

WestNews

A Journal of Westfields Sports

FROM THE PRINCIPAL

It is with a great deal of sadness that I write my final Westnews article. This Friday is my last day after 39 years teaching with the Department of Education. I began my teaching career in 1980 at Hillston Central School followed by stints at Seven Hills High School and Corowa High, was Head Teacher at Castle Hill High School and Deputy Principal at Greystanes High School. I was appointed as Principal at Westfields Sports at the beginning of 2007, meaning this is my twelfth year at this school. I have been really proud to be the Principal of this outstanding school and it has been a privilege to be able to lead such a wonderfully committed staff. Every year Westfields produces about 20 Australian and 100 state sports representatives and we win around 15 state and Australian sports knockout competitions. We also excel academically. Each year one or more students achieve an ATAR of 99, about 60% of our Year 12 students go to university and our value added result from Year 9 NAPLAN to the HSC places us in the top 3 percent of all schools from around the state. How could I not be proud to lead a school that achieves such remarkable results.

I am really fortunate to have worked with so many amazing people throughout my career. People who really care about the students and who are driven to providing the best learning outcomes for every single student. I would like to take this opportunity to personally thank those people who have been there to help, support and mentor me throughout this journey.

To the teaching, administration and coaching staff, I thank you for being dedicated professionals who have always put the students first. To the executive staff I thank you for your commitment and support. You are an exceptional group of leaders and it has been wonderful to work with you over the past 12 years.

I would like to single out the Senior Executive at Westfields for special mention. Individually they are wonderful mentors and leaders but collectively they are the driving force behind the continued success of Westfields Sports. We are without doubt the most complex public school in the state and their ability to ensure that the school not only functions efficiently and effectively but continues to be a the leading edge of change is unsurpassed.

Finally, to the parents, thank you for your ongoing support, not only of your sons and daughters but also of Westfields Sports. This strong home school partnership has been essential in assisting every student to reach their potential.

It has been a privilege to know you all and I will forever have wonderful memories of my time at Westfields Sports. I know that Westfields will continue to be the number one sports high school in Australia. Thank you all once again and best wishes for the future.

*Mr R. Davis
Principal*

28 September 2018

IMPORTANT EVENTS

28/9/2018
Term 3 Ends

15/10/2018
Term 4 Starts

18/10/2018 - 9/11/2018
*Higher School
Certificate Exams*

Winners

International
Olympic
Committee

Sport and Youth
Trophy 2008



FROM THE DEPUTY PRINCIPAL

After 12 years of steadfast leadership Roger Davis is retiring as Principal of Westfields Sports.

It is impossible to accurately quantify Roger's contribution to this school. He has championed the cause of Westfields Sports, Sports High Schools and Public Education to anyone who will listen, and to many who, initially, didn't want to! His tenacious approach has ensured Westfield Sports students continue to achieve outstanding academic results and continue to develop into world-class athletes.

Roger has been the driving force behind the growth in capacity of all Sports High Schools in NSW. As President of the NSW Sports High Schools Association Roger has negotiated agreements with state and national sporting organisations to ensure sports high schools are recognised as high-performance centres of excellence. His determination to ensure all students get the best possible education has seen Westfields Sports continue to improve in all aspects.

All of us at Westfields Sports wish Roger the best in retirement and will strive to continue his work into the future.

Please remember that school resumes for Term 4 on Monday 15 October for all students. Semester 2 examinations will be held for Years 7-10 in the first few weeks back so all students should be studying and completing summary activities.

Mr A. Rogers
Deputy Principal

TENDER TO PURCHASE GYMNASTICS EQUIPMENT

The Westfields Sports High School Gymnastics Program is re-locating.

Gymnastics equipment used by the Women's Artistic Gymnastics facility is up for tender. Available equipment includes the sprung floor, balance beams, uneven bars, high bar, vaults, mats and other associated gear. The successful tenderer must take everything.

Tenders to be addressed to:

The Principal
Westfields Sports high school
406a Hamilton Road
FAIRFIELD WEST. NSW. 2165

Tenders close 3.00 pm Wednesday 31 October 2018
Phone 96043333 to book a viewing of the equipment
(School closed 29 September – 14 October 2018)

YEAR 12 GRADUATION AWARD RECIPIENTS

Congratulations to the following award recipients which were presented at the Year 12 Graduation on Tuesday 25 September, 2018:



Principal's Prize - *Shehan Dhanapala & Claudia Towle*
Scarf Foundation Award - *Nam Khoa Nguyen*
Foundation Cup - *Sourish Iyengar*
Caltex Best All Rounder - *Sarah Najjar*
Long Tan Award - *Diyana Shammo*
Academic Blue - *Susie Huynh*
JP Quinlin English Prize - *Susie Huynh*
Keith Hansen Mathematics - *Eric Ly*
John Curtain Modern History Award - *Eboni Mitchell*
The Engineers Prize - *Nam Khoa Nguyen*
Domenique Bowen Humanities Award - *Wendy Nguyen*
Professor Denis Evans Award - *Mary Doan*
Shikye Smith CAPA Award - *Aleksandar Jankov*
ACPHR PDHPE Award - *Jet Cheng*
Jarryd Hayne SLR Award - *Kalolaine Aukafolau*
Jordan Zammit Ancient History - *Sarrah Najjar*
Industrial Technology Award - *Nikola Djinic*
Aladdin El-Debal Award - *Gabriel Eldebal*
DEC Award (Level 1) - *Emilee Arthur, Louis Bui, Nina Cao, Maria Cenic, Shehan Dhanapala, Sourish Iyengar, Kathleen Lay, Karen Le, Robinson Le, Jessica Main, Eboni Mitchell, Nam Khoa Nguyen, Ngan Kim Nguyen, Diyana Shammo, Alyssa Smith, Stephani Soro, Claudia Towle, Radomir Vukojcic, Charli Watts, Priscilla Won*

The staff and students wish all graduating students all the best for their upcoming HSC exams.

Ms D Zanet
Deputy Principal





ANKLE SPRAINS: THE CULPRIT TO POOR PERFORMANCE AND INCREASED RISK OF INJURY.

Ankle sprains, even the small sprains can be the reason you keep getting injured or aren't able to perform at your best. Ankle sprains are common amongst the sporting community and often small sprains occur in day to day training and games which don't often ring the alarm bells for the player. However, even small sprains can cause a change in the way we move.

Ankle sprains can lead to reduced proprioception/balance, increased stiffness in the ankle joint and increased loosening of the ankle ligaments. Not only are there local changes around the ankle but there may be whole body disruption to your normal movement patterns, this is often seen when testing single leg balance on the injured side.

If you have had a recent ankle sprain or have recurrent ankle sprains throughout the season, then it may be time to get a review. We conduct a full mechanical screening test which includes a balance test to determine if there are any changes to your movement patterns which may cause an increased rate of injuries or performance issues.

Please call us on 96043122 or come visit us onsite next to the coach's rooms to organise your movement screening.

Jarryd Chippendale
Physiotherapist



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

FROM THE DIRECTOR OF SPORT

Congratulations

- Athletics - Boys, Girls & Overall Champions - NSWCHS State Championships
- Baseball - NSWCHS State Knockout Runners Up
- Basketball - NSWCHS Girls State Knockout Champions
- Football - NSWCHS Boys & Girls State Knockout Champions
- Football - Bill Turner Cup & Trophy Champions
- Football - NSW All Schools Boys & Girls Champions
- Netball - NSWCHS 15s State Knockout Champions
- Netball - NSWCHS State Knockout Runners Up
- Netball - Netball NSW Schools Cup 7/8 Champions
- Netball - Netball NSW Schools Cup 9/10 Runners Up
- Rugby League - University Shield Champions
- Rugby League - Buckley Shield Champions
- Rugby League - NRL 13s Champions
- Rugby League - NSWRL Elite Schools 16s Champions
- Rugby 7s - NSW Secondary Schools Girls Intermediate Champions
- Softball - NSWCHS Girls State Knockout Champions
- Softball - NSWCHS Boys State Knockout Runners Up
- Tennis - NSWCHS Girls State Knockout Champions
- *Matthew Doorey, Tommy Talau, Jason Saab* - ASSRL 18s National Representatives
- *Liana Smith* - SSA National Hockey Representative
- *Rhys Osmond & Jarrod Galea* - SSA U16 Football Representatives
- *Rosaria Galea, Isabel Gomez, Aideen Keane* - SSA Football Representatives

Mrs J. Kenny
Director of Sport

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Westfields Sports are proud to be supported by :



St Johns Park
Bowling Club

