

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

I would like to begin by thanking Mr Rogers, Canley Heights RSL, the Tedesco family and all of the other parents, students and staff who put a great deal of time and effort in to the Canley Car Show. There were 90 restored, vintage and hotted up cars and the hundreds of people who attended had a good day. The best news is that over \$10,000 was raised which comes directly to the school. Thanks again to everyone involved.



Tuesday was the Year 12 Graduation, which marked the end of 13 years at school for our Year 12 students. With their schooling commitments finalised, they should now be busy studying for their HSC, which commences on Thursday 13 October. To assist Year 12 with their study, we have organised tutorials in all subjects for the first week back next term. Your son or daughter has been emailed a copy of the timetable for these tutorials. We have also organised two sign out days for Year 12. They are 4 November from 9.00am – 12.00pm and 10 November from 9.00am – 12.00pm. Students are expected to return all textbooks, school resources and pay any outstanding fees on either of these days. References and formal tickets will only be issued after students have completed all clearance requirements. The Year 12 Formal is on Tuesday 15 November at Le Montage, Frazer Street, Lilyfield.

In the last Westnews I was able to report that our sporting teams had won state championships in Rugby League, Boys and Girls Football and Netball. Since then our Open Girls Basketball team, Open Boys and Girls Football teams have won the NSW All Schools Championships, the Under 14 Rugby League team won the Buckley Shield and a last minute try enabled the Open Boys Rugby League to defeat Keebra Park High School from Queensland to become the Australian champions. Congratulations to these teams and coaches. This has been a remarkable two weeks for the school in sport

Our next P&C meeting is on Wednesday 26 October at 6.30pm. Even though this date is still a long way off, please place it on your calendar as we hope to see lots of parents in attendance.

On return to class next term, we move into a final assessment period for students in Years 7 -10, with exams to be held during class time during the first few weeks of term.

As this will be the last Westnews for the term, I would like to take this opportunity to thank all staff for their commitment and dedication and all parents for their ongoing support. I will be on Long Service leave for the first five weeks of next term. Mr Rogers will be Relieving Principal during that time.

Mr R. Davis
Principal

23 September 2016

IMPORTANT EVENTS

10/10/2016
Term 4
Commences

11/10/2016 - 14/10/2016
Year 11
Crossroads

13/10/2016
HSC Exams
Commence

17/10/2016 - 28/10/2016
Year 7-10
Semester 2 Exams

26/10/2016
P&C Meeting
6:30pm

Winners
International
Olympic
Committee
Sport and Youth
Trophy 2008



FROM THE DEPUTY PRINCIPAL

The Graduation Ceremony for the 2016 Year 12 cohort was held on Tuesday 20 September. Parents, staff and guests took part in the celebration of a culmination of six years of school life at Westfields Sports.



Four special guests joined us and presented special awards to students. Chris Bowen, Federal Member for McMahon presented the John Curtin Award to *Rochelle Nissan* for excellence in Modern History, Petty Officer David Young presented the ADF Long Tan Award for leadership and teamwork to *Eroe Piccinin*, Shikye Smith presented the award for excellence in Creative and Performing Arts to *Dean Alic* and Jordan Zammit presented the award for excellence in Ancient History to *Evangelina Grzesik*.

Entertainment was provided by the Year 12 HSC musicians who played 'Freedom' and 'Let it Be' to a rousing reception.

I would like to wish Year 12 the very best for the HSC and a bright and happy future.

Mr R. McKeough
Deputy Principal

MUSIC TUITION

Westfields Sports Music Department offer students the opportunity to have guitar, drums, and singing lessons. Lessons are held on a weekly basis during school time. Our school provides your child with expert tuition by experienced musicians at very reasonable rates.

For further information, please contact our Music teachers Ms Ricapito or Mr Akele.

PROCEDURE FOR LATE STUDENTS

Due to the recent increase in student lateness, the following procedure will be implemented as of Monday, 10 October. This is in conjunction with the existing late practises.

- Student presents to the Late Window and hands ID card to HT Administration.
 - HT Administration records student's name and the number of minutes late, which will be owed.
 - HT Administration then hands the Student ID card to SASS staff for swiping.
 - ID Card is then returned to the student.
 - HT Administration then issues a Yellow Lateness Detention Slip indicating the length of the detention owed in minutes.
 - Any student who does not present for detention at RECESS will be issued with an After School Detention for failure to attend. Parents will be informed as per the After School Detention Policy.
1. At RECESS, students will present to B80 and stay for the number of minutes indicated to a maximum of 15 minutes. HT Administration will supervise students.

Any student who is late twice in a week will receive an automatic negative referral.

Any student who is late 3 times in a week will be issued with an After School Detention and placed on a late card for 10 days.

Any student who is late 10 times in a term will be issued with an After School Detention.

Ms R. Freeman
Head Teacher Administration



FOOTBALL NEWS

Congratulations to the Open Girls and Boys teams who were both crowned NSW All Schools Champions at Valentine Sports Park in Week 9. An exceptional performance from all of the players with the girls defeating Pymble Ladies College 6-0 and St Josephs East Catholic College 10-0, while the boys were victorious against Moriah College 6-0 and Freeman College 3-0. Thanks must go to all coaching staff, Mr Wignell and his High Performance team and also Peter Knapman and staff from the school physiotherapy clinic.



Congratulations to *Ramy Najjarine* who is currently in Vietnam with Joeys.

Well done *Liam McGing* on winning the NPL2 First Grade Grand Final SFC vs WSW. *Moudi Najjar* and *Brandon Robertson* both scored in their grand finals.

Westfields Mini Matildas *Courtney Nevin*, *Gracie Johns*, *Angelique Hristodoulou* & *Jess Meads* are pictured with Leah Blayney, U17 National Assistant Coach & Alen Stajcic, Matildas Head Coach on their return from Vietnam where the team scored 56 goals in 6 games.



Congratulations and good luck to *Noah Botic*, *Dimitri Kostopoulous*, *James Paneras*, *Max Chung*, *Ben Ogden* and *Jacob Maniti* who have been selected in FNSW teams to contest the National Championships in Coffs Harbour from 4-8 October.



Mr K. Babington
Director of Football

YEAR 12 GRADUATION AWARD RECIPIENTS

Congratulations to the following award recipients which were presented at the Year 12 Graduation on Tuesday 20 September, 2016 :

Principal's Prize - *Eroe Piccinin*
Scarf Foundation Award - *Blake Jackson*
Foundation Cup - *Lachlan Talau*
Caltex Best All Rounder - *Olivia Rowntree*
Long Tan Award - *Eroe Piccinin*
Academic Blue - *Ellen Ly*
JP Quinlin English Prize - *Ellen Ly*
Keith Hansen Mathematics - *Megan Nguyen*
John Curtain Modern History Award - *Rochelle Nissan*
The Engineers Prize - *Liam O'Brien*
Bowen Humanities Award - *Catherine Nguyen*
Professor Denis Evans Award - *Lachlan Talau*
Shikye Smith CAPA Award - *Dean Alic*
ACPHER PDHPE Award - *Sunny Trinh*
ACPHER CAFS Award - *Jamie Johnson*
Jarryd Hayne SLR Award - *Shane Kelleher*
Sydney Markets Hospitality Award - *Seren Sevince*
Jordan Zammit Ancient History - *Evangeline Grzesik*
Industrial Technology Award - *Jamie Johnson*
DEC Award (Level 1) - *Sarah Alshammery, Cassandra Araujo, Ameen Bushter, Natalie Eshow, Evangeline Grzesik, Monica Luu, Ellen Ly, Domenic Nascimben, Eroe Piccinin, Olivia Rowntree, Seren Sevince, Lachlan Talau, Laura Truong, Ashleigh Viera*

The staff and students wish all graduating students all the best for their upcoming HSC exams.

Ms K. Smith
Year 12 Adviser

LOST & CONFISCATED PROPERTY

As this term ends we have a large amount of lost and confiscated property. If your child has lost or had any items confiscated during the term please ask them to check at the front office for them - both school items and non-school items. Any non-school articles not collected will be donated to charity early next term.

Ms D. Zanet
Deputy Principal

Skoolbag 

Smartphone school to parent communication

We are recommending to parents/students to install our Skoolbag School App. To install it, just search for our school name "Westfields Sports High Fairfield West" in either the Apple App Store, or Google Play Store

FOLLOW US ON TWITTER

For all the latest information follow us @WestfieldsSport.



YOUR BRAIN

GETTING THE BEST FROM THIS AMAZING ORGAN



H₂O

The ONLY fluid that hydrates the brain. Drink 2L a day!



O₂

Oxygen helps the brain convert glucose into fuel. Pause often to take 3 deep breaths or sighs.



EXERCISE

Stimulates oxygen in the blood and helps the brain integrate information.



GOOD FOOD

Healthy unprocessed food especially protein (for brekky), good fats and Omega 3 & 6 Oils, and fresh fruit and veg - Can't be beaten!



SLEEP

Deep sleep every night is critical to renewing our cells and makes it possible for us to retain new learning and focus - and not to be horrible screaming wrecks.



VISUALISATION

Used by elite athletes to reach their goals. Your brain doesn't know what's real or imagined. Try it out.



AND A BIT OF QUANTUM PHYSICS...

YOU CAN BE POSITIVELY OR NEGATIVELY AFFECTED BY OTHERS WITHOUT NOTICING, SO CAREFUL WHO YOU HANG AROUND WITH...

- ✓ OPTIMISTIC, CARING, POSITIVE PEOPLE
- ✗ TOXIC, CRITICAL PEOPLE

WWW.MAGGIEDENT.COM

FROM THE SPORTS DESK Congratulations

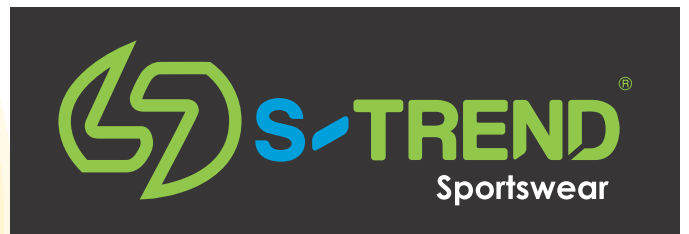
- Proud Shield Baseball - Westfields Sports defeated Hunter SHS 10-6 (SF)
- Girls Football - Westfields Sports defeated Pymble Ladies College 6-0 & St Josephs Catholic HS 10-0 - NSW All Schools Champions
- Boys Football - Westfields Sports defeated Moriah College 6-0 & Freeman Catholic College 3-0 - NSW All Schools Champions
- Rugby League 14s - Westfields Sports defeated Hunter SHS 38-18 - Buckley Shield State Champions
- GIO Schoolboy Cup Rugby League - Westfields Sports defeated Keebra Park State HS 26-24 - National Champions



- Netball 15s - Westfields Sports defeated Eagle Vale HS 61-1, Holsworthy HS 51-3, Cabramatta HS 59-1, Bankstown Girls HS 59-1 & Ambarvale HS 51-4
- Rugby 14s - NSW Rugby Coast to Coast Champions
- Proud Shield Baseball - Westfields Sports defeated Figtree HS 14-10 - NSWCHS State Champions
- Rugby League 13s - Westfields Sports defeated The Hills SHS 30-4 - Michael Buettner Shield Champions
- Rugby League 15s - Westfields Sports defeated The Hills SHS 22-14 - Chase Stanley Cup Champions

Mrs J. Kenny
Director of Sport

Westfields Sports are proud to be supported by :



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