

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

This will be the last Westnews that our current Year 12 students will receive so I would like to take this opportunity to wish them all the best for their Higher School Certificate and also for the future.

Year 12 Graduation is on Tuesday 19 September in the Jim Masterton Stadium. Students will need to be here at 8.30am to receive their Graduation Gown and the ceremony will commence 9.00am. Each student is supplied with two tickets for the Graduation Ceremony. There is a limited number of additional tickets for purchase, however, it will be a case of first come first served for additional tickets. Tickets will be handed out at the Graduation Ceremony practice on Monday 18 September.

The first Higher School Certificate examination is on Monday 16 October so it is essential that in the upcoming holidays, as a minimum, Year 12 spend an equivalent amount of time studying as they normally spend at school each day. It is an excellent opportunity for Year 12 to consolidate their learning and focus on achieving the best possible outcomes in the Higher School Certificate.

We have organised two sign out days for Year 12. They are 3 November from 9.00am – 12.00pm and 9 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 14 November at Le Montage, Frazer Street, Lilyfield.

A reminder to all parents that on your behalf, the P & C have taken out an insurance policy to cover students at Westfields for basic medical and other expenses if they are injured. Students can pick up the claim forms from the A Block office. Parents will need to have paid their P & C levy to make a claim.

It has been an extremely busy couple of weeks on the sporting fields and I have enjoyed getting out to watch a number of teams contesting grand finals. Congratulations to Boys Softball, Boys & Girls Football, GIO Schoolboy Cup Rugby League & Athletics on winning state titles.

Another reminder that school, sport and subject contributions are all due now. All outstanding fees must be paid in full by the end of this term. We have successfully rolled over to the Department's new finance system which means that EFTPOS and online payments have been turned back on. Please read all permission notes carefully for the preferred method of payment for each excursion.

*Mr R. Davis
Principal*

8 September 2017

IMPORTANT EVENTS

12/9/2017
Year 7
Vaccinations

19/9/2017
Year 12
Graduation
9.00am

22/9/2017
Term 3
Ends

Winners

International Olympic Committee

Sport and Youth Trophy 2008



PARENT SURVEY

During Term 3, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them from Me* suite of surveys on student engagement. Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online. It will take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 2 August and 13 October. Participating in the survey is entirely voluntary, however, your responses are very much appreciated. More information will be available in the coming weeks via SMS, Skoolbag and WESTNEWS.

Mr C. King
Head Teacher Secondary Studies (Relieving)

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

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

ATTENDANCE

This month is Attendance Awareness Month at Westfields Sports High School. Attendance is a vital factor for student success. In order for students to achieve their learning outcomes and gain vital teacher support students must attend school every day. Missing a few days a month can have a significant impact on student's progress.

On 14 and 15 September we are having school focus days on lateness. The aim is for no student in Years 9 and 10 to be late on Thurs 14 September and Years 7 and 8 their focus day is Friday 15 September. We need all students and parents help to enhance the punctuality of our students at Westfields Sports. Zero students late on these days will be a great example of what is possible.

Students in each Roll Call class have been rewarded for their excellent attendance. Congratulations to all of these students whose attendance is exemplary this year.

SEPTEMBER
ATTENDANCE AWARENESS MONTH

Too many absences - excused or unexcused - can keep students from succeeding in school and in life. Just 10% can knock students off track. Coming to school on time every day is easy when you make it a habit.

TIPS

- Set a daily routine - teenagers need 8 - 9 hours sleep a night to be healthy and alert. Go to bed early to ensure you wake up in time for school.
- Have your uniform and school bag ready the night before
- Have an alarm set to ensure you wake up with enough time to eat a healthy breakfast (everyone is welcome at breakfast club on Tues and Thurs 7.30 - 6.00)
- If you have a part time job ensure that this does not overlap with school hours or assessment tasks
- Come to school every day. If you are genuinely sick you must have a note brought into school the next day
- It is not your responsibility to babysit younger siblings during school time. All students under 17 are legally required to be at school every day

EVERY DAY COUNTS!

IT IS NEVER TOO LATE TO IMPROVE ATTENDANCE - COMING TO SCHOOL MORE OFTEN CAN LEAD TO BETTER OUTCOMES

Attendance Awareness Month
Remember:
**YEAR 9 AND 10
ZERO
LATENESS
14TH SEPT**

As a school we can achieve this together,
being on time improves your learning
outcomes

Attendance Awareness Month
Remember:
**YEAR 7 AND 8
ZERO
LATENESS
15TH SEPT**

As a school we can achieve this together,
being on time improves your learning
outcomes

Ms R. Freeman
Head Teacher Administration



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LATENESS



Being on time to school greatly affects your learning outcomes here are some important reminders:



SET YOUR ALARM

Before you go to sleep, set your alarm. Be realistic, if you know you like to hit the snooze button then set it 5 minutes earlier than you need to get up

Organise your time in the morning



PLAN YOUR MORNING

Track how long it takes you to get ready in the morning so that you can organise your time efficiently and be early to school.

Have a back up plan in case something happens with public transport



KNOW THE BEST ROUTE

Depending on where you live your travel to school may involve trains, buses, a car, bike or walking. You need to know which form of transport and route will get you to school on time



SUCCEED

Students who are on time achieve higher results at school and establish lifelong habits. Arriving late results in missing important introductions from your teachers and puts you behind from the beginning. Coming on time will reduce stress and develop important work skills for your future



AVOID THE CONSEQUENCES

2 X lateness in one week: negative referral
3 X lateness in one week: After school detention, lateness monitoring card and/or parent interview
10 X lateness in a term: After school detention, parent interview, monitoring card

FOR MORE INFORMATION SEE MISS FREEMAN (BLOCK ADMIN OFFICE)

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



HAMSTRING STRAINS & REHABILITATION

"I pulled a hammy", a phrase we hear too often. Have you ever felt that pulling sensation in the back of your thigh when running at top speed or trying to do a quick movement on the field or court? That feeling is most likely coming from your hamstring muscles.

Hamstring strains can be quite persistent and debilitating. It can rule you out for a whole season and can re-occur in following seasons if you don't rehabilitate it properly. Loss of lower back mobility can also often contribute to hamstring strains.

Hamstring strains can occur from mild over stretching of the muscles (grade 1) or severe, complete rupture of the muscle fibres (grade 3). Recovery times range from 1-6 weeks for mild-moderate hamstring strains and 3-6 months if there has been a complete rupture.

Rehabilitation may include the following:

- Massage
- Taping
- Compression
- Strengthening and stretching exercises
- Gradual progressive running program

Hamstring injuries can be minimised by assessing your overall sporting function and determining any muscular imbalances. We conduct a full **movement screening test** which can help pick up poor movement patterns before an injury occurs.

If you want to find out more about our screening tests or already have a pre-existing hamstring injury, please come visit us onsite or call 96043122 to make a booking.

Jarryd Chippendale
Physiotherapist

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

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

Skoolbag



Smartphone school to parent communication

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 @WestfieldsSport



FROM THE SPORTS DESK

Congratulations

- Bill Turner Cup Boys Football defeated The Hills SHS 6-0 (QF)
- Bill Turner Trophy Girls Football defeated The Hills SHS 2-1 (QF)
- Boys Softball defeated Bowral HS 16-1, The Hills SHS 17-3 (QF), Kotara HS 16-3 (SF) & Camden HS 17-4 (F) – NSWCHS State Knockout Champions
- Proud Shield Baseball defeated The Forrest HS 10-0
- Buckley Shield Rugby League defeated Endeavour SHS 66-0 (SF)
- GIO Schoolboy Cup Rugby League defeated The Hills SHS 20-14 – State Champions
- *Jake Averillo* - GIO Most Trusted Player
- Puma Trophy Girls Football defeated The Hill SHS 4-0 – NSWCHS State Champions
- *Rosaria Galea* – Player of the Final
- Puma Cup Bpys Football defeated The Hill SHS 4-1 – NSWCHS State Champions
- *Samuel Silvera* – Player of the Final

- Open Netball defeated Cheltenham Girls HS 34-16 (QF), lost to Endeavour SHS 27-39 (SF) & defeated Orange HS 31-27 – NSWCHS State Knockout 3rd
- Girls Hockey defeated Kiama HS 6-1
- Bill Turner Trophy Girls Football defeated Cavendish Road State HS 3-0 (SF) & Hunter SHS 6-0 (F) – National Champions
- *Sheridan Gallagher* – Player of the Final
- Bill Turner Cup Boys Football defeated Toowoomba Grammar School 4-1 (SF) & lost to Penleigh & Essendon Grammar 3-4 (F) – National Runners Up
- GIO Schoolboy Cup Rugby League lost to Keebra Park State HS 12-25 – National Runners Up
- *Riley Butler* (17B High Jump), *Zac Zaineddine* (17B 100m), *Adeshola Adeniran* (13G 100m), *Latecia Lolihea* (12G 80m Hurdles) – NSWCHS State Athletics Gold Medals
- 12G 4x100m Relay (*Latecia Lolohea, Teagan Hunter, Molly Peake, Scarlet Heather, Claudia Brown*), 16B 4x100m Relay (*Tyson Isakka, Bradley Pereira, Godwin Opoku-Mensah, Larry Adeniran*), 17B 4x100m Relay (*Dominic Darko, Marc Zaurrini, Zac Zaineddine, Shehan Dhanapala*) – NSWCHS State Athletics Gold Medals
- *Claudia Brown* (12G Discus), *Bryce Nolan* (13B Discus), *Obssa Youssouf* (17B 800m), *Teagan Hunter* (12G 800m), *Dominic Darko* (17B 100m) – NSWCHS State Athletics Silver Medals
- 12G 4x100m Relay (*Cameron Banovich, Tommy Khouiss, Vaviakila Rawali, Damien Hall*) – NSWCHS State Athletics Silver Medal
- *Tyson Isakka* (17B 400m Hurdles), *Paige Merriman* (17G 2000m Steeplechase), *Reina Dagher* (13G 80m Hurdles), *Obssa Youssouf* (17B 1500m) - NSWCHS State Athletics Bronze Medals
- Girls Athletics – NSWCHS Champion School
- Boys Athletics – NSWCHS Champion School
- Girls & Boys Athletics – NSWCHS Champion School

Mrs J. Kenny
Director of Sport



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Westfields Sports are proud to be supported by :



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St Johns Park
Bowling Club



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