

Lansvale Public School

Newsletter

9th February 2023 Week 3



Principal Report






= Term 1, Week 3



Welcome back!

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



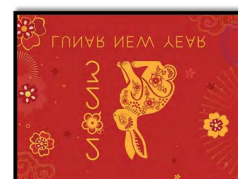
				
Search for Lansvale Public School on Facebook	Follow Lansvale Public School on Twitter @LansvalePS	Login to your child's Seesaw account	Download our School App. Search for Lansvale Public School	Take a look at our school website http://lansvale-p.schools.nsw.edu.au/
STAY CONNECTED AND KEEP UP TO DATE WITH SCHOOL NEWS!				

Newsletters

Newsletters are a fabulous way to stay connected and up to date with what is happening at school. Newsletters are published every 3 weeks at Lansvale PS and will be published in Week 3, Week 6 and Week 9 of each term.

Happy Lunar New Year

Last week our wonderful community team decorated our front entrance to celebrate the Lunar New Year. We hope everyone enjoyed wonderful celebrations with their family.



- *Welcome back!*
- *Newsletters*
- *Happy Lunar New year*
- *Calendar*
- *Harmony Day-Colour Run*
- *Staff*
- *2023 Class Names*
- *School Executive*
- *Communication – working together*
- *School Leaders 2023*
- *School Community Charter*
- *2023 Classes*
- *Meet the teacher*
- *Marvellous Moments with Mrs Karam*



Calender



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

When	What is on?
Term 1, Week 3	
Week 3 – Various days	1 st day for Preschool
Week 3 – Monday 6 th February	1 st day for Kindergarten
Week 3 – Thursday 9 th February	Rugby League Clinics – Stage 2 and Stage 3
Week 3 – Friday 10 th February	Primary assembly at 9am in the hall
Week 3 – Friday 10 th February	Little Wings Recycling launches at assembly
Week 3 – Friday 10 th February	3-6 Sport House Meetings and voting for sport captains
Term 1, Week 4	
Week 4 – Monday 13 th February	Rugby League Clinics – Kindy, Stage 2, Stage 3
Week 4 – Monday 13 th February	Rugby League Clinics – Class 3C and Stage 1
Week 4 – Friday 17 th February	PSSA Trials Season 1 – Netball, Touch Football and Soccer
Term 1, Week 5	
Week 5 – Tuesday 21 st February	Meet the Teacher night for class K Thomas and Years 3 - 6
Week 5 – Thursday 23 rd February	Meet the Teacher night for Years K- 2
Term 1, Week 6	
Week 6 – Monday 27 th February	School Photos – Day 1 (Classes – TBA)
Week 6 – Wednesday 1 st March	NRL AllStars After School Program begins
Week 6 – Tuesday 2 nd March	School Photos – Day 2 (Classes – TBA)
Week 6 – Friday 10 th March	PSSA begins

Stay Tuned...





Look out for information about our Harmony Day
Colour Run on Tuesday 28th March!



Principal's Message...continued

Staff

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

<p>Miss Yeliz Yildirim – teaching class 5 Yindi</p> <p>Miss Yildirim is an experienced teacher and she joins Lansvale PS as a permanent teacher. Miss Yildirim will be teaching class 5 Yindi in 2023 and is excited about joining Lansvale PS</p>	
<p>Miss Chantelle Chen – teaching class 3 Harding</p> <p>Miss Chen is a very passionate, dedicated and enthusiastic teacher. Miss Chen was at Lansvale PS in 2022 supporting class 3P and in 2023 Miss Chen will be teaching Class 3 Harding.</p>	
<p>Miss Amy Earl – teaching class 4 Ellendale</p> <p>Miss Earl taught casually at Lansvale Public School in 2022 and we are thrilled to have Miss Earl join us on a class in 2023. Miss Earl will be teaching 4 Ellendale in 2023 and is delighted to be at Lansvale PS.</p>	
<p>Mrs Deborah Bizaya – teaching EALD</p> <p>Mrs Bizaya has been at Lansvale PS for many years but returned this year after an extended period of absence. We are thrilled to welcome her back. Mrs Bizaya will be supporting our EALD students in Stage 1.</p>	

Principal's Message...continued

<p>Miss Michelle Ho – Casual</p> <p>Miss Ho attended Lansvale PS as a student and also completed her practicum at Lansvale PS. We are excited to have Miss Ho with us for 3 days per week as a casual teacher.</p>	
<p>Miss Aneliese Stamoulis – SLSO</p> <p>Miss Stamoulis will be joining our SLSO team in 2023 and will be supporting various students and families from P-6. We are delighted to have Miss Stamoulis at Lansvale PS.</p>	
<p>Miss Danielle Roach – Speech Therapist</p> <p>Miss Danielle Roach will be joining our school as a speech therapist working every Tuesday and Wednesday. She will be supporting children and families as required. We are thrilled to have Miss Danielle Roach join our school.</p>	

2023 Class Names

This year all of our classes are named after significant Aboriginal people and/or places. The class names also align with the teacher's name e.g. Miss Tu's class is called **6Tjungurrayi**. Children have been learning about their class name and I encourage you to ask your child about this.



School Executive

I would like to introduce to you the 2023 school executive team. All of our executive members are available to support students and families. Please contact the office if you would like to speak to anyone on our executive team.

Principal – Mrs Laura Karam
Deputy Principal – Mrs Lyndsey Goulton
(Tues and Wed)
R/Deputy Principal – Mrs Brooke Hutchinson
R/Deputy Principal – Mrs Mary Chau



Assistant Principal Curriculum and Instruction
– Mrs Mai Lu
Assistant Principal Curriculum and Instruction – Mrs Sanja Mallios

Preschool Assistant Principal – Mrs Lien Chai
Kindergarten Assistant Principal – Miss Lisa Ng
Year 1 Assistant Principal – Ms Vicky Lee
Year 2 R/Assistant Principal – Miss Jenny Lam
Year 3 R/Assistant Principal – Mrs Kristy Pham
Year 4 R/Assistant Principal – Mrs Judy Phan
Year 5 R/Assistant Principal – Mrs Julie Nghe
Year 6 R/Assistant Principal – Miss Fergie Tu

SACC (School as Community Coordinator) – Mrs Rose Raslan

Communication – working together

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

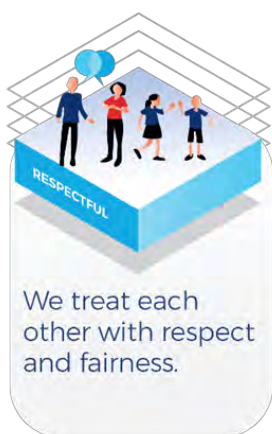


School Leaders 2023

In the Week 6 Newsletter we will be sharing with you a little about our School Leaders for 2023. Stay tuned!

School Community Charter

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



2023 Classes

Our classes for 2023 are now set. We initially communicated to families that our classes are temporary until our final student numbers had been counted. We are now able to communicate to all families that your child will stay in their current class for 2023.



Meet the teacher

We are in the process of organising our Meet the Teacher evening. Notes will be going home to families this week. Meet the Teacher will occur in Week 5.



Marvellous Moments with Mrs Karam

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



Have a great fortnight,
Mrs Laura Karam
Principal



Chancery Street, Canley Vale NSW 2166



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

Lansvale Public School



School Community Charter

 **Collaborative. Respectful. Communication.**

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

What our schools provide

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

The best education happens when parents and schools work together.

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



Positive environments

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

Parents and carers can expect:

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

We treat each other with **respect**

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

Unsafe behaviour is not acceptable in our schools

We **work together** with the school

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

© NSW Department of Education

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Lansvale Public School



We create
collaborative
learning
environments

We
all play
our part

We work
in partnership
to promote
student
learning

Communicating with our schools

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

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

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

education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

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

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

Unacceptable behaviour may include but is not limited to:

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



**Collaborative.
Respectful.
Communication.**

School Community Charter

education.nsw.gov.au

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Lansvale Public School

Office open on:
Monday to Friday
8:30am to 3:00pm

Uniform sold on:
Monday, Wednesday, Friday
8:30am to 1:00pm

Payment: Cash, EFTPOS

YEAR 5 2023

What a start to the year



Year 5 students across 5V, 5L, 5J and 5Y have settled well into their new classes. They have been enjoying their time getting to know their peers and new teachers. Students have been working on their Number Skills, Artworks, Reading & Writing, as well as fun activities during the NRL sessions.

So much has happened in the first week of school!

Here are some snippets of what's been happening across Year 5 classes so far.

Get to know you activities



Writing Sessions



YEAR 5 2023



NRL sessions



Art sessions



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Lansvale Public School

YEAR 6

SELF PORTRAITS



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Lansvale Public School

YEAR 6 ABORIGINAL CLASS NAMES

6 JAPANANGKA

2023 Age is 48

Raymond Walters Japanangka

Raymond Japanangka was born in november 1975 in alic springs

He was known for is famous art and creations

He works for the Department of education and works with local students

On his farther's side he is Greek and on his mother's side he is aboriginal

He now lives in victoria helping other students






all about raymond walter japanangka

born in 1975 in alic springs, 48 years old

ramond japanangka sell his artwork in a website

raymond japanangka lives in victoria with his wife and 5 kids




6 KELLY

About Molly Kelly

Molly Kelly was a Aboriginal person who was apart of The Stolen Generation. She was born 1917 at Jigalong and died in January 2004. She was believed to be 14 when she was taken away.

She is well known and familiar for escaping the Moore Park Native Settlement, when she was aggressively taken away from her family. She escaped with 2 of her relatives, her step sister Daisy Kadibil and her cousin Gracie Cross. To get away Molly and her 2 relatives needed to go on a long, difficult walk to their home which was 1600km away.

Later in her life she met a Aboriginal stockmen named Toby Kelly who she married, they both worked in the same job together. Molly had 2 children Doris and Annabelle, her and her daughters were taken away to the settlement. She escaped with her daughter Annabelle while carry her, while leaving a daughter Doris with a relative of hers. The government taken Annabelle from Molly in 1943 and Annabelle was told that she see her again. Doris got to see Molly again many years later.



6Kelly Molly Kelly

Molly Kelly, born in 1917, Jigalong was a Australian Martu Aboriginal woman, who is known for her escape from the Moore river native settlement in 1931 and had to trek 1,600km with her half sister Kadibil and cousin, "Gracie Cross."

She then married an Aboriginal stockman and gave birth to her first daughter under a wintamarra (mulga) tree.

Her famous story inspired the film "Rabbit Proof fence", made in February 2002. She then died in 2004, January.



All about Molly Kelly

Molly Kelly was a Aboriginal women and Molly Kelly was known to escape from the Moore River Native settlement. In 1931 Molly Kelly walk 1,600 km to get back from her home with her half sister Daisy Kadibil and cousin Gracie Cross.

Molly Kelly was from the Stolen Generation where children was forced to be removed from their families by the government.

She made a book called "The Rabbit Proof Fence" and there is a movie about the book also Molly Kelly got admired from the stolen generation.

Molly Kelly got married to an Aboriginal stockman, and the couple worked at the Balfour Downs satotion.



Molly Kelly was born in 1917



YEAR 6 ABORIGINAL CLASS NAMES

6 LINGIARI

6 TJUNGURRAYI



ABOUT HIM

Vincent Lingiari was Gurindji man born at Wave Hill Cattle in the Northern Territory, Australia. He was an Australian livestock owner and a activist who fought for Aboriginal land rights. He had died on January 21st of 1988.

WHAT HE WON

After fighting for his people in return Gwoya Whitlam poured a handful of red soil into Vincent Lingiari's hand on 16 August 1975. It symbolised the legal transfer of Wave Hill station back to the Gurindji people. It also meant the Gurindji became the first Aboriginal community to have land returned to them by the Commonwealth Government.

WHAT HE DID

He was fighting for land rights for his people and for better wages because he was only paid \$6 a week. They would get rations such as sugar, tea, tobacco so on. He noted that he was getting paid significantly lower than the white people.

FUN FACTS:

1. He was a great didgeridoo player
2. He married 1 wife and had 8 kids

Made by Mona and Eden in 6L

Vincent Lingiari born on a Hill Cattle station in 1919

VINCENT LINGIARI

Vincent Lingiari was from a clan named Gurindji and he lived at that clan with other aboriginals

The Gurindji clan didn't have land or ownership, they also did not get paid much they would do something big and they would be paid \$6 and they would get rations like sugar, tea, tobacco British Beef Biron and he owned the wave Hill cattle station and the Gurindji people for the land and that is when Vincent Lingiari came in.

Vincent Lingiari for the land and for the aboriginals to get paid better and treated like everybody at the end of the whitlam gave the land to Vincent Lingiari

Who is Vincent Lingiari?

When and where was he born?
Vincent Lingiari was born in the 1919 and was located in the Wave Hill Cattle Station in the Northern Territory.

What aboriginal nation did he come from?
Vincent Lingiari came from the Gurindji people in the Northern Territory, to the Wave Hill Cattle Station.

What was his problems that had to face?
Vincent Lingiari was fighting for land rights and for the aboriginals to get paid better and treated like everybody at the end of the whitlam gave the land to Vincent Lingiari.

What did he fight for?
Vincent Lingiari was fighting for land rights and for the aboriginals to get paid better and treated like everybody at the end of the whitlam gave the land to Vincent Lingiari.

What did he achieve?
Vincent Lingiari was fighting for land rights and for the aboriginals to get paid better and treated like everybody at the end of the whitlam gave the land to Vincent Lingiari.

GWOYA TJUNGURRAYI

Date of Birth/Death:

Life of Gwoya

Gwoya Tjungurrayi was born on 1895, a century after the Europeans first settled in New Holland. He lived 200 kilometres North-West of Alice Springs and was commonly known as 'One Pound Jimmy' since he sold many items like boomerangs for a pound each. At the age of 70, Gwoya died in 28 March 1965.

Gwoya live in the Walpiri-Anmatyerre tribe living traditionally and during his life, Gwoya experienced a massacre commonly known as 'The Killing Times' which started in 1788 and ended on 1928. During the massacre, the Europeans chained him onto a tree, forcing him to watch them gruesomely kill families and children. Gwoya escaped and was, 20 years later, spotted by two tourists.

Becoming famous:

After being spotted by the two tourists, Gwoya's popularity blew up, many people travelled to the Northern-Territory to spot a Gwoya, a living Aboriginal. Soon, Gwoya became the first Aboriginal to be on a postage stamp of which, sold over 99 million copies but then was removed after Gwoya's death. Because of this, Gwoya now remains on the \$2 dollar coin permanently.

ALL ABOUT GWOYA TJUNGURRAYI



GWOYA TJUNGURRAYI
BIRTH: 1895
DEATH: 1965

THE EUROPEANS INVADDED HIS TRIBE AND TOOK AWAY THERE LAND.

GWOYA TJUNGURRAYI SURVIVED A MASSACRE IN 1929 HE WAS KIDNAPPED AND TIED TO A TREE AND HE WATCHED MANY PEOPLE DIE IN HIS TRIBE.

GWOYA TJUNGURRAYI WAS FAMOUS FOR BEING THE FIRST ABORIGINAL TO BE ON THE POSTOFFICE STICKER IN 1950.

Gwoya Tjungurrayi

When did he die?

Tjungurrayi passed away on 28th of March in 1965. He was thought to be over 70 years old when he passed.

Where was he born?

Around the year 1895, he was born in the Tanami Desert of the Northern Territory, 200kms, North west of Alice Springs.

Gwoya Tjungurrayi was an Aboriginal elder who survived a massacre in the time period 'Killing times.' He was then immortalised for being put on the \$2 dollar coin.

Who is he?

Gwoya Tjungurrayi was a Walpiri-Anmatyerre man. He was also known as his nickname, "One Pound Jimmy." He was the first Aboriginal person to be on an Australian Postage Stamp.



Gwoya Tjungurrayi

Birthdate:
1895, 200 KM NORTHWEST OF ALICE SPRINGS IN NORTHERN TERRITORY.

Who is Gwoya Tjungurrayi?
Tjungurrayi was a famous Aboriginal person for being the first indigenous person to be featured on a post stamp. He was also nicknamed "One Pound Jimmy" in one of his jobs where he would charge one pound for each item. He survived many massacres during "The Killing Times". You would've seen him on the 2 dollar coin.

How is he famous?
Tjungurrayi was discovered by 2 tourists doing the walkabout magazine, and they snapped pictures of him since he was the first Aboriginal they had seen. He used in many other places by other people, and the post stamp that had his face featured on it sold 99 million copies before stopping after his death in 1965. Later, he was made onto the 2 dollar coin in 1988.

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Lansvale Public School



Lansvale Sport Legends 2023



Sports News and Dates

PSSA - Season 1

PSSA season 1 will begin on Friday March the 3rd from 12:10pm. The sports for season 1 are:

- Soccer (junior and senior) - Coached by Miss Renee Kry and Mr Julian Mangraviti
- Netball (junior and senior) - Coached by Miss Jenny Tran
- Touch Football (boys and girls) - Coached by Miss Ana Langi

PSSA sport is available for students in Years 3 - 6. Junior students are those students that will turn 8, 9 or 10 in 2023. Senior students are those students turning 11, 12 or 13 in 2023. Home games for season 1 are at Hartley's Oval (soccer and touch footy) and Lansvale Public School (netball). All teams will travel by bus to away games.

The cost for PSSA in 2023 is \$35 to cover the costs of transport to away games. During class time, students will have an opportunity to register for the team they would like to tryout for. Please ask them if they have done this. If they haven't they will need to ask their classroom teacher.

PSSA - Season 1 - Tryouts

Tryouts for soccer, netball and touch football will be held at school on Friday February the 17th from 1pm. Please make sure your child comes to school dressed in sports uniform, running shoes, a hat and with plenty of water. The coaches will hand out permission notes to the students who make the teams.

Lansdowne Zone Representative Team Sports Tryouts

Throughout the year Lansdowne Zone will have tryouts for Zone teams for many sports. Mr. Halloran will announce these sports and hand out notes to any interested students. It is always the parents/family responsibility to transport their children to the tryouts for Zone Team Sports.

Water Carnival 2023

The annual Lansvale Public School Water Carnival will be held at Fairfield Leisure Centre on Thursday the 23rd of February. This event will be a mixture of competitive swimming races and fun/novelty events. Lansvale Public School, highly encourages any student that can confidently swim 50m in freestyle, backstroke, breaststroke or butterfly to enter the competitive swimming races. **This is a great opportunity for students to qualify for the Lansdowne Zone Swimming Carnival on Wednesday March the 3rd.** We would love to see over 20 students qualify for the zone this year. Lansvale Public School also encourages all primary age students to attend the water carnival for a fun, safe and exciting day in the water. **Plenty of staff get into the pool on the day, and it is our aim for students to have a great day at the pool, always feeling safe and happy.**

LPS Sports Team



Lansvale Sport Legends 2023



Parramatta Eels Visit



On Wednesday the 8th of February the Parramatta Eels Development Squad and 3 NRL players came to Lansvale Public School for a coaching clinic. 30 lucky students were chosen to attend this clinic and learn some fun, rugby league and fitness skills. NRL players, **Dylan Brown, Wiremu Greig and Jontay Betham-Misa** all joined in the activities and played the games with our students. The development officers, Jordan and Letitia organised a thrilling 30 minutes for the kids. All the students had an amazing time and were lucky enough to get some autographs and photos at the end of the session. Even some staff, came out for a picture. **The NRL development squad will be running a 6 week after school program at Lansvale beginning on Wednesday March the 1st (See the next page).**



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Lansvale Sport Legends 2023



Parramatta Eels Visit



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Lansvale Public School

LEAGUESTARS.COM

PLAY

LEAGUE STARS

The League Stars program appeals to the true nature of kids, in all their messy, high energy, love of fun and play. Each week, your child will participate in specially designed games that get them smiling and sweating.

League Stars kids have loads of fun with their friends, old and new, but the program delivers so much more. Each week they'll unlock more of their unique strengths, building physical, cognitive, social and emotional skills that will help them take on challenges big and small, now and in the future.

REGISTER FOR LEAGUE STARS
LEAGUESTARS.COM

START: 2023-03-01 - 2023-04-05
TIME: Wednesdays 15:00 - 16:00
LENGTH: 6 weeks
AGE: 5-12 Years
COST: \$79

YOUR LEAGUE STARS COACH IS:

WHERE:
Lansvale Public School
Chancery St
Canley Vale
NSW 2166

Kailey Thompson
kthompson@nrl.com.au
0436336980



Pick items may differ from ones shown



BE YOUR OWN HERO

APPROVED PROVIDER
ACTIVE KIDS
CLAIM YOUR \$100 VOUCHER TODAY
SPORT.NSW.GOV.AU/ACTIVEKIDS





@Lansvale Community Centre



Community Table

Every Monday and Tuesday morning from 8.30am to 9.15am, Rose and Theresa will be at the front gate to provide support with school notes, Seesaw, BYOD and all things related to school.



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Lansvale Public School

S U P P O R T E D P L A Y G R O U P S

We are currently taking enrolments for Playgroups 2023. 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 or you can call on 9724 5252.



Tuesday 9.15am to 10.50am
**Lansvale PS
PLAYGROUP
3-5 Years**



Getting ready for Preschool

Wednesday 9.15am to 10.50am

Play 2 Learn
A good beginning for every child



**All ages
welcome**

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

Friday 9.15am to 10.50am

**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 ages welcome

Supported Playgroups create
new opportunities for children
to learn and become more
actively engaged through
creative play. Children become
more confident and foster a
positive learning environment
through their involvement in
supported playgroups. In 2023
we will focus on learning
through play and early
intervention

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Lansvale Public School

Parenting

Positive bedtime routines for school-age children

Bedtime routines help school-age children fall asleep. At this age, your child might be more independent with things like brushing their teeth, but they'll probably still enjoy quiet play, reading, gentle chat and cuddles with you as part of their bedtime routine.

Even as your child becomes more independent or starts to have a later bedtime, it's still a good idea for them to have a bedtime routine.

Here's an example of a bedtime routine for a school-age child:

- Your child does homework before dinner if they can, so that they can relax before bed.
- Your child has a bath or shower.
- Your child spends time doing relaxing things like drawing, listening to music or playing a game. Your child is likely to get to sleep more quickly if they avoid screens in the hour before bed.
- You and your child share a story in bed. You can read to your child or ask your child to read to you.
- You and your child have a cuddle and a kiss goodnight.
- You or your child turns out the light.

Source <https://raisingchildren.net.au/>

Minfulness for Kids

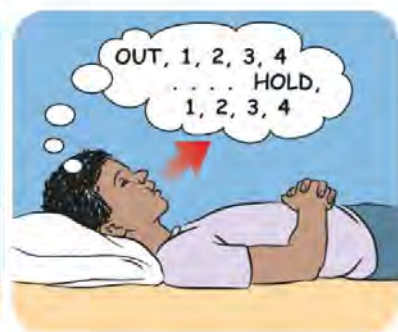
Deep breathing for sleep relaxation



Deep breathing in and out can help your child relax. Bubble-blowing can help your child practise deep breathing.

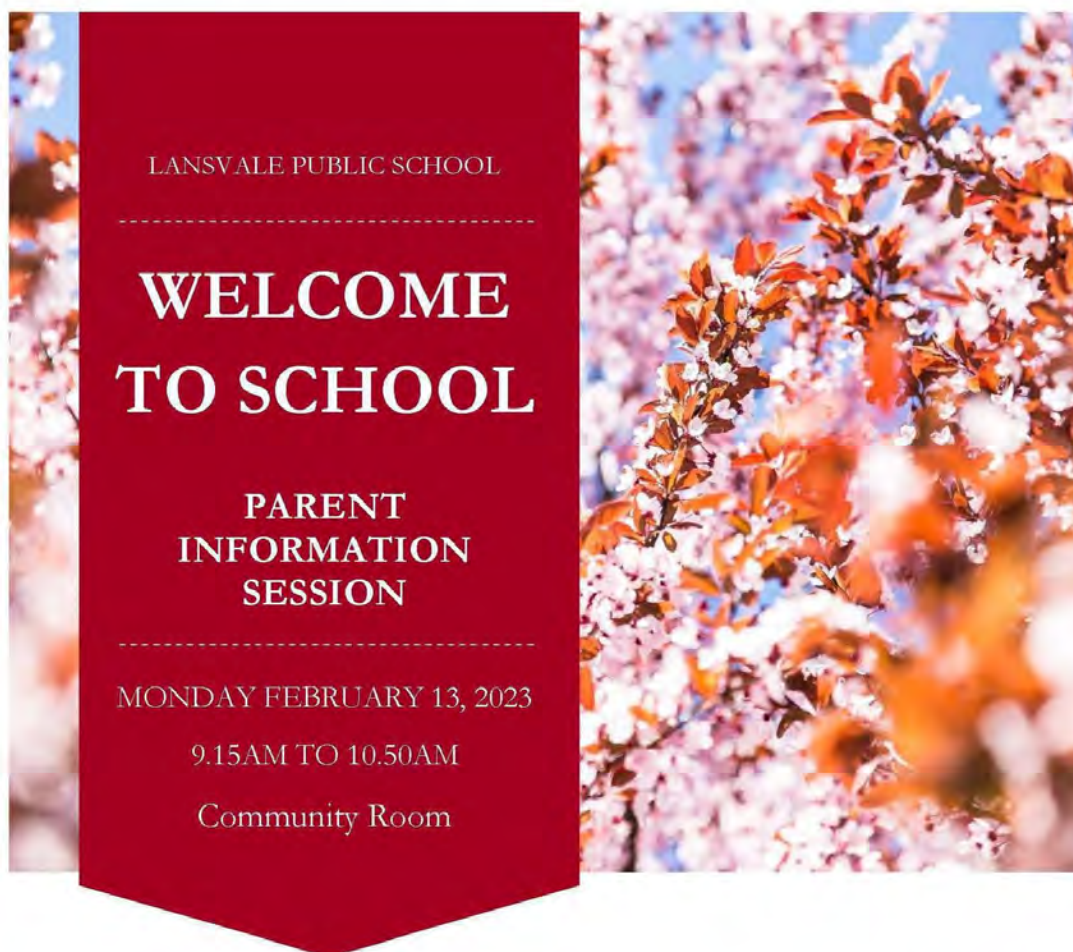


At bedtime, get your child to relax their shoulders. Ask your child to **breathe in for 4 counts** (count, '1 rabbit, 2 rabbits, 3 rabbits, 4 rabbits'). Ask your child to hold the breath in for 4 counts.



Ask your child to **breathe out for 4 counts**. Ask your child to hold the breath out for 4 counts. Repeat up to 4 times. Tell your child that deep breathing gets easier with daily practice.

Parent Information Sessions



You are invited to attend a Parent Information session at Lansvale Public School.

We have partnered with NSW Health and Core Community Services to present a Health Q&A at Lansvale Public School.

Our guest speaker
Minh Huong Tran
Clinical Nurse
Specialist from
Fairfield Child &
Family Nursing

**Free gift
for all attendees**

RSVP - Rose Raslan
via office on 9724 5252 or
at the Community Table

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



All parents are welcome to come along and enjoy Middle Eastern sweets, please bring a plate of food to share

Date: Monday 20 February 2023

Time: 9am to 11am

Where: In the Community Room

Just drop in and have a chat, ask questions and meet our wonderful parents.



If you have any question call 02 9724 5252 or see Rose Raslan or Theresa Ngo
Looking forward to seeing you there.

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P&C Meeting

Come along and stay up to date with what is happening at Lansvale Public School at the next P&C Meeting. Our **Annual General Meeting** is coming up this term on **Monday 13 March 2023 from 9.15am**. Keep your eyes out for the pink flyer! (*Changes may be made subject to covid safety measures)

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

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

A warm thank you to the P&C committee for supporting our wonderful new Kindergarten families.



Parent Education



JOBTRAINER FEE-FREE TRAINING CHC30121 - CERTIFICATE III EARLY CHILDHOOD EDUCATION AND CARE

CHILDCARE MANAGEMENT

Looking to make a meaningful difference in someone's life every single day? You can upskill or reskill for a care and support career through several different pathways with fee-free courses through JobTrainer. Study the Certificate III to gain the qualifications and experience you need to begin a rewarding career in early childhood education. Through the work placement you will gain real work skills and experience working in the childcare industry.

EMPLOYMENT OPPORTUNITIES

- Early Childhood Educator
- Family Day Care Educator
- Childhood Educator
- Outside School Hours Care Assistant
- Recreation Assistant
- Childhood Educator Assistant

COURSE FACTS

- DURATION: 52 weeks (including 12 weeks holiday)
- DELIVERY MODE: 2 nights per week online training plus 160 hours mandatory work placement
- INTAKES: Every Monday
- LOCATION: Online (plus some practical work at Bankstown).

ENTRY REQUIREMENTS

All students MUST:

- Have computer literacy skills
- Have a Unique Student Identifier (NB. BCC Institute can assist with this)
- Complete a Language, Literacy & Numeracy test



BCC INSTITUTE

RTO CODE: 90357 CRICOS CODE: 03447M
Level 1 457 Chapel Road
Bankstown NSW 2200, Australia
T: +61 2 9793 8155 W: www.bcci.edu.au E: info@bcci.edu.au



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COURSE STRUCTURE

CHC30121 CERTIFICATE III IN EARLY CHILDHOOD EDUCATION AND CARE

A total of 17 units is required to complete this qualification; 15 core units and 2 elective units.

Units of Competency

CHCECE030	Support inclusion and diversity	Core
CHCECE031	Support children's health, safety and wellbeing	Core
CHCECE032	Nurture babies and toddlers	Core
CHCECE033	Develop positive and respectful relationships with children	Core
CHCECE034	Use an approved learning framework to guide practice	Core
CHCECE035	Support the holistic learning and development of children	Core
CHCECE036	Provide experiences to support children's play and learning	Core
CHCECE037	Support children to connect with the natural environment	Core
CHCECE038	Observe children to inform practice	Core
CHCECE054	Encourage understanding of Aboriginal and/or Torres Strait Islander peoples' cultures	Core
CHCECE055	Meet legal and ethical obligations in children's education and care	Core
CHCECE056	Work effectively in children's education and care	Core
CHCPRT001	Identify and respond to children and young people at risk	Core
HLTAID012	Provide First Aid in an education and care setting	Core
HLTWHS001	Participate in workplace health and safety	Core
CHCDIV001	Work with diverse people	Elective
CHCPRP003	Reflect on and improve own professional practice	Elective

WORK PLACEMENT

This course requires mandatory supervised work placement of 160 hours.

WORK PLACEMENT REQUIREMENTS

- Current Working with Children Check
- Current Police Clearance Check
- Have a reasonable level of fitness to cope with standing, lifting, bending, twisting and reaching
- Be physically, mentally and emotionally healthy to respond appropriately to personal needs

FURTHER STUDIES

Upon completion of CHC30121 Certificate III in Early Childhood Education and Care students may be interested in completing the CHC50121 Diploma of Early Childhood Education and Care to gain work in leadership roles.

GOVERNMENT-SUBSIDISED TRAINING

BCC Institute delivers quality training under the government's JobTrainer - Skilling for Recovery initiative. Training under JobTrainer is fee-free and fully funded by the NSW and Commonwealth Governments. Training is delivered online.

ELIGIBILITY CRITERIA

You must meet **one** of these eligibility criteria:

- unemployed (whether receiving welfare or not)
- at risk of losing your job
- aged 16-24 years (including school leavers)
- in receipt of any welfare payment
- veterans and their partners
- people employed in aged care, childcare, disability care or digital skill industries

For more information go to:
www.smartandskilled.nsw.gov.au or call 1300 77 21 04.



HOW TO ENROL

Apply now if you are eligible for fee-free training at info@bcc.edu.au.

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Lansvale Public School

Newsletter

Date 06/02/2023



Dearest Parents, Carers and School Community,

Welcome back! My name is Zehra Dostel and I am the Coordinator for the OSCH service in your school, for those of you who may not know me.

I hope everybody had a wonderful break. We are beginning the year making some rose crafts (Rose Day) and we will be making a pizza without using an oven. The children are looking forward to the pizza already but the week will begin with planting a rose.

Our goal this year is to put focus on our activities so if there is anything that you would like to suggest, feel free to do so.

A timely reminder to all parents that if your child is absent from the service please send us a message on 0450 776 519 or better still, you can cancel your session through your parent portal app or by contacting our friendly customer care team on 1300 105343

Our service is a nut and egg free service for children who may have allergies. Please encourage your children to eat their lunches during school hours as we do provide breakfast and afternoon tea.

We will be attempting to put cooking activities back into focus and the annual Handball Competition will be back in March. Please encourage your children to sign up for this amazing experience to showcase their handball skills and meet new people. Our aim is to have a very proactive service with more engagements with the school and parents.

I would like to also give a big shout out our parents in ASC as they have been actively engaged with outdoor activities outside of the school. It's great seeing such a well connected group of parents as they enter the service and say 'Hi' to each other. They also are acknowledging the children and the children are becoming familiar with their friends parents. This is brilliant to see.

Watch this space as we plough through another year.

Warmest regards,

The team at Camp Australia Lansvale Public School OSHC NSW:

Zehra Dostel, Lodi Tarraf, Shahina Akter and Bijay Shresther

**Your
OSHC.**

To register and book, visit www.campaustralia.com.au


ROCKETEERS

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