

Welcome

Fairfield West Public School



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Principal's Message

I am pleased to extend a warm welcome to our vibrant school, where opportunities and experiences are provided for students to achieve ambitious outcomes and reach individual potential, enabling lifelong learning. We are committed to transforming lives through learning and co-curricular activities.

Fairfield West Public School is dedicated to equity and excellence so that every student can learn, grow, and belong. We pride ourselves on providing a safe and inclusive environment that celebrates the strength of our diverse and multicultural community.

Programs at FWPS are evidence-based and taught explicitly, including differentiation for all students. The school has developed a bespoke 'Building Background Knowledge Program', where students engage in a range of sequenced excursions to support learning K-6. We also encourage students to develop a curious mindset and critical thinking, preparing them to contribute to the world as active citizens.

The first day of school can be a daunting experience whether starting as a Kindergarten student, or a student transferring from another school. We attempt to make this transition positive by having programs in place to assist new students to familiarise themselves with their environment, make new friends and feel part of the school community.

Parents are encouraged to participate in the life of the school through formal meetings and parent workshops provided by our Community Hub. We encourage all parents to join us at special celebrations and assemblies.

I trust you will find Fairfield West Public School a supportive and welcoming school, where individual student needs are our priority. I hope your association with Fairfield West Public School will be a long and happy one. Once again...a warm welcome!



Genelle Goldfinch



School Overview

Fairfield West Public School is a safe and pleasant setting where skilled staff work with respectful students. The student population is over 650 with a culture that is enriched by 92% of students coming from a language background other than English. The school has a strong focus on academic achievement and prides itself on a positive learning environment.

All classes are equipped with interactive whiteboards and air conditioners. Other facilities include a modern hall with sophisticated sound and lighting; a fully equipped library, science lab and art room; a canteen, a basketball court; three covered learning areas and extensive grassed areas including a synthetic field for students to enjoy.

Our purpose is to provide a welcoming learning environment through facilitating engaging experiences and programs relevant to the individual needs of our students. Special emphasis is placed upon literacy, numeracy and Information Communication Technology. Students are supported in their learning through; Support and Learning Assistance; English as an Additional Language or Dialect (EAL/D) support; Intensive English programs and High Potential and Gifted Education programs.

Our school provides several community language programs including Arabic, Assyrian and Vietnamese.

Our nine class Support Unit caters for students with special needs in an integrated nurturing environment.

Fairfield West Public School offers an extensive sports program, which includes the development of Fundamental Movement Skills and weekly participation in the Primary Schools Sports Association program. Our students also engage in Fit Futures lessons fortnightly.

Moral Purpose and School Motto



Fairfield West Public School has a shared moral purpose to *Fuel the hearts and minds of all students*. This has strengthened a culture of ongoing improvement to ensure students reach for the stars.

Our School motto is 'Aim High'.

What is 'The Best Me'?

Fairfield West Public School (FWPS) has developed 'The Best Me' framework that sets high expectations for students and staff. This framework has strengthened a school culture strongly focussed on attendance and wellbeing, ensuring that each student and teacher be the best version of themselves by: coming to school every day to learn; never giving up when challenged academically, socially, emotionally or physically; and caring for themselves, others, the learning community and the world.





School Song

In work and play and all we say
Aim high, aim high, aim high.



At Fairfield West we try our best
aim high, aim high, aim high.

In what we say and what we do
we carry the motto through.



It may be tough but it's not enough
unless you really try.

In work and play and all we say
aim high, aim high, aim high.

Enrolment

We can help you with your enrolment enquiries anytime throughout the year.

Your child can start Kindergarten at the beginning of a school year if they turn five on or before 31 July in that year. By law, all children must be enrolled in school by their sixth birthday.

If your child is currently enrolled in a NSW public school, contact us to discuss the enrolment procedures and obtain the necessary paperwork.

If your child is coming from a non-government school, contact us to make an appointment to discuss your child's potential enrolment.

If your child has a temporary visa or visitor visa, you will first need to apply to enrol by contacting the temporary residents program who will give you forms to bring to the school.

If your child has not been previously enrolled in a NSW public school, you will need to bring these documents with you:

- your child's birth certificate or identity documents
- proof of student's address - originals of different documents such as your council rates notice or residential lease and electricity bill
- Immunisation history statement based on the Australian Childhood Immunisation Register (ACIR)
- family law or other relevant court orders (if applicable).

If your child is not a permanent resident you will also need to provide:

- passport or travel documents
- current visa and previous visas (if applicable).

For children already enrolled in a NSW public school we only require:

- proof of student's address - originals of different documents such as your council rates notice or residential lease and electricity bill
- family law or other relevant court orders (if applicable).

It's important that you tell the principal if your child has any special circumstances, allergies, health or medical conditions, before your child starts school.

You will be asked to complete an application to enrol in a NSW public school form and return it to us. We will notify you of the result of your application. Please note that this form must be completed in English.



Term dates

	2024	2025
Term 1	Thursday, 1 February to Friday, 12 April	Friday, 31 January to Friday, 11 April
Term 2	Monday, 29 April to Friday, 5 July	Monday, 28 April to Friday, 4 July
Term 3	Monday, 22 July to Friday, 27 September	Monday, 21 July to Friday, 26 September
Term 4	Monday, 14 October to Wednesday, 18 December	Monday, 13 October to Friday, 19 December

Bell Times

8:50am - Start of School Day

11:10am - Recess

11:30am - End of Recess

11:30am - 1:30pm

1:30pm - Eating Time

1:40pm - Lunch Starts

2:20pm - Lunch Ends

3:00pm - End of school day



Our School Rules



Be safe

**Be
respectful**



**Be a good
learner**



Attendance & Absences

Attending school every day allows your child to get the most out of their learning and improve their career and life options.

Regular school attendance can help expand your child's learning and create positive relationships with their peers.

Attendance is recorded each day, including partial absences for arriving late or leaving early. Your child must come to the office.

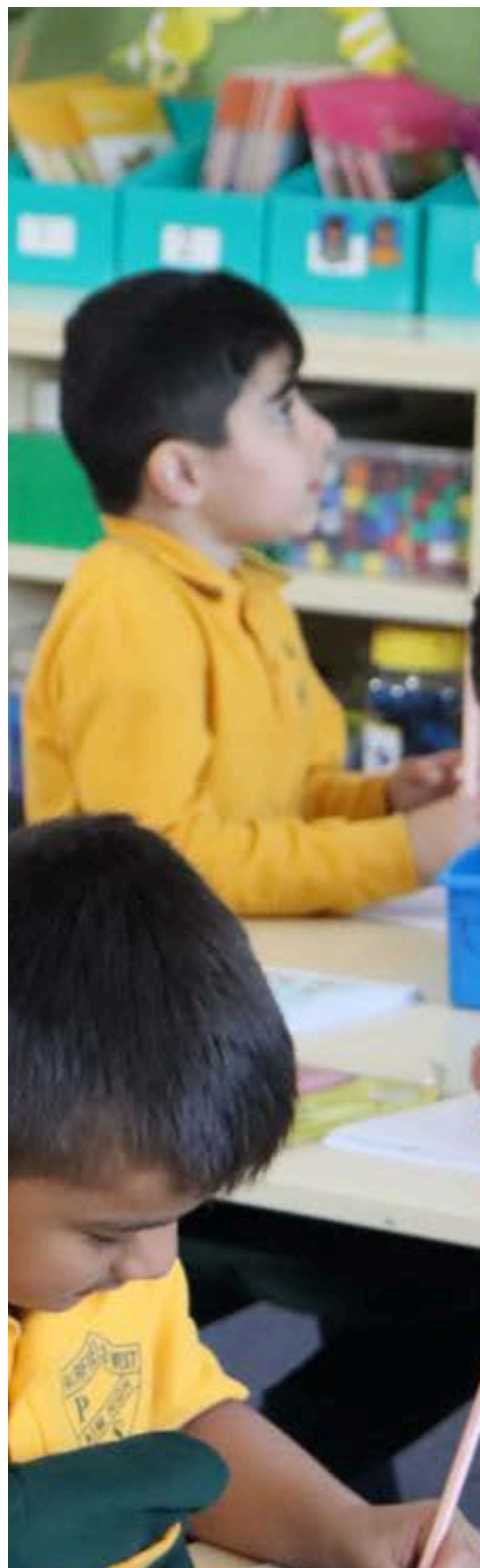
If your child is late to school, you must visit the Front Office in order to explain the partial absence.

If you need to pick your child up from school before 3pm, you must visit the Front Office in order to request an early leaver's note. Students can only be picked up by an authorised adult (must be 18 years old or over) listed, or someone prearranged by the parent/carer.

If your child is absent for a full day, please contact the Front Office to explain the absence or reply to the text sent via School Bytes. All absences need a reason given within seven days. The school has processes in place to contact parents regarding absences.

Days missed = years lost

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



The Front Office

The Front Office area consists of the Principal's Office, the Deputy Principals' Offices, the sick bay and our Administration Office.

All visitors to the school are asked to report to the office in order to sign in and be inducted prior to commencing their visit.

Money Collection

The school uses School Bytes for permission notes and payments which can be accessed via the parent portal. The School Bytes parent portal enables you to view all your children in one portal and process payments for multiple siblings in one transaction. Once your portal has been activated you can use it to give consent for events, process online payments and view the school calendar. Instructions on how to download it can be found on the following page.

Health Care Plans

All staff at Fairfield West Public School undertake First Aid, Emergency Resuscitation and Anaphylaxis Training every year. Our students' health and wellbeing is of primary importance to us. Each student, who has a medically recognised illness, condition or allergy has an Individual Health Care Plan. The Health Care plan outlines the student's condition, symptoms and signs to look out for, listing what to do in the case of an emergency.

It is vital that the school is kept informed of any medical concerns or changes to conditions or medications as quickly as possible so that we may properly care for our students.

Medications

Some of our students suffer from an allergy or require specific medications. The Front Office stores these medications in a safe environment where they may be accessed as necessary. Parents are asked to provide the office with a doctor's note outlining the medications and dosage their child requires. Students cannot self-administer medicines. It is a parent's responsibility to ensure that medications are replenished as necessary.

Accidents and Illnesses

Minor accidents and illnesses inevitably happen at school. Our school Administrative Officers are well trained on how to deal with such events. In the event of an accident or illness, the following procedures take place:

- For minor illness or injury, first aid will be administered as necessary at the sick bay and the student then returns to class with a slip for parents.
- If an illness or injury is more serious, parents will be notified that further treatment is required and parents will be contacted with a request to pick up the student from school.
- In cases of serious illness or injury, an ambulance will be called and parents will be notified immediately.

Kindergarten Information

WELCOME! We hope the Kindergarten year will be a happy and enjoyable experience for you and your child. Kindergarten is your child's first year at school. It is a year when school routines are established and your child explores, plays and makes friends.

The program we deliver builds on your child's experiences at home. The teachers provide experiences for your child to learn social and academic skills through play and active involvement with other children and adults.

Here is a sample of skills suitable for most children starting Kindergarten. Encourage your child to attempt these things but don't worry if your child can't do all of them.

Language and Literacy

- Talks to other people about familiar objects and events
- Asks and answers simple questions
- Makes needs known
- Follows simple instructions
- Uses books for enjoyment or for looking at pictures
- Uses a variety of things to draw, such as pens, pencils, paint brushes and textas

Personal and Social Skills

- Uses the toilet independently
- Can say own name and address
- Adapts to unfamiliar settings and new experiences
- Can finish a task and tidies up afterwards
- Plays cooperatively with other children- shares and takes turns
- Can sit still to listen to a story
- Is curious about the world
- Participates in imaginative play
- Joins in singing and dancing to familiar songs

Numeracy

- Recognises that numbers can be used to count
- Uses words like all, many, a lot, more and less
- Identifies things in a group that are different
- Sees differences in shapes
- Differentiates between opposites, such as up and down, under and over

Physical Skills

- Uses scissors to cut along a line
- Enjoys a variety of indoor and outdoor play
- Can put on and take off own clothing
- Ties own shoe laces





Preparation for school

What parents can do to help their child prepare for school

- Attend Kindergarten Orientation sessions.
- Be positive about school and learning.
- Talk with your child about going to school.
- Use your local library.
- Read to your child - talk about what may happen next in a story.
- Share many different experiences.
- Support your child in your home language while learning English.
- Read to your child in your home language.
- Provide a variety of play materials, such as water, sand, paper, pens, paint and balls.

Little Learners

Our school has a Transition To Big School program in place called Little Learners. Little Learners begins in Term 3. Parents need to enrol their child at the school office at the beginning of Term 3 for inclusion in the program. Little Learners is a valuable learning experience for children's readiness for school. We encourage all children to attend.

Schooling Costs

There are some costs associated with going to school that you may find it helpful to plan and budget for such as:

- uniforms
- school books and equipment
- excursions
- extra-curricular activities.



Classes

Fairfield West Public School is committed to ensuring high quality educational outcomes for all students. In addition to our mainstream classes, we have a number of specialty classes and programs in place to support student learning needs. Explicit teaching is a focus at Fairfield West Public School.

Enrichment Classes

High Potential and Gifted students require a differentiated curriculum that meets their educational needs. Fairfield West Public School delivers programs which cater for the individual gifts of students in a nurturing environment that develops their skills and helps them realise their capabilities. Students are supported in mainstream classes through opportunities to participate in a number of extra-curricular and specialised groups and clubs. Enrichment classes have also been established where students work with a differentiated curriculum that better meets their specific needs.

Safety Net Classes

As part of our commitment to support all student needs at Fairfield West Public School, we have formed Safety Net classes to cater for identified needs. Students are supported with smaller class sizes and extra teachers in the classroom. Specialised assistance is provided for individual students with our EAL/D and LAST student support programs.

Support Unit Classes

The school has nine specialist Support classes that cater for students with an identified disability. These eight classes form the Support Unit. All classes provide students with specialised support that caters for individual needs. Teachers are trained to identify and meet the needs of specific students through the development and implementation of individualised programs. They are assisted by full time School Learning Support Officers (SLSOs) who undertake ongoing training to best support student needs in the classroom.

Composite Classes

The school may form composite classes. Naturally, questions arise: for the older group: Will my child be held back? For the younger group - Will my child be able to keep up? The key to understanding composites is realising that growth is determined by stages and not by ages. Even within the same class, students will be at different levels. Teachers recognise this and will extend the work of those who learn more quickly and give more attention to those who require greater assistance.

Job Sharing

At times, staff job share some programs and classes. Job sharing is an arrangement in which two or more people share one full-time position. The teachers work together to perform the full range of tasks within a single position. There is no division of duties and instead the teachers are interchangeable, with members of the team able to pick up where others left off. This arrangement requires the highest level of communication and coordination and is implemented carefully so as not to disrupt our students. Care is taken in matching teachers, and strategies are put in place so that teachers work, communicate and manage to the best of their abilities.

Team Teaching

Staff also participate in team teaching. This occurs with mainstream and support staff teachers or teacher mentors. Team teaching benefits students in that there are two experts to learn from; one teacher may teach the whole class or larger group, while the other may assist individual students; and the teachers work well with each other, sharing expertise and reflecting on their teaching practices.

School Learning Support Officers (SLSOs)

The employment of SLSOs to work in mainstream classrooms support the academic, social, emotional and behavioural needs of all students. The SLSOs work in K-6 classrooms as well as withdraw small groups of students for intensive literacy or numeracy programs, if required.



Library

Students in all classes visit the school library once a week for 40 minutes. The teacher delivers lessons that orient students on how to use the library and shares reading of different books, including those shortlisted in the Children's Book Council of Australia Awards. Library lessons also build on knowledge and understanding of different Theme topics taught in class.

A library bag must be used when borrowing books from the library. These can be purchased from the office at a cost of \$10.



Premier's reading challenge

Each year all students in Kindergarten to Year 6 have the opportunity to participate in the Premier's Reading Challenge. To complete the challenge, students are required to read, or be read, a set number of books over a 12 month period, beginning in September each year. Students completing the challenge receive a certificate signed by the Premier of NSW in term 4.

ICT

Information, Communication and Technology

Fairfield West Public School provides students with technology skills and tools to support their learning as 21st Century learners.



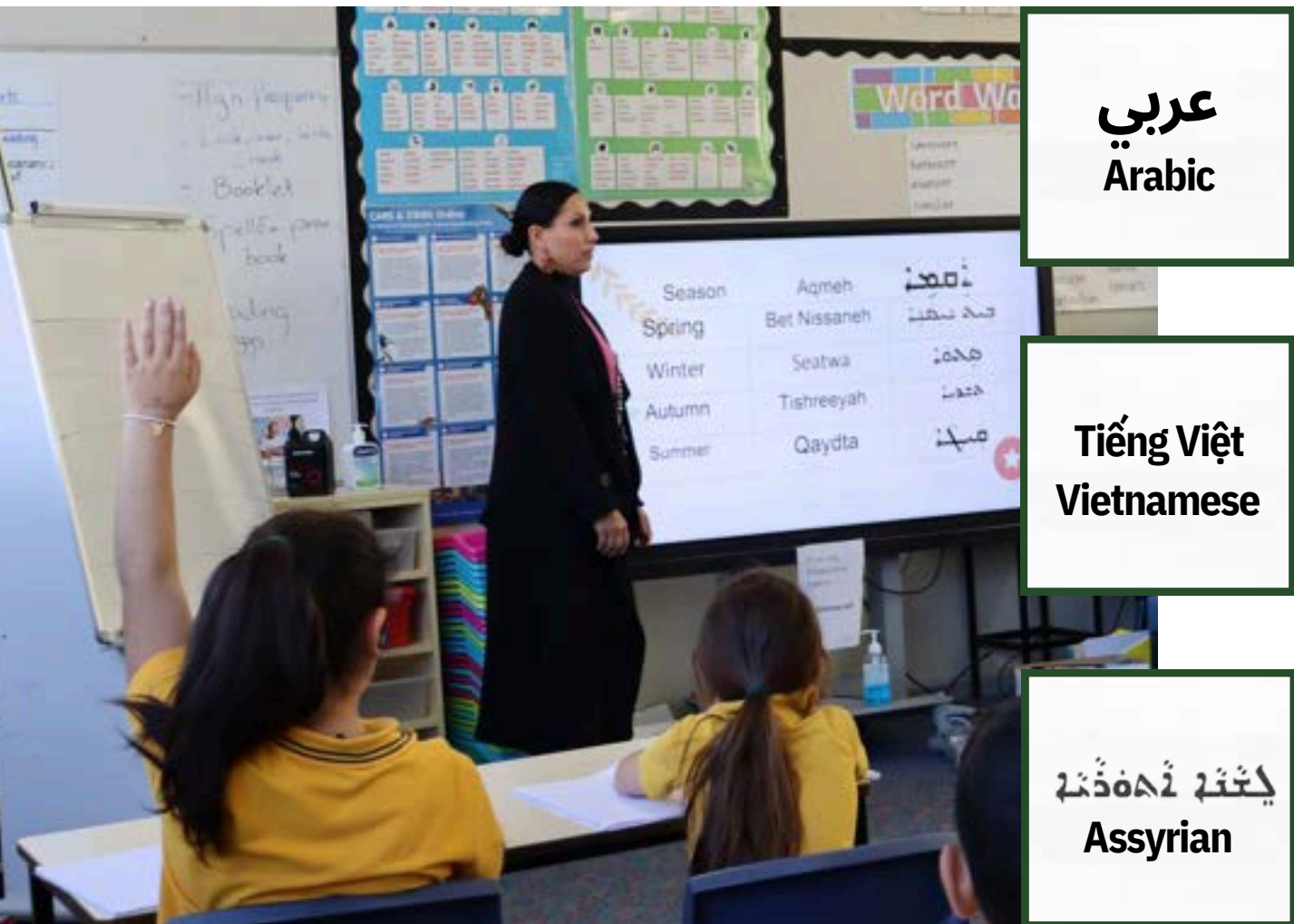
It has been a priority at Fairfield West Public School that every student has access to a device to support learning. iPads and laptops are used to support learning across all Key Learning Areas.

Each K-2 classroom and the nine Support Unit classes have an interactive table where the tabletop is a computer screen and students can work in groups to utilise the technology.

Interactive Whiteboards

Each classroom at Fairfield West Public School features an Interactive Whiteboard. Teachers and students use these daily. Interactive Whiteboards are a fun, interesting and an interactive way for students to be actively involved in their learning.

Languages and Scripture



Fairfield West Public School offers a number of Community Languages, including Arabic, Assyrian and Vietnamese.

Students in K- 6 take part in Language lessons for 120 minutes each week.

Scripture lessons are offered once a week, for 40 minutes. At Fairfield West, we offer classes in three religions: Catholic, Islamic and Combined Christian. Representatives from each religious group take students from each grade to complete religious studies.

Parents who do not wish their child to participate in Scripture lessons can choose to have their child remain in class for a Values Education lesson.

Sport

Fitness

Students at Fairfield West are encouraged to be fit and healthy. Teachers and students participate in Fitness activities, designed to get our hearts pumping and our adrenalin racing in order to keep our minds and bodies active for learning. Students participate with other students in their grade doing activities run by a third party organisation called Fit Futures.



K-2 Sport

Students in Kindergarten, Year 1 and Year 2 participate in Sport each week. Students are taught different fundamental movement skills, such as running, throwing, kicking and catching. These games and activities support their social and skill development.

Learn to Swim

At Fairfield West, we offer students in every grade the opportunity to participate in paid weekly swimming lessons with qualified swimming instructors. These lessons take place in Term 2 or 3 on a Friday. These lessons are designed to teach swimming survival skills. The students are grouped according to their swimming ability and take part in lessons designed to build on and improve their swimming skills.



PSSA

Fairfield West Public School offers students the opportunity to participate in a variety of sports as part of the Horsley Zone PSSA Sporting competition. Summer sports (Terms 1 & 4) such as Newcombe ball and AFL (girls), Cricket, T-Ball, Softball, Touch (girls & boys) are available for the students to play.

In Winter (Terms 2 & 3), students can play Netball, Basketball, Soccer & Rugby League.

Students who make a PSSA team are required to attend training sessions during the week and then participate in a game against another school on a Friday.

School Sport

Students in years 3-6 who do not participate in PSSA, for sport on Friday are involved in school sport at school. Students are placed in teams and compete against each other in a variety of sporting games and activities. Students also participate in an hour of clubs activities.



Sport



Carnivals and House Groups

Fairfield West Public School students participate in three annual carnivals throughout the year. In Term 1, students aged eight and over may be able to participate in the School Swimming Carnival.

In Term 1 or 2, the school holds its Cross Country Carnival. K-2 students participate at school with students aged eight and over competing at a venue offsite with Years 3-6 students.

In Term 2 or 3, the Athletics Carnival is held. K-2 students will participate at school with students aged eight and over competing at a venue offsite with Years 3-6 students. Students may compete in a number of sprint and distance races, as well as students over the age of eight competing in Long Jump, High Jump, Shot Put and Discus.

In order to build whole school relationships and cooperation, each student is a part of a House Group. These House Groups are known as Thorpe (blue), Freeman (red), Sauvage (green) and O'Neill (yellow). At the carnivals the students compete for two trophies, the Spirit Cup, for participation and team spirit; and the Overall Championship Trophy, awarded for place points. Also, depending on set qualification requirements, some of the students at each of the carnivals may then earn higher representation at Zone, Region or even State level.

Creative Arts Programs

Fairfield West Public School offers a range of Creative Arts programs for students to choose from throughout the year. Students are offered the opportunity to engage in a range of performances at school and externally.

All students engage in a whole-class drumming music program several times a year with a music specialist through our music support program.

Students play musical instruments and develop musical skills. This program has an emphasis on performance skills.





Leadership/SRC

The Fairfield West Public School Student Representative Council (SRC) is formed at the beginning of each school year. Every class is represented by two students who are nominated and voted for by their peers. These representatives are sworn in at an official induction ceremony.

The SRC begin the year by identifying issues which directly impact students' time at school. They meet on a fortnightly basis to discuss and brainstorm ways of addressing them.

Public Speaking

During the year students may be involved in different Public Speaking competitions. Our school enters the Multicultural Public Speaking competition involving students in years 3-6.

Students from Kindergarten to Year 6 also participate in the Fairfield District Competition where they have the opportunity to compete against students from other schools within the network.

Throughout the year all students participate in talking and listening activities in class and are involved in class or grade public speaking competitions.

Debating

Fairfield West enters two teams into the NSW Premier's Debating Challenge. Students in Years 5 and 6 are selected to participate in a state-wide, round robin competition. The competition consists of students debating a range of topics and students compete against other schools in their zone.

Specialised Programs



Aboriginal Education

At Fairfield West Public School, we are proud of our Indigenous heritage and celebrate Aboriginal culture and history in a variety of ways, such as recognising important annual events including National Reconciliation and NAIDOC week. The whole school is involved in activities that focus on learning about Australia's history and Aboriginal cultures, customs and beliefs. We also ensure that appropriate Acknowledgements of Country protocols are met at the beginning of all formal gatherings, such as school assemblies.

The school also actively plans and sets aside funds linked to learning outcomes to develop effective Personalised Learning Plans for all Indigenous students.

English As An Additional Language/Dialect - EALD

EALD support is given to classes throughout the school. Teachers can work with the classroom teacher or with small groups of students to develop and consolidate students' use of the English language.

Learning and Support Teachers - LAST

At Fairfield West PS we have teachers who visit classrooms to assist students who are having difficulties with their learning. Teachers may support students in class, or withdraw them for more individualised learning. Teachers may also support the classroom teacher to cater for students with additional needs.

MultiLit and MiniLit

MultiLit and MiniLit are two intensive reading programs designed to help students who are having difficulties decoding unknown words. MultiLit can be used for students from grades 3 to 6, while MiniLit is designed for grades 1 and 2. These programs involve working for a short time every day. Both programs are highly successful and help students make significant improvements in the area of reading.



Links to High School



Middle Schooling

Fairfield West Public School works closely with the nearby high schools, Westfields Sports High School and Fairvale High School, and runs an in-school transition to high school program called 'Middle Schooling' with Stage 3 students. Middle Schooling gives students the opportunity to experience learning as a high school student with classes running for 40 minute periods, once a week, during Term 4. Students learn to read a timetable, experience a variety of subjects taught by different teachers and move classes several times a day.

Transitions to High School

Students in Year 6 participate in transition programs at their prospective High School. These programs are specific to each High School and the students involved and vary between day activities or weekly activities.



Uniforms

Uniforms can be purchased by completing an order form at the office. Once your order is paid for, the order will be filled and given to the student.

Summer Uniforms	Winter Uniforms
<ul style="list-style-type: none"> • Checked summer dress or • Yellow polo shirt with school crest and green culottes (girls) • Yellow polo shirt with school crest and green shorts (boys) • White socks • Black shoes • School hat 	<ul style="list-style-type: none"> • Checked summer dress or • Yellow long sleeve polo shirt with school crest • Green track suit pants • School jumper or jacket with the school crest • White socks (or green tights for girls) • Black shoes • School hat

If your child needs to wear other items of clothing for religious purposes please adhere to school colours of green, yellow, black or white.

Lost Property

Lost property can be found displayed outside the hall. Please clearly label all of your child's personal belongings with their name and class.



Fairfield West Public School

Uniform Order Form

All uniform orders must be pre-ordered through the front office or via email
fairfieldw-p.school@det.nsw.edu.au

Garment	Price	Quantity	Size	Total
Dress	\$37			
Short Sleeve Polo Shirt Size 4-14	\$26			
Short Sleeve Polo Shirt Size 16-22	\$32			
Long Sleeve Polo Shirt Size 4-14	\$28			
Long Sleeve Polo Shirt Size 16-22	\$32			
Jumper Size 4-14	\$31			
Jumper Size 16-22	\$34			
Jacket Size 4-14/XS	\$43			
Jacket Size 20-22	\$56			
Culottes Size 4-14	\$27			
Culottes Size 16-22	\$29			
Boys' Shorts Size 4-14	\$23			
Boys' Shorts Size 16-22	\$24			
Track Pants Size 4-14	\$29			
Track Pants Size 16-22	\$31			
Gaberdine Pants Size 4-14	\$35			
Gaberdine Pants Size 16-22	\$38			
Legionnaire Cap	\$9			
Baseball Cap	\$9			
Bucket Hat	\$11			
Beanie	\$10			
Scarf	\$10			
Library Bag	\$10			
	Total			

Please ensure you clearly label all your child's personal belongings with their name and class.

Child's Name:	Class:	Date:
Parent/Carer Name:	Mobile No:	

Office use only

Date order received:	Payment Method: Cash EFTPOS <div>MAKE A PAYMENT</div> Parent Online Payment		Amount Paid:
Staff member taking order Initial:	Items collected	Yes	NO
Date Collected:	Parent/Carer Collected	Sent home with Student	
Staff member completing order initial:	Comment:		



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Healthy Eating

Students are required to bring recess and lunch every day. Recess should consist of a snack and a piece of fruit. Lunch may include a drink and sandwich, or other small meal. Lunch needs to be in a container that is easy to open.

Healthy lunch ideas may be found on the following page.

Please ensure the food they bring is healthy. Always include a bottle of water. Drink bottles and lunch boxes need to be labelled with your child's name.

Students are also required to bring a piece of fruit for our fruit break time.



Breakfast Club

Breakfast Club in the Community Cottage runs every morning of the school week from 8.30am – 8.45am. We offer a friendly and welcoming environment, where students can have a range of cereals, toast and smoothies, free of charge.

HEALTHY LUNCHBOXES

Healthy lunchboxes can be fun and delicious, packed with excitement, colours, textures and tastes, an adventure in eating everyday. With a little planning your child will be unable to resist. For young children variety is important, choosing a food from each of the six groups below creates a balanced healthy lunchbox and can be easily tailored to the fussy eater.

Mix from 6

2
FRUIT

3
VEGETABLES

1
GRAINS &
CEREAL

6
WATER

4
DAIRY

5
LEAN MEAT





HEALTHY LUNCHBOXES

1. GRAINS & CEREALS	2. FRUIT	3. VEGETABLES	4. DAIRY/ ALTERNATIVES	5. LEAN MEAT/ ALTERNATIVES	6. WATER
<p>Wraps Sandwiches Bread rolls Pasta Rice Noodles Cous Cous Corn and rice cakes Crackers Sushi Naan Rice paper rolls (wholegrain or wholemeal varieties are the best choices)</p>	<p>Fresh fruit: Apple Apricot Banana Grapes Mandarin Orange Pear Peaches Pineapple Plum Rock melon Strawberries (fruit can be cut or shapes or into chunks for small children) they can also be teamed with natural yoghurt)</p> <p>Sultanas Dried fruit mixes</p>	<p>Fresh veggies: Avocado Carrots Capsicum Celery Corn cobs Cucumber Green beans Mushroom Snow peas Tomatoes (veggies can be cut into sticks for small children, They can also be teamed with dips, like hommus or</p> <p>Salads: (less often) Salad filling in sandwiches and wraps.</p>	<p>Plain milk Soy or other drink for calcium based milk Plain yoghurt Custard Cheese slices, Cream cheese Cottage cheese Ricotta cheese.</p>	<p>Fish: Tinned tuna Tinned salmon</p> <p>Meat: Lean roast grilled meats: beef, lamb chicken Lean meat chicken patties Skinless chicken Rissoles meatballs Lean deli meat: (ham, chicken, beef)</p> <p>Alternatives: Boiled eggs Baked beans Tofu Lentil patties Hommus Falafel</p>	<p>Water is the best to quencher thirst. (freeze the night before to keep cool) Tap water is safe to drink, so buy your child a refillable drink bottle so they are able to refill their bottle at school.</p> <p>Freezing your child's water bottles overnight, keeps them cool during the day.</p>

SOMETIMES FOODS

Snack foods and drinks that are high in added sugar, saturated fat or salt are generally low in nutrients. They also provide a lot of kilojoules that can contribute to children becoming overweight or obese. We call these 'sometimes' foods and drinks because they should only be consumed sometimes and in small amounts. Foods like lollies, chocolates, jelly cups, fruitbars and fruit straps, sweet biscuits, potato and corn chips should be given much less often.



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au



Health

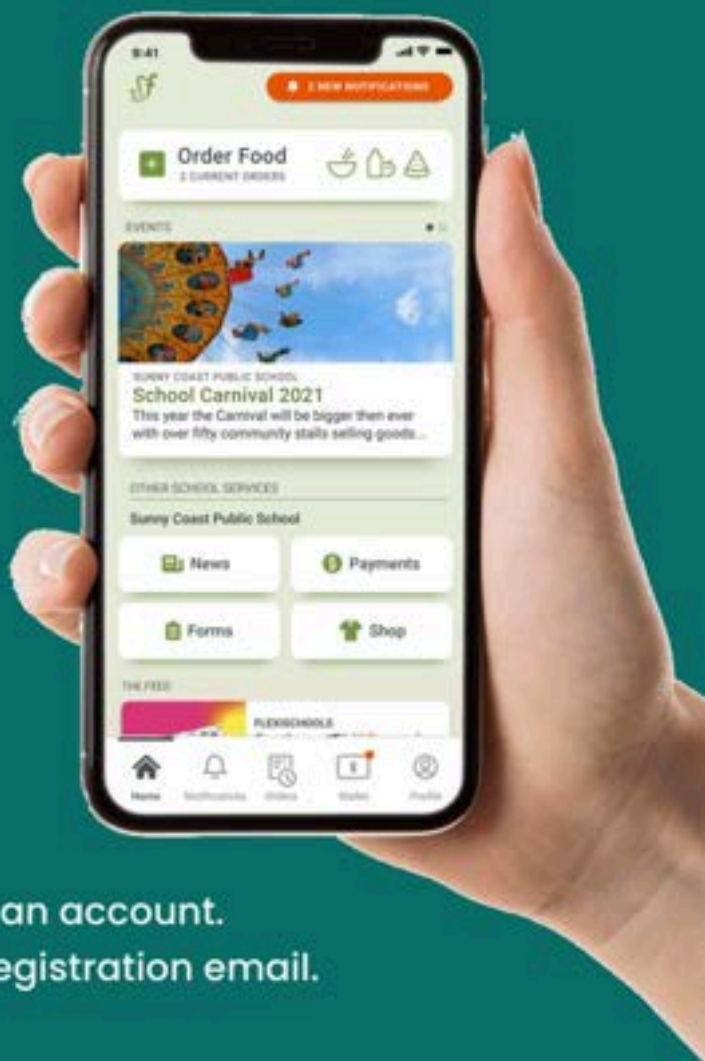


Fairfield West Public School
is using Flexischools for tuckshop ordering.

**Quickly place Recess and
Lunch orders online with
Flexischools!**

Available Monday to Friday.

**Please your orders by
9:30am each day.**



- Download the Flexischools App
- Submit your email address to create an account.
- Confirm your email address via the registration email.
- Follow the registration process
- Add your students to your account.

Bank surcharges apply to credit/debit card and PayPal topups. Avoid surcharges by adding funds to your Flexischools wallet via bank transfer. Account balances can be refunded at any time upon request.



**Download today and
simplify school life!**

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Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news





SCHOOL ZONE PARKING RULES AND PENALTIES

COUNCIL'S ENFORCEMENT OFFICERS PATROL FOR ILLEGAL PARKING AT YOUR SCHOOL.

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. When an offence is detected, you will be fined.



NO STOPPING

You must not STOP at any time. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$387 and 2 demerit points



BUS ZONES

You must not stop your vehicle in a Bus Zone unless you are driving a public bus. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$387 and 2 demerit points



NO PARKING

You can stop only to drop off or pick up passengers or goods and you must not stop for more than 2 minutes and the driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE \$215 and 2 demerit points



DRIVEWAYS

You must not park your car over or block access to a driveway. You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.

SCHOOL ZONE

Penalty from \$387 and 2 demerit points

Fairfield West Public School Community Hub

Below are some of the programs we currently run, which are subject to change.



Breakfast Club from Monday to Friday



Parenting Programs



Beginner's English Conversational



Zumba/ Yoga



Play group



Contact Rania Bursic from
Monday to Thursday
8:30am - 3:30pm