

The Wānanga News

Every child, every opportunity

Term 1 Week 3 - February 2024



ASHFIELD

PUBLIC SCHOOL Every child, every opportunity



✉ PO BOX 70, Ashfield NSW 1800

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@ ashfield-p.school@det.nsw.edu.au

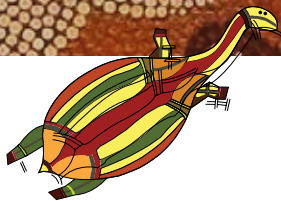
💻 www.ashfield-p.schools.nsw.edu.au

🚩 School Tours Monday 9:30am
To book please call 9798 4400



Education





Welcome to our School

We are a multicultural community.

We acknowledge the Wangal people who are the traditional custodians of this place we call Ashfield.

Together we are responsible for taking care of the land.



From the Principal's Desk



Educational stakeholders: the groups within a school community that impact student outcomes

A successful school is driven by the shared understanding that everyone must contribute to the achievement and progress of students. Within a high performing school community there are various stakeholders, each with a particular responsibility to support and optimise student success. These stakeholders include:

The School Administration Staff (SAS) which takes responsibility for the daily operations of the school including, for example, monitoring student attendance. Working with the teachers, the SAS identifies patterns of absenteeism which, if not addressed, can be significantly detrimental to student success. Another example is the SAS managing and updating student health records which enables the school to be alert and responsive to any medical issues that impact on a student's participation at school.

Student Learning Support Officers (SLSOs) who take responsibility to work alongside teachers and support the full participation and belonging of students who experience a disability. For example, our SLSO team enables flexible learning for students who benefit from options beyond the mainstream classroom. An SLSO might also, for example, work with a student or

group of students on an adjusted activity in a quieter space outside of a busy classroom setting.

Parents and carers who take responsibility to understand their child's educational targets in literacy and numeracy and create opportunities for learning beyond the classroom. For example, parents and carers can have a high impact on their child's literacy achievement by providing a daily home reading routine including reading aloud to their children. Another example is parents and carers working collaboratively with teachers to provide important insights about their child's ability and interests, which enables beneficial accommodations and adjustments to individual learning programs.

Students who take increasing responsibility across their school years to make academic and social progress. They learn to become critical thinkers and problem-solvers, to effectively communicate and collaborate, and to be independent and organised participants in their education. Under the guidance and instruction of parents and teachers, students develop their capacity to be resilient and motivated learners, and to make choices that support their ongoing progress and achievement.

Teachers and School Leaders take responsibility to know all students and how they learn, and to know the curriculum and how to teach it. Through ongoing professional learning, they become increasingly adept to analyse and evaluate student behaviour and academic achievement, and respond in ways that enable students to make steady growth and progress. Teachers and School Leaders create and sustain robust whole school systems and practices that are meaningful and support students to be motivated and feel accomplished.

At Ashfield Public School, there is a shared responsibility for student wellbeing, engagement, and learning. Everyone has a part to play as we create the optimum conditions for student achievement and progress. Sharing responsibility gives us a common focus for collaboration and reflection to create a successful school as measured by ongoing improvement in student outcomes.

Damien Moran
Principal

Principal's Recognition

These students have been chosen by their teachers to share their best work or commitment to learning with the Principal.



Class	Name	Reason
KB	Frank	For a fabulous start to Kindergarten
KA	Lenora	For being a fabulous learner in class.
KR	Imani	For being a great friend to her peers
K/1C	Emma	Making great wellbeing choices and being a fabulous learner
1G	Arianna	For being a considerate and helpful member of the classroom.
1P	Carlos	For making great wellbeing choices for learning
1/2S	Enguun	For transitioning into a new class with confidence.
2F	Oliver	For being responsible in the classroom.
2/3C	Ziah	For being helpful and considerate.
3 Echidna	Yolanda	For an enthusiastic and conscientious approach to learning.
4 Bandicoot	Leon	For being a really good friend and role model as we settle into 2024.
4 Boobook	Dean	For consistently being a respectful member of our class.
3/4 Platypus	Jesse	For being an excellent role model in the classroom and on the playground.
3 Emu	Vivian	For being creative, helpful and organised.
3-5C	Ronny	For settling well into Year 5.
5T	Jaden	For demonstrating belongingness by showing initiative and helping teachers and peers
5/6P	Alex	For his enthusiasm when engaging in activities and encouraging those around him.
6B	Moxi	For his enthusiastic approach to learning.
6M	Lauren	For your creative insights to class discussions.
6P	Eric	For consistently showing initiative and consideration to teachers and peers.

Kindergarten

Stage Page

Welcome to Kindergarten 2024!

Our Kindy students have had an exciting first few days of school and are enjoying an introduction to many new routines and activities.

We had our first whole school assembly celebrating the Lunar New Year and the Year of the Dragon last Friday with a great dragon performance. We thank Miss Chi for organising the festivities. Assemblies are held every two weeks and each assembly selected students receive an Assembly Award. You can join our next Assembly in Week 4, Friday 23rd February.

This year, our classes are named after Australian animals. Ms. Balmain's class is KB Wombats, Miss. Rajasuriar's class is KR Koalas, Mr. Brown's class is KA Bilbys and Ms Xiong's is K/1X Galahs. We look forward to finding out lots of fun and interesting facts about these animals.

Kindergarten have started their weekly visits to the School Library and they will have the opportunity to explore and enjoy the beautiful environment created by our librarian, Mrs Drummond. Students are encouraged to bring a fabric bag or school library bag, clearly labelled with their name to borrow books each week. Kindergarten have also begun weekly Science lessons with our specialist science teacher, Mrs. Cyril.

School Photo Day is in week 6 on Monday 4th March. Please make sure students are in full school uniform with black shoes and neat hair. No red sport shirts please! More information to come.

Please ensure that everyday your child has crunch and sip, lunch, a water bottle and a hat. The school policy is 'No hat, play in the shade'. ALL clothing and bag items must be clearly labelled, otherwise they can get lost very easily.

A huge welcome to our families including those that are new to the Ashfield Public School community and we thank those who came to our Information session this week.

Kindergarten is a very special year in your child's life and we are looking forward to a fun and fabulous year with many new and exciting experiences ahead.



Stage 1

Stage Page

Welcome back to school! All students have been placed in their new classes and are enjoying getting to know their new teachers and peers.

The teachers are very proud of all the reading the students did in their holidays and are proud of their hard work.

Stage One teachers are very excited to meet the parents and carers of our students at our parent information session, which will be on Wednesday the 21st of February at 4:30pm.

Please continue to check Enews for important updates and messages, this is also important for digital forms. Please remember to update any medical forms and actions plans through the school office.

A big thank you to Ms Chi for organising the Lunar New Year assembly. What an amazing assembly.

Stage One teachers are looking forward to a wonderful year of learning ahead!



Stage 2

Stage Page

Welcome to the 2024 school year - it is great to see all the students again.

We would also like to welcome all our new students and families to Ashfield Public School, we hope everyone had a relaxing and enjoyable holiday. All students are settling in well to their new classes and teachers are really impressed with the way everyone has adapted.

Hats are essential for outdoor play so please ensure that the students bring a hat to school each day to be sun safe. Healthy and active lifestyles are encouraged at Ashfield so please ensure that your child has a healthy and balanced lunchbox as well as lots of water to drink throughout the day.

We are excited to resume our Triple E initiatives, with an outstanding number of activities on offer for the students. We encourage our stage 2 students to join the initiatives which interest them and actively participate on a weekly basis.

As always at Ashfield, wellbeing is a priority. Stage 2 students have been engaging in quality time both in the inside and outside environments. Teachers and students have been jointly establishing classroom expectations to ensure everyone is working in a safe and collaborative environment.

Parents and caregivers, please ensure you are subscribed to Enews. If you need assistance gaining access to Enews please speak to your child's classroom teacher.

The Stage 2 teachers look forward to an exciting term ahead.



Stage 3

Stage Page

We walk into 2024, energised and ready to learn after a relaxing Summer vacation.

We welcome new students and a wonderful teacher to Stage 3, Ms Tribbia. At Ashfield, we embrace diversity, are inclusive and look forward to building new friendships with those new to our community.

We also wish all members of our community celebrating a Lunar New Year (February 10th, 2024) prosperity, luck and good fortune throughout the year of the Dragon.

For Year 5, camp is not far across the horizon. From February 21st to February 23rd, Year 5 will enjoy their 3 days, 2 night camp in Berry. Soon, they will explore the intriguing world of nature, learning all the necessary life skills to survive and thrive in the wild through activities like kayaking, cooking, archery, and most importantly, having a load of fun!

Just after Year 5 head off to Berry, Year 6 will see a theatrical performance Yuldea by Bangarra Dance Theatre at The Riverside Theatre in Parramatta. We look forward to watching this performance depicting the collision of traditional life and industrial ambition of a growing nation.

Stage 3 is looking forward to a wonderful year of empowered learning and a great beginning to 2024.



The News Room



Relaxation for Young People

Why is relaxation important for Young People

Relaxation is important for young people as it allows their mind and body to switch off from the pressures of daily life. Those who don't take time to relax can find themselves anxious, overwhelmed and having problems sleeping. Making relaxation a priority can make it easier for young people to learn and develop a healthy sleep schedule and maintain the motivation to get things done.

Through making relaxation a part of their routine young people will be able to teach themselves how to face stress with a "relaxation response". This makes them feel less helpless when confronted by problems and makes it easier for them to apply healthy coping skills.

How can I tell if my child needs help managing stress?

All young people will experience stress at certain times, this is part of growing up.

Keep an eye on your child's stress levels to see if it is impacting on their mood, thoughts, behaviour and general health. If you have any concerns talk with your child, ask them how they are feeling.

Listen to their concerns and watch out for signs of them being overwhelmed.

How can I support my child?

Here are examples of relaxation techniques you can encourage your teenager to use:

- In a quiet area, such as their bedroom, they can take the time to slow their breathing and clear their thoughts. Even doing this for five minutes can make a big difference.
- A hand massage, starting at the base of the thumb and moving across the rest of the hand.



School Medal

Ethan	K/1C	Olivia	1/2S
Irene	2F		



School Awards

Liliana	K/1C	Todd	2/3C
Rasbi	K/1C	August	1/2S
Luca	1P	Irene	2F
Lucas	1P	Rey	2F
Kayan	2F	Saurya	3Z
Richard	2/3C	Madeleine	2M
Kray	2/3C	Chuanjun	1/2S
Ziah	2/3C x2	Kareem	1/2S



House Points

PERIS	652
FREEMAN	652
COOMBS	579
RILEY	627

- Yoga. For example, they may like to lie on the floor with their legs lifted against a wall, perhaps with their eyes closed. Lying in this position and breathing slowly helps calm the nervous system.
- Do an activity that is calming for them, such as cooking a meal, playing with a pet, an online guided yoga class, writing in a journal or using a meditation app such as smiling mind.
- Going for a walk, mindfully taking in the sights and sounds around them.

doh.health.tas.gov.au/healthykids/blog/relaxation_for_young_people#:~:text=Making%20relaxation%20a%20priority%20can,with%20a%20%E2%80%9Crelaxation%20response%E2%80%9D

Deadly Kids Reports

Aboriginal languages are slowly going extinct from people not being able to speak them.



The picture above shows the languages that were spoken, slowly going extinct.

Approximately 150 Indigenous Aboriginal languages are spoken in Australia and 109 are endangered. People in communities all around Australia started to act on it.



Image from KidsNews



Image from ABC News

In October 2022, the Federal Government committed to a \$14.1 million plan over four years to 2025-2026 to teach First Nations languages in primary schools across Australia. We look forward to hearing more about the development of this program.

By Kanna and Alira



January Birthdays

Alexandra	1st	Emilia	18th
Jasmine	2nd	Peize	18th
Kayla	2nd	Remy	19th
Yufei (Fiona)	2nd	Sivaansh	19th
Austin	3rd	Isabela	20th
Juliet	3rd	Pharunyu	20th
Willie	3rd	Giselle	20th
Evana	4th	Hasan R.	21st
Narendra	5th	Jayden	21st
Leon	6th	Somaya	21st
Arnav	9th	Alex	21st
Sayuki	9th	Saksham	24th
Ellie	10th	Harrison	25th
Dylan	11th	Oskar	25th
Alisha	14th	Angelina	26th
Bianca	14th	Zifan	26th
Caterina	16th	Cooper	29th
Prinsha	16th	Doris	30th
Ziah	16th	Intra	31st
Reuben	17th		



Joke of the Week

What is a cat's favourite color?
PURRRR-PLE



SRC Report



Welcome back everyone! We hope you had a fantastic holiday and are ready for another joyful year of learning. For those of you who are unfamiliar with us, we are the SRC (Student Representative Council). We are here to assist you when you need it and help plan entertaining events for you to enjoy. We're all extremely eager to be helping out around the school community.

Your SRC executives for 2024

Emilia, Serena, Elliot C, Christian, Elliot S, Mac, Nhi, Grace, Lauren and Jonah. :)

LACLA Report



LACLA, what does it stand for? What does it do? LACLA stands for: **Let African Children Learn Association**. LACLA is an organization that helps raise money for families who can't afford to send their children to school.

Each classroom has a bucket that you can use to donate your spare change. During the year, the SRC will organize some fun fundraisers.

By Kanna and Sascha



Word of the Week



NOSTALGIA (noun):

An emotion provoking yearning for the past that can frequently arouse regret.

Nostalgia in a sentence:

When the man returned to his grandmother's house, he felt a sudden wave of nostalgia hitting him after observing the familiar atmosphere from his boy scout days.

Synonyms of Nostalgia:

- Reminiscence
- Wistfulness
- Homesickness

Antonyms of Nostalgia:

- Unsentimental
- Practical
- Unromantic

Etymology of Nostalgia:

Nostalgia was first introduced to the English lexicon during the mid 18th century. It was the result of taking the two Greek words, nostos (return home) and algos (pain), and the German word Heimweh (homesickness) to create a meaning of acute homesickness.

Nicholas and Ryan

Technology Report



APPLE VISION PRO

MR (mixed reality) headset developed by Apple Inc. It was announced on June 5, 2023, at Apple's Worldwide Developers Conference, pre-orders began on January 19, with deliveries scheduled to begin on February 2, 2024 in the United States. A worldwide launch has yet to be scheduled. It is Apple's first new major product category since the Apple Watch in 2015.

The Pros

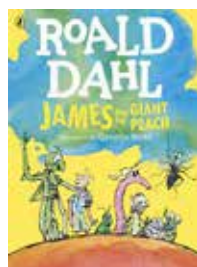
- The display is a technical marvel with the best video pass-through yet.
- Hand and eye tracking are a leap forward.
- Works seamlessly with Apple's ecosystem.
- It's fun to put windows all over space.

The Cons

- Very expensive.
- Video pass-through is still video pass-through and can be blurry.
- Hand and eye tracking can be inconsistent and frustrating.
- Personas are uncanny and somewhat terrifying.

We rate it 8/10

By Mory and Hochi



Book Report

James and the Giant Peach (Author: Roald Dahl)

When James's parents get trampled by a rhinoceros in a tragic accident, four year old James is forced to live with his vindictive aunts. Three years later a peach begins to grow bigger and bigger until... it eventually grows larger than a house! A few days later James gets thrown outside and his instinct



Game of the Week



COOKING SIMULATOR

Have you ever wanted to be a chef and cook meals at a restaurant? Well this game allows you to fulfil your dreams. This awesome game is enjoyable for all ages, it is compatible for all devices. (phones, tablets, PC, VR and gaming consoles). This is rated General(G).

It is a kid friendly game with over 80 recipes using more than 140 ingredients and it uses a physic integrated engine and cooking mechanics to simulate a realistic cooking experience.



The price ranges from \$10-\$20 on PC to gaming consoles. Cooking Simulator not only develops your skills with cooking, but also develops your financial skills for purchasing ingredients and condiments within the game currency.

We rate this game an 8/10

By Ruibin & Ciaran

takes him to the giant peach. He managed to find a hole in the peach and crawl inside where an adventure waited for him. James and the Giant Peach is a truly fascinating book which certainly deserves its praise. We would rate this book four out of five.

By Hasnika, Stella, Liam

Sports Report



AO (Australian Open)

The most prestigious and first of the four grand slams of the year. Its latest prize money is known to be around \$85m for first place. It is known to be held for 119 years, dating all the way back to 1905. The surface of the court has been hard since 1988 with Open champion, (1) Novak Djokovic, has claimed the title on more occasions than anyone else. He has many supporters in Melbourne which were heartbroken with the thrashing by Sinner. He is widely regarded as one of the greatest tennis players of all time with 24 grand slams to his name, overcoming his rivals Roger Federer with 20 and Rafael Nadal with 21. He has grass from 1905-1987.

This year (4) Sinner and (3) Medvedev faced each other in a three-hour, 44-minute thriller on the 28th of January, with Sinner overcoming Medvedev in an awe-inspiring five setter with the scoreline **3-6, 3-6, 6-4, 6-4, 6-3**.

On the 27 of January, the women's final took place at Rod Laver Arena. Reigning champion (2) Sabelanka, beat (12) Zheng in 76 breezy minutes with the scoreline **6-3, 6-2**.

By Elliot, Joey and Chrisitan

Culture of the Week



Lunar New Year

As the atmosphere around you turns into a yellow and red beauty, you know it's that time of year again. Lunar new year has come with the following trail of fireworks, lanterns and of course dragons.

The Lunar New Year represents the start of a new Chinese year and signifies the year behind us. It is celebrated by Asian cultures but is also a worldwide celebration. Lunar New Year is one of the most prominent events in China, Vietnam, Korea and many other countries.

Lunar New Year is celebrated on different days each year, this is because throughout the years the moon experiences a tilt. This year, the lunar new year will be celebrated on February 10th.

Little Year:

Little year, also known as the festival of the Kitchen God, is a religious event that happens during the midst of Lunar new year. This event honours the kitchen god and starts around about a week before the actual new year. During this time families burn a paper image of their god, (Jade Emperor) with the intention of putting his spirits into heaven. Afterwards families put a new picture of Jade Emperor next to the stove to welcome him back to protect the family again.

Spring Festival:

In China the lunar new year is commonly referred to as the spring festival. As the spring season in the lunar calendar generally begins with Lichun, the first of the twenty-four solar terms. Resembling the end of Winter and the start of the spring season, locals start celebrating at Lunar new year's eve.

Lantern Festival:

The lantern festival honours deceased ancestors on the 15th day of the first month of the lunar calendar, during the full moon. The festival aims to provide reconciliation, peace and forgiveness. At night, children make paper lanterns and solve riddles. In modern times, lanterns are filled with many beautiful designs. For example, lanterns are now in the shapes of animals and in a wide range of colours. The lanterns symbolize letting go of your past self and starting new.

Traditions:

There are many different traditions when it comes to Lunar new year but one of the main events is the giving of red envelopes. These envelopes are given at special events like weddings or holidays such as Lunar new year. The red colour of the envelopes symbolizes good luck and protects you from evil spirits. The red envelopes originate from an ancient story about a demon named Sui, who would come at night to terrify children while they were sleeping.

Fireworks, another big tradition when Lunar New Year arrives, are believed to drive away evil spirits in China. Right after 12:00 am on New years eve fireworks blast to celebrate the coming of New year and to fend off evil. It is also believed that the person setting off the first firework will have good luck.

Dances:



There are two main dances that are done on Lunar new years. The first one is the dragon dance. This dance is believed to give good luck to people, therefore the longer the dragon is in the dance the better for the community.

The other dance is the lion dance. The dance was originally performed everyday for the first fifteen days of the lunar new year. People in costumes would go around to the whole village and perform the dance. The dance is meant to expel evil spirits and bring good luck for the following year.

Family reunion dinners:



A reunion dinner, during which people get together to celebrate, is said to be the most important meal of the year. Dumplings being an essential part of the lunar new year is represented as wealth when eaten. Other foods consumed at this time include fish, spring rolls, noodles, mushrooms, prawns, chow mein and many more delicious meals.

Mottainai Report



Mottainai is a Japanese word which means, “**what a waste**”. Our school has a committee dedicated to cleaning the playgrounds and encouraging students to reduce, reuse, recycle and respect. The origin of Mottainai comes from an ancient Buddhist religious concept that regrets the waste or misuse of sacred or highly respected items, such as religious objects.

You will find posters around our school with the word Mottainai in both English and Japanese. The word Mottainai has been around for eight hundred years. It represents the island nation's environmental awareness and embraces the idea of respecting our resources and the value of it while also reducing our waste. Applying the use of Mottainai not only in school but outside with our community, it can help reduce the current amount of waste and pollution in the current society. Make sure to put your rubbish in the right bins according to the signs above, we have experienced seeing people put anything into the green bins when plastics shouldn't be in there!



If you have any questions, ask Riyo, Greta, Sascha, Areeb or Teresa.

Recipe of the Week

Fettuccine Alfredo

This is a quick and easy recipe for busy nights! Serves: 4



Ingredients:

- 1 tbsp of Olive oil
- 4 Boneless Chicken thighs (cut in half)
- Your favourite spices
- 300g of Fettuccine
- 1 tbsp of butter
- 200ml of double cream
- 100g of parmesan cheese (grated)
- Parsley chopped to garnish

Equipment:

- A non-stick frying pan
- A large pot
- A spatula

Method:

Step 1:

Season your chicken thighs with your favourite spices and rub evenly across the chicken thighs. Set it aside to rest for 10 minutes.



Step 2:

Heat a non-stick frying pan with olive oil over medium-high heat. Place your chicken thighs in the pan face down and fry until golden brown and cooked through. Set it aside.

Step 3:

Pour water into a large pot and wait for it to boil. Place your fettuccine into the water. Cook for 10-12 minutes or until soft. Strain the pasta and set it aside



Step 4:

In a large pan, melt the butter (keep stirring the butter so that it doesn't burn). Combine the double cream and the spices with the butter.

Step 5:

Transfer the fettuccine and chicken to the cream mixture. Add a splash of the pasta water if it looks a little stiff. Add half of the parmesan cheese (grated) and continue stirring.

Step 6:

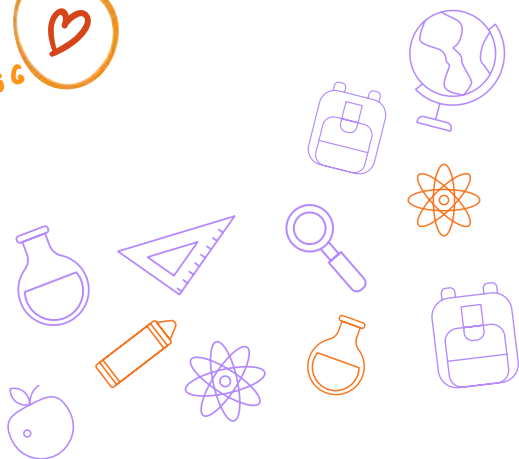
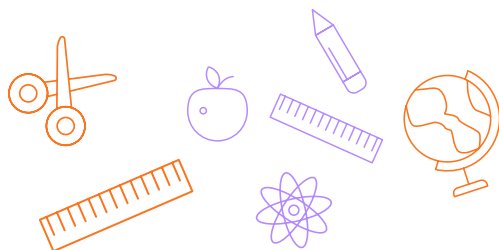
Serve while hot and garnish with the remaining parmesan cheese and a sprinkle of parsley.

Enjoy!



Advice Column

We are here to help



Dear advice column,

I'm a new student at Ashfield Public School, and many students already belong to friend groups as they know each other from previous years. I usually don't engage in conversations with my classmates. What are some suggestions to solve this issue?



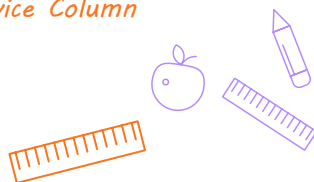
Dear Lonely Student,

We suggest that you try some of these following tips:

Ways I can interact with other students during lunch time

- 1. Go to the library and engage with a book, play with some toys, or sketch a drawing.*
- 2. Ask a teacher if they can pair you up with another student and engage in a conversation with them.*
- 3. Join in a game of handball if you have trouble having conversations.*

From the Advice Column



SCHOOL UNIFORM DONATIONS NEEDED

Please consider donating unwanted uniforms that are clean and useable to the second hand uniform stall. Your donations help to give a family an affordable uniform and raise money to support the school at the same time! Uniforms can be dropped at the front office or handed in at the stall Wednesday mornings 8.45am – 9.15am next to Badalya.w



GARDEN CLUB

Gardening is a wonderful opportunity to be in a multi-sensory environment where children can touch and feel plants and be exposed to the amazing scents of growing herbs.

We look forward to planting some more vegetables next term with the generous voucher provided to us by Bunnings Ashfield.



everyday lunch choices

Tucker Boxes

Served with 1/4 Lebanese bread and a side of cheese, crackers, tomato, cucumber and carrot sticks with a hummus dip.

Honey Soy Chicken Drumstick	\$6.50
Boiled Egg	\$6.00
Ham	\$6.00

ADD EXTRA:

Cheese and Crackers, Lebanese Bread, Hummus, Egg OR Ham	\$2.00
Chicken Drumstick	\$3.00

Badalya Salad Bowl

With your choice of protein

Marinated chicken	\$6.50
Add lebanese bread	\$1.50

Toasties

Vegemite, jam or honey	\$3.50
Cheese	\$3.50
Ham and Cheese	\$4.50
Cheese and Tomato	\$4.50
Ham and Tomato	\$4.50

drinks

Bottled Water	\$2.00
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Menu developed in conjunction with The School Food Project.



Gluten Free / Dairy Free for all meal options.

TERM 3, 2023

BADALYA

DELICIOUS HEALTHY FOOD



MONDAY MUNCHIES

Chicken Burger: \$6.00
Served with lettuce, cheese & homemade tomato sauce

tempting tuesday

Sushi \$4.50
Soy Sauce20c

Teriyaki Chicken
Teriyaki Chicken with Avo
Teriyaki Chicken with Cucumber
Tuna
Tuna with Cucumber
Tuna with Avo
Sushi Baby Box: 8 bite size rolls of avocado
Sushi Baby Box: 8 bite size rolls of tuna
Sushi Baby Box: 8 bite size rolls of cucumber
Inari - Pack of 2

WHACKY WEDNESDAY

Homemade Mac & Cheese \$6.00

thankful thursday

Beef, Chicken or Veggie \$6.00
Served with corn chips & grated cheese

FANTASTIC FRIDAY

Home cooked Pasta \$6.00
Bolognese with grated parmesan cheese
Napolitana Sauce and grated parmesan cheese

Birthday Treats

Please contact the canteen for details



snacks

Fresh Fruit salad cups \$2.00
Fresh or Frozen Watermelon Wedges \$2.00
Frozen Orange wedges (2 wedges)50c
Veggie Sticks \$2.00
Veggie Sticks Dip cup with Hummus \$2.50
Cheese Melt \$2.00
Toasted half bread roll with homemade tomato sauce veggie and grilled cheese
Garlic bread \$1.50
Toasted half bread roll with garlic
Hard Boiled Egg \$2.00
Freshly Baked Fruit Muffins \$2.00
Cheese slices with 8 crackers \$1.50
Honey Soy Chicken Drumstick \$3.00
Popcorn bags \$2.00
Anzac biscuits50c
Bliss Bomb50c
Raw, melt in your mouth balls of dates, coconut and coco



Orders must be placed in person at the canteen OR online at www.quickcliq.com.au

Cut off for meal orders is 8.30am each morning. All meals break 1. Any extra packaging or cutlery \$0.20c extra.

For pantry items, take home meals and birthday treats, please see www.quickcliq.com.au or contact the canteen.

Email enquiries/feedback to: badalya@yahoo.com

WWW.QUICKCLIQ.COM.AU

Artists

The Week

Artist in Residence

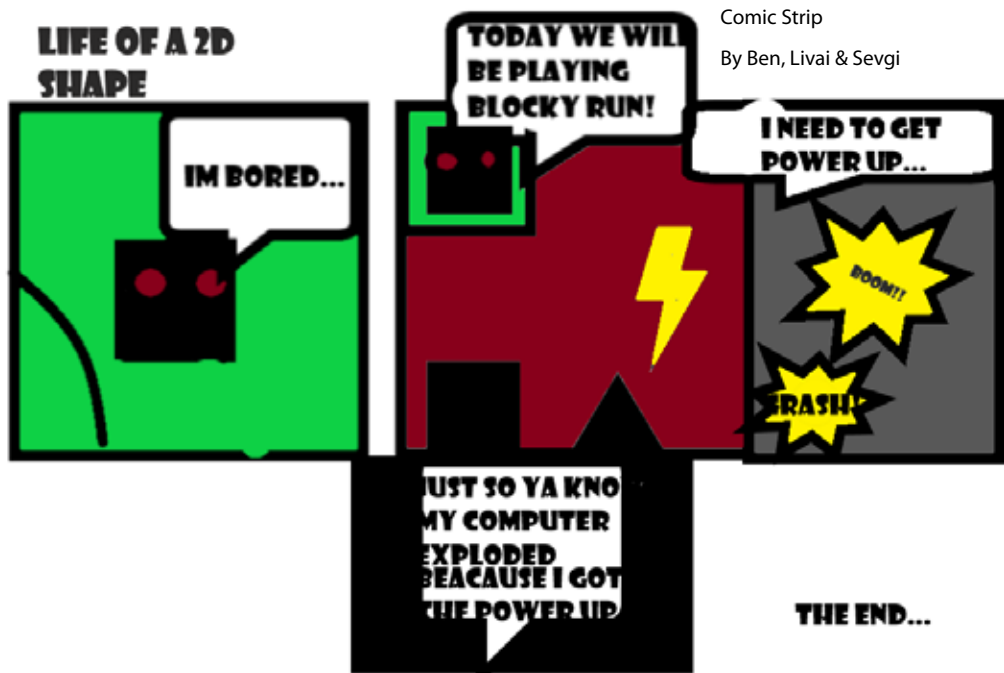
By Fiona M.





Artist in Residence

By Riyo



Comic Strip

By Ben, Livai & Sevgi

Photos of The Week















Homework help

Do you struggle to understand your child's homework? Does your child need to practice their spelling and times tables? Are you looking for inspiration for projects and assignments? The free **School A to Z App** has been created by the Department of Education and Communities to help parents and their school-aged children, wherever and whenever they have homework and study questions.

Find out more: education.nsw.gov.au/parents-and-carers/learning/help-with-homework

Homework tips

Primary school homework tips Although aspects of the homework. Here are some tips to help.

Find out more: education.nsw.gov.au/parents-and-carers/learning/homework/helping-your-primary-school-child-with-homework

Eating at School

Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds.

But it's a battle families can do without and there are some simple steps to help avoid it.

Find out more: education.nsw.gov.au/parents-and-carers/going-to-school/preparing-starting-primary-school/health-and-wellbeing/eating-at-school

Help with English

Does your child need help with spelling or writing? Here are some resources that may help.

Find out more: education.nsw.gov.au/parents-and-carers/learning/english

Maths

Struggling to remember everything you learnt in maths? If you need a refresher course, here are some tips and tools to help you to help your child.

Find out more: education.nsw.gov.au/parents-and-carers/learning/maths/maths-tips/helping-your-child-with-primary-school-maths





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**Break
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A series of 6 sessions aimed at children, to foster emotional intelligence through exploring feelings and relationships. Using conversations, games, relaxation exercises, stories, and self-expression activities - with art materials such as paint, colored pencils, markers, chalk, clay, and craft materials. These interactive sessions offer children opportunities to learn about emotions/feelings, play games to support brain development, connect with each other and have **lots of fun**.



The program is for children aged between 5 and 7 years old.

Registration is for the whole program and fee applies.

There are only 12 places available. All materials will be provided.

For more information and to register your child: email Oriana

orianaaranda.m@gmail.com or call her on 0433759116.

Dates: Tuesday, Wednesday, and Thursday

4th, 5th, 6th, 11th, 12th & 13th July 2023

Time: from 10:00am to 12:00noon

Where: Homebush Uniting Church Hall. Meredith St, cnr.

Burlington Rd - HOMEBUSH



Facilitator: The workshops are facilitated by Oriana Blanco. Early Childhood Teacher and a Registered Humanistic Play Therapist, and Interplay Practitioner. Program has been designed by Oriana Blanco.

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