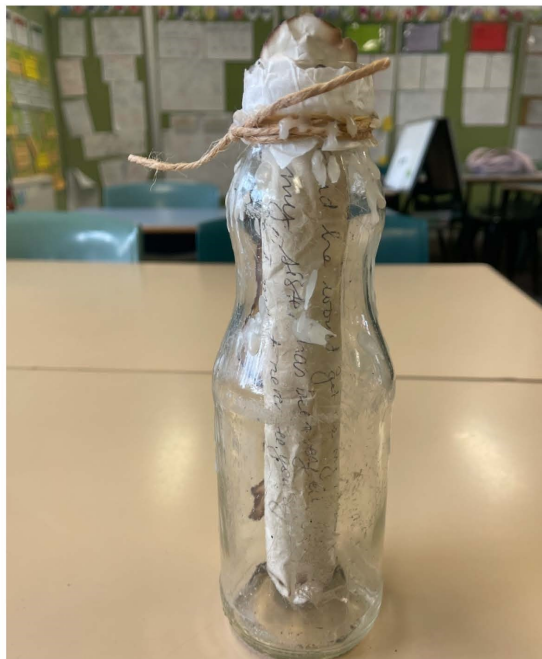
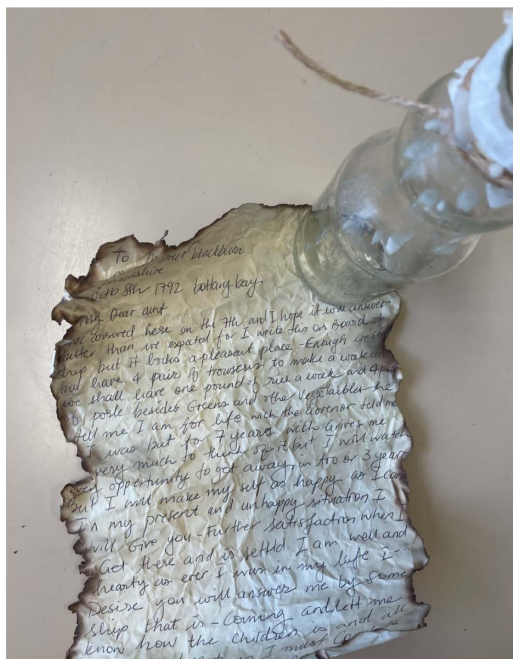
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Year 5 Writing

This term students in Year 5 are studying the History of Australia in particular the Australian Colonies. As a hook for this unit of work, students unraveled a mysterious letter found in a bottle. They discovered that the letter was a replica of the original letter of Mary Reibey, who was a convict sent to Australia from England.



As part of their Writing task students in Year 5 wrote a letter in the perspective of another significant person such as John and Elizabeth Macarthur, Bennelong or Mary Reibey. Year 5 students enjoyed composing these letters.

INDEPENDENT TASK

In small groups, you will be given multiple fact sheets of **ONE** of the following significant people to research.

- John or Elizabeth Macarthur
- Bennelong
- Mary Reibey



John Macarthur



Elizabeth Macarthur



Bennelong



Mary Reiby



Analysis and use of sources (history skill)

- Locate information from sources
- Compare information from a range of sources

You will need to:

1. Read the given fact sheets about your significant person.
2. Highlight and annotate key ideas.
3. Organise your facts into subheadings or categories (this will help with your next activity)

Writing task



- Correct structure of a letter
- Past tense
- First person, written in the perspective of your chosen person
- Facts

You will take the perspective of John Macarthur, Elizabeth Macarthur, Bennelong or Mary Reiby and write a letter to your family about your life in Australia now.



John Macarthur



Elizabeth Macarthur



Bennelong



Mary Reiby

5J

NSW Hilliers Hill 31st of October 1792
 Dear cousin,
 Sorry for running away from home. We could barely buy enough food for us. Literally they sent me here to Australia for 7 years because I had stolen a horse. I couldn't wait longer and I was fanned to death. By the time I waited I was a skeleton.
 In Australia I've been a servant for the commander of NSW called Major Gross. I was really lucky being able to get a servant out of a building. On the voyage here the only thing we ate was 9 pounds of porky and a rice and some other stuff. We had to ration our food with 200+ people. Alas it was more filling than the food we could find. It wasn't easy on the walk but that it was challenging however I had to move on and I couldn't stop there.
 I'm 15 now I miss you lots. I can barely even recognize you anymore. See you in 5 years.
 Sincerely,
 Mary Reibey

Eda

Dharug Nation - Cobaragal Clan
 Pimakoole 8 August 1793
 Dear friend,
 It has been a long time since I've met you, of course I still live in Port Jackson at the Wangal Clan, you might not recognise where Port Jackson is, some type of ghost people came and named it.
 I've been kidnapped by one of them, he looked like the leader of all of them. But he doesn't seem like he's trying to kill me, it looked like he was trying to communicate with me. Later on he actually learned it from me! The ghost people successfully built relationships with us. Since that day they introduced animals that we've never seen and foods and drinks. The drink that I like most was called 'alcohol' but alcohol wasn't so good for you after all.
 Now I am at the hospital writing this letter in a bad condition. Hope to hear from you soon, although I don't have enough time anymore. I'll try to make my life as happy as possible.
 From your dear friend Bennelong

Harry

5N

32 Harry Street
 England
 1st May 1854
 Dear Auntie,
 When I came to Australia I was 15. Life was hard being a convict because I was punished by Captain Arthur Phillip. My punishment was to be a servant to Major Grose. Life was horrible while being a convict but I never gave up. I was sent here because I stole a horse and tried to sell it.
 When I was 17 years old I married the love of my life. His name was Thomas Reiby Jant. I loved him because he was a good and kind man. I had seven children and Thomas had a trading business. When he died my eyes were tearing up and I worked very hard to make the company bigger. As a result I was very wealthy and I owned 50 small farms and 300 properties in the centre of Sydney.
 When I owned Thomas's business I had to fight prejudice because I was a female. People weren't taking it seriously and men looked down at me. I was frowning and I always worked hard. In 1817 I made the first colliers bank in a building. I was very successful from working hard.
 I hope to see you soon
 By Mary

Emily

1804
 Dear mother,
 It has been a few years since we reached this strange new land. The voyage here was most sad and unhygienic. There were many convicts that smelled of rotting bread and held who knows how many diseases. I got pregnant with a second child onboard. My little baby Edward was most happy and was so excited to finally be a big brother. Once the baby was born we had a splendid time but it all went tumbling down like a sack of apples when my baby died within just one year. We were all so sad but John was absolutely devastated down on his knees.
 Once we arrived we claimed about 2100 hectares of land for our family to live on. We bred marine sheep since their fur was over so soft and hard to find. I now have seven wonderful children that would love to meet you in person for the first time in their lives. We have bought a few convicts to work for us and help us with our growing company. I do have to say though we are supposed to be harsh on them dusk till dawn. I feel sorry for them as they work their rear ends off with no help whatsoever. Other than that everything is going absolutely amazing with my new life here in this new land.
 About my most wonderful children I have five boys but one has died and two girls so just seven little babies. The boys' names are Edward, James (he's dead), John and James (I named him that in honor of the first James). My girls' names are Mary and Emmaline. I hope to see your face soon and wish that you were here at this time!
 Mrs. Macarthur
 Bridgerule, Devon England
 House 18

Anna

5I

1 October 1785

Great Britain
The former governor
Arthur Phillip

Dear companion,

It has been a few weeks since I arrived home on 7 September 1785. My voyage with the new governor John Hunter took about 100 days. Can you believe that?

Back home I have been living the European lifestyle like before when you were still here in New South Wales. I have enjoyed many things of your people's culture like drinking alcohol and eating new food that this land have never grown before. But after careful consideration, I have already decided to go back to my people's way.

I have been struggling going back to my old lifestyle since I have gotten used to the European ways. I have also found it harder to do everyday chores that I used to do daily like climbing trees and crafting weapons like spears and boomerangs unlike before. I haven't felt so useless in my life.

I hope you have a quick recovery.
Hope to hear from you soon

Bennelong
By: Kristina Duong

Kristina

June 1788

Sydney Cove
Captain Arthur Phillip:

You should construct relationships with our eora tribe. After the passing of my wife from the convicts with smallpox that have been transferred to our tribe, I think it's best to form an alliance with our tribe.

You and marketeers in the colony who can help, shall side with our people, and help each other in harmony. I think this is a great way to connect.

This will be a great euphony to the ears of the colony, and help construct peace. I will translate and teach ways of communicating while allowing speeches to be understood by our people.

This will improve the colony, and will prevent wars between our tribes. My actions and talk will stop them from spearing you. I am very confident that this is gonna work. I look forward to trying out a different diet other than the herbs and berries from our land, and I'm appreciative of your wear, so I want to try it later on.

I think this will work flawlessly without a doubt, and we will be able to learn each other's ways. You are smart and we are strong, with wear, culture and skill showing that we have different strengths. This can work, and it will. This has been put through consideration, and it's a positive move.

Thankyou and please respond.

Make the colony expand and widen its potential to our land and territory.
Bennelong Jake Khan

Jake

5P

8 June 1791

Dear Henry my son

We have just arrived at Sydney after a and a half years on the second fleet. We had a rough trip to Sydney since your dad had a serious illness so I had to nurse him on our way there.

While we were still on the boat, I gave birth to a second child but soon after it sadly died. But once we have arrived, I quickly adapted to the new environment and became friends with a white woman called Dorothea and her newborn baby, I was really happy to be friends to be a native Australian. Then in 1809 John was sent back to London for fighting his own commander, so then I had to take care of the farm and sheep by myself.

We worked for a wool industry back at England but we wanted to seek fortune so we signed up for the New South Wales fleet to go to Australia on the second fleet. When we arrived we planned to breed Merino sheep that originated in Spain. We missed you Henry, I wish to reunite with me and your Dad so we can be a lovely wonderful family, then we started the Elizabeth farm with the 40 hectares of land granted to us we used the land to plant grapes and melons.

What we were thinking of doing is the future is to visit and visit you. And have some fun with you.

Love
Elizabeth Mawerth

Tin

Tuesday 7th 1811 August

Dear Grandpa

Ever since my parents died I have seen more determined than ever however I have been lonely without my husband. On the bright side I have 6 children and one on the way, I have also taken over his business which I will more better. Before my mind was run of a fever but now I'm glad and relieved that I wrote the letter otherwise I might've had a worse fate. I am also grateful to the judge who spared me sending me to 7 years transportation and not execution.

If Grandpa didn't die I could've had a happy life however I was forced to sleep to ^{eat} food and ^{live} we, I couldn't stay at my workplace so I ran away not being prepared. That was my first mistake because that meant I would have no job to pay money with. My second big mistake was getting the horse stolen because then ^{person} would see their horse being sold and know I stole it. That is everything that happened to me and I hope your life is good. Now I shall see what fate holds for me. Please send a letter back to let me know how you are.

Love,
Mary

Wilson



Lansvale Sport Legends 2022



On Tuesday the 2nd of August 2022, all students from Years 3-6 travelled by bus to Makepeace Oval to compete at the Lansvale PS annual Athletics Carnival. This was our first complete carnival since 2019, due to covid 19. The students were as enthusiastic as I have ever seen them. Every single age group, had up to 10 heats for each running race. The sportsmanship, effort and desire to do their best, was bursting from the smiles on their faces. So many students ran in the races, that we had to postpone shot put and discus until the following week, back at school. The athletics team had a massive job to go through each heat to find the fastest times for the students that will make the Zone Athletics Team. Students that made the zone team, will get a note this week. Thank you to all the parents and families that came to support their children on the day. See you in 2023!



Lansvale PS Athletics Carnival 2022



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Lansvale^a Sport Legends 2022



A huge shout out to Miss Phan, Miss Tran, the Athletics committee and the P&C for organising an incredible Athletics Carnival for our students.



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@Lansvale Community Centre



Rose Raslan
School as Community Centre Facilitator

*Come along and find out what is happening at the
Lansvale Community Centre. Everyone is welcome*



Interactive and fun sessions for parents
and children through singing, stories,
crafts, dancing and everything fun!

Playgroup	Day	Time
LPS School Readiness Program for children aged 3 to 5 years old	Tuesday	9-11am
Save the Children Fund Outdoor Playgroup for all ages	Wednesday	9-11am
Community First Step Playgroup for all ages	Friday	9-11am

Learning through Play



For more information please contact
Rose Raslan on 9724 5252

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The Importance of Social Skills



At Lansvale PS Playgroups we support parents by learning about the importance of social skills. Children improve their social skills by having conversations, developing body language and cooperating. This allows the children to form positive relationships, share and even play together. Children that develop social skills improve mental capacity and cognitive abilities, leading to overall mental health

There are 8 social skills that are important for children to have:

- Sharing-sharing is a part of daily life
- Listening-active listening is an important skill that even some adults struggle with
- Following directions
- Collaborating and cooperating
- Patience
- Empathy
- Respecting boundaries
- Positivity

Parents can support their child's social skills by:

- Following their child's interests. Enjoying others will come more naturally when a child is doing something they are interested in.
- Parents can learn to ask questions and start a conversation.
- Practise role playing with their children.
- Teaching children empathy and kindness.
- Know your child's limits and practice positive parenting.
- Being a great role model.



South Western Sydney Local Health District

Healthy Family Bulletin

Screen time



A family technology plan is a set of rules that helps everyone in your family balance and manage technology use.

It might include guidelines about where and when you use technology and what you use it for.

Your family technology plan will depend on your family situation, and it will probably change as your children get older and your family needs change.

Find more information [here](#).

Breastfeeding

Returning to work does not mean that you can no longer breastfeed your baby.

Continuing to breastfeed can be something special for you and your baby to share, as you both get used to a new routine.

For more information on preparing your return to work and expressing breastmilk, click [here](#).

Go to the Australian Breastfeeding Association [website](#) for more details.



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Not sure what to do if your child gets sick this winter?

KNOW THE FACTS THIS WINTER



Most respiratory illnesses can be managed safely at home. Plenty of fluids, rest and gentle pain relief will help keep your child comfortable while they recover.

- If your child isn't getting better or you are still concerned, contact your GP.
- If your GP is unavailable, you can call HealthDirect 24/7 for expert advice on 1800 022 222.
- If your child experiences serious symptoms like difficulty breathing, call Triple Zero (000) immediately.



- For more details, click [here](#).

COVID-19 reinfection period reduced from 12 weeks to four weeks

Had COVID-19? Change to testing and self-isolation advice



LEARN MORE >

People who have previously had COVID-19 are asked to test for COVID-19 after four weeks since their isolation ended if they have symptoms and to follow the relevant health advice if they test positive.

People who test positive again will be reported and managed as new cases.

If it has been more than four weeks since you had COVID-19 and completed your self-isolation, you can become a household or close contact.

Anyone who becomes a household or close contact must follow the [NSW Health Household and Close Contact Guidelines](#).

There have been no changes to when you should have your next COVID-19 vaccination after infection, this is still 3 months.



Parent Workshops

Circle of Security Parenting Program

Thank you to all parents that participated in our parenting program. We were fortunate to partner with Core Community Services to provide Circle of Security Parenting Program to our community at no cost. Parents completed the 5 session program last week. Parents have increased their parenting skills.



123 Magic Parenting Program for Dad's

Thank you to all dads that participated in our parenting program. We partnered with Woodville Alliance to provide 123 Magic Parenting course for dads'. We will continue this fantastic program on Wednesday 24 & 31 August from 9.15am in the Community Room.



Garden Working Bee

On Tuesday 9 August we had a Working Bee for the Garden. Thank you to all who came along and supported our school. We were able to remove all the weeds from the Sustainability Garden.



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Upcoming Workshops

- Literacy & Numeracy Parent Workshop 22 August 2022
- 123 Magic Parenting Program 25 August, 1 & 8 September 2022
- Upskilling Dads for Work Thursday 15 September 2022

If you are interested in attending any parent workshop and would like more information, please contact Rose Raslan via the office on 9724 5252 or rose.raslan@det.nsw.edu.au.

Parent Garden Workshop

Thank you Bunnings Villawood for a fabulous Garden Workshop. Jodie brought in seedlings, soil and planter boxes for parents to take home. We learnt how to create a veggie garden in a small space. All parents and children enjoyed a wonderful morning getting dirty!



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

Lansvale Public School

P&C News

P&C Meeting was on Monday 8 August at 9.15am. Thank you to all who came along to stay up to date with what is happening at Lansvale PS. We encourage all parents and community to join our P&C. By joining you are showing your children how committed you are to helping students and your school community. Participating in P&C activities can also help you to form friendships with other parents/carers and feel a part of your school community.



Upcoming P&C Meetings

All meetings are in The School Hall from 9.15am on Monday Week 4 & 8.

** Please keep your eyes out for any change of dates*

Everyone is invited to come along and join us at our next meeting. P&C work very closely with the school, aiming to build a stronger school community where all children benefit. If you would like more information please see Rose, Theresa or Lee at the Community Table every Monday and Tuesday morning.

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Parent Café - Healthy Lifestyle

Mum and Bub Fitness

Every Tuesday at 2pm we invite mums to attend a Mum and Bub Fitness Program increasing awareness and knowledge about healthy lifestyle choices.

Our program includes a 40-minute workout session every week. Occasionally we have speakers from FWHC and NSW Health discussing strategies to improve your overall wellbeing.

If you are interested, please come along to the school Hall at 2pm on Tuesday.

Walking Group

We invited parents to come along and get fit and healthy by joining our Walking Group on every Friday from 1.30pm.

Parents play a vital role in the health of their children and can strongly influence the choices they make, be it how they spend their free time or what they eat. Parents are the best role models for our children. Our children may not always want to do what we say, but quite often they want to do what we do. It is important for them to see that we value physical activity.

If you are interested in joining the walking group in Term 3, please see Rose Raslan in Community Room for more information.



Volunteering at School

Our parents have a fun day volunteering at their children's school. Whether it is supporting the P&C or helping cover books we always have absolute fun day. If you are interested in volunteering please see Rose, Theresa or Lee at the Community Table.



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External Agencies



Go4FUN
HEALTHY ACTIVE HAPPY KIDS

Go4FUN
HEALTHY ACTIVE HAPPY KIDS

FREE

Fun program for kids to become fitter, healthier and happier

For more information or to register for the program:

**TO REGISTER: FREE CALL
1800 780 900**

SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au

Visit our Facebook page!

www.facebook.com/go4funprogram/



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NSW Ministry of Health
Tel: 02 939 9200
www.health.nsw.gov.au

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Go4FUN
HEALTHY ACTIVE HAPPY KIDS

Are you ready to Go4Fun?

Go4Fun® is a healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families. Programs run during school term and are led by trained, qualified health professionals.

Learn tips for a healthier life – all for FREE!

TESTIMONIALS



"My daughter Kaitlin did this program last term and I would recommend it to everyone. It was the biggest benefit. As I can say is, I am so thankful to the Go4Fun program. It really is an excellent program for the kids and us parents."

- Chrissy Kellett,
Go4Fun® mum

"I love, love, love (x10,000) this program."

- Go4Fun® child



HEALTHY ACTIVE HAPPY KIDS

WHAT HAPPENS ON THE GO4FUN® PROGRAM?

The program consists of 10 sessions, delivered once a week for 2 hours. Highlights include:

- Fun games and activities for children
- Interactive sessions to support your family to make health or lifestyle choices
- Practical demonstrations, games and tips on healthy foods, labels, reading and portion sizes - including a supermarket tour

WHO CAN JOIN GO4FUN®?

- Children aged 7 to 13 years who are above a healthy weight
- A parent or carer must be available to attend each session

NOT SURE IF YOUR CHILD IS ABOVE A HEALTHY WEIGHT?

- Speak to your healthcare provider to check your child's weight status
- Alternatively, you can call 1800 780 900 to see if your child is above a healthy weight

WHY JOIN GO4FUN®?

- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Support on goal setting to achieve change
- All for FREE!



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Lansvale Public School



Connector Hub provides time limited recovery support for people living with severe mental health challenges to achieve their goals and improve wellbeing.

A recovery support worker and access worker can help you work on the goals you want to achieve.

You will be supported to take part in a range of activities to help you live your best life.



Free support for people living with severe mental health challenges*



Find out more

Discover how Connector Hub could help you. Find out more on the website:

www.connectorhub.org.au
1800 518 216



One Door Mental Health in partnership with Flourish Australia and Stride deliver Connector Hub services in South Western Sydney for SWSPHN



Connector Hub is supported by funding from the Australian Government through the PHN Program



**Connector Hub
South Western Sydney**

A psychosocial support program helping you live the life you want

1800 518 216

What is Connector Hub?

Imagine if you had someone to support you with the challenges in your life.

Connector Hub provides psychosocial support to help you improve wellbeing and achieve your goals.

This can be supporting you to connect with your community, finding work, education or accommodation and linking you up with services and health professionals to help you.



Who can access Connector Hub?

Connector Hub can help people who:

- are aged 18+
- live with the challenges living with severe mental health challenges can cause in everyday life
- are not receiving funding under NDIS (National Disability Insurance Scheme)
- live in South Western Sydney local government areas of:
 - Bankstown
 - Camden
 - Liverpool
 - Wingecarribee
 - Campbelltown
 - Fairfield
 - Wollondilly

What support will I receive?

Connector Hub tailors support to your specific needs.

A recovery support worker and access worker will aim to help you achieve your goals, manage daily tasks, get involved in activities and make connections.

You may receive support with finding work, connecting with your community, or accessing other health professionals.

What is an access worker?

Access workers are people with lived experience of mental health challenges and recovery. An access worker can use their experience to help you achieve your goals and participate in community life the way you want to.

How do I access Connector Hub?

Anyone can refer an eligible person to the program (with their permission) including:

- Self-referral
- Carers, family or friends
- Health professionals

Refer online and find out more at www.connectorhub.org.au or call 1800 518 216.


Community Activities
connecting people in your community


Reaching Goals
support to reach your education, employment & financial goals


Linking you with services, supports, recovery groups & health professionals


Group Support
an understanding your mental illness & living the life you want

ndis
NDIS Testing

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Lansvale Public School



LANSVALE PUBLIC SCHOOL Winter Menu

TO ORDER:

Please place order by 9.00am with your child's name and class correctly.

ONLINE: Visit www.flexischools.com.au

- If ordering Gluten Free or if your child has any allergies, please note CLEARLY on the lunch bag.

DIETARY CODES: Everyday Food (E) • Gluten Free (GF) • Vegetarian (V) • Halal (H) • Occasional Food (O)

ALL DAY BREAKFAST

Item	Price
1. Hash brown (H,V,O)	\$1.20 ✓
2. Cheese sandwich (H,V,E)	\$2.50 ✓
3. Corn kernels Cup (H,V,E)	\$2.50 ✓
4. Fruit cup	\$2.20 ✓
5. Hot chocolate (H,E)	\$2.50 ✓
6. Oak milk (Chocolate / Strawberry)	\$2.50 ✓

LUNCH

Item	Price
SANDWICHES, ROLLS & WRAPS	
7. Ham & cheese sandwich	\$3.50 ✓
8. Cheese & tomato sandwich (V,H)	\$3.00 ✓
9. Tuna sandwich (H)	\$3.50 ✓
10. Chicken salad sandwich (H)	\$3.50 ✓
11. Hot dog roll (O)	\$4.00 ✓
12. Chicken, lettuce & tomato wrap	\$5.50 ✓
FRESH COLD SALADS	
13. Sushi chicken or tuna (H,E)	\$4.00 ✓
14. Ham or tuna salad (E)	\$5.00 ✓
15. Chicken schnitzel caesar salad	\$5.50 ✓
16. Pasta chicken salad (H,E)	\$5.50 ✓
17. Cheese salad (V,H,E)	\$5.00 ✓

BURGERS

Item	Price
18. Beef burger (H,E)	\$4.50 ✓
19. Chicken burger (H,E)	\$4.50 ✓

TUMMY WARMERS

Item	Price
20. Chicken nuggets (6 pcs) (O,H)	\$4.50 ✓
21. Garlic bread (O,H)	\$2.00 ✓
22. Spicy chicken wings (H,O)	\$1.50 ✓
23. Beef meat pie (O,H)	Mini \$1.80 / \$3.80 ✓
24. Beef sausage roll (O,H)	\$3.80 ✓

GLUTEN FREE

PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG

Item	Price
25. Frankfurt sausage (NO bread) (O)	\$3.00 ✓
26. Ham salad	\$5.00 ✓
27. Chicken breast salad	\$5.50 ✓

EXTRAS 50c

Cheese or Salad or Sauce or Salad Dressing

NOTE: ANY HOT SOUPS, DRINKS & NOODLE CUPS ARE NOT PLACED IN THE LUNCH BASKET. CHILDREN MUST COLLECT FROM THE CANTEN WITH THEIR LUNCH ORDER BAG.



Check out WEEKLY SPECIALS on site at the Canteen.

HOME-MADE HOT FOOD

Item	Price
28. Beef pasta (E)(H)	\$4.50 ✓
29. Beef lasagne (E)(H)	\$4.50 ✓
30. Beef burrito (E)(H)	\$5.50 ✓
31. Roast chicken with steamed rice (E,H)	\$5.00 ✓
32. Ham & veggie fried rice (E)	\$4.50 ✓
33. Veggie fried rice (E,H,V)	\$4.00 ✓
34. Instant chicken noodle cup (E,H)	\$3.50 ✓
35. Instant beef noodle cup (E,H)	\$3.50 ✓
36. Macaroni & cheese (E,H,V)	\$4.50 ✓
37. Cheese pizza (E,H,V)	\$3.50 ✓
38. Cheese & veggie pizza (E,H,V)	\$4.00 ✓
39. Ham & cheese pizza (E)	\$4.00 ✓
40. Chicken & mushroom pizza (E,H)	\$4.00 ✓
41. Quesadilla with ham or chicken (E)	\$5.00 ✓
42. Cheese & tomato quesadilla (E,H,V)	\$5.00 ✓
43. Hokkien noodles (E,H)	\$4.50 ✓

ICY TREATS / SNACK FOODS

Item	Price
44. Frozen yoghurt cup (GF)	\$1.50 ✓
45. Ice block (Berri, low sugar)	\$1.00 ✓
46. Jelly cup (low sugar)	\$1.20 ✓
47. Fruit cup (mix / watermelon)	\$2.20 ✓
48. Chips (seasalt red rock)	\$2.00 ✓
49. Popcorn (canteen made)	\$1.00 ✓

THIRST QUENCHERS

Item	Price
50. Water	\$2.00 ✓
51. Oak milk (strawberry)	\$2.50 ✓
52. Oak milk (chocolate)	\$2.50 ✓
53. Apple juice	\$2.50 ✓
54. Orange juice	\$2.50 ✓
55. Watermelon juice bomb	\$2.50 ✓
56. Grape juice bomb	\$2.50 ✓
57. Raspberry juice bomb	\$2.50 ✓
58. Flavoured milk straw (available at canteen only)	\$2.50 ✓

More snack and cups of drinks available at Lunch & Recess

DAILY MEAL DEALS

MONDAY	Chicken Dim Sim	\$5.00 ✓
TUESDAY	BBQ Pork Skewer	\$3.50 ✓
WEDNESDAY	Beef Nachos	\$5.50 ✓
THURSDAY	Chicken Teriyaki with rice	\$5.00 ✓
FRIDAY	Chicken Curry with rice	\$5.00 ✓

STAFF MENU

Chicken and prawn rice paper rolls	\$8.00
Pork spring rolls (8 pcs)	\$10.00
Vermicelli salad bowl with spring rolls or BBQ Pork	\$10.00

DAILY SPECIAL