



The West Express

Fairfield West Public School
Palmerston Rd, Fairfield West. 2165
Phone: 9604 5568
Email: fairfieldw-p.school@det.nsw.edu.au

Thursday 26 September 2019

School Rules

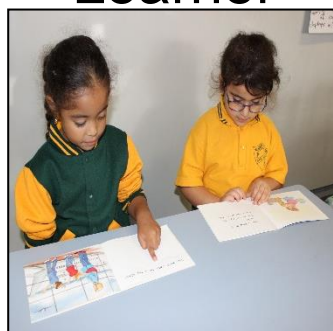
Be Safe



Be Respectful



Be a Good Learner



Calendar

Week 10	What's on...
Thurs 26/9	Auskick- Back Oval 3.15pm - 4.15pm
Fri 27/9	Last day of Term 3
Week 1	What's on... Term 4
Mon 14/10	First day of term 4 - students and staff
Tues 15/10	Beginning School Well 9.15am -10.45am
Thurs 17/10	Auskick- Back Oval 3.15pm - 4.15pm
Fri 18/10	PSSA, Recreational Swimming and Recreational Tennis
Week 2	What's on...
Tues 22/10	Beginning School Well 9.15am -10.45am
Tues 22/10	Yr 6 Middle Schooling begins
Thurs 24/10	Auskick- Back Oval 3.15pm - 4.15pm
Fri 25/10	PSSA, Recreational Swimming and Recreational Tennis
Week 3	What's on...
Tues 29/10	Beginning School Well 9.15am -10.45am
Tues 29/10	Yr 6 Middle Schooling
Tues 29/10	High Achievement Morning Tea
Fri 1/11	PSSA, Recreational Swimming and Recreational Tennis



FOLLOW US ON
TWITTER
@FairWestPS

SKOOLBAG APP

Fairfield West Public School now has a Skoolbag App. Newsletters, dates can now be delivered straight to your smart phone. For instructions on how to download the app visit our School Website.

SCHOOL WEBSITE

<https://fairfieldw-p.school.nsw.gov.au>

News from the Principal – Genelle Goldfinch

Dear parents and caregivers,

Term 3 has been a fun filled term of learning at FWPS. As you can see by the following photographs, students were engaged in a variety of learning experiences.



Flexible learning in 1B



Students enjoy using the library during lunch breaks.



AFL Auskick clinic.



Students in 2M using the school signs to learn how to measure height.



The MCA Young Team Members Program saw FWPS students take a large group of parents and guest on a tour of the Museum of Contemporary Art.



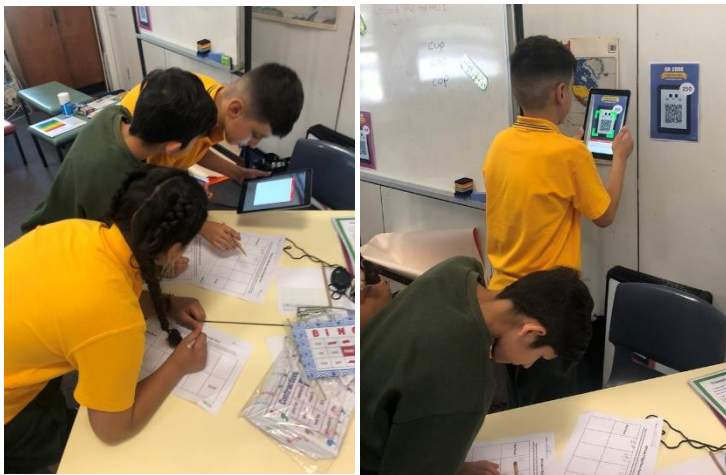
The RSPCA visited 6E so students could learn how to be respectful of dogs and their welfare.



Students utilising outdoor spaces for learning.



News from the Principal ~ Genelle Goldfinch



Year 5 students using QR codes to develop their understanding of 3 and 4 digit numbers.



Students learning about recycling from an external expert.



FWPS art exhibition.



Stage 2 students on their excursion to The Rocks, Sydney.

Holidays

Tomorrow we go on holidays for two weeks. It has been an extremely busy and productive term for teachers and students. Holidays are the perfect time to recharge our batteries for term 4.

Please remember that students and teachers resume school on **Monday 14 October**.

Have a wonderful weekend,

Genelle Goldfinch

/respect and acknowledge Aboriginal People as the traditional owners of the land on which I work, live and visit.



Student Learning

A term of learning in 2-6G

2-6G has had a tremendous year so far filled with all sorts of exciting events. We have been learning about a range of interesting topics and the students enjoy learning about different life skills. Here are some highlights of the year.

Cooking

2-6G has loved cooking with our buddy class from K-5F!



Art Exhibition

Students had a great time during Education Week and really enjoyed seeing all the different artworks displayed during the Art Exhibition.



Student Learning

TERM 3 IN 1D

1D have had a very exciting and educational Term 3. We have been lucky to participate in events such as Science Fun Day, Maths Fun Day, Book Parade and the Fairfield West Public School Art Exhibition.



Our learning has been impacted through hands on interactive experiences and opportunities, which allow us to explore our decision making and problem solving skills.



As a class we continue to support each other's learning and we love encouraging our friends to be successful through positive relationships.



Congratulations

On Friday 13 September 2019 students participated in the Sydney South West Athletics carnival in Campbelltown. Congratulations to Jesse Aiono who won the Senior Boys Shot Put and Jozef Cluff for winning the 11 years Shot Put and breaking the record. He also came first in the Discus. Well done to all the students who participated in the day's events.



Gala Day

Students across 3-6 have been selected to participate in the annual Horsley Zone Gala Day on Friday 27 September, competing in games such as European Handball, Oztag and Mixed Netball. Thank you to all the teachers involved in organising and coaching the students. We wish you all the very best of luck.

PSSA

Summer PSSA will be starting back up again in Term 4.

Friday 18.10.19 PSSA Fixtures <i>All games are scheduled to begin at 9:30am.</i>
Cricket V S @ Avery Park
Softball v S @ Avery Park
T-ball v S @ Avery Park
Newcombeball v CW @ Endeavour
AFL v FH @ Endeavour
Touch v S @ Endeavour

Friday 25.10.19 PSSA Fixtures <i>All games are scheduled to begin at 9:30am.</i>
Cricket V SJP @ St Johns Park Oval
Softball v SJP @ St Johns Park Oval
T-ball v SJP @ St Johns Park Oval
Newcombeball v S @ Endeavour
AFL v BP @ Endeavour
Touch v SJP @ Endeavour

Community News

Breakfast Club Helpers needed

Each day parent volunteers and teachers run Breakfast Club for the students at FWPS but more volunteers are needed. If you are able to support this program by distributing breakfast to students between 8.30am-8.50am, please contact Ms Funnell or Ms Isaac on 9604 5568.



Community Hub term 4 calendar



Fairfield West Public School Community Hub

2019 Term 4 activities timetable



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club 8.30am-8.50am	Breakfast club 8.30am-8.50am	Breakfast club 8.30am-8.50am	Breakfast club 8.30am-8.50am	Breakfast club 8.30am-8.50am
Sewing Class Run By: Nahrain & Vivian 9:30am Childcare provided FREE Starting Monday 21/10	Beginning School Well Run By: Ms Obeid and Caroline 9:15am – 10:45am Starting 15, 22 and 29 October	Community Kitchen In Partnership with Health Department 9:30am – 12:30pm Starting Wednesday 16/10	Playgroup Run By: Kardonia Starting Thursday 17/10	
	English Conversation Run By: Ms Edworthy 12:30pm – 2:45pm Childcare provided FREE Starting Tuesday 15/10			

If interested in any activities, please contact Caroline Isaac on 0449 157 143 on Tuesday, Wednesday or Thursday.

KINDERGARTEN 2020 ENROL NOW

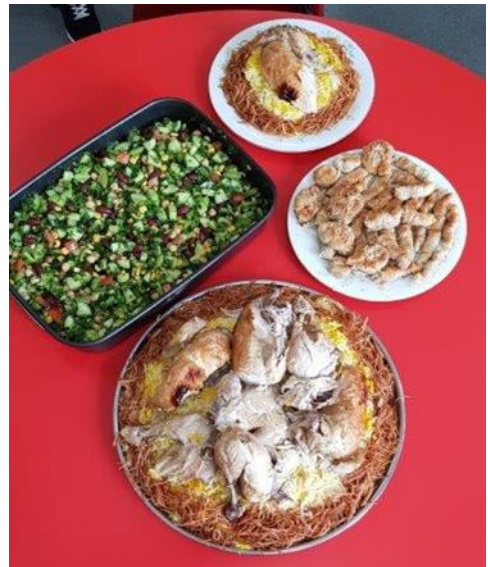
If you have a child turning 5 before 31 July, 2020 and they will be starting school next year, please come to the front office to pick up enrolment papers.

Community News

Smoked Saffron rice with Chicken

Ingredients:

- | | |
|------------|----------------|
| 1 | whole chicken |
| 2 cups | Basmati Rice |
| ½ teaspoon | Saffron Powder |
| 2 teaspoon | salt |
| 2 | bay leaves |
| 5 | peppercorns |
| 1 | cinnamon stick |
| 3 | whole cloves |
| 3 | cardamom |
| 1 | piece of coal |



Method:

Cooking the chicken

1. Place chicken in pot and add the salt, bay leaf, peppercorns, cinnamon stick and whole cloves with cardamom.
2. Add enough water to cover the chicken by at least an inch.
3. Bring to a boil on medium/high heat.
4. Reduce the heat and simmer for about 45 minutes until chicken is cooked through. (Turn chicken over at least once during the cooking process)
5. Turn off the heat and remove the chicken from the stock pot to a large bowl.
6. Pour the chicken stock through a fine mesh sieve, use 2 ½ cup of the chicken stock to cook the rice.
7. In a large frying pan, fry the chicken till it gets crispy skin and put aside.

Cooking the Rice

1. Put saffron powder in a small bowl.
2. Add 2 tablespoons of boiling water. Stir till it dissolves.
3. Rinse the rice several times in clean cold tap water, until it becomes clear.
4. Add the chicken broth to the rice in the pot.
5. Stir and bring to the boil. Stir once again, cover with a lid and turn down the heat down to very low.
6. Before all the liquid is absorbed make a big hole in the middle and put the chicken inside the hole at the bottom of the pot cover it with rice.
7. Make 4 holes at the top of the rice and pour in the saffron, in this way only the top layer will be flavoured with the saffron.

The smoking method

8. Put a ball shape piece of foil in the middle of the pot and put the hot charcoal piece in it, put a full table spoon of gee oil on the hot coal, which will make it to smoke, cover the pot tightly, let it cook for 10 minutes or until the rice is fully cooked. Serve with a nice garden salad and enjoy the ultimate flavour.

Community News

Baklava

Layers upon layers of crispy, flaky buttery pastry with crushed nuts soaked in a syrup. It can be a little time consuming to make with the process, however, every moment is worth it when you bite into these delicious sweet treats.

Ingredients:

3 cups	water
3 cups	sugar
1 pack	filo pastry
250g	unsalted butter, melted
250g	ground pistachio/cashew
2tbsp	rose water



Method:

1. Preheat the oven on a medium heat.
2. Use backing paper on the baking tray.
3. Chop nuts...more on the fine side than coarse. Add any flavouring you like, a bit of cinnamon or nutmeg. You can leave it plain as well.

To form baklava rolls:

4. Take one (or two sheets, if you want your roll to be thicker) of phyllo sheet and brush with melted butter.
5. Sprinkle the phyllo sheets with about 2 TBS of ground nuts.
6. Using the longer side of the phyllo sheet, place a long kebab skewer on the edge to help roll the baklava, just don't roll too tightly.
7. Take the roll with the help of the skewer to the pan. Remove the skewer and place the rolled pastry in the pan. Brush with melted butter. Repeat with remaining dough.
8. Bake for 30-40 minutes until golden brown.

To make the syrup:

9. In a saucepan, heat sugar, with water on high heat. Bring to a boil and stir until all sugar is dissolved. Boil for 3 minutes without stirring. Remove from heat, stir in a bit lemon juice or rose water (if using). Cover and cool completely.
10. Take hot baklava out and pour cooled syrup over entire pan. Let it cool completely.
11. Decorate with a sprinkle of chopped nuts.

Community News

Fatteh or a deconstructed hummus dish

Popular throughout Egypt, Palestine, Jordan, Syria, and Lebanon, fatteh takes minutes to make and is an incredibly satisfying snack or appetizer

Ingredients

3 pitas, cut into wedges or Lebanese bread
1¾ cups (275 g) chickpeas (canned or cooked), drained and rinsed
Salt
1 cup (225 g) plain yogurt
3 cloves garlic, minced
½ teaspoon cumin
3 tablespoons lemon juice
2 tablespoons tahini paste
⅓ cup pine nuts, toasted
Chopped parsley or pomegranate



Directions

1. Preheat the oven to 175C/350F.
2. Put the pita/Lebanese bread wedges on a baking sheet and bake for 10 minutes, until lightly browned and crispy. Remove from the oven and set aside. (Alternately you can fry the pita in oil on the stovetop.)
3. Put the chickpeas in a small pot along with 100 ml (½ cup) water and simmer over medium-high heat for about 10 minutes, until the water has mostly absorbed, and the chickpeas are heated through. Season with salt and remove from the heat.
4. Meanwhile, put the yogurt, garlic, cumin, lemon juice, tahini paste, and a pinch of salt in a large bowl and whisk until thoroughly combined. Whisk in a little water at a time if the mixture is too thick, until a desired consistency is reached.
5. Break up the toasted pita wedges a bit and arrange them in an even layer on the bottom of a deep serving platter, bowl, or casserole dish. Top with the warm chickpeas, then the yogurt sauce. Sprinkle with pine nuts, parsley and pomegranate.

If you'd like this to be a full meal, use diced cooked chicken breast fillet on the top.

If you like our recipes and would like to share your own with us, come and visit us in the Community kitchen Wednesdays from 9:30am.



Community News

Possible TAFE courses to be implemented in the Hub – **We need your feedback.**

We will be having an information session in our Community Hub on Tuesday 22 October 11:30am to 12:30 pm.

In this session we will talk about the available short courses that can be offered at the school or TAFE. Please tick on the courses you are interested in and return the attached paper to the front office or to the community HUB by 22 October 2019.

Kind regards
Caroline Isaac

TAFE NSW SHORT COURSES (Statement of Attainment)	
Location: TAFE or Fairfield West Public School	Interested
Course: Community Services (Youth Work, Aged Care, Disability Work or General community services)	
Course: Floristry	
Course: Beauty	
Course: Teachers Aid	
Course: Early Childhood	
Course: Fashion & Design	
Course: Retail	
Course: Business	
Course: English language	
Course: Commercial Cleaning	
Course: Hospital wards person	
Location: TAFE	
Course: Hairdressing	
Course: Barbering	
Course: Practical Computing	
Course: Medical Office	
Course: Hospitality	
A day at TAFE includes colleg tour:	
Location: Wetherill Park	
Location: Liverpool	
Location: Miller	
Location: Granville	

ENVIRO BOOTCAMP

FREE!* SCHOOL HOLIDAY PROGRAM
30 SEPT – 11 OCT 2019

**Come and
join us for
fun activities
including:**

- waste to art
- critters in creeks
- nature photography
- cooking with leftovers
- plant propagation

Location:

**Nalawala Sustainability Hub,
Fairfield Showground
corner of Moonlight and
Greenfield Roads, Prairiewood**

See back for timetable.

*Registrations are required as there are limited spaces per workshop.

SCHOOL HOLIDAY PROGRAM



FREE!

ENVIRO BOOTCAMP 2019

Come join us and have some fun!

All sessions are tailored for children aged between 5-12 years old.
A parent or guardian must be on site to supervise their children at all times.
Please note that NO VACATION CARE GROUPS are admitted to workshops.

SEPTEMBER	OCTOBER			
Monday 30	Tuesday 01	Wednesday 02	Thursday 03	Friday 04
9.30am – noon • <u>Garbage truck tour</u> • <u>Local Water Catchment Model</u>	9.30am – noon <u>Repurposing clothing into place mats and shopping bags</u> #Bring an old t-shirt	9.30am – noon <u>Cooking with leftovers</u>	9.30am – noon <u>Critters in Creeks</u>	9.30am – noon <u>Plant propagation*</u>
Monday 07	Tuesday 08	Wednesday 09	Thursday 10	Friday 11
PUBLIC HOLIDAY	9.30am – noon <u>Energy Sustainability: The power of the Sun!</u>	9.30am – noon <u>Native Flora Bush Walk*</u>	9.30am – noon <u>Nature Photography*</u>	9.30am – noon <u>Recycled Art Fun Day & BBQ</u> #Bring an old t-shirt

**Please wear your hat and covered shoes for outdoor activities. #Bring an old t-shirt.*

Location: Nalawala Sustainability Hub, Fairfield Showground, corner of Moonlight and Greenfield Roads, Prairiewood.

Spaces limited. Register at:

www.fairfieldcity.nsw.gov.au/envirobootcamp or 9725 0222.


FairfieldCity
Celebrating diversity