



Principal Report

= Term 4, Week 6



Dear Parents/Carers,

It is hard to believe that it is already Week 6. Our commitment to Academic excellence remains a priority, with students demonstrating commendable progress and a strong commitment to learning in recent Check-In assessments for reading and numeracy. Looking ahead, we have many exciting events planned between now and the end of the year, and we appreciate the ongoing support from our involved and dedicated parents. Thank you for being an integral part of our thriving school community.

Halloween Baking Sale

Thank you to our wonderful P & C for organising the Halloween Bake sale. It was great to see so many wonderful treats on offer. Thank you to all of the parents who donated some items.



Are you moving elsewhere for 2024?

We are beginning to plan for 2024 classes. In order for us to be up-to-date with enrolments and staffing, we ask that families with students in Kindergarten to Year 5 who already know they will not be returning in 2024 to inform the school via phone call, note or email as soon as possible.



Commemorating Remembrance Day – Friday 11th November

On Friday our students and staff commemorated Remembrance Day by participating in Remembrance Day activities. At the 11th hour on the 11th day of the 11th month, our school honoured those who are serving, those who have served and those who have fallen with a minute's silence.



- *Halloween Baking Sale*
- *Are you moving elsewhere for 2024*
- *Commemorating Remembrance Day*
- *Year 5-Selective High School Applications 2024*
- *Cabramatta High School-Peace Day*
- *Fairfield Network-High Potential, Gifted Students Showcase*
- *Highly Accomplished Teacher*
- *Public Speaking Finals*
- *Sentral-Parent Portal*
- *Kindergarten and Preschool 2024 Enrolments*
- *Calendar*
- *Marvellous Moments with Mrs Karam*

Principal's Message...continued

Year 5 - Selective High School Applications 2024

Applications for entry to a selective high school in Year 7 in 2024 are now open. The applications opened on 9th October, 2023 and close on 20th November 2023 at 11:59pm.



The Selective High School Placement Test will be held on Thursday 9th May, 2023.

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

Cabramatta High School – Peace Day

Our Year 6 School Leaders and SRC students attended Peace Day at Cabramatta High School last week. Our Vietnamese dancers also performed at the school! This is an important event celebrating peace and cultural diversity. Our students were excited to meet the 2023 winner of the Sydney Peace Prize, Nazanin Boniadi. Thank you Miss Tu for taking our students and to Miss An for supporting our Vietnamese dancers.



Chancery Street, Canley Vale NSW 2166

9724 5252 lansvale-p.school@det.nsw.edu.au
Website www.lansvale-p.schools.nsw.edu.au

Lansvale Public School

Principal's Message...continued

Fairfield Network – High Potential, Gifted Students Showcase

Last week, two of our students from Year 4, Leo and Lucas Wang Fu performed at Canley Vale Public School along with other students who have a high potential or are gifted in an area. It was a wonderful opportunity to see so many talented students in Fairfield. If your child has a special talent please make sure you let us know! Thank you to Miss Phan for supporting our students.



Highly Accomplished Teacher

Congratulations to our very own Mrs An Ngo who achieved her highly accomplished accreditation. Mrs An Ngo was recognised for her outstanding teaching practices in Vietnamese and a few weeks ago she received her medal. We are very proud of you! It is an honour to have a highly accomplished teacher at our school.



Public Speaking Finals

Congratulations to our finalists in the Public Speaking competition. Congratulations to Mia for winning in the Early Stage 1 category and Lucas for being Highly Commended in Stage 2.



Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Principal's Message...continued

Sentral – Parent Portal

Have you downloaded the new Parent Portal Application? Over the next few weeks, we will be moving to our new application and encourage all parents to sign up as soon as possible. If you need any assistance, please contact the school office.



In Semester 2, student academic reports will be published electronically via the Parent Portal, therefore, it is imperative that every family member joins our new application.

How to register



Kindergarten and Preschool 2024 Enrolments

We would like to start welcoming any enrolments into Kindergarten or Preschool for 2024. If your child turns 5 before 31st July 2024, you are able to request an enrolment application from the school office for Kindergarten. 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.



LANSVALE PUBLIC SCHOOL

Loyalty Perseverance Service



We are now taking Preschool and Kindergarten Enrolments for 2024!

Preschool 2024 If your child turns 4 before 31st July 2024, they are eligible to apply!	Kindergarten 2024 If your child turns 5 before 31st July 2024, they are eligible to apply!
---	--

Please contact the front office for more information by telephone 9724 5252 or complete the enrolment application online via our school website.

FIND US
37 - 45 Chancery Street, Canley Vale NSW 2166

SEARCH US
<https://lansvale-p.school.det.nsw.edu.au>

CALL US
9724 5252



Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School



Calendar

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

When	What is on?
Term 4, Week 6	
Tuesday 14 th November	Cabramatta HS extension Mathematics Program
Tuesday 14 th November	P & C meeting + Parent workshop (Car seat fitting)
Thursday 16 th November	Multicultural Day
Friday 17 th November	School Leaders at Peace Day walk with Mrs Tu
Friday 17 th November	PSSA Season 3
Term 4, Week 7	
Monday 20 th November	Year 5 Selective High School Applications close
Tuesday 21 st November	Kindergarten Calmsley Farm excursion
Tuesday 21 st November	Cabramatta HS extension Mathematics Program
Wednesday 22 nd November	Year 5 School Leader Speeches – 2024
Thursday 23 rd November	Lansvale PS Problem Busters visiting Como PS
Friday 24 th November	PSSA Season 3
Term 4, Week 8	
Monday 27 th November	Presentation Day
Tuesday 28 th November	High School Orientation
Tuesday 28 th November	Cabramatta HS extension Mathematics Program
Tuesday 28 th November	Kindergarten 2024 Parent Information Session
Friday 1 st December	PSSA Season 3
Friday 1 st December	Thank You Morning Tea – P & C & Volunteers
Term 4, Week 9	
Monday 4 th December	Preschool orientation
Tuesday 5 th December	Preschool Christmas Concert
Tuesday 5 th December	Cabramatta HS extension Mathematics Program
Wednesday 6 th December	Fun Day
Thursday 7 th December	Preschool Christmas Concert
Friday 8 th December	Sports Presentation Day
Term 4, Week 10	
Monday 11 th December	Diamond Party
Tuesday 12 th December	Year 6 Farewell
Tuesday 12 th December	Cabramatta HS extension Mathematics Program
Wednesday 13 th December	LEGENDS Party
Friday 15 th December	Last day of school for 2024
2024	
Term 1, Week 1	
Thursday 1 st February	1 st day of school for students in Years 1-6
Thursday 1 st February	Best Start Kindergarten commences (see individual time)
Term 1, Week 2	
Wednesday 7 th February	1 st day of school for students in Kindergarten

Principal's Message...continued

Marvellous Moments with Mrs Karam

This week I visited Preschool Birrung 2.



Preschool Birrung 2

Last week I visited Preschool Birrung 2 and enjoyed being part of their morning routine and playing outside exploring the environment. I was able to play in the mud kitchen and I enjoyed making a Giraffe puzzle. Preschool is always so much fun and the Preschool children showed me that they are growing up so quickly and almost ready for big school!



Please ensure you save the date for some of our end of year celebrations.

- Monday 27th November (week 8) –
Presentation Day
- Tuesday 28th November (week 8) –
High School Orientation
- Tuesday 5th December (week 9) -
Preschool Christmas Concert 1
- Wednesday 6th December (week 9) –
Fun Day
- Thursday 7th December (week 9) -
Preschool Christmas Concert 2
- Friday 8th December (week 9) –
Sports Presentation Day
- Tuesday 12th December (week 10) –
Year 6 Farewell
- Wednesday 13th December (week 10) –
Legends Party
- Friday 15th December (week 10) – Last day

Have a wonderful week,



Mrs Laura Karam
Principal

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School



Deputy Principals' Corner

with Mrs. Goulton, Mrs. Chau & Mrs. Lu

From Mrs Goulton

Calmsley City Farm Excursion

In Week 5, Mrs Fereday, Mrs To Diep and myself took a small group of students to Calmsley City Farm. The excursion was organised to provide a shared experience for the students to further engage with their Term 4 teaching and learning program. The tour of the farm and the experiences provided (milking a cow, tractor ride, petting the animals, dog show, sheep shearing and whip cracking) allowed the students to learn and practise their English language skills in context. The students were very proud and excited to share some of their writing that they composed the following week- they wrote descriptions about the sheep. They also used some real sheep's wool from the shearing show to recreate their own sheep. It was a highly valuable excursion, and we look forward to the rich work which will continue to come from the students.



Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Legends Party Reminder

Planning for the Legends Party is well underway. This year's Legends Party is on Wednesday 13th December (Week 10). There will be lots of fun to be had on the obstacle courses!

Kindergarten students need 3 Legends Awards (15 Lansvale Learners)

Years 1-6 students need 4 Legends Awards (20 Lansvale Learners)

Invitations for the Legends party will be sent out in Week 8. Keep working hard to get your Lansvale Learners!

Learning with Mrs Lu

I got the chance to visit 4 Noonuccal this week and they learnt about what timelines were and how to interpret it. Most could see that it related to a number line but had increments which showed time. There were some keen soccer fans who were interested in Cristiano Ronaldo's timeline!

The students also did a fantastic job of rounding numbers to the nearest thousand and tens of thousands and explaining their method. As always, we try to incorporate problem solving in our Maths lessons as well.

Keep up the great work 4 Noonuccal!

TEACHER MODEL

A timeline is a way of visually sequencing events in **chronological order**. Typically, a timeline is presented as a visual display. They can all look different.

Each event will be labelled with the date they happened, to help the reader understand how much time has passed between events.



MATH Warm Up **MATH**

WALT: We are learning to identify the nearest thousand and 10 thousand.

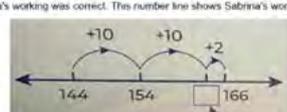
62 349

MATH Problem Solving

Sabrina used a strategy to solve the addition problem.

$$144 + 22 =$$

Sabrina's working was correct. This number line shows Sabrina's working.



Select the number that goes in the box on the number line.

- a) 156
- b) 160
- c) 164
- d) 166



From Mrs Chau

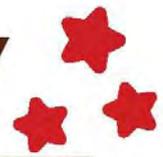
Maths with Mrs Chau

I had the pleasure of visiting 2 Windjana during one of their math lessons, where they were deeply engaged in learning about fractions. The students were actively engaged, demonstrating a solid understanding of the concept. I loved seeing how Miss Wen differentiated the work for her students' varying abilities. The students were so proud of how hard they had been trying find the fractions of various numbers. Some students were learning $\frac{1}{12}$ of whole numbers!! Amazing!





2023 MULTICULTURAL DAY



It was an absolute pleasure seeing our children perform a wide variety of dances and songs from their home cultures. Congratulations to the students, staff members and teachers for organising the day and the performances. And finally, a huge thank you to all parent volunteers who dedicated their time to visit classrooms and share a part of their cultures with our school.





Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School



Lansvale Public School

"A PROUD Public School"



Weeks 5 & 6 PBL FOCUS



Be **respectful** by keeping our toilets clean.



Make it part of your daily routine,

To keep the toilets nice and clean.



Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School



2023 ICAS Assessment Results

This year some students from Lansvale PS participated in the 2023 ICAS Assessments. Students across Australia, New Zealand and the world take part in assessments that target students' higher-order thinking and problem-solving skills in English, Mathematics, Writing, Science, Spelling and Digital Technologies. We would like to recognise and congratulate the following students on their wonderful results in the ICAS assessments.

Digital Technologies

Distinction	Credit	Merit
Vivi Year 3 Katrina Year 3 Leo Year 4 Lucas Year 4	Jasmine Year 3 Lachlan Year 5	Nam Year 3

Writing

Distinction	Credit	Merit
Lucas Year 4	Jasmine Year 3 Nam Year 3 Leo Year 4 Lachlan Year 5 Kendrick Year 6	Vivi Year 3

Science

High Distinction	Distinction	Credit	Merit
Lucas Year 4	Nam Year 3 Leo Year 4	Jasmine Year 3	Goldie Year 2 Hoang Lam Year 2 Katrina Year 3 Lachlan Year 5

Spelling Bee

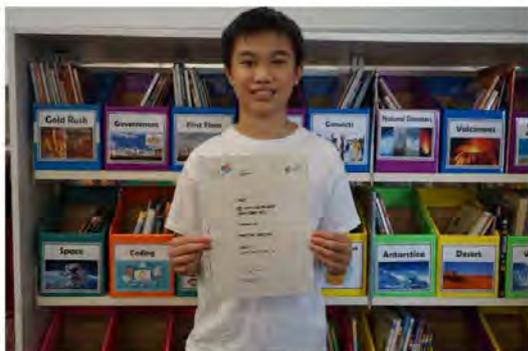
Distinction	Credit	Merit
Leo Year 4 Winton Year 6	Vivi Year 3 Nam Year 3 Hudson Year 4 Lucas Year 4 William Year 4 Anna Year 5 Lachlan Year 5 Kendrick Year 6	Thao Nhi Year 3 Jasmine Year 3 Justin Year 4

English

Distinction	Credit	Merit
Ethan Year 3 Lucas Year 4	Katrina Year 3 Jasmine Year 3 Vivi Year 3 Nam Year 3 Leo Year 4 Winton Year 6	Hoang Lam Year 2

Mathematics

Distinction	Credit	Merit
Jasmine Year 3 Ethan Year 3 Lucas Year 4 Lachlan Year 5 Anna Year 5 Winton Year 6	Mikayla Year 2 Jacky Year 2 Hoang Lam Year 2 Andy N Year 3 Katrina Year 3 Nam Year 3 Leo Year 4 Paris Year 6 Kendrick Year 6	Dennis Year 3 Andy T Year 3 Johnny Year 5 Ryan Year 5



PROBLEM BUSTERS

Meet our amazing Problem Busters from 6J & 6K
These Year 6 students are volunteers who have given up their
Lunch and Recess to be peer mediators on the playground.
Thank you for your hard work!



Hawa 6J



Kristina 6J



Kathy 6J

What is one advice you will give to the future Problem Busters?

Hawa: You will need to always be on time for duties.

Kristina: If you are a Problem Buster or SRC, you must commit to your roles and responsibilities.

Kathy: Don't be scared to be assertive if someone is doing the wrong thing, even if they are in Year 6!

PROBLEM BUSTERS

Meet our amazing Problem Busters from 6J & 6K
These Year 6 students are volunteers who have given up their
Lunch and Recess to be peer mediators on the playground.
Thank you for your hard work!



Kingsley 6J



Dang 6J



Alex 6J

What is one advice you will give to the future Problem Busters?

Kingsley: You will have a lot of responsibilities, but you can make friends when you are a Problem Buster.

Dang: If you are in this role, you need to do your job properly.

Alex: Being a Problem Buster is a big responsibility, but this will allow you to develop other life skills.

PROBLEM BUSTERS

Meet our amazing Problem Busters from 6J & 6K
These Year 6 students are volunteers who have given up their
Lunch and Recess to be peer mediators on the playground.
Thank you for your hard work!



Sebastian 6K



Tiana 6K



Kylan 6K



Tammy 6K

What is one advice you will give to the future Problem Busters?

Sebastian: Always do your job, even if your partner is not there.
Work efficiently!

Tiana: You can get students to make the right choice when they are
in a difficult situation.

Kylan: Being a Problem Buster can boost your confidence.

Tammy: Being a Problem Buster allows you to interact and talk
with other students. You will be a good influence.



SaCC@Lansvale Community Centre

Rose Raslan 0433 155 654 rose.raslan@det.nsw.edu.au

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.

All three playgroups will run in Term 4

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 and Theresa Ngo every Monday & Tuesday at the front office at the Community Table or you can call on 9724 5252.

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre



Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

P&C

On Thursday 2 November the P&C hosted a Halloween Disco and Bake Sale. The whole school enjoyed a wonderful day dressing up, dancing, and enjoying a sweet treat.



Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre



The Halloween costumes were awesome. You all made it difficult for the staff to choose the best dressed Halloween costume.

The Best Dressed Halloween Costume winners are.

Tarkan 5J, Lena 5Y, Alexis 2W & Olivia KN.

A special thank you to Andy from Baby Care Nursery Fairfield, for coming out and ensuring our families safely install their baby seat. The parent information session is all about building awareness on child seats and boosters. If you would like more information, please come to the community table for a flyer.

CHILD CAR SEAT SAFETY

Did you know over 50% of Child Seats are incorrectly installed incorrectly?

- A correctly installed child restraint can reduce risk of severe injury by up to 70%
- The penalty is \$352 + 3 Demerit Points if your child is found in the wrong seat or not using it correctly.

Join local expert car seat fitter, Andy Ong, who will guide you through everything you need to know to make sure that your child is as safe as possible when travelling in a car.

He will be answering questions such as:

- When can my baby be forward-facing?
- Until what age does my child need to be in a car seat?
- When can my child sit in the front seat?

LANSVALE PUBLIC SCHOOL - HALL
(COMBINED WITH P&C MEETING)
18 November 2023 6:00pm - 7:30pm
www.babycarenursery.com.au



Our P&C meetings give parents the opportunity to be up to date with the latest information on what is happening at Lansvale PS. We would love to see you all at the upcoming meeting in 2024! Please keep an eye out for the flyers.

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

LANSVALE PS COMMUNITY

Donate *this* Christmas

Accepting Donation Until
Friday, 8th December

Last year was a success so we decided to do it again this year! We are doing something different to help young children in need. We are accepting donations of new items for babies to 15 years old. Please drop off unwrapped toys, clothes etc to the office.

All donations will be given to charity.

Drop-off Location:
Front office - Christmas Tree

THANK YOU - P&C

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre



Proudly funded by



Being A Great Dad

Start School Strong is offering a workshop for dads, male carers, grandfathers, and mums (attending with a male care provider) about children from birth up to the 6 years old.

Bruce Chan, a Professional Trainer, Educator and Counsellor, will facilitate with:

- Creating a space for fathers to work through challenging topics about transition to parenthood
- Helping men continue and improve relationships with their children
- Increasing knowledge about child development, co-parenting relationships, and developing social networks
- Achieving work-life balance, family, partner, and individual free time, and sleep.

Vietnamese and Arabic interpreters can be arranged for you. Please let us know by email or phone if you would like an interpreter after you register through Eventbrite. Interpreters will need to be booked at least one week before the session.

FREE information session Wednesday 29 November 2023 | 6.30pm – 8.30pm

**Venue: Cabravale Leisure Centre Board Room (Room 3)
30 Broomfield St, Cabramatta NSW 2166**

Bookings are essential and places are limited. Please register here: <https://bit.ly/3u2NZlg>

If you cannot attend, please inform us so that the place can be offered to families on the waitlist.

You can also register by calling Start School Strong on 0407 708 626.

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

Affordable Bikes



Do you love riding bikes? Come on down to the Bike Shed and purchase quality second hand bikes!

When: Saturday 18 November 2023, 9AM – 1PM

Location: 443 Smithfield Road, Prairiewood

For more information visit The Western Sydney Cycling Network website: [Bike | Western Sydney Cycling Network | Prairiewood](#)

Fairfield City Council Social Planning and Community Development

Parent Education



Parents are studying Cert 3 in Early Childhood Education and Care in the Community Room every Thursday.

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

Healthy Lunchbox Recipe



Meal prep tip: Wrap fritters individually in plastic wrap and then in foil and freeze for up to 1 month.

Pesto chicken wrap + snacks lunchbox

Lunchbox ingredients

- 1 pesto chicken wrap*
- 1 banana (whole)
- 2 zucchini and corn fritters* (pre-prepared)

🍴 1 serving 🥬 2.5 serves of veg
🍌 1 serve of fruit ⌚ 8m preparation

For additional nutritional information, food safety and storage tips, plus other recipes visit [Healthier. Happier. www.healthier.qld.gov.au](http://Healthier.Happier.www.healthier.qld.gov.au)

*recipe on next page

Pesto chicken wrap



🍴 1 serving 🥬 1 serve of veg
⌚ 5m preparation

Ingredients

- 1 wholemeal or wholegrain wrap
- 1-2 tsp basil pesto
- 90g cooked or BBQ chicken breast
- ¼ medium Lebanese cucumber, thinly sliced
- ¼ cup alfalfa sprouts
- ¼ medium red capsicum, thinly sliced

Method

1. Spread pesto down the centre of the wrap.
2. Layer ingredients, fold the wrap over and roll up.

Zucchini and corn fritters



🍴 6 servings 🥬 10 serves of veg
⌚ 25m preparation ⌚ 20m cooking

Ingredients

- 1 medium zucchini, grated
- 2 small red capsicums, diced (put ½ aside for salsa)
- 400g can no-added-salt corn kernels, drained
- 2 spring onions, (including green tops), chopped
- ½ cup chopped basil
- 1 cup grated reduced-fat cheddar cheese (80g)
- freshly ground black pepper, to taste
- ¼ cup self-raising flour
- 3 eggs
- ½ cup low-fat milk
- olive or canola oil spray

Salsa

- 2 avocados, diced
- 1 large tomato, diced
- juice of 1 lime
- ¼ cup chopped basil

Method

1. Squeeze zucchini of excess liquid and place in a large bowl with ½ of the capsicum and the corn, spring onions, basil and cheese. Season with pepper.
2. Sift flour over vegetables then mix to combine.
3. Pour milk into a jug, add eggs and whisk together with a fork. Add to vegetables and stir well.
4. Heat a large non-stick frypan over medium heat and spray liberally with oil. Drop heaped tablespoons of mixture evenly spread around the pan and spread using the back of a spoon to 8cm diameter. Cook for 2 minutes or until firm and golden. Flip and brown on reverse side for 2 minutes.
5. Transfer to a plate, keep warm and repeat cooking process with remaining mixture.
6. To make salsa, combine remaining capsicum with avocado, tomato, basil and lime in a medium-sized bowl.

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

Low Cost & Free Meals Directory



Fairfield Area - Meals

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Fairfield Food Services	11 Kenyon St, Fairfield (02) 9728 6939	Meal delivery	\$5 Meal \$2 Soup \$1.50 Dessert	Mon - Fri 8am - 1pm <i>Call to register</i>	
Oakdene Kitchen	9/2 Dale St, Fairfield 8717 0999	Centre based meal	Free	Tues & Thurs 12pm - 2pm <i>Call to register</i>	MS
Power Care Link	1 Toohey Road, Wetherill Park 0417 420 078	Take away meal	Free, donations appreciated	Tues & Wed 9:30am - 4pm <i>Call to register</i>	
St Merkorious Charity: Fairfield Community Centre	Fairfield Community Centre, 43 Harris Street, Fairfield (02) 9799 9954	Home meal delivery	Free	<i>Call to register and for day and time</i>	

Fairfield Area – Community Pantry

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Anglicare: Anglicare Op Shop	9 Christina Road, Villawood (02) 8774 7467	Mobile community pantry	\$12 bag of pantry items	Mon - Fri 9.30am – 3.30pm Sat 9am -1pm <i>Call to register</i>	WS MS FS
Cabramatta Anglican Church	40-42 Cumberland St, Cabramatta (02) 8774 7467	Mobile community pantry	\$12 bag of pantry items	Every second Wed 6.30pm – 7.30pm <i>Call to register</i>	WS MS FS
Power Care Link	1 Toohey Road, Wetherill Park 0417 420 078	Community pantry	Free, donations appreciated	Tues & Wed 9.30am - 4pm <i>Call to register</i>	
Salvation Army Fairfield	473 Hamilton Road, Fairfield West 0419 765 799	Mobile pantry	Free	Mon - Thu 9.30am-2pm <i>Call to register</i>	FS
St Barnabas Anglican Church	10 Frederick St, Fairfield (02) 9724 1628	Mobile pantry	\$3 bag of fresh food items	Every second Thu 1.30pm – 2.30pm <i>Call to register</i>	WS MS FS
St Johns Anglican Church	73 Edensor Road, St Johns Park 0400 774 238	Mobile pantry	\$12 bag pantry items	Every second Mon 1.30pm – 2.30pm <i>Call to register</i>	WS MS FS

WS Wellbeing Support
E.g. Counselling, Social Worker

MS Material Support
E.g. Clothing, Blankets

FS Financial Support
E.g. EAPs, Nbs, Bills

Disclaimer: Information included in this directory is correct at the time of publishing. Date of publication: October 2023. Please contact Health Promotion Service for more information: DWS J.D. -healthywinemts@health.nsw.gov.au

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

Low Cost & Free Meals Directory



Fairfield Area - Hampers

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Community First Step	25 Barbara St, Fairfield 9727 4333	Food parcel	Free	Call Mon & Wed 9am - 12pm to register Parcel services provided in the afternoon	
CORE Community Services	32 Harris street Fairfield (02) 8707 0600	Food voucher	Free	Tue <i>Call to register</i>	WS FS
CORE Community Services	476 Cabramatta Rd, West Mt Pritchard (02) 8582 4170	Food parcel	\$20 hamper - includes 3 bags of pantry items	<i>Call to register and confirm date and time</i> <i>Fairfield and Liverpool residents only</i>	FS
CORE Community Services, supported by SecondBite	476 Cabramatta Rd, West Mt Pritchard (02) 8582 4170	Food parcel	Free	<i>Call to register and confirm date and time</i> <i>Fairfield and Liverpool residents only</i>	FS
Food Angels	32 Box Rd, Wakeley 0415 700 730	Food parcel	\$30	Every second Sat 10am - 12pm <i>Phone or Facebook orders by Thursday</i>	
St Vincent's De Paul Society Support Centre	245 Humpries Road, Bonnyrigg (02) 9823 1222	Food parcel, food voucher	Free	Mon - Fri 9am - 4pm <i>Call to register</i>	MS FS
I & T Dance & Community Support Team	Contact via Facebook page for location details	Food parcel	Free	Mon - Fri 9am - 5pm, Sunday on request <i>Book via facebook page. Must be able to pick up.</i>	MS
St Markorious Charity: Fairfield Community Centre	Fairfield Community Centre, 43 Harris Street, Fairfield (02) 9799 9954	Food parcel, delivery	Free	<i>Call to register and for day and time</i>	



Wellbeing Support
E.g. Counselling, Social Worker



Material Support
E.g. Clothing, Blankets



Financial Support
E.g. FAPA, Bills, Bills

Disclaimer: Information and used in this directory is correct at the time of publishing, Date of publishing: October 2023. Please contact Health Promotion Services for more information: SW@HLS HealthPromotion@health.nsw.gov.au

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School

Lansvale PS Community Centre

Session

FREE



Craft 4 Kids

Activities for children aged 3-5 years



Wednesday **22** Spring time Craft

November
10:30 - 11:45

Spring themed craft
Learn how to lace shoes
Messy Play
Morning tea provided

Wednesday **29** Fun in the Sun craft

November
10:30 - 11:45

Sun themed craft
Messy Play
Morning tea provided



Wednesday **06** Christmas Craft

December
10:30 - 11:45

Christmas Craft
Messy Play
Morning tea provided

Wednesday **29** Christmas Craft

November
10:30 - 11:45

Christmas Craft
Messy Play
Morning tea provided



at 32 Harris Street, Fairfield
For more information, or to register, call us on
1800074 922
or email
youth@corecs.org.au

Chancery Street, Canley Vale NSW 2166

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

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

Lansvale Public School