



FRIDAY  
26/09/2025

# NEWSLETTER



Dear Parents and Carers,

As Term 3 comes to a close, we would like to extend our heartfelt thanks to all parents and carers who participated in the recent teacher and parent/carer interviews. Your involvement and support are invaluable in fostering our students' learning and growth.

This term, we have also welcomed many new families as **Kindi Orientation** commenced, marking the beginning of an exciting journey for our youngest learners. Our Year 6 students had a wonderful opportunity attending the **First Foot Forward** program at Western Sydney University, gaining valuable insights into their future pathways.

We are proud to celebrate the outstanding achievement of Malakai Sinisa, who qualified to compete in the **Sydney South West Regional Athletics Championships** for Shot Put. Congratulations, Malakai, on this fantastic accomplishment! We also want to recognise the many successes of our students across all classes this term. Their hard work and enthusiasm continue to inspire us all.

A huge thank you to our dedicated staff for their ongoing commitment, passion, and tireless efforts in providing a supportive and enriching educational environment for every student.

**PSSA Softball and T-Ball** have started, with lots of training taking place during the week in preparation for their Friday games. Let's cheer them on as they give their best on the field!

**Wednesday Dress Up Day** has been a success this term, with all staff and some students participating. We look forward to increasing participation in Term 4. Please note that **Wednesday, 15 October will be Farm Day**. Students are encouraged to come dressed as farmers, farm animals, or any character related to farm life—for example, they might dress as a farmer, a cow, a sheep, a tractor driver, or a gardener. Let's get creative.

Wishing everyone a safe and restful break. We look forward to continuing our partnership in Term 4.

*Ms Ortega*  
Principal

*Enjoy the school break and stay safe.*



Lansvale East Public School  
21 Riverside Rd, LANSVALE EAST NSW 2166  
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Website: [www.lansvalee-p.school@det.nsw.edu.au](http://www.lansvalee-p.school@det.nsw.edu.au)



# TERM 4 OVERVIEW

| WK | Monday                                   | Tuesday                                 | Wednesday                                               | Thursday                              | Friday                                                |
|----|------------------------------------------|-----------------------------------------|---------------------------------------------------------|---------------------------------------|-------------------------------------------------------|
| 1  | OCT 13<br>SDD<br>Teachers<br>ONLY return | 14<br>ALL students<br>return to school  | 15<br>DRESS UP<br>FARMERS<br>DAY                        | 16<br>Jersey Day<br>&<br>Canteen Open | 17<br>PSAA SOFTBALL<br>& T BALL                       |
| 2  | 20                                       | 21                                      | 22<br>DRESS UP<br>SUPERHERO/<br>SPARKLE DAY             | 23                                    | 24<br>PSAA<br>SOFTBALL & T<br>BALL                    |
| 3  | 27                                       | 28                                      | 29<br>DRESS UP<br>CAREER DAY<br>&<br>PEDDLAR<br>STALLS  | 30                                    | 31<br>PSAA<br>SOFTBALL & T<br>BALL                    |
| 4  | NOV 3                                    | 4                                       | 5<br>DRESS UP<br>ATHLETE DAY                            | 6                                     | 7<br>PSAA<br>SOFTBALL & T<br>BALL                     |
| 5  | 10                                       | 11<br>Remembrance<br>Day                | 12<br>DRESS UP<br>MJ DAY                                | 13                                    | 14<br>PSAA SOFTBALL & T<br>BALL<br><br>SCHOOL CONCERT |
| 6  | 17                                       | 18<br>COLOUR RUN<br>&<br>CRAZY HAIR DAY | 19<br>DRESS UP<br>DENIM DAY                             | 20                                    | 21                                                    |
| 7  | 24                                       | 25<br>YEAR 5 & 6<br>FUN DAY             | 26<br>DRESS UP<br>FAVOURITE<br>ANIMAL DAY               | 27                                    | 28                                                    |
| 8  | DEC 1                                    | 2                                       | 3<br>DRESS UP<br>GREEN DAY                              | 4                                     | 5                                                     |
| 9  | 8                                        | 9                                       | 10<br>DRESS UP<br>YELLOW DAY                            | 11                                    | 12                                                    |
| 10 | 15                                       | 16<br>Presentation<br>Day               | 17<br>DRESS UP<br>BLUE DAY<br>Year 6 Farewell<br>Dinner | 18                                    | 19                                                    |



# Welcome to 4-5 Kangaroo

As Term 3 comes to an end, 4-5 Kangaroo have been working hard across a range of learning areas. This term, we placed a strong emphasis on developing reading comprehension skills, building multiplication fluency, and exploring the joy of music. Students also enjoyed taking part in the AFL program, which helped them develop their teamwork, fitness, and game skills. We are so proud of the effort and enthusiasm shown by all students. Looking ahead, Term 4 promises to be an exciting one, with preparations already underway for our upcoming Michael Jackson concert performance.



# 2 KOOKABURRA

## TERM 3, 2025



### PYJAMA DAY



To support our whole-school attendance initiative, 2 Kookaburra took part in Pyjama Day. Students arrived in their favourite sleepwear!



### AFL

2 Kookaburra had a great time participating in structured AFL sessions this term. Students have been practising key skills such as kicking, handballing and teamwork in a fun and supportive environment.





# SCHOOL ASSEMBLY

We had an amazing assembly at Lansvale East Public School! on Thursday the 25<sup>th</sup> of September, It was truly wonderful to see so many parents and carers join us, making the event even more special.



This term has been a great success, largely thanks to the dedication and hard work of our incredible staff. Their commitment to providing a supportive and inspiring learning environment is truly commendable. We also want to sincerely thank our entire school community for the ongoing support and collaboration—it makes all the difference in creating such a positive atmosphere 🙌💙.

Watching our students perform with enthusiasm and celebrating their achievements as they received awards was a joyful experience for everyone involved 🎉👏.

We are incredibly proud of our students and all they have achieved this term. Their growth, effort, and accomplishments inspire us every day, and we look forward to celebrating many more successes together 🌟🎓.



This email comes to you from

*Dharug*  
COUNTRY





Dear Parents and Carers,

As we wrap up another wonderful term at Lansvale East Public School, we want to extend our heartfelt thanks for your incredible support and involvement. Your partnership truly makes a difference, and we are so grateful for everything you do for our school community ❤️.

It was fantastic to see so many of you at our assembly on Thursday! The joy and energy you brought made it such a memorable occasion for our students and staff. We especially appreciate your patience in staying after the assembly to listen to important announcements and reminders, and we value those of you who raised thoughtful questions and concerns. Your engagement helps us grow and improve, and we encourage you to keep sharing your ideas – together we make our school stronger! 🌟

With the holidays upon us, we wish you a restful and relaxing break.

Take this time to recharge, enjoy precious moments with your children, and make wonderful memories. We can't wait to welcome you back in two weeks for what promises to be a successful and exciting Term 4!

A few friendly reminders for drop-off and pick-up:

- 🚗 Always park properly and ensure your child leaves the car safely.
- 🚦 Stick to the 40km/h school zone speed limit – even if you're running late, safety comes first!
- 🚗 Make space when parking so other families can do the same.
- ❌ Please avoid stopping in the middle of the road, especially at crossings.
- 🚶♂️ Remind your children not to run at pick-up time. Walking calmly ensures everyone gets home safely.

We appreciate your continued cooperation and support in keeping our school community safe for everyone.

We wish you a happy, safe holiday! Get outside, have fun, and stay healthy and active with your kids. We look forward to seeing you all again soon! 😊🌿

This email comes to you from

*Dharug*  
COUNTRY





# WEDNESDAY DRESS UP DAY



Wednesdays just got a whole lot more exciting at Lansvale East PS! 🎉 This week, as part of our new plan to make midweek more fun and enjoyable.

This Wednesday we had Jersey Day. 🏀🏈  
👉 Students and staff proudly wore their favourite sports team jerseys, filling the school with vibrant colours and team spirit. 💙💛 It was fantastic to see everyone's smiles and enthusiasm as they showed their support for their teams. 😊



Watching our students so happy truly made the day shine brighter! ☀️ We're already looking forward to more fun dress-up Wednesdays throughout Term 4 – stay tuned for what's next! 🎭🎈



This email comes to you from

# Dharug

COUNTRY





# Fitness with Mr Al-Saedi



Hey there, Super Parents and Carers!

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Here's a practical list of physical activities busy parents can fit into daily life—at home or in the park—without needing lots of time or equipment:

You can search some on YouTube if some of them didn't make sense 😊

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## At Home (Quick & Effective)

- **Bodyweight Circuits** (squats, push-ups, planks, lunges – 10–15 minutes)
- **Skipping Rope** – great cardio in short bursts
- **Stair Climbing** – up and down for a few minutes
- **Dance Sessions** – put on music and move with your kids
- **Resistance Band Workouts** – compact and easy for strength training
- **Yoga or Stretching** – improve mobility and reduce stress
- **High-Intensity Interval Training (HIIT)** – 5–20 minutes of quick, intense moves
- **Family Fitness Games** – Simon Says with squats, jumps, or balance moves



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# FAMILY MOVIE TIME - BONNYRIGG LIBRARY



Next date: Wednesday, 01 October 2025 | 11:30 AM to 01:00 PM

Children and their families are invited to join us for movies on the big screen these school holidays.

All families welcome. Registration required.

When: Wednesday 1 October 2025 & Tuesday 7 October 2025

Time: 11:30am-1pm

Where: Bonnyrigg Library

Cost: Free

Please use the link below for more information

<https://www.fairfieldcity.nsw.gov.au/Eventbrite/Family-Movietime-Bonnyrigg-Library-1645523798979>

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# FAMILY MOVIE TIME - CABRAMATTA



Next date: Monday, 29 September 2025 | 11:30 AM to 01:00 PM

Children and their families are invited to join us for movies on the big screen these school holidays.

All families welcome. Registration required.

When: Monday 29 September & 10 October 2025

Time: 11:30am-1pm

Where: Whitlam Library Cabramatta

Cost: Free

Please use the link below for more information

<https://www.fairfieldcity.nsw.gov.au/Eventbrite/Family-Movietime-Cabramatta-1645524410809>

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## MAGIC SHOW & BALLOON TWISTING - WETHERILL PARK LIBRARY



Next date: Tuesday, 30 September 2025 | 10:30 AM to 11:30 AM

Join us for a fun magic show and take your very own balloon home!

Love magic? Join us these school holidays for a fun magic show and balloon twisting!

Registration required.

When: Tuesday 30 September 2025

Time: 10:30am-11:30am

Where: Wetherill Park Library

Cost: Free

Please use the link below for more information

<https://www.fairfieldcity.nsw.gov.au/Eventbrite/Magic-Show-Balloon-Twisting-Wetherill-Park-Library-1645498734009>

This email comes to you from

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# INDOOR SOCCER

Join Our Indoor Soccer Fun! 

For Kids Ages 6 to 12

Get active, make friends, and have fun!

What to expect:

Skills training and teamwork

Friendly matches

When: 1<sup>st</sup> and 8<sup>th</sup> of Oct 2025

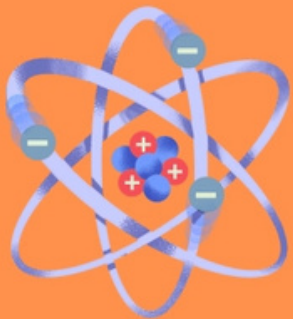
Time: 11:00 AM - 12:00 PM

Location: Fairfield Leisure Centre

44 VINE STREET  
FAIRFIELD NSW 2165



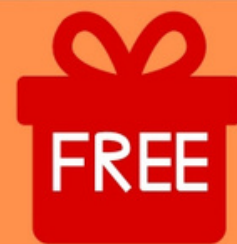
Register via QR code or for more information,  
please contact Zayd on 0474 918 327 Or Maher on  
0429 224 491



# Science Fun at Home Holiday Challenge



**FOR CHILDREN AGED 5-12Y  
(FAIRFIELD & LIVERPOOL LGA)**



Looking for a fun and educational way to keep your kids engaged during the school holidays? We've got you covered!

We're excited to share an amazing collection of

## **100 EASY SCIENCE EXPERIMENTS**

your children can try at home using everyday materials. These hands-on activities are perfect for sparking curiosity, creativity and learning all while having fun as a family.

### **WHATS INCLUDED?**

- Over 100 kid-friendly science experiments
- Easy to follow with household items
- Supports learning through play
- Flexible - do it anytime, anywhere!



### **WHEN**

- Anytime during the school holidays (at your own pace)

### **WHERE**

- At home, perfect for rainy days, quiet afternoons or weekend fun!



### **CHALLENGE AND GIFTS**

Want to show off your child's science fun?

- Take a photo or video and send it to us
- Or tell us which experiment was their favourite
- *The TOP TWO experiments (judged on creativity, effort, and presentation) will each win a gift voucher!*



If you have any questions or want to share your child's experience, feel free to reach out to us: **Parag Siwakoti**  **0497 548 793** or **psiwakoti@corecs.org.au**

<https://forms.office.com/r/rcncwbpw7E>

**SCAN THE QR CODE AND  
GET THE LINK:**



## How can I look after my mental health?

Taking care of your mental health is like taking care of your feelings and thoughts to help you feel good inside. Here are some things you can do:



### **Eat Healthy Snacks!**

Try to eat lots of fruit and vegetables.



### **Share your feelings!**

With an adult you trust.



### **Sleep!**

Make sure you go to sleep on time.



### **Be active!**

Play sports, go for a walk or dance.



### **Be creative!**

Try arts and crafts, drawing, build with lego.



### **Play!**

Play your favourite games.



### **Be social!**

Spend time with family and friends.



### **Go outside!**

Spend time in the sunshine.



### **Ask for help if you need it.**

**How many of these things do you do for your mental health?**



# Every day counts



A day away from school here or there doesn't seem like much but absences add up.

Student attendance at school has an impact on academic achievement and social and emotional wellbeing for individual students. Good student attendance is achieved when schools and families work in partnership to support every student.

## Attending school

Going to school every day is important, and Kindergarten was children up for the rest of their schooling.

What your child learns each day builds on what they learned the day before. If your child misses school, their learning routine is broken. Students can also lose confidence and struggle in building their friendships.

You have a legal responsibility to send your children to school every school day.

If your child misses school due to illness, religious reasons, family circumstances or other reasons, contact the classroom teacher. Remember to contact the school within 7 days to explain the reason for their absence.

If your child arrives at school late or needs to leave early, you will need to go to the office to sign your child in or out and explain the reason for the absence.

If you're having difficulty getting your child to school every day and on time, contact the classroom teacher.

If you need help with English, ask for an interpreter. The school will arrange one if available.

## When your child misses just...

**1** day per fortnight

they miss upwards of

**4** weeks per year

which equates to over

**1** year missed over their school life

1

Getting ready for primary school

education.nsw.gov.au

2

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight

=

**4** weeks



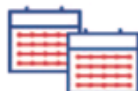
=

Over **1** year missed

**1** day per week

=

**8** weeks



=

Over **2.5** years missed

education.nsw.gov.au

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# 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.

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

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

© NSW Department of Education





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](https://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](https://education.nsw.gov.au)

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## UNIFORM ORDER FORM

Please indicate below the size and quantity of the items required and calculate the total.

Payments can be made by any of the following methods:

- Parent Portal via School Bytes
- Correct cash in an envelope

Please send your completed order form to school with your child, alternatively please e-mail the form to:

[Lansvalee-p.school@det.nsw.edu.au](mailto:Lansvalee-p.school@det.nsw.edu.au)

| ITEM              | COST    | SIZE                  | QUANTITY     | TOTAL     |
|-------------------|---------|-----------------------|--------------|-----------|
|                   |         | 4 6 8 10 12 14 16 M L |              |           |
| School Dress      | \$45:00 |                       |              |           |
| Skort             | \$20:00 |                       |              |           |
| Short Sleeve Polo | \$25:00 |                       |              |           |
| Long Sleeve Polo  | \$30:00 |                       |              |           |
| Shorts (Boys)     | \$20:00 |                       |              |           |
| Jacket            | \$30:00 |                       |              |           |
| Sports Shorts     | \$20:00 |                       |              |           |
| Sports Shirt      | \$25:00 |                       |              |           |
| Tracksuit         | \$70:00 |                       |              |           |
| Tracksuit Jacket  | \$40:00 |                       |              |           |
| Tracksuit Pants   | \$30:00 |                       |              |           |
| Hat/Cap           | \$20:00 |                       |              |           |
| Excursion Bag     | \$15:00 |                       |              |           |
| School Bag        | \$35:00 |                       |              |           |
| Library Bag       | \$25:00 |                       |              |           |
|                   |         |                       | <b>TOTAL</b> | <b>\$</b> |

Child's Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

Parent/Carer Name \_\_\_\_\_ Signature \_\_\_\_\_ Phone \_\_\_\_\_

Payment Method ☐ Parent Portal ☐ Cash ☐ Credit Card



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# Lansvale East Public School

## Parent/ Carer – Teacher Communication Guide

Lansvale East Public School is dedicated to facilitating effective communication between parents, carers, and teachers, enabling them to work together in partnership that supports the education and wellbeing of all students.

Please find information of ways you can communicate with our school:

| Reason                      | Who to contact        | Contact Details                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Child's progress            | Classroom teacher     | 1. Call the front office on 9728 1278 to request to speak with the classroom teacher at their earliest opportunity to make an appointment.                                                                                                                                                                                                              |
| Student Welfare/ Attendance |                       | 2. Send an email to the school email account addressing it to the classroom teacher to make an appointment.<br><br>Email: <a href="mailto:lansvalee-p.school@det.nsw.edu.au">lansvalee-p.school@det.nsw.edu.au</a><br><br>3. Send a message to the class teacher on ClassDojo.<br><br><u>Make contact with us</u> between the hours of 8:30am – 3:30pm. |
| School Organisation         | School administration | Contact the front office on 9728 1278.                                                                                                                                                                                                                                                                                                                  |
| Feedback/ concerns          | Principal             | Contact or email the principal on<br>Email: <a href="mailto:lansvalee-p.school@det.nsw.edu.au">lansvalee-p.school@det.nsw.edu.au</a>                                                                                                                                                                                                                    |

### Please note:

- We value your communication with our school, and we are committed to respond to your request as soon as possible.
- Our staff are unable to respond to messages during teaching time between 9:00am – 3:00pm.
- While some matters may be addressed immediately, it is desirable to arrange meetings to address issues at a time that is mutually convenient and is conducive to a positive outcome.

At Lansvale East Public School, we foster an inclusive learning culture which demonstrates aspirational expectations where every student is known, valued and cared for. Together we will build positive and respectful relationships that are evident throughout the school community, promoting student wellbeing and creating an optimal environment for learning across the school.

Ms E Ortega  
Principal