

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

Even though we have already rolled over to our 2018 Timetable, there are a number of students who have not completed their 2017 Clearance Forms. The signing out process requires students to return all outstanding textbooks and school resources and to pay any outstanding fees and charges. This is necessary so that we can issue textbooks and resources to the new upcoming year. This process must be completed immediately. If there are problems with the payment of fees, parents can contact me at school at any time to discuss payment.

As we come to the end of another year, I am pleased to report that once again, 2017 has been an extremely successful year for our students. We continue to be the premier Sports High School in Australia and as well as our sporting achievements, our academic, cultural and performing arts results have been outstanding. I will provide a full account of the year's achievements at our Annual Academic Presentation Night at Club Marconi on Tuesday 12 December. This is one of the highlights of our school year and I look forward to having lots of parents in attendance.

Our Year 12 students receive their Higher School Certificate results on Thursday 14 December and their 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.

Thursday 14 and Friday 15 December will be Literacy and Numeracy Days instead of normal timetabled lessons and Friday is also the last day of the school year for students.

To help you keep up to date with everything happening at school, why not follow us on Facebook. Just search Westfields Sports High School and welcome aboard. We also have our Westfields 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. You can also follow us on Twitter @WestfieldsSport or visit our website, <http://www.westfields-h.schools.nsw.edu.au/>

*Mr R. Davis
Principal*

1 December 2017

IMPORTANT EVENTS

12/12/2017

*Presentation Night
Club Marconi
6:30pm*

14/12/2017

*Literacy & Numeracy
Day*

15/12/2017

Final Day for 2017

Winners

International Olympic Committee

Sport and Youth Trophy 2008



SYDNEY SOUTH WEST BLUES DINNER

The annual Sydney South West Blues Dinner was held at the Liverpool Catholic Club on Monday 27 November, 2017. A number of Westfields Sports students were honoured with Regional Blues.



Zac Zaineddine – Athletics Track
Bosko Djurovic - Basketball
Sophie Magus - Football
Jade Callander - Hockey
Kayla Nakhoul - Netball
Lindsay Smith - Rugby League
Tayla Noble - Softball

In addition to receiving a Regional Blue, *Jade Callander* was awarded the Premier's Sporting Scholarship

Congratulations to all students on their achievements at regional level in 2017.

Mrs J. Kenny
Director of Sport

WELLBEING TEAM 2018

Head Teacher Wellbeing - Daniel Footit (PDHPE)
Assistant HT Wellbeing - Kate Sikimeti (PDHPE)
PPC Coordinator – Melissa de Brabander (PDHPE)

Year 7 Advisor - Sophie Wade (CAPA)
Year 7 Assistant – James Broadbent (PDHPE)
Year 7 Deputy Principal – Daniela Zanet

Year 8 Advisor – Roz Farnon (English)
Year 8 Assistant – Mitchell Caldwell (LOTE)
Year 8 Deputy Principal – Richard McKeough

Year 9 Advisor – Angela Kendirjian (English)
Year 9 Assistant – Mark Butler (English)
Year 9 Deputy Principal – Andrew Rogers

Year 10 Advisor - Kathleen Bennett (PDHPE)
Year 10 Assistant – Matthew Scholz (PDHPE)
Year 10 Deputy Principal – David Barrett

Year 11 Advisor – Mary Bugueno (History)
Year 11 Assistant – Anu Chhabra (Home Economics)
Year 11 Deputy Principal – Richard McKeough

Year 12 Advisor - Mel De Brabander (PDHPE)
Year 12 Assistant - Tara Hili (English)
Year 12 Deputy Principal – Daniela Zanet

DUKE OF EDINBURGH SILVER TEST HIKE

Another successful, exciting and challenging Duke of Edinburgh walk was completed last month. Year 10 students met at Granville Train Station and caught the train to Katoomba.

From Katoomba students undertook the challenge of completing the six-foot track in three days. This is one of the most well-known hiking trails that explores a range of terrain across over 50 kilometres. With a very steep descent to start the hike students adapted well to the conditions and all worked extremely well as a team. They were tested on their endurance with a very tough second day with nearly all day spent climbing.



Students demonstrated their ability to work together and to push their limitations. Along the way students saw a range of wildlife with a number of echidnas following.

Thank you very much to *Jessica Main, Matthew Doorey, Eric Nguyen, Corey Sainsbury, Chloe Wilkes, Shehan Dhanapala and Fabian Walsh* of Year 11 for their assistance on this hike. They were excellent mentors who were great role models to the younger students.

Thank you also to Mr Bennett and Miss Tamp for volunteering their time and taking the challenge to hike in the bush for three days with the students.

Miss R. Freeman
Coordinator

DUKE OF EDINBURGH GOLD AWARDS

Congratulations to *Sibel Alca and Shannon Kenmare* on the achievement of their Gold Awards from the New South Wales State Office this week. This is an outstanding achievement that shows their commitment to community service and leadership. They gained these awards after three years of hard work and determination. Both Sibel and Shannon learned new skills, improved their physical wellbeing, volunteered in their community and experienced team adventures in a variety of environments. The students will be invited to Government House to have their Gold Award certificate and badge presented by the Governor of NSW.

A reminder to all students who are currently working on their record books online to keep inputting all data to receive their certificates in 2018.

Miss R. Freeman
Coordinator

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NSWCHS BLUES PRESENTATION

The annual New South Wales Combined High Schools Presentation held on Friday 24 November saw a number of Westfields Sports students honoured with State Blues.



*Hannah Darlington – Cricket
Cassidy Ercole - Gymnastics
Brodie Clarkson – Softball*

In addition to receiving a State Blue, *Hannah Darlington* was awarded the Premier's Sporting Scholarship Congratulations to these students on their achievements at state level in 2017.

Mrs J. Kenny
Director of Sport

DUKE OF EDINBURGH

On Monday 13 November, Year 11 had an excellent opportunity to meet a current archaeologist working at Pompeii. The students met with Dr Estelle Lazar the Australian Archaeologist working on analysing the plaster casts.

Students listened to some engaging presentations on the current research she has uncovered. The work they were exposed to will significantly enhance their writing and analysis for the HSC. Year 11 asked some intriguing questions about archaeology and the sites of Pompeii and Herculaneum.



Thank you to all students who participated, they were all excellent ambassadors for Westfields.

Miss R. Freeman
Coordinator

UNIFORM SHOP

If you have articles of school uniform no longer required and would like to donate them to uniform shop for emergency loan clothing please bring them to the Uniform Shop on Thursdays or the School Office.

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. It will also be open on Thursday 18 January and Monday 29 January, 2018 from 8.00am to 1.00pm.

Mrs J. Stickler
Uniform Shop

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

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NERVE PAIN INTO ARMS:

Zing! Have you ever felt that sharp pain and/or electric shock into the arm and fingers which leaves you wondering what is happening? This may be a nerve being pinched or compressed at your neck. Things like poor slouched postures, getting tackled awkwardly in Rugby or just sleeping in the wrong position, could be the cause of this nerve compression.

What are the symptoms?

- Pain/discomfort/Pins and needles/Numbness which extends from the neck and often down into the hand/fingers
- Often weakness may be noted into the arm, hand, and difficulty gripping may also be present

What can you do about it?

- Neck exercises which take the pressure off the nerve
- Mobilization/massage to release tight muscles
- Postural correction
- Taping
- Rest and activity modification

If you are experiencing any of the above symptoms, please come into the practice onsite or give us a call on 96043122

Jarryd Chippendale
Physiotherapist

FROM THE SPORTS DESK

Congratulations

- Davidson Shield T20 defeated Endeavour SHS & The Hills SHS
- Basketball 17G defeated John Paul College, National Schools Basketball Championships
- Basketball 15B defeated St Joseph's College 66-60 & Bendigo South East College 61-59, National Schools Basketball Championships

Mrs J. Kenny
Director of Sport

TRAVEL PASSES FOR 2018

Opal Network

Students are to keep their School Opal cards for travel in 2018. These cards will be automatically deactivated for school holidays and then reactivated for school travel in Term One. Current School Opal cards can be updated with changes of school, home address or operator.

Ms D. Zanet
Deputy Principal

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Westfields Sports are proud to be supported by :



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