

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

The HSC commenced this week. I would like to take this opportunity to wish Year 12, and their parents, the best of luck. There is always a lot of media hype around the HSC. Students need to be following familiar routines and hopefully they will be able to view these exams as an opportunity to demonstrate their knowledge. My thanks also go to the teachers of Year 12. It takes a lot of time and effort to prepare a class for the HSC and they invest a lot of emotional energy into their students success.

As of rollover on 27 November, Westfields Sports will be changing the time school starts for Senior students on a Monday. As of this date all students (7-12) will start their first period class at 8:57am. **This is for Monday's only.** Period 0 will commence at 8:20am as normal on every other day for Years 10-12. On Monday morning of each week the school will be providing Special Religious Education (SRE, formerly Scripture) classes for students between 8:20am and 8:57am. The provision of SRE is a requirement stipulated by the Department of Education. Further communication will be sent home in coming weeks about this change.

Last week our Pacifica students participated in the Sydney Pacifica event at Liverpool. This event was a celebration of Pacifica cultures and gave our students a wonderful opportunity to showcase their performance skills. Our school was awarded the 'Team Spirit' trophy as a reflection of their efforts in both the performance and leadership elements of the Sydney Pacifica event. Thank you to all the performers and especially their parents for the time they have given to make this event possible. None of this would have happened without Ms Avery. She has dedicated countless hours to ensure our students are prepared to perform to the best of their abilities. A wonderful achievement by all involved!

Westfields Sports has highly dedicated first aid officers who are trained to deal with emergencies and injuries to students in the course of their daily activities at school. They are not nurses who are able to care for and treat ongoing injuries or illness. If your child is sick, please keep them at home. Our sick bay facilities are limited and students who attend school while sick are likely to make those around them sick.

Student Opal school transport cards entitle them to free transport to and from school. Bus drivers have been instructed by the Ministry of Transport to only allow students to use Opal cards from designated school bus stops. The stops for our school are either in the bus bay or directly outside the school on Hamilton road. Student Opal cards will also be 'de-activated' for the period of the school holidays.

*Mr A. Rogers
Relieving Principal*

20 October 2017

IMPORTANT EVENTS

16/10/2017-27/10/2017

*Semester 2 Exams
Years 7-10*

25/10/2017

*P&C Meeting
6:30pm*

26/10/2017

*Evening of Dance
7:30pm*

Winners

**International
Olympic
Committee**

**Sport and Youth
Trophy 2008**



YEAR 11 CROSSROADS

During Week 1, students completed the Crossroads course, which is a mandatory program for students in Year 11 at all NSW schools.

Crossroads is designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives. The program aims to prepare and support these students as they encounter situations related to identity, independence and their changing responsibilities.

The 5 day program involved a variety of workshops with visiting speakers who dealt with issues relating to the key topics of Drugs and Alcohol, Relationships, Safe Travel, Mental Health and Wellbeing and Study Skills.

Students must be congratulated for their overall approach and attitude throughout the week. Many positive comments were received from teachers and presenters about the interest and enthusiastic nature of our students.

I would also like to thank the staff who were involved throughout the week. Your support is gratefully appreciated.



Mr A. Larkin
Head Teacher PDHPE

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)

PARENT ONLINE PAYMENTS NOW AVAILABLE

It is now possible for parents to make online payments to the school, 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.

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

Mrs L. Thomas
School Administrative Manager

UNIFORM SHOP - OPENING HOURS

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

Mrs J. Stickler
Uniform Shop

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

BREAKFAST CLUB

Breakfast club is available to our students on Monday, Wednesday and Thursday mornings from 7.30am - 8:30am in the Alfresco area at the back of D block. For a gold coin donation, students can have cereal, toast, a piece of fruit and a juice popper. This is definitely value for money and we would much rather students be having a nutritious breakfast at school than eating junk food at the plaza to start their day.

Ms K. Burt
Welfare



SHOULDER INJURIES - THROWING ATHLETES

Shoulder injuries in the throwing athlete are too common an occurrence and something that can be prevented before it happens. We hear about young baseball players and cricketers hurting their shoulders too often.

Often these injuries can be prevented with proper biomechanical screening of the shoulder and throwing technique. A **Functional Movement Screen (FMS)** is a great overall screening tool to assess whole body movement patterns from the ground up. The picture below shows a man doing the hurdle test which is one of the seven tests found in the FMS.



In a baseball throw or in a cricketers bowl the whole body plays a role in producing that top speed or unstoppable curve/spin that you all strive to achieve. If the movement patterns are not working optimally then a reduction in performance and an increased risk of injury may occur.

If you want to find out more about the FMS and how it may help detect areas of weakness or poor movement patterns, then come down to the clinic onsite or call 96043122 and make a booking.

*Jarryd Chippendale
Physiotherapist*

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LIBRARY NEWS

Each year, the library holds its annual Premier's Reading Challenge Event for the students who work hard throughout the year and read 20 books, from March to August 2017. This year 35 students from Years 7, 8 & 9 completed the challenge and took part in the PRC Library Event, held on Friday 13 October. The library was decorated all things spooky and ghoulish, and students were invited to participate in a range of activities and crafts, mixed in with a bit of fun and food!



*Mrs M. Zaccheo
Teacher Librarian*



Smartphone school to parent communication

To install it, just search for our school name "Westfields Sports High Fairfield West" in either the Apple App Store, or Google Play Store

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

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

LOAN UNIFORMS

There is often a need to lend students items of uniform for the day, maybe broken zips, spills or other forms of accidents.

Whilst we are more than happy to do this we ask that any items of clothing your child borrows is washed before being returned to the office.

Mrs J. Stickler
Uniform Shop



WESTFIELDS
S P O R T S
First in Australia

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Web: www.westfields-h.schools.nsw.edu.au

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

FROM THE SPORTS DESK

Congratulations

- Buckley Shield Rugby League defeated The Hills SHS 62-0 – NSWCHS State Champions
- *Tusi Aonga* – Buckley Shield Player of the Final
- *Joseph O' Neill* – Buckley Shield Player of the Year
- Boys Hockey defeated Epping Boys 4-2 – NSWCHS State Champions
- Girls Hockey defeated by Taree HS 1-2 – NSWCHS State Runners Up
- Boys Rugby 16s defeated Hunter SHS – NSW Coast to Country Cup Champions
- Proud Shield Baseball defeated Figtree HS 12-3 – NSWCHS State Champions
- Netball 7/8 – NSW Schools Cup Champions
- Netball 9/10 – NSW Schools Cup Champions
- Rugby League 13s defeated The Hills SHS 24-22 - Michael Buettner Shield Champions
- Rugby League 15s defeated The Hills SHS 24-6 – Chase Stanley Cup Champions
- Boys Basketball 15s defeated Albury HS 86-19
- Girls Basketball 15s defeated Albury HS 38-29
- Netball 15s defeated East Hills Girls HS 26-1, Camden HS 28-6, Picton HS 28-9, Cecil Hills HS 29-1, Casula HS 26-4, Macquarie Fields HS 28-1
- Gymnastics AeroSchools Nationals – *Carissa Uno & Elisabeth Kidane*, Level 5 Pairs Gold Medal
- Gymnastics AeroSchools Nationals – *Nadia Wang & Amy Waters*, Level 4 Pairs Gold Medal
- Gymnastics AeroSchools Nationals – *Carissa Uno, Elisabeth Kidane, Nadia Wang, Amy Waters & Jordan Brett*, Aerodance Group Gold Medal

Mrs J. Kenny
Director of Sport

Westfields Sports are proud to be supported by :



St Johns Park
Bowling Club

