



Lansdowne Zone PSSA

Dear Students, Parents, Principals and Teachers,

Welcome to the “mini version” of the Lansdowne Zone Newsletter for 2020.

We have produced this newsletter to celebrate student achievement in the limited opportunities we had to play sport during this COVID affected year.

Lansdowne Zone PSSA comprises of 12 schools within the Sydney South West Sports Association, those being Cabramatta, Canley Vale, Carramar, Chester Hill Nth, Fairfield, Fairvale, Lansvale, Lansvale East, Old Guildford, Villawood North, Warwick Farm and Yennora Public Schools.

This year has been an unusual year. Only the Lansdowne Zone and Sydney South West Swimming Championships were able to be conducted in representational sport. Season One of our Friday competition commenced as planned in Term 1, however, due to COVID restrictions, had to be completed in Term 4 with changes to rules and competing schools. Season Two was successfully conducted as a “Hybrid” season, where non-contact sports were convened with additional health and hygiene rules implemented to ensure sport could be played in a safe way. These were the only Lansdowne Zone competitions able to be played by our students in 2020.

A big thank you is extended to all PSSA conveners and coaches, school sport organisers and office staff, parents, principals and executives who assisted the zone in delivering sport in such a different way this year. Thank you for helping to provide opportunities for the gifted and talented students in your school. Furthermore, thank you for supporting the students who are developing their skills and participating in physical activity - such an important component of student wellbeing, especially during a health crisis.

Whether it is a regular round of PSSA, attending a zone carnival or a regional championship, everyone can see the enjoyment students get from participating in organised sport. We also see throughout our zone a range of dedicated staff who enjoy taking students out to sport and supporting them in their development and growth.

Congratulations to all students, school teams and teachers for your dedicated efforts, many hours of hard work and your achievements in 2020.

We hope you enjoy the newsletter and keep it as a memento of this most unusual year in sport and education.

Mandy Wells, Sarah Fabian, Naomi Luck and Chris Goulter

Lansdowne Zone Competition Results - 2020

CARNIVAL/SPORT	1st	2nd	3rd
<i>Swimming</i>	Canley Vale	Carramar	Fairvale
<i>Swimming – percentage</i>	Carramar	Canley Vale	Warwick Farm
<i>Jnr Netball</i>	Carramar	Canley Vale	Fairvale
<i>Snr Netball</i>	Canley Vale	Yennora	Fairvale
<i>Boys Touch</i>	Fairvale	Fairfield	Carramar
<i>Girls Touch</i>	Canley Vale	Fairvale	Carramar
<i>Jnr Football</i>	Fairvale	Carramar	Yennora
<i>Snr Football</i>	Fairvale	Old Guildford	Fairfield
<i>Snr Modified Cricket</i>	Yennora	Carramar	Fairvale
<i>Jnr Modified Cricket</i>	Fairvale	Lansvale	Yennora
<i>Boys T/Ball</i>	Lansvale	Cabramatta	Old Guildford
<i>Girls T/Ball</i>	Lansvale	Cabramatta	Carramar
<i>Boys Softball</i>	Old Guildford	Cabramatta	Fairvale
<i>Girls Softball</i>	Warwick Farm	Cabramatta	Old Guildford

Champion School

The Champion School Trophy is awarded to the school that has accumulated the most points for placing 1st, 2nd or 3rd in Zone competitions.

Congratulations to Fairvale who have won the Champion School Trophy for 2020.



Zone School Champion Awards 2020

The Lansdowne Zone PSSA Executive have determined that for 2020, we will award a one-off “**Zone School Champion**” trophy in lieu of Zone Blues. This decision recognises our most outstanding students by providing a category for them to achieve recognition in a year that prohibited them from achieving higher representational honours.

In 2020, 6 students were awarded a Zone School Champion for their outstanding skill and commitment to sport.

Congratulations to our 2020 champions:-

Alfred Epati - Fairvale PS, Selcan Baranli - Fairfield PS,
Talia Yilmaz - Carramar PS, Selina Zeng - Cabramatta PS,
Dzenan Bajrami - Fairfield PS, Andrew Song - Cabramatta PS
and Christina Tien – Cabramatta PS



The President's Trophy Award

Awarded to the Most Outstanding Sportsperson of Lansdowne Zone PSSA ~ 2020

This award recognises the student who has represented the zone, displaying outstanding sportsmanship, commitment, persistence and a high level of skill in their chosen sports.

The recipient must also be an excellent role model with a record of high representational achievement throughout primary schools, as well as an outstanding ambassador for their school, Lansdowne Zone PSSA and public education.

***We are proud to award the President's Trophy to:
Talía Yilmaz - Carramar PS***



Congratulations Talía for this outstanding achievement!

Lansdowne Zone PSSA Executive 2020

Position	Name	School
President	Committee	
Vice Presidents x 2	Sarah Fabian	Carramar
	Naomi Luck	Chester Hill Nth
Treasurer	Kerry Gorzanelli	Carramar
Minutes Secretary	Lena Sammak/ Karen Mulder	Warwick Farm
Results Secretary	David Kinniburgh	Fairvale
Executive Mentors x 2	Christopher Goulter	Cabramatta
	Mandy Wells	Fairfield

The Zone Executive would like to acknowledge and extend our thanks to the many teachers involved in Zone and School sport throughout the year. Your dedication and hard work are very much appreciated by the students and the schools of our Zone.

A special thank you is also given to all of the parents and high school students who have volunteered their time to assist in the implementation of sporting programs in 2020 ~ we are most grateful for your contributions and thank you for your time.

Lansdowne Zone PSSA Sport Conveners/Managers

We would like to recognise the efforts of the following Zone Conveners for their tireless work in a year of such disruption and change:-

Sport	Name	School
AWD contact	Mandy Wells	Fairfield
Cross Country	Jane Ton/Brent Papas	Canley Vale
Swimming	Melanie Hillman	Cabramatta
Basketball - Boys	Steven Diep/Gary Foo	Lansvale East
Basketball – Girls	Steven Diep/Gary Foo	Lansvale East
Netball	<u>Ntombiyokuhle Ntombi</u>	Old Guildford
AFL	Stephen Lowndes	Lansvale
Touch – Boys	Karen Hewitt	Villawood Nth
Touch – Girls	<u>Teliah Waitoa</u>	Lansvale East
Soccer – Boys	<u>Randolpf Frankson/ Lena Sammak</u>	Old Guildford Warwick Farm
Soccer - Girls	<u>Anna Droulias</u>	Lansvale East
Softball	Ben Taylor	Chester Hill Nth
T/Ball	<u>Vivianne Hoang</u>	Lansvale
Hockey	Ben Taylor	Chester Hill Nth
Tennis	Ben Taylor	Chester Hill Nth
All Other Sports	Christopher <u>Goulter</u>	Cabramatta

School Sport Organisers

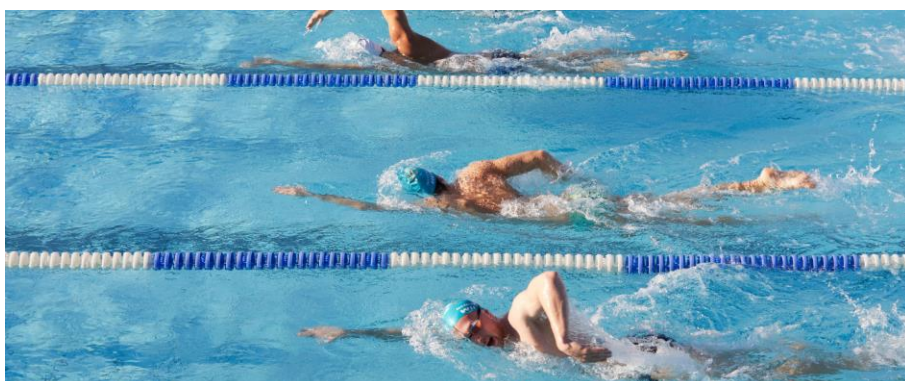
Thanks also to the following teachers for their efforts with school sport and the organisation of PSSA teams for Seasons 1 and 2 this year:-

School	Name	Name
Cabramatta	Christopher Goulter	
Canley Vale	Brent Papas	Jane Ton
Carramar	Sarah Fabian	Kerry Gorzanelli
Chester Hill North	Naomi Luck	Ben Taylor
Fairfield	Raymond Custodio	
Fairvale	David Kinniburgh	
Lansvale	Mathew Halloran	
Lansvale East		
Old Guildford	Randolf Frankson	Ntombi Moyo
Villawood North	Karen Hewitt	Aimee Busutill
Warwick Farm	Lina Sammak	
Yennora	Greg Allan	Mark Pacey

Major Carnivals 2020 ~ Swimming

Attending Schools	Points	Result based on Carnival	Primary Enrolments	Percentage	Result based on Enrolment
Cabramatta	102	4th	388	0.26	7th
Canley Vale	190	1st	460	0.41	2nd
Carramar	116	2nd	98	1.18	1st
Chester Hill North	86	5th	285	0.30	4th
Fairfield	34	9th	561	0.06	9th
Fairvale	112	3rd	399	0.28	5th
Lansvale	66	6th	389	0.17	8th
Villawood North	38	8th	142	0.27	6th
Warwick Farm	64	7th	202	0.32	3rd

36 students qualified to represent Lansdowne Zone at the Sydney South West Swimming Championships, which was the only regional championship held in 2020.



Students Selected to represent the Zone at SSW Swimming Carnivals 2020

Student Name		School	Student Name		School
Song	Andrew	Cabramatta	Kane	<u>Riston</u>	Canley Vale
Tien	Christina	Cabramatta	<u>Bairami</u>	<u>Dzenan</u>	Fairfield
<u>Boun</u>	David	Cabramatta	<u>Baranli</u>	<u>Selcan</u>	Fairfield
Zeng	Selina	Cabramatta	Nguyen	Austin	Fairvale
Yilmaz	Jasmine	Carramar	Ali	Aydin	Fairvale
Milson	<u>Jerrakai</u>	Carramar	Sepulveda	Leon	Fairvale
Yilmaz	Talia	Carramar	Nguyen	Mikayla	Fairvale
Jamal	Amira	Chester Hill North	<u>Ninh</u>	Nathan	Fairvale
Jamal	Lilyana	Chester Hill North	Tran	Nathan	Fairvale
<u>El Bahnsawi</u>	Muhamad	Chester Hill North	<u>Ninh</u>	Peter	Fairvale
Hua	Carson	Canley Vale	Nguyen	Tram	Fairvale
Ton	Chloe	Canley Vale	Lam	Emily	Lansvale
Trang	Collin	Canley Vale	<u>Mozakzak</u>	<u>Aieasha</u>	Lansvale
Le	<u>Josiah Khang</u>	Canley Vale	Le	<u>Ceila</u>	Lansvale
<u>Yeak</u>	Liam	Canley Vale	Lim	Ella-Dee	Lansvale
<u>Marabello</u>	Luca	Canley Vale	<u>Alafchal</u>	Mahmoud	Villawood North
Le	Megan	Canley Vale	<u>Gnjatovic</u>	Luka	Warwick Farm
To	Raiden	Canley Vale	<u>Gnjatovic</u>	<u>Sanja</u>	Warwick Farm

SSW REGIONAL SWIMMING CHAMPIONSHIPS

Thank you to all staff who organised notes and payments. All students were issued with caps at the venue, thanks to Naomi Luck for sending them with the students. Thanks to Prakash from Canley Vale for coming as Team Manager.

31 out of the 36 students attended and all students travelled with parents or carers. Fairvale PS students even attended and managed school photos.

Congratulations to all the competitors who swam at SSW Swimming Championships today. This year no competitors have qualified for State Swimming. Many swimmers however, improved their personal times and should be commended for their effort and achievement.

Special mention to Talia Yilmaz from Carramar PS and Chloe Ton from Canley Vale PS for outstanding results.

Next year the SSW Swimming Championships are planned for

Tuesday 9th of March 2021 so please keep the date free.

Melanie Hillman - 2020 Lansdowne Zone Swimming Convener

Lansdowne Zone PSSA Top of the Table winners ~ 2020

Junior Netball ~ Carramar PS



Mila El-Ayoubi, Mya El Mahmoud, Jamila Fattah, Nada Malti, Matyzha Misa, Maddison Murray Boney and Simulata Ofa.

Senior Netball ~ Canley Vale PS



Dolly Nguyen, Madeline Stowers, Erica Stowers, Noella Babac, Nour Al-Ani, Angelina Tran, Ana Golubovic, Chloe Yeak, Chelsea Ta and Casey Ly.

Senior Football ~ Fairvale PS



Tayt Vi, Diego Perez Garcia, Orlando Youkhana, Richard Giorgis, Mario Peto, Emmanuel Auodeshw, Andi Al Marokee, Khoshnaw Abdulah, Leon Sepulveda, Peter Ninh, David Zado, Jovan Alavanja, Iden Awtan, Andrew Nguyen.

Junior Football ~ Fairvale PS



Ricardo Youkhana, Luka Scepanovic, Marcel Warda, Elie Bahha, Nathan Ninh, Jamie Pham, Giorgis Yulius, Yohan Al-Obeidi, Justin Yousif, Adam Abbas, Victor Ung, Mustafa Jaffari, Peter Mare.

Girls T/Ball ~ Lansvale PS



Olivia Ourn, Stacey Nguyen, Chelsea Pili, Ivy Huynh, Tayla Nguyen, Alicia Fetu, Pounamu Pickering-Ratu, Crystal Lam, Sophia Tran and Ella-Dee Lim.

Boys T/Ball ~ Lansvale PS



Mahdy Zaoud, Denjaewlan Tuuaga, Siatuale Fagalima Faumui, Blessing Silvia, Damon Tran, Bernard Poa, Brain Poa, Malcom Silvia, John Fagalima Faumui and Oscar Lam.

Boys Touch ~ Fairvale PS



Tyrone King, Fuiva Katoa, Demaine Mare, Alfred Epati, Wethealim Kini, Josiah Epati, Jeremiah Ulberg, Loother Habeeb, Austin Nguyen.

Girls Touch ~ Canley Vale PS



Kasmira Faanati, Megan Le, Jessie Ngo, Janice Chea, Christine Tran, Katherine Tran, Elizabeth Foiakau, Julia Nguyen, Ngoc Chau Luong, Chloe Tran, Chloe Moss and An-Dy Nguyen.

Boys Softball ~ Old Guildford PS



Levi Henderson, Kayden Lloyd, Jibreel Osman, Emad Ajouz, Elias Daoud, Ali Kattan, Lukeman Chaouk, Mohamad El Maarbani, Jihad Hamad, Bakar Hakkoum, Ahmad Sharaf, Mahmoud Awad and Hassan Issa.

Girls Softball ~ Warwick Farm PS



Xinah Al-Janadi, Haylee Wyborn, Ava Paranihi-Patolo, Jasmine Choucair, Lilly Hamilton, Maddy, Aurora Sullivan-Leutogi, Tamara Abbas, Jessie To, Shikha Pratap and Sanja Gnjatovic.

Senior Modified Cricket ~ Yennora PS



Abdul El-Cheik, Safiya El-Chiekh, Cornelius Aung, Makneeda Sein, Heavenlee Bishop-Tuitupou, Muntadher Al-Darkazee, Joshua Tamer, Ronen Do, MJ Migdalski, Jazmin Harb, Semisi Matavesi, Sha Lah, Maeve Karamaene and Dakota Ratahi.

Junior Modified Cricket ~ Fairvale PS



Rassul Ahmadi, Mark Rafo Awraha, Kieran Laughlin, Kosta Sarantakos, Matti Habeeb, Laith Shemal, Mustafa Jaffari, Sophia Glackin, Anjila Hirmizi, Zahra Al Khatawi, Rachael Taylor, Ritar Tek and Ann Huynh.



A message from the President of SSW PSSA

To say there has been no other year like 2020 is an understatement!

The COVID-19 pandemic has affected almost every country around the world and has become a crisis we have all had to learn to live with.

In NSW schools, periods of closure and stages of remote learning occurred in response to the pandemic. When schools returned to onsite learning, the curriculum and school operations were required to change. The implementation of public health and safety guidelines mitigated risks of infection but at the same time, resulted in a large decrease in physical activity at school and saw progression through the representative sporting pathway come to an end.

Our schools instead had to focus on student need and wellbeing, due to COVID related increased rates of disrupted learning and disadvantage. From providing adequate access to digital learning, to stepping in to fill gaps in nutrition, health care and issues with learning at home, our teachers and schools have risen to meet the needs of complex challenges within their communities.

What did this mean for sport?

It meant a change to the mandated hours of physical activity being adhered to “where possible”. It meant that many schools ceased practical PE lessons, disbanded school sport and withdrew from skills-based physical activity.

When the NSW Health guidelines allowed for the return of school sport programs, the resumption of outside sport skill development programs and the resumption of zone based inter-school sport, not all schools re-engaged with these programs and structures. 2021 will therefore need to see a concerted effort made by schools to reinstate organised sport, PE skills, fitness and physical activity lessons.

The NSW School Sport Unit in partnership with the Centre for Education Statistics and Evaluation (CESE) have conducted a review of the literature relating to sport and physical activity and the relationship with wellbeing. In summary, there is a clear positive association between physical activity and students’ wellbeing outcomes. Improvements relating to physical activity are consistently evident in:

- academic outcomes - which reflected improved grades, school attendance, and classroom behaviours (e.g. on-task behaviour) and increased cognitive function (memory, processing speed, attention)
- psychosocial outcomes include general wellbeing, improvements in self-esteem and resilience; and a decrease in depression and anxiety.

There is a significant body of evidence on this topic and schools will be provided with this information, along with the opportunity to conduct a school sport “health check” in 2021 in order to assist in the development and/or refinement of structured programs dedicated to PE, Sport and Physical Activity.

I look forward to assisting Lansdowne Zone PSSA schools in this area throughout 2021.

Mandy Wells, President, SSW Primary School Sport Association



A message from the Executive Committee of Lansdowne Zone PSSA

The Lansdowne Executive Committee would like to thank all schools for their ongoing support in 2020.

As a very difficult year for all involved in sport, it was great that we were able to still provide our students with the opportunity to participate in competition.

We thank all of the schools who participated in our Hybrid season 1 and 2 competitions, zone team trials in Term 1 and zone and regional swimming championships.

A very special mention must go to Mandy Wells who has supported the zone executive in making these opportunities possible for our students. We appreciate the copious number of hours she dedicates to sport.

Finally, we would like to wish the Year 6 students moving on to high school all the very best and hope they continue to represent their new schools in sport.

Have a safe and restful break ~ see you again in 2021 and let's hope we can make sport happen!

Sarah Fabian, Naomi Luck and Chris Goulter – Lansdowne Zone PSSA Executive Committee



