

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

I would again like to remind parents about the importance of paying of fees and contributions. All subject fees and school contributions are due now. A minimum of \$300 of the total your child's sport fee is also due now. The school will be contacting all parents with outstanding fees early next term to arrange payment by an instalment plan. Please remember that the \$15 P&C levy includes insurance for your sons and daughters if they injure themselves either at school or at home. As school activities are not covered by insurance, I would strongly recommend that parents pay this levy.

The concept design plans for our new J Block have arrived. This new four storey building will have woodwork rooms and a multipurpose space on ground floor. Metalwork room and classrooms on level one, more classrooms on level two and classrooms and staff study on level three. There will be balconies off all levels looking out over both the quad and the gymnasium. The footprint is not the traditional rectangle but is built around the available space. The concept design will now be developed to include full schematic drawings. The current timeline will see the old J Block being demolished over the Christmas holiday break. The current J Block rooms will be replaced by six demountables which will be located in the top car park for the entirety of the build.

By the time you receive this copy of Westnews, Year 12 will be completing their half yearly exams. All other Years, 7-10 will commence exams Week 2 of next term. It is important that these students spend some time over the school holidays studying for these important exams.

To assist all of our students with their study, the library is open at 7.30 am every morning with staff on duty to assist with research and study. In addition, the Homework Centre is open on a Tuesday Wednesday and Thursday afternoon in the library from 3.15 - 4.15pm. The Homework Centre is supervised by two members of staff who are available to assist students with their research and study. I would highly recommend this to our senior students, especially those who do not have access to the internet at home or those who know that there are distractions at home that impact on their study.

To help you keep up to date with everything happening at school, why not follow us on Facebook. Just search Westfields Sports and welcome aboard. We also have our Westfields Skoolbag App. To install this just search for our school name "Westfields Sports High School" in either the Apple App Store or Google Play Store. You can also follow us on twitter @WestfieldsSport or visit our website, www.westfields-h.schools.nsw.edu.au.

As this is the last Westnews for the term, I would like to take this opportunity to thank all of the Westfields staff for their tireless work throughout the term and thank the parents for your ongoing support. I would also like to wish everyone a safe, happy and relaxing holiday break. Next term, Monday 30 April is our School Development Day. Students return on Tuesday 1 May.

Mr R. Davis
Principal

6 April 2018

IMPORTANT EVENTS

13/4/2018

Term 1 Ends

30/4/2018

Staff Professional
Learning Day

1/5/2018

Term 2 Starts

7/5/2018-11/5/2018

Semester 1 Exams
Years 7-10

15/5/2018-17/5/2018

NAPLAN Testing
Years 7&9

Winners

International Olympic Committee

Sport and Youth Trophy 2008



NAPLAN TESTING

NAPLAN testing at Westfields Sports for Years 7 & 9 will take place in the Stadium during Week 3. Students are required to report to the Stadium for the periods listed below instead of attending their normal lessons.

Tuesday 15 May

Language Conventions (45 mins) and Writing (40 mins)
Year 7 periods 4, 5 & 6
Year 9 periods 1, 2 & 3

Wednesday 16 May

Reading (65 mins)
Year 7 periods 4 & 5
Year 9 periods 2 & 3

Thursday 17 May

Numeracy Calculator and Non-calculator (60 mins)
Year 7 periods 4, 5 & 6
Year 9 periods 1 & 2

Important

All students must bring their own 2B or HB pencils and eraser, as these are no longer provided.
All students must bring their own calculator for Numeracy testing
Practice tests can be accessed via Moodle on the school intranet.



Mr C. King
Head Teacher Secondary Studies (Relieving)

LOST PROPERTY

If your child has lost any items of clothing during this term, please send them to the office to check if it has been handed in.

A large quantity of shoes and joggers have been sent to the office as lost property. These items will be given to charity at the end of the term.

Mr D. Barrett
Deputy Principal

FOLLOW US ON TWITTER

For all the latest information follow us @WestfieldsSport.



YEAR 8 LANGUAGES

Year 8 language students were very busy this term tapping into their creative sides. French, Italian, Japanese and Spanish students were busily researching a famous monument, landscape or festival. The students enjoyed the opportunity to make something hands on and some excellent examples of what was created are pictured here.



Ms L. Zappia
Languages Faculty

FRIDAY MUSIC GIG

On Friday 6 April, the Music Department had their first Friday Gig for the year. The afternoon concert showcased the talent, passion and dedication of our wonderful Music students performing songs learnt this term in the various ensembles, Music Enrichment Program and in singing lessons. Our awesome Teacher Band have been jamming every fortnight and performed two songs. Our students and staff performed with confidence to their family, friends and staff. We are very proud of our students and staff and their achievements.



Our Term 2 Friday Gig is Week 9 (Friday 29 June). We look forward to seeing you there.

Ms T. Ricapito
CAPA Faculty

ATHLETES WIN 8 MEDALS AT NATIONALS

Nineteen students competed at the 2018 Australian Junior Championships two weeks ago. Twelve of them became National finalists (top 8) and 5 won National medals.

Latecia Lolohea of Year 8 won the gold medal in the U14 80m hurdles in a new school record of 12.42 seconds. *Raven Pyda* of Year 8 won silver in the U15 3000m Walk in a new school record of 17.04.21.

Aleksandra Stoilova of Year 8 picked up a Gold medal in the NSW U14 4x100m relay team before winning the silver medal in the U14 100m sprint. Her time of 12.40 seconds would have been a school record 12 months ago.

That school record was set by *Adeshola Adeniran* at last year's Australian All Schools where she clocked 12.28 seconds for the 100m. At this Championships Shola won the silver medal in an extremely fast time of 11.89 albeit wind assisted (3.7m/s). This is the fastest time ever recorded by any Westfields female student of any age.

Godwin Opoku Mensah won a brilliant silver medal in the U18 100m sprint, just a tenth of a second from winning. Most impressive was his time of 10.62 seconds which smashed the school record set 18 years ago and elevating him into the top 10 fastest times in the World this year. The performance will give Godwin selection in the Australian team to contest the Oceania Championships in Vanuatu early in May. Godwin also won silver in the NSW U18 4x100m relay team.

Congratulations to *Jakob Masters*, *Cameron Banovich* and *Bryce Nolan*, all of whom finished in the top 8. The following students most of whom performed personal bests (or went close to their personal bests): *Teagan Hunter*, *Paige Merriman*, *Tyson Isakka*, *Ava Honore*, *Kaitlin Woodward*, *Mitchell Parsons*, *Sophia Dagher*, *Zac Zaineddine*, *Dominic Darko* and *Annelise Isaacs*.

Mr D. Suchy
Athletics Director

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)

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

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

LIKE US ON FACEBOOK



<https://www.facebook.com/WestfieldsSports/>

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



FROM THE DIRECTOR OF SPORT

Congratulations

- *Shelby Fulton* - NSW All Schools State Softball Representative
- Davidson Shield Cricket - Westfields Sports (7/133) d Sydney Boys HS (9/130)

*Mrs J. Kenny
Director of Sport*

CLINICAL PILATES NOW AT WESTFIELDS!

Clinical Pilates is here! We are excited to inform you that you can now attend a Clinical Pilates class onsite at the physiotherapy rooms.

If you are keen to:

- Build strength
- Improve flexibility
- Tone up muscles
- Improve balance and coordination

Then **Clinical Pilates** is for you!

When doing Pilates on the reformer bed there are three advantages:

- The springs attached provide resistance that can build strength over a period of time.
- The movement of the carriage on the bed allows gradual stretching of muscles.
- Core strength is required to maintain balance on the bed while exercising, allowing progression of core stability.



As you may have heard on the news, many sporting teams are now using Reformer Pilates as part of their integrated functional training programs.

At Westfield's Physiotherapy we are now offering small Clinical Pilates classes (maximum of four per class) to allow everyone to experience the benefits of Pilates, not just athletes. Rebates may be available from your private health fund.

Register your interest at the physiotherapy clinic onsite or call 96043122 to register your interest for these limited classes.

*Jarryd Chippendale
Physiotherapist*



2018 COMMONWEALTH GAMES

Follow the progress our former students Jason Cadee (Basketball), Fabrice Lapierre (Athletics), Kimberley Ravaillon (Netball) & Dani Stevens (Athletics) in the XXI Commonwealth Games on the Gold Coast.

We wish them all good luck in their events.



Westfields Sports are proud to be supported by :



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 Gymnastics Hall Phone: 9604 3773
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St Johns Park
Bowling Club

