

Dear Parents and Carers,

I want to take a moment to thank all of you who participated in our recent community excursion with your child. Your involvement truly enriches these experiences and strengthens our school community. We plan to extend this initiative into 2026, organising one community excursion each term to continue fostering meaningful connections and hands-on learning opportunities.

The last fortnight has been filled with wonderful events that truly highlight the spirit and enthusiasm of our students and staff. Our Dress Up Day on Wednesday is a success, with many students and staff engaging creatively and joyfully. The same day also saw a successful Canteen Fundraiser supporting our Year 6 students, which was a great community effort. Additionally, our Athletic Fun Day was a real highlight, showcasing the energy, teamwork, and sportsmanship that make our school community so special. The smiles and cheers reflected just how much everyone enjoyed the activities and friendly competitions.

As a reminder to families, please ensure students do not bring large dollar notes to school. Recently, some students have brought over \$50 for the canteen or the peddlar stall, which is far too much money for children to carry. If money is misplaced or goes missing, the school cannot take responsibility. We appreciate your support in helping keep our school community safe and secure.

Looking ahead, we are eagerly anticipating the MJ Concert next Friday. It promises to be a spectacular evening, celebrating the musical talents of our students. We encourage all families to attend and support our young performers.

I also want to remind parents and carers of the importance of maintaining open communication with our teaching staff. If you have any questions or wish to discuss your child's progress, please do not hesitate to contact the school office to arrange a time to speak with your child's classroom teacher. Your involvement and partnership in your child's education are invaluable.

Thank you once again for your continued support and engagement.



Have a restful weekend.





# LEPS TERM 4 OVERVIEW

	Monday	Tuesday	Wednesday	Thursday	Friday
1	13 October 🇹	14 October 🏑	15 October  Dress up  Farmer day	16 October Year 6 Fundraiser - Jersey Day & Canteen	17 October Scripture PSSA Softball & T Ball Home Game
2	20 October 🇹	21 October	22 October  Dress up  Super Hero/Sparkle  Diwali celebration	23 October Kindergarten Orientation - Session 3	24 October Scripture PSSA Softball & T Ball Home Game
3	27 October 🎻	28 October	29 October  Dress up Day  Career Day  Year 6 Fundraiser  Canteen open	30 October Kindergarten Orientation Session 4	31 October Scripture PSSA Softball & T Ball Home Game World Teachers Day
4	3 November 🏑	4 November Parent Excursion Botanical gardens	5 November  Dress up  Athlete Day  Athletics Fun Day  Canteen open	6 November Peddler Stall	7 November Scripture PSSA Softball & T Ball Home Game
5	10 November	11 November Remembrance day	12 November  Dress up Day  MJ Day  Canteen open	13 November Whole school Assembly school hall	14 November Scripture PSSA Softball & T Ball Cabramatta PS School Concert
6	17 November	18 November Year 6 Fundraiser Colour Run Crazy Hair Day	19 November  Dress up Day  DENIM Day  Canteen open	20 November Parent Forum Parents & carers workshop	21 November Scripture PSSA Softball & T Ball Home Game
7	24 November	25 November	26 November  Dress up Day  Favorite Animal  Canteen open	27 November	28 November last day of Scripture
8	1 December	2 December	3 December  Dress up Day  Green Day  Canteen open	4 December	5 December
9	8 December	9 December	10 December  Dress up Day  YellowDay  Canteen open	11 December	12 December
10	15 December	16 December K-6 Presentation Day	17 December  Dress up Day  Blue Day  Year 6 farewell  dinner  Canteen open	18 December Reports go home	19 December Term 4 end

# **4-5 Kangaroo Newsletter**

This term, 4-5 Kangaroo are excited to begin our class novel, *The Wild Robot*, where we will explore themes of friendship, resilience, and the natural world through rich discussions and creative response activities. Later in the term, we will also be starting a fun cooking unit, giving students the opportunity to follow procedures, work cooperatively, and build real-world skills in the kitchen.

Thank you to our families for your continued support, especially in ensuring students arrive each day ready to learn and wearing the correct school uniform with pride. We are looking forward to a wonderful final term together!



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· Viregae Coptioner )	· rice cooken		
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cucumber	• knife		
soy sauce	+ glaves		
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# Sight Word Superstars.









# Diwali - The Festival of Lights!









# Sharing Objects Equally.









# Teamwork, Creativity, and Courage! Orama in Action!









Teachers inspire, guide, and shape the future with passion and dedication. ★ Their unwavering commitment lights the path for every learner. ★ On this World Teachers' Day, we celebrate and thank all teachers for their incredible impact. ★ We wish you a very happy and rewarding day—you truly make the world a better place! ❖ ●













# WEDNESDAY DRESS-UP DAY





# Career and Athlete Day





At Lansvale East Public School, creativity is blossoming week after week in the most delightful ways! Our students are embracing the fun and excitement of Dress-Up Wednesday, where each week brings a new chance to showcase their imagination through colourful and beautiful costumes. It's wonderful to see their faces light up as they step into character, sharing laughter and joy with their friends.

From Career Day, where our budding explorers dressed as everything from doctors to astronauts, to Athlete Day, where sporty outfits filled the playground with energy and enthusiasm, the kids have truly loved every moment. These special days spark not only creativity but also inspiration, as students learn more about different paths and healthy living, all while having a fantastic time.

Our Dress-Up Wednesdays have quickly become a highlight, bringing out the best in our students' creativity, confidence, and school spirit. We can't wait to see what imaginative ideas they'll bring next!











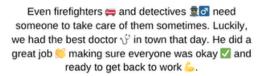








Tris such a thrill to see our students rocking their favourite jerseys, bursting with energy and passion for sports! ( ) Their excitement and dedication today show they're well on their way to becoming tomorrow's sports superstars! 🌞 Keep shining, future athletes!



Also we had an AMAZING Athletic Fun Day this Wednesday! The students had an absolute blast participating in all the exciting activities and loved munching on the yummy snacks 🍎 🔞 . A huge shoutout to our incredible LEPS staff who worked tirelessly to make this day happen, especially after the last event was cancelled due to the 



It was also fantastic to see some awesome parents cheering on their kids and joining in the fun 3888. What a fantastic day full of smiles, energy, and school spirit! \*\*\*\* #LEPSFunDay







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# Parent Excursion Botanical gardens

Lansvale East Public School had its very first parent excursion recently, and what a wonderful day it was! \*

We visited the stunning Botanical Gardens, a place full of lush greenery, peaceful water features, and vibrant natural beauty. The children and parents alike enjoyed exploring the gardens and learning about Dharug Country and the many rich traditions of the Aboriginal people. \*

It was inspiring to hear the stories and discover how deeply connected the land is to First Nations culture.

The parents had so much fun watching their kids actively participate in the educational activities, sharing smiles and laughter throughout the day. It was truly special to see our school community come together in such a meaningful way.

A huge thank you to all the parents who joined us on this memorable excursion – your support and involvement made this experience even more special. We appreciate your time, help, and enthusiasm.

Looking forward to many more adventures together!











# **Peddler stall**

The Peddler Stall was absolutely AMAZING! The students from Lansvale East PS had an unforgettable time, filled with laughter and excitement. They dove into so many fun activities – painting their hair with bright, colourful designs the kicking the ball to score goals and earn awesome rewards that made everyone smile the many other exciting activities too, keeping the energy high and the smiles wide!

It was truly wonderful to see everything come together, and a huge shoutout to the staff who worked incredibly hard behind the scenes to make this event a fantastic success. Their dedication and effort made it all possible, creating joyful memories for everyone involved. What a fun and fantastic day for Lansvale East PS!





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### Fitness with Mr Al-Saedi

Hey there, awesome parents and carers! No Hope you're all feeling fantastic and staying active!

Did you know that healthy eating doesn't have to be a mystery or involve magical tips? \*\*\*

Sometimes we think "healthy food" means something fancy, but it's all about what we do with

our everyday ingredients!

Take chicken breast, for example:

it's packed with protein and super low in fat 🛊 💪

but if we deep fry it, it's not so healthy anymore! @@

So, the secret isn't in the food itself, it's in how we cook it and how much we eat!

Let's make healthy eating tasty and fun

by using the grill or air fryer! "

Not only is it better for us, but it's also super delicious.

Ready to try something new?

Here's a simple, mouthwatering recipe for juicy chicken breast with baked potatoes and steamed veggies!

Let's eat well, feel great, and keep our superpowers strong! \*\*\*

Let's do this!

What you need:

2 chicken breasts (skinless, boneless)

2 medium potatoes

Your favorite mixed veggies (think broccoli, carrots, green beans, or whatever you love!)

Olive oil (just a little!)

Spices: salt, pepper, garlic powder, paprika, and a pinch of dried herbs like thyme or rosemary (optional but yum!)

How to make it:

1. Preheat your oven to 200°C.

- 2. Prep the potatoes: Wash them well. You can peel if you want, but leaving the skin on adds fiber! Cut the potatoes into wedges or cubes. Toss them lightly with 1 tbsp olive oil, a pinch of salt, pepper, and a dash of paprika. Spread them evenly on a baking tray. These will roast for about 30-40 minutes—until golden and crispy on the outside!
- 3. Season the chicken breasts: Pat them dry with a paper towel. Rub a teaspoon of olive oil on each, then sprinkle both sides with salt, pepper, garlic powder, paprika, and herbs. Feel free to adjust the spices to your taste!
- 4. Bake the chicken: Place the seasoned chicken breasts on a separate baking tray or oven dish. Pop them into the oven alongside your potatoes. Bake for around 20-25 minutes, or until the chicken is cooked through (juices run clear and no pink inside).
- 5. Steam the veggies: While your chicken and potatoes are cooking, steam your veggies until tender but still vibrant and crunchy—about 5-7 minutes. If you're feeling fancy, add a squeeze of lemon juice on top for freshness!
- Serve it up: Plate your juicy chicken breast with those crispy golden potatoes and a generous pile of colourful steamed veggies.

Bonus tip: For extra flavour, try marinating your chicken in a little lemon juice and herbs for 30 minutes before cooking. Enjoy your tasty, healthy, and super satisfying meal! | Let's keep eating well and feeling great!



This tasty recipe isn't just for grown-ups—it's perfect for kids too! Getting children involved in preparing and enjoying healthy meals helps them learn good eating habits for life. Try cooking together, and let the kids help with washing the veggies or mixing the potatoes. Making healthy food fun in the kitchen can help your family enjoy healthy eating every day!

And it should look like this









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# LANSVALE EAST P.S END OF YEAR CONCERT 2025





- 🗂 FRIDAY, 14 NOV 2025
- Entry opens: 5PM
- TLansavle East Public School
- Ticket Price : \$12.00

Enjoy the show with food & drinks.

Canteen will be open during intermission



## Let's talk about

# social anxiety

### What is social anxiety?

When someone feels extremely nervous and self-conscious in social situations. It can be hard for them to talk to people, make friends, or even do everyday activities in front of others.



Sometimes it can even make it difficult for people to go to school or work because their mind is focused on negative thoughts about what could go wrong or what people might think or say.

### What are some signs of social anxiety?

People with social anxiety disorder might:

- be scared of situations where they think others might judge them
- worry that they will be embarrassed, judged or rejected by others.
- crying or freeze up when thinking about or being in social situations
- avoid social situations
- worrying that they look too anxious





### Is it just people making things up?

**No.** It's not something they're making up—it's a feeling that can be really big and make things hard for them. Imagine feeling like there are butterflies in your tummy when you have to talk to lots of people—that's how it can feel for someone with social anxiety.



### How do people get social anxiety disorder?

Some people might get social anxiety disorder because they're really shy or had a scary experience before. It's like their brain gets extra worried about these things, but with help and practice, they can feel better about being in social places.

# Can people with social anxiety disorder get better?

**Yes**. People with social anxiety disorder can live happy and meaningful lives where they can work towards their goals.

Sometimes, people with social anxiety disorder might need help from doctors or psychiatrists who can teach them how to cope with stress and be calmer in social situations.



They might need to take medication or practice being in social situations with more people. It's ok if this happens though, it is all part of getting help for social anxiety disorder.



# No smoking near entrances to or exits from a public building (the 4 metre law)

The Smoke-free Environment Act 2000 makes a number of outdoor public places smoke-free. Smoking is banned within 4 metres of a pedestrian entrance to or exit from a public building in NSW. This law is called the '4 metre law'.

The '4 metre law' was delayed for licensed premises and restaurants until 6 July 2015. This delay was allowed to support consistent application of the smoking ban on commercial outdoor dining areas from 6 July 2015.

### What types of public buildings are covered by the 4 metre law?

Smoking is already banned in enclosed areas of public places in NSW. The law extends the smoking ban to cover the area within 4 metres of a pedestrian entrance to or exit from a public building, such as:

- shopping centres, malls and plazas;
- schools, colleges and universities;
- childcare facilities:
- community centres, halls and places of worship;
- ✓ theatres, cinemas, libraries and galleries;
- ✓ accommodation hotels and motels;
- ✓ professional, trade, commercial and other business premises;
- ✓ fitness centres, bowling alleys and other sporting and recreational facilities; and
- ✓ Local, NSW and Federal Government premises.

and from 6 July 2015

- ✓ licensed premises including clubs and hotels;
- ✓ restaurants; and
- cafés.

#### What buildings are not covered by the '4 metre law'?

Buildings used only for residential purposes such as private houses or multi-unit residential accommodation (such as boarding houses, buildings in caravan parks and residential accommodation in community or strata schemes) are not covered by the '4 metre law'.

Buildings that have multiple uses, such as residential and commercial purposes, will be subject to the '4 metre law' only at those entrances and exits which are used for non-residential purposes.

#### Does the smoke-free law apply to someone walking along the footpath while smoking as they pass within 4 metres of an entrance to a public building?

No. This situation is not considered an offence, so long as the person does not remain in the smoke-free area while smoking. The purpose of the ban is to stop smokers from congregating immediately outside entrances to or exists from public buildings.

#### Will there be signage to indicate where smoking is not permitted?

The law does not require signs to be displayed to indicate that smoking is not permitted within 4 metres of a pedestrian entrance to or exit from a public building. This is due to the diverse range of public buildings that are captured under the law.

The law allows NSW Health to work with Local Councils and other Government departments to develop signage appropriate to the different public buildings. 'No smoking' signage is strongly encouraged to support public awareness of the smoking ban.

#### How will this be enforced?

NSW Health Authorised Inspectors can enforce the ban within 4 metres of an entrance to or exit from a public building under the Smoke-free Environment Act 2000.

On the spot fines of \$300 may apply to individuals who do not comply with the '4 metre law', including at hospitality venues from 6 July 2015.

#### Why is this Act in place?

The number of people who gather just outside the entrances of buildings can be significant. This has the effect of forcing people entering and leaving those buildings to walk through groups of smokers, exposing them to second-hand smoke. Also, smoke drift can easily occur from outside buildings to the indoor areas.

There is no safe level of exposure to second-hand tobacco smoke. This is the smoke which smokers exhale after inhaling from a lit cigarette and the smoke emitted from a burning cigarette

In adults, breathing second-hand tobacco smoke can increase the risk of heart disease, lung cancer and other lung diseases. It can worsen the effects of other illnesses such as asthma and bronchitis. Exposing ex-smokers to other people's tobacco smoke increases the chance of relapsing to smoking.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children's airways are smaller, and their immune systems are less developed. These differences make children more likely to suffer health problems due to second-hand smoke such as bronchitis, pneumonia and asthma.

Creating smoke-free outdoor areas, such as smokefree entrances and exits from public buildings, supports those who have guit and makes smoking less visible to children and young people.

#### **How does this affect Local Council** bans on smoking?

Many NSW councils, under the provisions of the Local Government Act 1993, have introduced their own smoking bans. Where these bans are in place, they can continue to be enforced by Local Council rangers.

**NOTE**: This fact sheet provides general guidance on complying with the Smoke-free Environment Act 2000. Please refer to the exact wording of the Act and associated regulations concerning points of law.

#### For more information

Learn more or report a breach at health.nsw.gov.au/smokefree.

Call the Tobacco Information Line on 1800 357 412.

Non-English speaker?







# **Every day** counts



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

Student attendence at school has an impact on ecademic achievement and social and emotional neelibeing be individual students. Good stacent utbrandance is achieved when schools and filmities work in partnership to support every student.

#### Attending school

When your child misses just...

day per fortnight

they miss upwards of

per year

which equates to over

year missed over their school life



# 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

day per fortnight

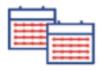
= 4 weeks





day per week

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Over 2.5 years missed

education.nsw.gov.au



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# Why attendance matters

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







Make friends



Build skills through fun





education.nsw.gov.au

# Minutes lost = days lost per year

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

When your child misses just... they miss days per year 3 days





= **18** days





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

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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

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-complimentsand-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.



School Community Charter

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

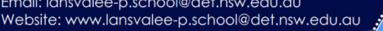
ITEM	COST	SIZE 46810121416ML	QUANTITY	TOTAL
School Dress	\$45:00			
Skort	\$20:00			
Short Sleeve Polo	\$25:00			
Long Sleeve Polo	\$30:00			
Shorts (Boys)	\$20:00			
Jacket	\$30:00			
Sports Shorts	\$20:00			
Sports Shirt	\$25:00			
Tracksuit	\$70:00			
Tracksuit Jacket	\$40:00			
Tracksuit Pants	\$30:00			
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	Pa	rent 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  Student Welfare/ Attendance	Classroom teacher	<ol> <li>Call the front office on 9728 1278 to request to speak with the classroom teacher at their earliest opportunity to make an appointment.</li> <li>Send an email to the school email account addressing it to the classroom teacher to make an appointment.</li> <li>Email: lansvalee-p.school@det.nsw.edu.au</li> <li>Send a message to the class teacher on ClassDojo.</li> <li>Make_contact with us between the hours of 8:30am – 3:30pm.</li> </ol>	
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



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