



SCHOOL RULES

Be Safe



Be Respectful



Be a Good Learner



Term 4 - Week 4 - Friday 29 September 2021

WHAT'S ON



The West Express

Fairfield West Public School
Palmerston Rd, Fairfield West. 2165
Phone: 9604 5568

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

SCHOOL WEBSITE

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

5 November	Year 6 Fundraiser Sausage Sizzle years 5 & 6
8 November	School Photos
13 December	Yr 6 Farewell (to be confirmed)



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



FOLLOW US ON TWITTER
@FairWestPS

News from the Principal ~ Genelle Goldfinch

Dear parents and caregivers

WELCOME BACK ALL

It has been lovely being able to see all the smiling faces of students and their families returning to school over the last two weeks. It has been 12 or 13 weeks since we have all been onsite together and I am very happy to see how all the students have settled back into routine and face to face learning so quickly and easily. Thank you to all the parents and caregivers for assisting your child/children to return to school.



NAPLAN RESULTS

NAPLAN student reports for years 3 and 5 students will be sent home next week. Please keep these documents safely stored as some High School applications require the results.

SCHOOL PHOTOGRAPHS

School photographs will be held on Monday 8 November. If you would like to purchase photographs, please return the envelope as soon as possible. To purchase sibling photographs a separate envelope needs to be completed and returned to the office. Students will be required to wear full school uniform for the photographs, this includes black shoes and white socks.

News from the Principal – Genelle Goldfinch

KINDERGARTEN ORIENTATION

All students who have enrolled for kindergarten 2022 will be contacted by week 5 regarding Orientation.



KINDERGARTEN ENROLMENT FOR 2022

If you have a child who is turning 5 or 6 in 2022 it is time to contact the school about the enrolment process.

Do you know of any other family or friends in the Fairfield West area with a child ready for school? Let them know that now is a great time to begin the enrolment process!

Contact the school office on 9604 5568 alternatively you can apply online through the school website <https://fairfieldw-p.schools.nsw.gov.au/about-our-school/enrolment.html>

OPPORTUNITY CLASS PLACEMENT TEST

The test has been postponed several times due to COVID restrictions but is now set for Wednesday 17 October 2021. The test will be held at Fairfield West Public School for the students who have already applied for an Opportunity class for 2022.

SCHOOL UNIFORMS

If you would like to purchase school uniforms, please complete an order form and return it to the office with payment. Your child will be given the new uniform at school. Please see the order form at the back of this newsletter. Please remember to write your child's name and class on all uniform items, especially jumpers and jackets. Any lost items can be easily returned if your child has their name on it.

ATTENDING SCHOOL

The Department of Education has set out the following guidelines about students and staff attending school:

Staff and students must not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms must be sent home and not return to school unless:

- they have a negative COVID-19 test result and are symptom free or
- they have isolated for 10 days, when no medical certificate is available.

In circumstances where students or staff have other medical reasons for recurrent symptoms, a letter from their GP is sufficient to negate the requirement for a negative test.

Where a person has previously tested positive for COVID-19, NSW Health will provide them with a medical clearance that allows them to return to school or work.

Enjoy a restful weekend,
Genelle Goldfinch

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



Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



Days missed = years lost

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

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks = Over **1** year missed

1 day per week = **8** weeks = Over **2.5** years missed

School Travel for 2022



2022 school travel applications are now open

Students who need a School Opal card or travel pass for 2022 can [apply](#) now. A new application will need to be submitted if they are applying for a school travel pass for the first time, or if they are requesting an additional travel entitlement as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who change address, school, campus location, or who have repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [renew or update](#) their details before **the end of term 4**. This will ensure that schools can endorse applications and current entitlements are updated and remain valid. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2022.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

School Student Transport Scheme site change

On 1 October 2021 the School Student Transport Scheme (SSTS) information and application portal was moved to **transportnsw.info**. This will assist families to find all their travel information in the one place.

Travel from Term 1 2022

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for the School Student Transport Scheme (SSTS) open at the start of Term 4 2021 for travel in 2022, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a difficult period for local bus operators, and students travelling without a valid ticket make service planning and operations increasingly difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel on a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Please also remember that students using Opal cards must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Transport
for NSW

Further information can be found at transportnsw.info/travel-info/using-public-transport/school-travel

Enquiries can be submitted at transportnsw.info/contact-us/feedback/passes-concessions-feedback



Multicultural
NSW

Emergency Relief Support

Are you an asylum seeker or temporary visa holder? COVID-19 has impacted us all and here is how we can **support you** during this time.



We can help you with essential housing, gas and electricity, and repairs



Receive Emergency Relief essentials such as food, personal health and safety materials and cleaning products



Help with transport, travel vouchers and basic repairs



Receive help to access mental health support and aid with medical expenses



Receive telecommunication aid such as data packs and phone cards

How can you receive this support?

If you are **an asylum seeker or temporary visa holder** impacted by COVID-19, we are here to support you.

To receive this support I must be:

- Living in Fairfield, Canterbury-Bankstown, Campbelltown, Cumberland or Liverpool LGA
- An asylum seeker or temporary visa holder
- Not receive assistance from the Commonwealth Government
- Experiencing hardship due to the COVID-19 impact

To access this support I can:

- Contact Community First Step Hub by calling **(02) 9727 4333**
- Scan the QR Code here and **register for assistance** through the online form



If you are an organisation and would like to refer an individual or family please email us on **referrals@cfs.asn.au** or contact reception on **(02) 9727 4333**

What is Mental Health and Wellbeing?

Healthy mental wellbeing means feeling good, functioning well, and being able to cope with daily life.



When people don't feel this, it's best they seek help— just like any other health issue.

Feelings to watch for include sadness, anxiety, anger, tiredness, and helplessness.

How could a GP help?

- 1.** Your GP can check your overall health.
- 2.** Your GP will discuss your treatment options with you, including speaking to a counsellor or psychologist.
- 3.** Your GP can check if you are eligible for any Mental Health Treatment Plans or services. These can cover full or partial costs for treatment.

Mental Health

Treatment Plans have helped many people, of all ages, to access services to improve their mental health and wellbeing, and to live happier and richer lives.

Chat to your GP if you want to find out more.



If you, or someone you know, needs immediate support, call the Mental Health Line on 1800 011 511.

South Western Sydney Local Health District

Returning to School after Lockdown and Isolation

You and your child might be worried about heading back to school. Below is some information and strategies for you and your family to use to get ready for a return to school.



Talking to your child is one of the best ways to work through fears and anxieties. Use language they can understand to discuss returning to school. This is an excerpt and image above from [DHHS Victoria](#).

Early Primary School

- Balance plans to return to school with reassurances that their schools and homes are safe
- Remind them that adults are there to keep them healthy and to take care of them
- Discuss handwashing as a step in staying healthy at school and home
- Use language such as 'adults are working hard to keep you safe'

Upper Primary School

- They may be more vocal in asking questions about whether they truly are safe and what will happen if COVID-19 comes to their school or community
- They may need assistance separating reality from rumour and fantasy
- Discuss efforts of school and community leaders to prevent germs from spreading

High School

- They may be able to discuss COVID-19 in a more in-depth fashion and can be referred directly to appropriate sources of information
- Provide honest, accurate information about the current status of their schooling. Having such knowledge can help them feel a sense of control
- Plan together what the return to school will look like



Plan Ahead: Check uniforms, equipment, bags and other resources.



Name the possible support people at school, home or care.



Talk to your child about going back to school and that things may look different.



If you are concerned that your child is not coping, seek further help. See details on the next page.



Eat well, sleep well and be active.



Take care of yourself and acknowledge the difficulties you have been through.

If you need further support

Coronavirus Mental Wellbeing Support Service (Beyond Blue)

1800 512 348

However the pandemic is affecting your mental wellbeing, you can talk it through with a counsellor who will provide advice and support based on your needs. 24/7

Lifeline

13 11 14

Provides suicide and crisis support if you are experiencing emotional distress 24/7

Suicide Call Back Service

1300 364 277

Domestic Violence Line

1800 737 732

Keeping safe is a priority. If you or someone in your home is experiencing domestic violence, please contact the Domestic Violence line for support.

Parent Line

1300 1300 52

Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW. 9am to 9pm Weekdays, 4pm to 9pm Weekends

Kids Help Line

1800 55 1800

Provides free online support and counselling for children and young people aged 5-18 across Australia

Translating and Interpreting Service

131 450

If you require an Interpreter, please contact the Translating and Interpreting Service TIS.



Wellbeing Apps

Smiling Mind

Meditation app, with programs available ages 7+. Available in some Aboriginal languages.

Insight Timer Meditation App

This app has over 25000 free guided meditations and guidance. Ages 12+

FitOn

Free workout app with a variety of fitness options. Yoga, Cardio, Strength, Barre, Pilates and more. Videos range from 10 minutes to full workouts.

Niggle

An app for kids to work on their wellbeing. It includes games and puzzles and videos. Produced by Kids Helpline.

Web resources

Sydney Children's Hospital Network. This website has a variety of reliable COVID-19 resources for yourself, your children and your family including links to mental health resources.

<https://www.schn.health.nsw.gov.au/covid-19-information>

Reach Out

Helps under 25's with tough questions and through difficult times. They also have a page for parents.

WayAhead

Mental health support and information.

<https://wayahead.org.au/>

SANE Australia

Counselling support, Peer support, live blogs moderated by health professionals. Visit www.sane.org

Head to Health

Links a variety resources <https://www.headtohealth.gov.au/>

Brave Program

Program for children and young people with anxiety. Can also be completed by parents and carers.

<http://brave4you.psy.uq.edu.au/>

If you need more support, you can contact your GP to talk about receiving a mental health care plan with a psychologist or support from a Psychiatrist.





BUILDING HAPPY HEALTHY FAMILIES

Come join us to find out ways of how to create healthy nutritional meals for your family. The first two sessions we will discuss the foods that can add extra nutrition to the meals you make and the last session we cook a delicious meal together.

Date: Group 1: 29.10.21 - 12.11.21

Group 2: 19.11.21 - 3.12.21

Time: 11:30am - 12:30pm

Cost: Free

Contact: Angela - 1300 254 657

Venue: Online via ZOOM

Bookings are essential as places are limited.

NO childcare provided



Communities
& Justice



Fairfield West Public School Uniform Order Form

Uniform Shop Hours

Monday to Thursday: 9:15am – 10:00am
2:15pm – 3:00pm

Uniforms can be pre ordered and sent home with your child.
We accept credit card payments over the phone.

Garment	Price	Quantity	Size	Total
Dress	\$35			
Short Sleeve Polo Shirt	\$26			
Long Sleeve Polo Shirt	\$28			
Jumper	\$31			
Jacket	\$43			
Culottes	\$27			
Boys' Shorts	\$23			
Track Pants	\$29			
Sports Shirt	\$21			
Legionnaire Cap	\$8			
Baseball Cap	\$8			
Snap Back Hat	\$17.50			
Beanie	\$8			
Scarf	\$8			
Library Bag	\$8.5			

Child's Name:		Class:	
Parent Name:		Mobile No:	
Date:	Payment Method:	Amount Paid:	

Lost Property

Lost property can be found displayed outside the office, on the Kindergarten verandah.

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



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