

# WestNews

A Journal of Westfields Sports

## FROM THE PRINCIPAL

It was good to see some new faces, along with the regular attendees at our last Parents and Citizens Meeting. The P & C is a really important link between home and school and I would like to encourage as many parents as possible to come along. The P & C have asked me to remind you that their \$15.00 levy includes insurance cover for your sons and daughters for things like ambulance, medical, physio and dental. As school activities are not covered by insurance, I would strongly recommend parents to pay this levy. The next meeting is on Wednesday 28 March at 6.30pm in A Block. We would love to see you there so please place this date in your diaries.

Whilst I am discussing fees, I would appreciate it if you could make arrangements to pay all your sons and daughter's fees as soon as possible. As I outlined in the last Westnews, practical subjects have already purchased the resources and products that your sons and daughters are currently using and as such we need subject fees to be paid immediately. Similarly, your sons and daughters have already received their training uniforms, and of course they have had six weeks of training to date so your first instalment (\$300.00) of Sport Fees needs to be paid immediately as well. All other outstanding contributions need to be paid by the end of this term. A reminder that you can pay your fees online. You will find the "make a payment" tab on our school website. You will need your child's school enrolment number to continue. This is on either their student card or for new enrolments, their diary. If you are unable to pay these fees in full, I would ask that you contact Tracey Giorgiutti in our office who can arrange for these contributions to be paid off in instalments throughout the year.

I would like to finish by stressing the importance of students behaving in an appropriate manner when travelling to and from school. The community is very quick to let me know when students are doing the wrong thing and this definitely detracts from the excellent reputation we have established. The most recent complaints have been from commuters in regards to students playing loud music, using inappropriate language and putting their feet up on the seats. I would appreciate it if you could remind your sons and daughters that every time they put on the Westfields uniform they become ambassadors for our school. As such, I expect that they will wear their uniform with pride and that their behaviour will bring credit to our wonderful school.

*Mr R. Davis  
Principal*

9 March 2018

## IMPORTANT EVENTS

13/3/2018  
Year 7

*Vaccinations*

**Winners  
International  
Olympic  
Committee  
Sport and Youth  
Trophy 2008**



## TELL THEM FROM ME SURVEY – YEARS 7-11

This term, your school is taking part in the Tell Them From Me student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help them improve. The survey is completed on-line and is run by an independent research group.

Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. The survey takes 30 minutes or less to complete and will be administered by the school during normal school hours

This survey will help your school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If you **do not** want your child to take part in the survey, please contact the school before Monday 19 March, 2018.

More information about the survey and the research is available on the CESE website:

<http://surveys.cese.nsw.gov.au/information-for-parents>

**Mr C. King**  
*Head Teacher Secondary Studies (Relieving)*

## LOCAL SPORTING CHAMPIONS FUNDING

This Australian Government initiative has been designed to provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at an official national sporting organisation (NSO) endorsed state sporting organisation (SSO) or national school sporting competition.

The grants for individual applicants will be \$500. To be eligible to apply, young people must be aged between 12-18 years and travelling more than 250km to compete in state or national level sporting competitions. So if you know any junior sportsmen and women at your school that maybe finding it difficult to meet the ongoing and significant costs associated with participation at sporting competitions, send them this flyer and encourage them to apply for an LSC grant online at <http://www.ausport.gov.au/champions>

**Mrs J. Kenny**  
*Director of Sport*



## 22 ATHLETES TO COMPETE AT NATIONALS

It was the most successful NSW Junior Championships for Westfields Athletic Club in many years with our athletes winning 15 medals and 22 of them qualifying for the Nationals in Sydney next week.

Congratulations to the following students and ex-students:

- *Adeshola Adeniran* Gold 100m
- *Latecia Lolohea* Gold 80m hurdles & 200m Hurdles
- *Paige Merriman* Gold 2000m Steeple Chase
- *Godwin Opoku-Mensah* Gold 100m
- *Raven Pyda* Gold 3000m Walk
- *Teagan Hunter* Silver Triple Jump
- *Annelise Isaacs* Silver 400m Hurdles
- *Sarah Ringrose* Silver Hammer,
- *Cameron Banovich* Bronze 200m & Long Jump
- *Alessia De Rossi* Bronze Pole Vault
- *Jakob Masters* Bronze 200m Hurdles
- *Aleksandra Stoilova* Bronze 100m
- *Kaitlin Woodward* Bronze 2000m Steeple Chase

Also being selected for the NSW team and competing at the Nationals will be *Teagan Hunter* in 800m, *Dominic Darko* in 100m, *Bryce Nolan* in Discus, *Zac Zaineddine* in 100m and 200m, *Sophia Dagher* in 3000m Walk, *Tyson Isakka* in 110m hurdles, *Ava Honore* 800m and *Mitchell Parsons* 2000m Steeple Chase.



**Mr D. Suchy**  
*Athletics Director*

## FOLLOW US ON TWITTER

For all the latest information follow us @WestfieldsSport.



## **HOMEWORK CENTRE - SUPPORTING OUR STUDENTS**

The homework centre, based in the school library is available for all students from 3.15pm to 4.15 pm on Tuesdays, Wednesdays and Thursdays during the school term. Teaching staff are available to assist students with homework, research and study. Whilst attendance is voluntary, students may need to make alternate arrangements to travel home as they will not be dismissed from the homework centre until 4.15pm on these days. If your child requires assistance with homework or is just looking for a quiet place to study please encourage them to attend the homework centre.

**Mr C. King**  
*Head Teacher Secondary Studies (Relieving)*

## **UNIFORM SHOP - OPENING HOURS**

Students wishing to order a blazer for the colder months need to do this at the Uniform Shop before Thursday 29 March. A deposit of \$20.00 is required when ordering.

The Uniform Shop is open every Thursday during the school terms from 8:00am to 11:30am.

**Mrs J. Stickler**  
*Uniform Shop*

## **EARLY LEAVERS**

If a student needs to leave school early they should;

- bring a parental note stating why and when the student is required to leave school
- show the note to the Deputy in Charge of their year and receive an Early Leavers Pass
- show their classroom teacher the Early Leavers Pass when leaving class

All appointments should be made outside of school times.

**STUDENTS ARE NOT PERMITTED TO LEAVE THE SCHOOL GROUNDS WITHOUT PERMISSION**

**Mr D. Barrett**  
*Deputy Principal*

## **STUDENT RECORDS**

In cases of emergency it is very important that Student Records are accurate and up to date.

If you have changed your address or telephone number, or wish to update your emergency contact person, please advise the Administration Office as soon as possible.

**Mrs M. Edwards**  
*Administration Office*

## **LIKE US ON FACEBOOK**



<https://www.facebook.com/WestfieldsSports/>

## **PARENT ONLINE PAYMENTS NOW AVAILABLE**

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card, and can be made via computer, tablet or mobile phone. The payment page is accessed from the front page of the school's website by selecting \$ Make a payment.

***At this stage we would only like parents to pay for their child's school fees. Excursions must be paid by the student at school.***

When you access the \$ Make a payment you must enter:

- The students name, and
- Class and reference number OR
- The students name, and
- Date of birth.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner; these details are not passed back to the school.

You have the ability to check and change any details of the payment before it is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

**Mrs L. Thomas**  
*School Administrative Manager*

## **PDHPE AND SPORT REMINDER**

During PE and Sport lessons students need to be properly prepared with hat, drink bottle and sunscreen. In extreme weather, lessons will be modified with adequate rest and drink breaks provided.

Whilst it is commendable for students to be looking after their hygiene and want to use a deodorant after PE or Sport, it is important to remember that the spray can variety is not suitable to use in the school environment. Roll on deodorant is the most suitable and should be the only method used.

**Mr A. Larkin**  
*Head Teacher PDHPE*

## **LOST PROPERTY**

If your child has lost any items of clothing during this term, please send them to the office to check if it has been handed in.

A large quantity of shoes and joggers have been sent to the office as lost property. These items will be given to charity at the end of the term.

**Mr A. Rogers**  
*Deputy Principal*



## SHIN SPLINTS

Ache and pain in your shins after doing excessive running, jumping or walking can be an indicator of shin splints. This is the time of year that people come in complaining of shin pain as they start to train on hard summer baked grounds. Shin splint pain can be caused by injury to the surrounding muscles, tenoperiosteum (where the tendon attaches to the bone) and in severe cases the bone itself.

Contributing factors:

- Flat feet
- Movement issues with running, walking or jumping
- Stiff ankles
- Weak muscles in the calf, upper thigh and buttocks
- Sudden increase in training intensity or frequency (especially as the season begins)
- Recent change in footwear or wearing shoes with poor arch support

How can we help:

- Assess your movement of your joints to ensure they are moving efficiently and have adequate length
- Tape to unload tight structures
- Massage and release tight muscles
- Create a strengthening and flexibility program
- Create a return to sport program

If you have shin splints or just want to find out more about how you can minimise the risk of developing it, come into the clinic onsite or call 9604 3122 to make an appointment.

**Jarryd Chippendale**  
Physiotherapist



Hamilton Road Fairfield West, NSW 2165  
Phone: 9604 3333 • Fax: 9725 4898  
E-mail: westfields-h.school@det.nsw.edu.au  
Web: www.westfields-h.schools.nsw.edu.au

Medical Centre Phone: 9604 3122  
Gymnastics Hall Phone: 9604 3773  
Sports Stadium Phone: 9604 9361

## MOBILE PHONE POLICY

A reminder to both students and parents that mobile phones are NOT permitted to be used before school, at recess or at lunch times. Parents/caregivers wishing to make contact with their children are asked to do so via the office.

Mobile phone and electronic devices may be used under teacher supervision where a BYOD Charter has been completed. BYOD Charters are available from the deputies.

Students found breaching the school's Mobile Phone Policy will have their phones confiscated by staff. Confiscated items can be collected from the office at the end of the school day. Parents will be required to collect devices on the third confiscation.

Westfields Sports accepts no responsibility for lost, stolen or damaged electronic equipment brought to school

**Ms D. Zanet**  
Deputy Principal

## FROM THE DIRECTOR OF SPORT Congratulations

- Hayden Shaw & Zac Raso - NSWCHS State Softball Representatives
- Hannah Darlington, Hayley Elliott, Angelina Genford, Zoha Siddiqi, Niyati Yoganand - NSWCHS State Cricket Representatives
- Radovan Maric (1st), Brian Pang, Riyaan Khan, Stephen Johnson, Julian Callao - SSW Match Play Qualifiers
- Eileen Pang (2nd) - SSW Golf Representative
- Paul Truong & India Schreiber - NSWCHS State Tennis Mixed Doubles Silver Medal
- Ming-Che Ho & Chanella Saofaileta - NSWCHS State Tennis Mixed Doubles Bronze Medal

**Mrs J. Kenny**  
Director of Sport

**Westfields Sports are proud to be supported by :**



**St Johns Park**  
Bowling Club

