

NEWSLETTER

29/08/2025



Dear Parents and Carers.

A wonderful celebration was held for **Book Week!** It was a joy to see so many students dressed as their favourite characters, bringing stories to life in such creative ways. A highlight of the week was watching our teachers perform a lively Reader's Theatre – the laughter and smiles from our students said it all!

Our whole school assembly was another special moment, showcasing the talents and efforts of our students. Thank you to families for your ongoing support in helping to make these events such a success.

Unfortunately, our Athletics Carnival was cancelled due to the heavy rain and flooding around the school grounds. We know how much our students look forward to this event, so we are excited to announce that we will hold the carnival in Term 4 as a fun day. A note will go home with further details, and we look forward to seeing our school community come together then.

With Father's Day fast approaching, our wonderful staff are preparing a Father's Day Stall to be held on Thursday 4 September and Friday 5 September. Students will have the opportunity to purchase gifts ranging from \$1 to \$10. A huge thank you to the staff for making this event possible for our children to enjoy.

Next week, from 1–5 September, we will be celebrating SASS Recognition Week. This is a very important time to acknowledge and thank our amazing support staff - including our office team, General Assistant, and School Learning Support Officers – who all work tirelessly to support our students, staff, and families every single day. Please remember to say thank you to our wonderful SASS staff throughout the week to recognise the amazing work they do in supporting our students, families, staff, and the school community.

Thank you once again for your support in making our school such a vibrant and welcoming community.

Ms Ortega Principal

Have a wonderful weekend. Lansvale East Public School

> 21 Riverside Rd, LANSVALE EAST NSW 2166 Phone: (02) 9728 1278

Email: lansvalee-p.school@det.nsw.edu.au



LEPS TERM 3 OVERVIEW

	Monday	Tuesday	Wednesday	Thursday	Friday
1					
2					
3	4 August Education Week Healthy Harold	5 August Healthy Harold	6 August Athletics Carnival 9:30am - 2:30pm	7 August	8 August
4	11 August <u>Bullying No Way</u> <u>Week</u> Activities in class	12 August	13 August	14 August Triple P 9-10am	15 August
5	18 August <u>Book Week</u>	19 August	20 August 3-6 MJ the Musical Excursion	21 August Book Week Parade and Whole School Assembly 9:15am	22 August Foot Steps dance Catholic & Islamic Scripture
6	25 August	26 August	27 August Athletics Carnival CANCELLED Due to wet weather	28 August Triple P 9-10am	29 August K-2 Josephine Wants to Dance Excursion
7	1 September School support recognition week	2 September	3 September	4 September Father's Day stall Zone Athletics carnival	5 September Father's day stall Foot steps dance Catholic & Islamic Scripture Term 3 CAPA Program AFL
8	8 September Child protection week	9 September	10 September	11 September Triple P 9-10am R U OK? Day Students wear yellow	12 September Foot Steps Dance Catholic & Islamic Scripture
9	15 September	16 September	17 September	18 September Kindy Orientation Session 1 9:30am - 10:30am	19 September Foot Steps Dance Catholic & Islamic Scripture
10	22 September	23 September Int Day Of Sign Language	24 September	25 September Kindy Orientation Session 2 9:30 - 10:30am Whole School Assembly 9:15am	26 September Foot Steps Dance Catholic & Islamic Scripture



Young authors at work.









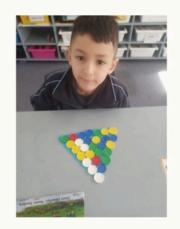
Book Week!





Exploring Length Together.







Let's Move to the Beat!

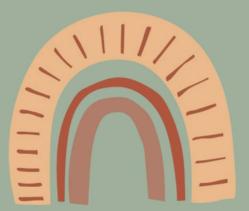












2-5 Wombat Newsletter



IN CLASS

This term in our K-5 Wombat class, students have been diving into persuasive text. Through engaging discussions, students are not only delving into their opinions but also developing their critical thinking skills as they discuss reasons for and against based on a given topic. Each session encourages them to share their thoughts and insights, fostering a collaborative learning environment where every voice is valued.

THIS TERM

This term students have engaged in a variety of extra curricular activities.

These include; Healthy Harold,
Education Week and Book Week!

Students from K-5 Wombat shared the collective response to the following question: What event did you enjoy the most?

Student Response: "[We] enjoyed book week because we could dress up."

REMINDERS

- Monday:
 - Music with Mrs Nguyen
- Tuesday:
 - Computers
 - Community Language with Mr Nguyen
- Thursday:
 - Library
- Friday:
 - Integration day
 - Sport day
 - Homework due







School Assembly

Lansvale East Public School held a memorable assembly and book parade inside the school hall. Although the weather was less than ideal, with rain and wind threatening to disrupt the event, the dedicated staff at LEPS worked tirelessly to ensure that students and their families did not miss out on this beautiful and exciting celebration.



Despite the hall's limited size, the students had an absolute blast. They enjoyed proudly showcasing their costumes, walking around the space, and enthusiastically waving to their parents and carers.





School Assembly

It was truly heartwarming to see the smiles on the faces of parents and carers as they watched their children proudly display the costumes—many of which were lovingly designed and created by the parents themselves. Their hard work and creativity made the day even more special, and it was rewarding to see that the rain would not dampen this joyful occasion.





School Assembly



Adding to the excitement, the teachers of Lansvale East Public School put on a fantastic show inspired by beloved children's books to entertain both students and their families.

The wonderful acting skills displayed by our staff brought stories to life and put smiles on everyone's faces, making the event a truly unforgettable experience for the whole school community.











A beautiful short visit from a member of our community



It's truly wonderful to receive short visits from our community showing their appreciation for our hard work. We are incredibly grateful to know that our efforts are noticed and valued—it means a great deal to all of us. While we are more than happy to do our job and never expect gifts or special recognition, these thoughtful gestures definitely put a smile on our faces and brighten our day. Thank you for your kindness and support!





Fitness with Mr Al-Saedi



Hey there, Super Parents and Carers!

You're doing an amazing job nurturing your little ones—and every small step you take toward helping them stay healthy makes a big difference. Encouraging kids to be active, eat well, and enjoy treats in moderation can set them up for lifelong healthy habits.

You don't need to be perfect or overhaul your whole lifestyle overnight. It's all about simple, fun changes you can make together as a family. Think of it as a team effort—one healthy choice at a time!

You've got this 6





SIMPLE WAYS TO ENCOURAGE HEALTHY HABITS: HEALTHY EATING

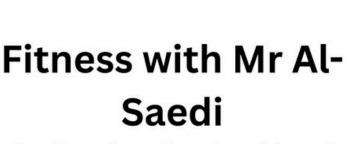
- MAKE FRUIT AND VEGGIES FUN-TRY COLORFUL PLATES
 OR CUT FOOD INTO FUN SHAPES.
- LET KIDS HELP WITH SHOPPING AND PREPPING MEALS—
 THEY'RE MORE LIKELY TO EAT WHAT THEY HELPED MAKE.
- KEEP HEALTHY SNACKS LIKE FRUIT, YOGHURT, OR VEGGIE STICKS WITHIN EASY REACH.
- EAT TOGETHER WHEN YOU CAN-IT HELPS KIDS LEARN GOOD HABITS FROM YOU.













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You've got this





S LIMITING JUNK & SUGARY FOODS

- KEEP TREATS AS "SOMETIMES FOODS" AND NOT EVERYDAY OPTIONS.
- DON'T LABEL FOODS AS "BAD"-TALK ABOUT "EVERYDAY
 FOODS" VS "TREAT FOODS" INSTEAD.
- OFFER WATER INSTEAD OF SUGARY DRINKS—IT'S THE BEST FUEL FOR BUSY BODIES.
- AVOID USING SWEETS AS REWARDS—TRY FUN EXPERIENCES OR PRAISE INSTEAD.









MUSIC VIBES

Our students have been enjoying music lessons with Ms Nguyen, learning about beat, rhythm, pitch and so much more.



Exploring music from different cultures, making learning both fun and educational.



My dad My hero

Happy Father's Day



Dear Parents and Carers,

Lansvale East Public School will be hosting a Father's Day stall on the 4th and 5th of September! This is a wonderful opportunity for our students to pick out a special gift for their fathers or loved ones.

Fathers work hard every day to support and care for their families, and this stall is a lovely way for our children to show their love and appreciation.

We encourage you to let your kids purchase something from the stall priced \$1 to \$10 to celebrate the amazing fathers in their lives!



Thursday, 28 August 2025

2025 Zone Athletics Carnival

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Dear Parents and Carers,

Your child has been selected to represent Lansvale East Public School at the Lansdowne Zone Athletics Carnival, which will now be held at The Crest Athletics Field, Bankstown on Thursday 4 September 2025 Notes must be returned strictly by Tuesday 2 September 2025.

EVENT VENUE	ENUE The Crest Athletics Field Bankstown	
DATE	Thursday 4 September 2025	
TIME	Arrive at school by 8:00AM Bus leaves Lansvale East PS at 8:15 Arrive back at school by 3:00PM	
COST	\$25	
TRANSPORT	Travelling to and from venue by bus under teacher supervision	
EQUIPMENT	Wear full school sports uniform Hat and sunscreen Bottle of water (to refill if necessary)	
FOOD There will be NO CANTEEN FACILITIES on the day. Students are require bring sufficient water, food and snacks for the day.		
SPECTATORS Parents are welcome to attend.		

<u>Please note:</u> Attendance of the event is subject to student behaviour. If students have not followed school rules leading to the event, they will not be able to attend.

≈--Please detach and return to the classroom teacher no later than Tuesday 2 September 2025-->

	2025 Zone Athletics Carnival	
I consent for my child the Zone Athletics Carnival	on Thursday 4 September 2025.	from class to atten
I have included payment in ca	sh:	
My child has the following add	litional needs (<i>please specify</i>):	
Parent / Caregiver Name:	Parent / Caregiver Signature	Parent / Caregiver Mobile

PLEASE NOTE NO LATE PAYMENTS WILL BE ACCEPTED



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R U OK? Any Day

Thursday, 28th August 2025

Dear Parents and Caregivers,

This year's theme for **R U OK?** is:

"R U OK? Any Day"

While R U OK? Day is an important annual event, we want to remind everyone that checking in with others and having meaningful conversations about mental health can and should happen every day, not just on one day of the year.

At school, we're supporting the message that asking "Are you OK?" can make a real difference. Whether it's a classmate, teacher, friend, or family member, taking a moment to check in, listen, and show you care helps to build trust and create a supportive environment.

To show our support, students are encouraged to **wear yellow** or their regular school uniform on the 11th of September 2025. Wearing yellow is a symbol of hope and support for mental health awareness.

Let's work together to create a culture where asking "R U OK?" is normal, and help is always within reach.





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Term 3 CAPA Program AFL

Thursday 28 August 2025.

Dear Parents and Carers,

Starting Friday, 5 September and concluding on Friday, 26 September, students at Lansvale East Public School will participate in a fully funded AFL program as part of our CAPA (Creative and Performing Arts) whole-school weekly rotation.

This program will take place **on school grounds** and will be scheduled throughout the day. All students from **Kindergarten to Year 6** will be involved in a variety of **physical and creative activities**, integrated across stages to foster collaboration and engagement.

The rotation is designed to provide **inclusive**, **engaging**, **and safe experiences** for every student, with designated areas carefully arranged to ensure an even distribution of activities.

We look forward to all students participating in this fully funded fun program.

Ms Ortega Principal



Why Parents Should Learn Common Phrases that children are using in 2025.

As parents, we must pay attention to how our kids communicate with common phrases. For the most part, these phrases may sound harmless but other times they may have negative connotations.

Bet – In agreement with something, or used for okay or affirmative.

Bussin' - Something is really good.

Cringe – A feeling of embarrassment and discomfort.

Dank – Excellent, high quality.

Dip - To leave suddenly or early.

Dope - Something that is exceptional or awesome.

Drag – To mock or humiliate someone.

Dope - Something that is exceptional of awesome.







Promoting school attendance

There are a lot of reasons why a student might refuse school. However, schools that actively encourage mental health and wellbeing for children and young people can help to reduce school refusal.

What can schools do?

It's not unusual for students to sometimes be nervous or worried about going to school.

But for some students, this worry can be excessive and can lead to <u>school refusal</u>. The following approaches can help learning communities foster positive mental health and wellbeing among children and young people, which can, in turn, alleviate their nerves and worry around school attendance.

Building a mentally healthy community

A positive school culture makes children and young people feel safe and secure. It promotes a sense of belonging and helps positive relationships thrive. Students are more likely to attend school regularly when they feel supported and valued as an important part of the learning community.

Creating family partnerships

Partnerships between school staff and families will mean that attendance problems are detected early and a consistent approach is used to support the child or young person. Regular communication between schools and families during periods of non-attendance helps everyone work together to support the child or young person to return to school.

Developing resilience

Embedding teaching of social and emotional learning skills into the curriculum, with opportunities to practise these skills across a range of contexts, gives children and young people tools for managing uncomfortable emotions. Having these real-life skills makes school refusal less likely.

Providing early support

Recognising the signs that a child or young person might be experiencing social or emotional difficulties helps educators take appropriate action. School refusal can be a flag for anxiety or other mental health issues. Recognising and responding to school refusal means that educators might pick up on issues that would otherwise be missed. The child or young person and their family can also be referred to other services or professionals who can support them.

Be You Professional Learning

Learn more about providing support for children, young people and their families, by helping them access information and internal and external supports, in the <u>Provide</u> module.











Strategies for educators

Early recognition of attendance and school refusal issues is essential.

Strategies can be put in place to support the student before the behaviour becomes entrenched.

At the whole-school level

- Create a positive school climate where everyone feels supported by their peers and educators, and has a sense of connectedness to the learning community.
- Establish peer support or mentoring programs to increase a sense of belonging among students.
- Closely monitor student attendance to enable early detection of attendance problems and make efforts to follow up with the student and their family.
- Communicate the importance of consistent attendance to the school community.
- Develop a school policy specifically on school refusal with defined processes for when and how to respond.
- Ensure students know where they can go and who they can talk to if they're feeling worried or overwhelmed.
- Develop effective programs to support students and their families during the transition to school and between schools.
- Ensure all school staff are aware of the factors that contribute to school refusal and receive support when working with students displaying persistent school refusal.

At the individual level

- Work closely with the family to understand the underlying reasons behind the school refusal and problem-solve together.
- Work with the school's wellbeing team, learning support team or pastoral care (depending on resources available at your school) and get advice on supports the student might need.
- Seek information about professionals within the broader community who may be able provide support.

- Maintain close contact with the family, even during extended periods of non-attendance.
- Acknowledge the challenges faced by families of children and young people who refuse school.
- Develop a return-to-school plan in collaboration with the family and student. Depending on individual needs, this might include gradual reentry, a flexible learning program or timetable, or special arrangements for recess. The aim of the plan should include the expectation of gradual full attendance.
- Support families to implement a morning routine that sets the expectation of school attendance.
- Consider the support the child or young person might need upon arrival at school. This might include meeting with a friend at a specific place and time, using a quiet space to settle before school starts, engaging in an activity or responsibility, or meeting with a key staff member.
- Provide recognition and positive feedback for any efforts towards school attendance.
- Respond to any school-based needs, such as academic support, dealing with bullying or support with social relationships.
- Link families with appropriate support services for assistance with family-based issues which might be impacting on the child or young person's attendance.

Be You Professional Learning

Learn more about observing children and young people's behavioural and mood changes in the Notice module.





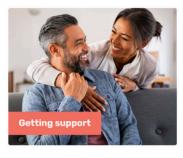






Supporting children and families to lead safe and happy lives

Find a program









StrongSafeFamilies was developed by Prosper (Project Australia) as a primary prevention and early intervention initiative to support children and their families to live safe, happy lives within their culture and community.

StrongSafeFamilies provides free access to a range of Tip Sheets, Online Webinars, and Face-to-Face programs to support families, across a range of areas of need.

Use the QR code below to access the site and various programs that are run in the local area.



https://strongsafefamilies.online/







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NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...







Make friends



Build skills through fun



education.nsw.gov.au



A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year















🔊 = **18** days



0

Patterns of lateness can have a serious impact on your child's education.

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.

We treat each other with respect

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 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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We create collaborative learning environments

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-complimentsand-suggestions/guide-for-parents-carers-and-students



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.



School Community Charter

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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

ITEM	COST	SIZE 46810121416ML	QUANTITY	TOTAL
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			
			TOTAL	\$

Child's Name		Class	Date	
Parent/Carer Name		Signature	Phone	
Payment Method	Parent Portal	Cash	Credit Card	





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	
Student Welfare/ Attendance	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. 2. Send an email to the school email account addressing it to the classroom teacher to make an appointment. Email: lansvalee-p.school@det.nsw.edu.au 3. Send a message to the class teacher on ClassDojo. Make.contact.with us 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 Email: lansvalee-p.school@det.nsw.edu.au	

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