

COMO WEST CONNECTION POINT

by Carly Magee, Relieving Principal

Our first assembly for the term was a wonderful occasion, and it was truly lovely to see so many parents join us to share in the celebrations. We were treated to a fantastic performance by Stage 1 students, who showcased their talents and set a wonderful tone for the year ahead.

We also proudly witnessed our Leadership Team undertake their first formal duties of the year. **School Captain Rosa Symons, Vice-Captain Flynn Levy, and prefects Makynzie Hall, Mila Brailey, James Hervy, and Maya Barnes** looked fantastic in their blazers and confidently rose to the occasion, setting a great example for our entire school community.

Our Sports Captains will play an important role at each assembly throughout the year, sharing updated PSSA sports results every fortnight so we can celebrate our teams' achievements together. Representing us this year are **Bradman Sports Captains Jayden Papachristos and Rory Berger, Thorpe House Captains Zoe Hughes and Isabelle Vassett, and Freeman Sports Captains Isla McLellan and Jensen Dart.** We look forward to their regular contributions.

We are delighted to announce that our **Year 6 Leadership Squad** has been finalised. This talented group will organise lunchtime events and activities throughout the year, working under the thoughtful guidance of Mrs Oliver. They will be formally recognised and celebrated at our next assembly in Week 6. The members are **Georgia Keane, Kai Woodbridge, Lana Walton, Liam Fitzpatrick, Noah Vassett, Grace Barker, and Charlotte Ristevski.** We are excited to see the positive initiatives they will bring to our school community.

2026 STUDENT LEADERSHIP TEAM



School Captain- Rosa Symons



Vice Captain- Flynn Levy



Prefects
Makynzie Hall
Mila Brailey
James Hervy
Maya Barnes

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Next week brings the excitement of the **Zone Swimming Carnival at Sutherland Leisure Centre on Thursday, 5 March**. We wish all our talented swimmers the very best as they represent our school. Swimming ribbons will be proudly presented at the Week 6 assembly, giving us even more reasons to celebrate together!

A reminder that the **P&C Annual General Meeting** will be held next **Wednesday, 4 March, at 7:00 pm** in the school library. We encourage all families—whether long-standing or new—to come along and get involved. This is a wonderful opportunity to:

- Connect with other school families and build lasting friendships
- Welcome and support our newest families as they settle into school life
- Have your voice heard and help shape the direction of our school community
- Contribute to the wonderful programs and events the P&C supports throughout the year

Formal committee positions are available for those wishing to take a more active role, but simply coming along and being part of the conversation is just as valued. Every face in the room makes a difference. We truly hope to see you there!

Next Week

- ❖ Thursday- Sutherland Zone Swimming Carnival
- ❖ Friday- Assembly 2:15-3:15 pm



Bradman Sports Captains
Jayden Papachristos
Rory Berger



Thorpe Sports Captains
Zoe Hughes
Isabelle Vassett



Freeman Sports Captains
Isla McLellan
Jensen Dart

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Como West Swimming Carnival Results

Last Thursday, at the school's swimming carnival, the sun was shining, making it a perfect day for a swim! Well done to all of our swimmers at Como West. It was wonderful to see so many students giving their best—whether competing in races or enjoying the novelty activities and getting wet. Congratulations to all our place-getters! Good luck to the students competing at the Sutherland Zone Swimming Carnival next Thursday at Sutherland Leisure Centre.

Event	1st	2nd	3rd
100m Open Boys Freestyle	Isaac S	Harry W	Charles P
100m Open Girls Freestyle	Audrey W	Lana W	Izzy F
200m Senior Boys IM	Charles P	Jacob F	Harry W
200m Senior Girls IM	Lana W	Mila B	
8 Years Boys 50m Freestyle	Charlie H	Louis D	Bowie M
8 Years Girls 50m Freestyle	Bonnie O		
9 Years Boys 50m Freestyle	Isaac S	Finn M	Brody H
9 Years Girls 50m Freestyle	Audrey W	Zarli H	Lydia W
10 Years Boys 50m Freestyle	Eddie J	Fletcher D	Kayden M
10 Years Girls 50m Freestyle	Tahlia H	Bonnie B	Georgia S
11 Years Boys 50m Freestyle	Harry W	Charles P	Jackson T
11 Years Girls 50m Freestyle	Phoebe S	Eden L	Livvy R
12 Years Boys 50m Freestyle	Liam F	Rory B	Flynn L
12 Years Girls 50m Freestyle	Lana W	Isla M	Makynzie H
Junior Boys 50m Breaststroke	Isaac S	Eddie J	Louis D
Junior Girls 50m Breaststroke	Audrey W	Bonnie B	Zarli H
11 Years Boys 50m Breaststroke	Jackson T	Tain W	Charles P
11 Years Girls 50m Breaststroke	Eden L	Livvy R	Isabelle V
Senior Boys 50m Breaststroke	Liam F	Jacob F	Kai W
Senior Girls 50m Breaststroke	Lana W	Isla M	Makynzie H
Junior Boys 50m Backstroke	Isaac S	Rowan F	Eddie J
Junior Girls 50m Backstroke	Audrey W	Georgie S	Bonnie O
11 years Boys 50m Backstroke	Atticus M	Tain W	Jack B
11 years Girls 50m Backstroke	Eden L	Amelia C	Katie M
Senior Boys 50m Backstroke	Liam F	Kai W	Jacob F
Senior Girls 50m Backstroke	Lana W	Mila B	Isla M
Junior Boys 50m Butterfly	Isaac S	Archie W	Giacomo Z
Junior Girls 50m Butterfly	Audrey W	Amaya W	Lydia W
11 years Boys 50m Butterfly	Charles P	Tain W	
11 years Girls 50m Butterfly	Isabelle V		
Senior Boys 50m Butterfly	Flynn L	Kai W	Dean T
Senior Girls 50m Butterfly	Lana W		
Junior Boys House Relay	Freeman	Bradman	Thorpe
Junior Girls House Relay	Bradman	Freeman	Thorpe
Senior Boys House Relay	Freeman	Bradman	Thorpe
Senior Girls House Relay	Thorpe	Freeman	Bradman



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Artwork by Shaun Tan

NSW Department of Education

2026 NSW Premier's Reading Challenge

Start reading now!

www.premiersreadingchallenge.nsw.edu.au



Key dates for students in K-10:

Challenge opens
Monday 23 February
Challenge closes for student entries
Friday 18 September

A COMPLIMENTARY EVENT FOR PARENTS, GUARDIANS & CAREGIVERS

In-Person & Online

Big Emotions, Resistance & Anxiety

Helping Your Child Counteract Stress

In partnership with **Club Central Hurstville** and **The Sebastian Foundation**, join leading adolescent Clinical Psychologist Dr. Hayley Watson for a special presentation to help parents, guardians, and caregivers learn the **most effective tools** for building child/adolescent **resilience to counter stress and anxiety**.

Dr. Watson will focus on skills and strategies to equip your child with the tools they need to **overcome stress and change unhelpful behaviour patterns**.



Key Takeaways from this 60-minute presentation:

- Understand why stress causes emotional outbursts, resistance, and low self-esteem
- Learn the three important truths to teach your child/teen to counteract stress
- Walk away with a targeted action plan for addressing anxious responses
- Learn to address underlying issues that might be causing stress/anxiety

Presentation: 6pm AEDT + 30-minute Q&A

Date: Wednesday, 4th March 2026

Location: Club Central Hurstville, 2 Crofts Ave, Hurstville NSW 2220

Transport: Underground paid parking is accessible via Cross Street. Hurstville train station is located approximately 2 minutes away.

Scan the QR Code to Register



Register Now

