

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

For those parents with children in their first year at Westfields Sports, it is important that you are aware that on Monday 27 November, we rollover to the 2018 timetable. This means that all year groups are promoted to next year's classes. This ensures that meaningful work continues right up until the last day. This will have a significant impact on Year 9 students as they join the senior school. As seniors, Year 10 will commence classes at 8.57 am on Monday and 8.20am every other day. It also means on Monday, Thursday and Friday, Year 10 will complete their school day at 1.15 pm. As senior students, Year 10 will also commence wearing the sky blue shirt.

The other important step in the rollover process is the official signing out of the students' current year. This requires students to return all outstanding textbooks and school resources and to pay any outstanding fees and charges. Despite numerous requests, there are still a large number of outstanding subject fees, sport fees and school contributions. Students cannot complete the sign off process whilst there are outstanding fees. If there are problems with the payment of fees, parents can contact me at school at any time to discuss options.

Our final P & C meeting is on Wednesday 22 November. As this is the last meeting for the year, it is our Christmas function and we hold it at Canley Heights RSL.

The coming few weeks are a very busy time for our school. Following are some important dates for your diary. Monday 13 November - Sport Orientation Night; Tuesday 14 November - Year 12 Formal, Tuesday 5 December - Year 7 Orientation Night and Tuesday 12 December - Annual Academic Presentation Night at Club Marconi.

Our Year 12 students receive their HSC results on Thursday 14 December and their university ATAR results on Friday 15 December. We will be holding a morning tea for Year 12 at 10.00am on Friday 15 to enable them to come back to school one last time to share their results with staff.

*Mr R. Davis
Principal*

3 November 2017

IMPORTANT EVENTS

14/11/2017
Year 12 Formal

22/11/2017
*P & C Meeting
Canley Heights RSL
6:30pm*

27/11/2017
*2018 Timetable
Commences*

Winners

International Olympic Committee

Sport and Youth Trophy 2008



SPORTSPERSON OF THE YEAR & BLUES PRESENTATION DINNER

Westfields Sports held it's Annual Sportsperson of the Year and Blues Presentation Dinner at St Johns Park Bowling Club on Monday 30 October, 2017.

The following students were awarded Sporting Blues for 2017 : *Zac Zaineddine - Athletics, Bosko Djurovic & Binta Salawu - Basketball, Rhys Ward & Hannah Darlington - Cricket, Samuel Silvera & Rory McNally - Football, Jade Callander - Hockey, Kayla Nakhoul - Netball, Isoa Nasilasila - Rugby, Lindsay Smith - Rugby League and Daniel Harrison & Kristy Aguilar - Softball.* Congratulations to all Blues recipients on their achievements in 2017.



Hannah Darlington - Cricket and Lindsay Smith - Rugby League were the final nominees for Sportsperson of the Year. Congratulations to *Lindsay Smith* who was announced as the 2017 Sportsperson of the Year the conclusion of the evening.



A special mention to *Jennifer Avery - Hockey, Belinda Aylett - Gymnastics, Brody Crane - Football, Ashok Kumar - Golf, Cameron King - Baseball, Chris Brownlow - Softball and Tracey Giorguitti - Student Finance* who received Service to Sport Awards and *Alex Larkin and Leanne Thomas* who were awarded Life Membership.

Thank you to *Shehan Dhanapala and Claudia Towle* who performed the MC duties for the evening.

Mrs J. Kenny
Director of Sport



[www.http://facebook.com/WestfieldsSports](http://facebook.com/WestfieldsSports)

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)

ACCIDENTS OR ILLNESS

Students who become sick during the school day will be given permission by their teacher to go to the sick bay. Minor injuries are treated at school. If necessary, an ambulance will be called.

Staff will contact parents/guardians if students need to go home.

STUDENTS ARE NOT PERMITTED TO CONTACT PARENTS DIRECTLY.

Ms D. Zanet
Deputy Principal

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

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

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



ANTERIOR KNEE PAIN

“Snap, crackle and pop”! These sounds may be alarming especially when you hear it coming from one of your joints. These sounds are often heard coming from the knee but they aren’t usually accompanied by pain. If pain does occur especially in the front of the knee, this could be coming from your knee cap.

Patellofemoral pain (knee cap pain) is often the culprit for anterior knee pain. It often occurs when there is either a muscular imbalance, tightness in the thigh muscles, or from biomechanical issues from the feet or hip.

We use movement screen testing to determine the underlying cause for your anterior knee pain. A Functional Movement Screen tests seven different movements including your squat and lunge. It can help pick up weak areas or poor movement patterns.

Treatment for anterior knee pain such as patellofemoral pain includes:

- Massage
- Strengthening/stretching
- Joint mobilization
- Taping
- Correction of muscular imbalances or biomechanical issues

Tools and equipment such as a foam roller to loosen up tight muscles or orthotics to correct biomechanical issues; may also be of some benefit.

If you are experiencing anterior knee pain, book in for a review at the clinic onsite by calling 96043122.

Jarryd Chippendale
Physiotherapist



Our School now has our own Skoolbag iPhone and Android 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.



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

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

PROCEDURE FOR LATE STUDENTS

1. Student presents to the Late Window and hands ID card to HT Administration.
2. HT Administration records student name and the number of minutes late, which will be owed.
3. HT Administration then hands the Student ID card to SASS staff for swiping.
4. ID Card is then returned to the student.
5. HT Administration then issues a Yellow Lateness Detention Slip indicating the length of the detention owed in minutes.
6. 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.
7. At RECESS, students will present to B80 and stay for the number of minutes indicated, to a maximum of 15 minutes. Students will be supervised by the HT Administration.

Any student who is late 2 times 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.

Miss R. Freeman
Head Teacher Administration

HSC DANCE CALLBACK

CALLBACK is a selection of outstanding performances and projects from Higher School Certificate dance students. Congratulations to the following dance students who have been nominated for inclusion in Callback

- *Sibel Alca* - Core Composition / Core Performance / Major Study Performance
- *Shannon Kenmare* - Core Composition / Core Performance / Major Study Performance
- *Niki Trifon* - Core Composition / Core Performance / Major Study Performance
- *Izabella Olah-Jewell* - Core Performance / Major Study Performance
- *Natalie Dimovski* - Core Composition
- *Abbey Bramston* - Major Study Performance
- *Tiana Geany* - Major Study Performance
- *Angela Stamatiou* - Major Study Dance & Technology - Film & Video

Ms M. Holden
Head Teacher CAPA



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

FROM THE SPORTS DESK

Congratulations

- Boys 15s Basketball defeated Albury HS 86-19
- Girls 15s Basketball defeated Albury HS 38-29
- Girls 15s Netball defeated East Hills Girls HS 26-1, Camden 28-6, Picton 28-9, Cecil Hills 29-1, Casula HS26-4, Macquarie Fields HS 28-1
- *Paige Merriman* (14G 2000m Steeplechase), *Adeshola Adeniran* (13G 100m), *Alessia De-Rossi* (14G Pole Vault) - Gold Medals, NSW All Schools Athletics
- *Latecia Lolohea* (13G 80m Hurdles), *Zac Zaineddine* (17B 200m), *Godwin Opoku-Mensah* (16B 100m) - Silver Medals, NSW All Schools Athletics
- *Teagan Hunter* (12G 800m), *Zac Zaineddine* (17B 100m), *Raven Pyda* (13B 3000m Walk) - Bronze Medals, NSW All Schools Athletics
- Boys 14s SHS Rugby 7s Champions
- Girls 14s SHS Rugby 7s Champions
- Boys 17s SHS Rugby 7s Champions
- Girls 17s SHS Rugby 7s Runners Up
- Boys 15s Basketball defeated Rooty Hill HS 93-39, Alexandria Park HS 91-73, Coffs Harbour HS
- Girls 15s Basketball defeated Terrigal HS 46-30, Asquith Girls HS 71-4, West Wylong 57-15
- Girls 15s Basketball – NSWCHS State Knockout Bronze Medal
- Girls 7/8 Football defeated Rouse Hill HS 2-0 - Western Sydney Wanderers Cup Champions

Mrs J. Kenny
Director of Sport

Westfields Sports are proud to be supported by :



St Johns Park
Bowling Club

