



SCHOOL RULES

Be Safe



Be Respectful



Be a Good Learner



Term 2 - Week 2 - Thursday 5 May 2023

WHAT'S ON

Mon 8 May – Fri 12 May	Vision Van
Tues 9 May	SSW Under 12s Rugby League Championships
Mon 15 May	Closing date for OC applications for Year 5 in 2024
Mon 22 May	SSW Netball Championships
Wed 24 May – Wed 31 May	Book Fair in the library



The West Express

Fairfield West Public School
Palmerston Rd, Fairfield West. 2165

Phone: 9604 5568

Email: [fairfieldw-](mailto:fairfieldw-p.school@det.nsw.edu.au)

p.school@det.nsw.edu.au

SCHOOL WEBSITE

[https://fairfieldw-](https://fairfieldw-p.schools.nsw.gov.au)
[p.schools.nsw.gov.au](https://fairfieldw-p.schools.nsw.gov.au)



SENTRAL
Parent Portal



FOLLOW US ON TWITTER
[@FairWestPS](https://twitter.com/FairWestPS)

News from the Principal ~ Genelle Goldfinch

Dear parents and carers

I hope you and your child/children had a restful and enjoyable holiday period and are looking forward to the term ahead.

Thank you for your continued support in helping to keep our students, staff and community safe while COVID-19 is still circulating in the community. With winter approaching, we will also see an increase in respiratory illnesses and by working together, we will keep our school community healthy this term.

Our COVID-smart measures continue to be in place to help reduce the risk of transmission for students and staff members and are vital in allowing us to keep our schools operational while prioritising student and staff wellbeing. These measures include:

- Staying home if unwell and test for COVID-19 if showing any symptoms
- Boosted day cleaning of high-touch areas in our schools
- Strongly encouraging masks to be worn by all students, staff and visitors, particularly when indoors or outdoors when physical distancing is difficult to maintain, and if exposed to COVID-19
- Maintaining natural ventilation with windows and doors open whenever possible, including when cooling/heating systems are in use
- Continuing to provide RATs and other hygiene products to schools free of charge.

Stage 3 Wellbeing

On Tuesday students in years 5 & 6 participated in activities to promote kindness and wellbeing. Students worked in groups to learn practical tools for: developing and maintaining positive friendships; building self-esteem; conflict resolution; resilience; effective communication; trust; empathy and boundaries.



News from the Principal – Genelle Goldfinch

Cross Country

Today all students participated in the Cross Country either at Avery Park or school and we had amazing weather for it. Congratulations to the students who attempted the long distances and tried their best. Good luck to the students who will now participate in the Horsley Zone Cross Country on May 26.



Kindergarten enrolments – BEING TAKEN NOW

If you have a child who needs to start Kindergarten in 2024 please complete an [online enrolment](#) as soon as possible or you can also come to the school for a paper enrolment form. After you enrol you will also be called to come with your child to the school for an interview. It is never too early to enrol and enrolling early will assist the school to prepare transition programs and events.

Staff Learning

Not only do the students spend their days learning, but so do all the staff at FWPS. Over the past two weeks staff members have participated in the following professional learning opportunities, mostly remotely:

- Two hours Epilepsy Awareness – 65 staff members
- Two hours Complex Trauma – 65 staff members
- One hour Choice Theory – 65 staff members
- Full day School Bytes – Business Manager and School Administrative Manager

All staff professional learning ensures that the highest quality of education is provided to all students at FWPS.

Genelle Goldfinch

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

Class Report ~ 2L

LEARNING IN 2L

2L had a great first term together and we are excited to be back again for Term 2. This term we will be learning new comprehension strategies such as visualising and asking questions. In Maths we will continue to work on our problem-solving skills and using a range of strategies. We are learning to write for different purposes and audiences.



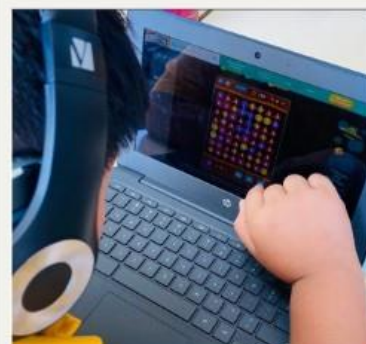
We love working collaboratively and helping each other to achieve our goals.



Class Report ~ 3L

3L ARE GROWING IN TERM 2

This term 3L will be engaging in a lot of exciting learning experiences. We have dived into the world of Roald Dahl's classic tale *The Witches* and are using our comprehension strategies to unpack the novel. In Mathematics, we will be using online games and activities to help master our multiplicative strategies which will help us solve multiplication and division problems. We will also be learning about the rich culture and history of Australia's First Nations and the Colonisation of Australia.



Sydney Zoo Excursion



Stage One and Support Unit had a ROAR-some time at Sydney Zoo! Students were able to see and learn about a wide range of animals. They saw the saltwater crocodile, bull sharks and penguins in the aquarium. Students waved to the lions, zebras and rhinoceroses as they walked along the boardwalk. They all loved watching the emu and kangaroos stroll around, while the wombat and wallabies munched on some carrots for lunch.



Each class participated in an Aboriginal education presentation called Bungaribee Dreaming. Students learned about the tools, stories and resources used by the Cabrogal Clan of the Darug Nation, the traditional custodians of the land on which Sydney Zoo is built. Every student also had an opportunity to have a small, traditional design painted on their face or arm.



Sport News



Horsley Zone Winter PSSA



Teams are being finalised and Winter PSSA will start on Friday, Week 3.

Representative Sport News

Fairfield West Representatives competing at Horsley Zone Championships

Horsley Zone Cross Country Championships 26/5/23

Horsley Zone Representative Teams competing at SSW Championships

Under 12's SSW Rugby League Championships 9/5/23

Netball SSW Championships 22/5/23



Opportunity Class Placement

Intention to apply for Year 5 placement in an opportunity class in 2024

For metropolitan/regional applicants

Opportunity classes are for primary school students who have high academic potential or who are intellectually gifted.

They provide an environment where students can learn and make friends with classmates of similar ability. This can benefit a student's academic progress and also their wellbeing.

Opportunity classes are offered in Years 5 and 6, with parents/carers applying in Year 4.

Students who are successfully placed will usually have to leave their current school to enrol in a school with an opportunity class for Years 5 and 6.

Opportunity classes are just one of the ways that we cater for our [high potential and gifted students](#).

Testing and assessment

Applications for opportunity class placement are considered on the results of the Opportunity Class Placement Test. Students who wish to be considered for placement are required to sit the Opportunity Class Placement Test on **Thursday 27 July 2023**.

How to apply

Parents/carers must apply online between **Thursday 30 March** and **Monday 15 May 2023** at:
<https://education.nsw.gov.au/oc>.

You must use your own email address and not one belonging to your child. Late applications are not usually accepted.

If you do not have internet access you can apply at a public library or at your child's school. If you have a disability that prevents you from using a computer, you can contact the Unit for assistance after 30 March 2023.

You must submit only ONE application for each student.

The tear-off slip below is **NOT** an application, it is advice to the school that you intend to apply. The school **CANNOT** apply on your behalf.

THIS IS **NOT** AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS.

This is a notice to your primary school only that you intend to apply.

TO APPLY GO TO THE ONLINE FORM AT: <https://education.nsw.gov.au/oc>

Cut along the dotted line and return the completed slip below to this school by **Monday 8 May 2023**.

----- Cut here and return the note below to Ms Mah Chut -----

Intention to apply for Year 5 placement in an opportunity class in 2024

Student's name: _____ Class: _____

I intend to apply for Year 5 placement in an opportunity class in 2024 for my child through the department's website between 30 March and 15 May 2023. I am aware that this is not an application and that the school cannot apply on my behalf.

Signature of parent/carer: _____

THIS IS **NOT** AN APPLICATION FOR ENTRY TO AN OPPORTUNITY CLASS.

This is a notice to your primary school only that you intend to apply.

TO APPLY GO TO THE ONLINE FORM AT: <https://education.nsw.gov.au/oc>

NSW Department of Education



Compulsory school attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my Legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the NSW Education and Standards Authority for home schooling.

Once enrolled, children are required to attend school each day it is open for students.

The Importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Attendance

NSW Department of Education

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An Application for Extended Leave may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.

My child won't go to school what should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

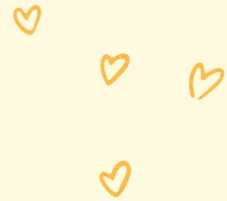
Working in Partnership

The NSW Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

Kindergarten Transition Program

FAIRFIELD WEST PUBLIC SCHOOL



KINDERGARTEN TRANSITION PROGRAM

For all children starting Kindergarten in 2024

Every Tuesday starting 8 August 2023

Time: 9.30am - 11.00am

During our transition program, children will participate in play and learning activities to prepare them for Kindergarten and a successful start to school. These activities will include singing, story time, craft and play. Your child will have the opportunity to develop friendships and strong, positive relationships with peers and teachers from Fairfield West PS.

Each week children are asked to bring to school a small bag containing a water bottle and a small snack.

Please register by contacting the office (02) 9604 5568



Community News



Please come and join in the activities in the Community Cottage. A range of activities are available so please contact Rania 0492 842 572 if you are interested.



Tuesdays 9.00am-11.00am



Wednesday 9.00am-11.00am
Starting 8 March.



Thursday 9.00am-11.00am

COFFEE



CHAT



Thursdays 2pm

TUNING INTO KIDS

Wednesdays 9.30am-11.30am
Starting 3 May. Refer to flyer
below for further information.

If you are interested in a Citizenship test preparation group – call Rania 0492 842 572

TUNING INTO KIDS

ABOUT THE PROGRAM

Would you like to learn how to:

- Better understand your child
- Help your child learn to manage their emotions?
- Help prevent behaviour problems in your child?
- Teach your child to deal with conflict?



Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- Have greater success with making and keeping friends
- Have better concentration at school
- Are more able to calm down when upset or angry
- Tend to have fewer childhood illnesses

Where

Fairfield West Public School,
1 Palmerston Rd, Fairfield West NSW 2165

When

Wednesdays 3, 10, 17, 24, 31 May
9:30am–11:30am

To register

Contact Dima on
0420-703-725

Or register via the website:

<https://strongsafefamilies.online/program/>



Communities for Children
Fairfield

Communities for Children Facilitating Partner Initiative Fairfield is funded by the Australian Government and facilitated by The Smith Family.

ضبط سن الطفولة الاهل والذكاء العاطفي



برنامج للأهل مؤلف من خمس
محاضرات (للناطقين باللغة العربية)
وتتراوح أعمار أطفالهم من السنتين
لغاية العشر سنوات

هل ترغب بتعلم كيفية

- فهم أفضل لابنك \ ابنتك .
- مساعدة ابنك \ ابنتك تعلم كيفية ادارة .
- مشاعرهم
- مساعدة ابنك \ ابنتك تجنب مشاكل .
- السلوك
- تعليم ابنك \ ابنتك كيفية ادارة .
- الصراعات

يظهر لك برنامج ضبط سن الطفولة كيفية مساعدة ابنك \ ابنتك لتطوير
ذكاءهم العاطفي والاولاد الذين لديهم مستوى اعلى من الذكاء العاطفي
سوف:



- يكونون ناجحين اكثر بالمحافظة على اصدقائهم .
- يكون لديهم تركيز افضل بالمدرسة .
- يكون لديهم قدرة اكبر على التهدئة في حال الغضب .
- يكون لديهم معدل اقل للاصابة بالامراض عند الطفولة .

المكان:

Fairfield West Public School,
1 Palmerston Rd, Fairfield West NSW 2165

الزمان:

Wednesdays 10, 17, 24, 31 May
9:30am-11:30am

للتسجيل يرجى الاتصال او
بعث رسالة لديمة على الرقم

0420-703-725

Or register via the website:

<https://strongsafefamilies.online/program/>



Communities for Children
Fairfield

The Smith
Family
Learn today, change tomorrow.

Communities for Children Facilitating Partner Initiative Fairfield is funded by the
Australian Government and facilitated by The Smith Family.

Community News

About Us

Women-centered, trauma-informed, holistic and preventative women's health services to improve health and wellbeing of women in the community.

Funded by South West Sydney Local Health District. Jointly auspiced by Bankstown and Liverpool Women's Health Centres.



Our Services

Client Intake & Referral

Dietitian

Generalist Counselling

Generalist Casework

Health Education

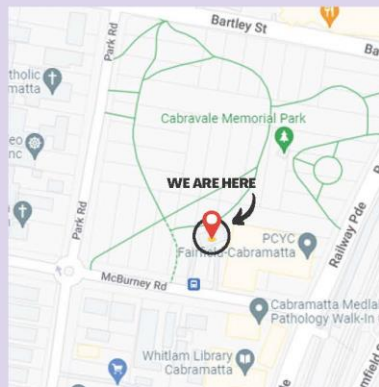
Health & Wellbeing Group Activities

Outreach services
(various location)

Legal Aid NSW Service *
(every second Monday.
Bookings are required)

Our Location

Inside Arthur West Memorial Hall
(behind PCYC Fairfield Cabramatta)
McBurney Road, Cabramatta 2166



Contact Us

Phone : (02) 9794 0150

Email :

SWSLHD-FairfieldWomensHealthService
@health.nsw.gov.au

Use this QR code to
follow our latest
updates on
facebook ->



Fairfield
Women's
health service

SERVICE INFORMATION & GROUP PROGRAM

TERM 2/2023

**A safe space for women in
the community**

Providing FREE health and wellbeing services to women living in the Fairfield areas, particularly:

- Culturally and linguistically diverse
- Refugee and
- Newly arrived

Opening Hours

Monday - Friday

9:00am - 5:00pm

(Closed between 1:00pm - 2:00pm)

Contact Us

Phone : (02) 9794 0150

Email :

SWSLHD-FairfieldWomensHealthService
@health.nsw.gov.au

Dolly Parton's Imagination Library

Give your child the best start to life through an enriched home & community learning environment.

Children that are eligible and registered for the program will receive a free, high-quality, age-appropriate book in the mail each month from birth to age five.

To enrol, scan the QR code or visit the link:
www.imaginationlibrary.com/check-availability/

You can also drop into your local library and enquire if the program is available to you.



Proudly funded by



Celebrating Families Week

Picnic At Deerbush Park

Free
Event
Snacks
Provided

Event for families
with children
0-5 yrs



Monday, 29th May 2023

Fairfield Showground

443 Smithfield Rd

Prairiewood NSW 2176

9:30am - 12:00noon

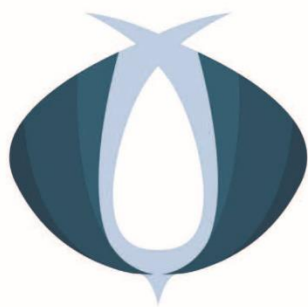
info@parkscommunity.org.au

02 96097400

**Must
Register**

Brought to you by the Fairfield Family Events Working Group - Fairfield City Council, Parks Community Network, STARTTS, EACH, Woodville Alliance, The Smith Family, Karitane, Uniting, Community First Step

Activities
include fun
games,
playground,
music, dance
and snacks



OAKDENE KITCHEN

"Feed the people, stay alive"

COMMENCING TUESDAY 2ND OF MAY

Oakdene Kitchen offers hot, nutritious meals to people in need.

Tuesday and Thursday
12:00PM - 2:00PM.



9/2 Dale Street, Fairfield
kitchen@oakdenehouse.org.au
www.oakdenehouse.org.au

Community News



Certificate II Community Services in partnership with STARTTS

COURSE DESCRIPTION:

This qualification may be used as a pathway for workforce entry as community services workers who provide a first point of contact and assist individuals in meeting their immediate needs. At this level, work takes place under direct, regular supervision within clearly defined guidelines.

COURSE OUTCOMES :

- Community Services support worker
- Community Services worker
- Further education pathways in Community Services

Total number of UNITS: 9

REGISTER HERE:

Please click on the link below or scan the QR code to express your interest.

<https://forms.office.com/r/rJMZDZ1w7G>

Or scan the QR Code



- Nationally Recognised Training
- This training program is government subsidised

Start date: 15th May 2023

Time: 6PM to 9PM

Delivery Days:

Monday, Tuesday and Wednesday

Cost:

*Free This training is subsidised by the NSW Government. Eligibility criteria applies.

For more information:

Nazik Yako

nazik.yako@tafensw.edu.au

Or

Amrit Versha

amrit.versha2@tafensw.edu.au



RTO 90003.

tafensw.edu.au
131 601

TAFE NSW
NSW GOVERNMENT

The uneaten lunchbox



If your child is not eating the food in their lunchbox it may be due to various reasons:

1. Too many new foods:

- Include foods your child is familiar with and comfortable eating.
- If trying something new, be sure to also pack something you know they will eat.
- It can take up to 15 times of exposure before children will accept a new food.

2. Too much food:

- A lunchbox full of food can be overwhelming for young children.
- Be realistic with what your child can eat and include them in packing their own lunchbox.



3. Can't access the food:

- Some lunchbox containers and packaged food are tricky for little fingers to open.
- Check they can open containers before using them for school.
- Remember to pack a spoon or fork for some meals and snacks.



4. Too busy playing:

- For many children, playing is more important than eating.
- Schools can help by providing designated sit-down eating times with no pressure to eat.



For more information on lunchboxes,

[CLICK HERE](#)

Active play for toddlers and preschoolers



Active play includes any activity that involves moderate to vigorous bursts of high energy – that is, anything that can make someone “huff” and “puff”.

DID YOU KNOW? The National Physical Activity Recommendations for children are that toddlers (1 to 3 years) and preschoolers (3 to 5 years) should be physically active everyday for at least **three hours**, spread throughout the day.



Here are some examples for parents and carers for activities in indoor and outdoor settings:

Indoor	Outdoor
<ul style="list-style-type: none">• Making an obstacle course.• Dancing to action songs.• Musical chairs.• Acting out a story.• Throwing a soft ball into a bucket and varying the distance.	<ul style="list-style-type: none">• Catching games.• Blowing bubbles and trying to catch them before they pop.• Making an outdoor obstacle course.• Potato sack races.• Follow the leader games.



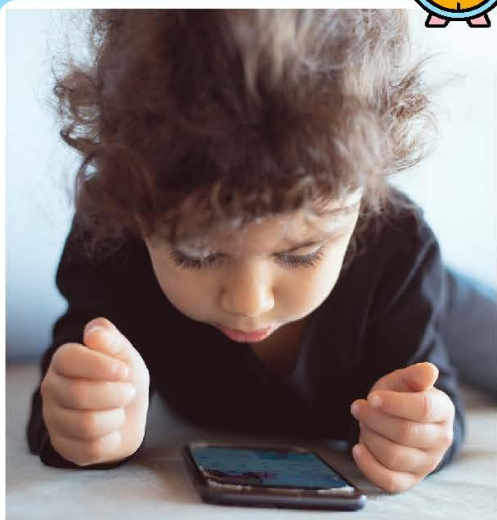
[Click here](#) for more information and resources.



South Western Sydney Local Health District

Healthy Family Bulletin

Screen time limits



For more information on physical activity and screen time,

[CLICK HERE](#)

You can limit your family's screen time by:

- Allocating a specific time period for electronic media use, preferable not during daylight hours when you can be active outside.
- Rewarding good behaviour with active family time rather than with electronic media use.
- Turning off the TV, especially during meal times.
- Making bedrooms TV and computer-free zones.
- Storing portable electronic devices, such as phones, tablets and electronic games, out of sight.
- Setting a good example – reduce your electronic media use for entertainment.



Cooking with kids



Healthy bird seed crackers recipe



Prep: 20 mins

Cook: 25 mins

Serves: 12

★★★★★



Try this healthy cracker recipe and add it to your lunchbox.

The recipe can be adjusted to make fruit or savory crackers. Get the children involved in cooking and download the recipe today!

[CLICK HERE](#)



South Western Sydney Local Health District

Healthy Family Bulletin

Help your children to like eating vegetables



So how do you encourage your family to eat more veg?

Be a role model. All adults in the house have an impact on what the kids eat. So eat lots of different types of vegetables in lots of different colours - and enjoy them!

Talk up the experience. When you and your kids are eating vegetables, talk about the colours, the varying tastes and textures and how people feel after eating vegetables.

Avoid telling your kids to eat vegies because they are healthy. Kids live in the moment! How they feel right now means more to them than long-term health outcomes.

Keep putting them out there. If you avoid putting vegies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient. The more you offer them, the more likely they'll eventually try them.

Make it easy and available . . . especially when they are hungry!

Use the 'Up the Veg' poster to encourage your family to eat a wider variety of vegetables. You can find it [here](#).

Be rewarding! Give positive feedback to your kids for trying new vegetables. Steer clear of using threats or food rewards. The best rewards are descriptive praise, affection and your time!



DOWNLOAD

Get your copy of '[Up the Veg at Home](#)' activity ideas' for tips on how to add more vegetables to recipes and lunchboxes.

Mental health support from conception to the teenage years



The [Infant Child & Adolescent Mental Health Service \(iCAMHS\)](#) provides safe and culturally appropriate care and support to children and teenagers up to age 18, and their families. Staff work in the community and cater for a range of mental health concerns including depression, anxiety, eating and obsessive compulsive disorders and autism spectrum disorders. Staff also give advice about the services available for children or teenagers who may be struggling in their day-to-day lives. The team accepts referrals from GPs, paediatricians, school counsellors or the NSW Mental Health Line 1800 011 511. When a child or adolescent attends a hospital Emergency Department for mental health concerns, they are followed up by the Acute Care team who will then refer the person to the iCAMHS team as it does not provide crisis care.



South Western Sydney Local Health District

Healthy Family Bulletin

SUBSCRIBE



Dancing, star jumps and lunges

MOVE MORE MAY CHALLENGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SIT LESS, MOVE MORE, FEEL GREAT!					1 1 TO 2 SETS of 10 SUPERMANS ON each leg	2 MOVE HARDER Jog on the spot for 3 to 5 minutes
3 2 SETS of 10 CLAMS alternating each side	4 EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing	5 1 TO 2 SETS of 10 LUNGES on each leg	6 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	7 1 TO 2 SETS of 10 SQUATS (or squat jumps for an extra challenge)	8 DANCE IT OUT Have a dance party in your lounge room	9 1 TO 2 SETS of 10 CALF RAISES
10 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	11 1 TO 2 SETS of 20 MOUNTAIN CLIMBERS	12 MOVE STRONGER Complete our 3 minute workout plan (see next page)	13 1 TO 2 SETS of 10 PUSH UPS	14 MOVE HARDER Jog on the spot for 3 to 5 minutes	15 10 LEG LIFTS alternating left and right, hold pose for 5 SECONDS	16 EXERCISE YOUR MIND 2 to 5 minutes of mindful walking
17 1 TO 2 SETS of 10 BURPEES	18 MOVE STRONGER Complete our 3 minute workout plan (see next page)	19 2 TO 5 MINUTES of AIR BOXING	20 EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing	21 1 TO 2 SETS of 10 V-SITS	22 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	23 HOLD PLANK for 30 SECONDS TO 1 MINUTE
24 EXERCISE YOUR MIND 2 to 5 minutes of mindful walking	25 1 TO 3 MINUTES of HIGH KNEES	26 FIND YOUR 30 Get your heart rate up doing any kind of movement you like	27 HOLD SUPINE BRIDGE for 30 SECONDS TO 2 MINUTES	28 MOVE STRONGER Complete our 2 minute workout plan (see next page)	29 1 TO 2 SETS of 10 SIT-UPS	30 MOVE HARDER Jog on the spot for 3 to 5 minutes
31 1 TO 2 SETS of 10 STAR JUMPS	 CONGRATULATIONS! YOU'VE COMPLETED MOVE MORE MAY					

Gather your family and workmates and get moving in May. The challenge is a great way to move more and exercise your body and mind. You'll enjoy a fun range of activities including air boxing, squats, sit ups and push ups.

LEARN MORE

Tips for this flu season

Stop the spread of the flu:

- Stay at home if you're sick
- Sneeze into your elbow
- Clean your hands for at least 20 seconds.
- Sanitise your hands

LEARN MORE ➔



Flu season is here



Everyone 6 months and over is recommended to get a flu shot.

Ask your doctor, pharmacist or Aboriginal Medical Service today.

www.health.nsw.gov.au/influenza



School Uniforms



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	\$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			
Bucket Hat	\$10			
Beanie	\$8			
Scarf	\$8			
Library Bag	\$8.50			
	Total			

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

Office use only

Date order received:	Payment Method: Cash Eftpos Parent Online Payment	Amount Paid:
	MAKE A PAYMENT	
Staff member Initial:	Items collected	Yes NO
Date Collected:	Parent/Carer Collected	Sent home with Student

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



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