



SPORTS DAY PROGRAM FRIDAY 12 APRIL 2024

We invite all parents, caregivers and families
to join us for our
Preschool to Year 12 Sports Day

Welcome to our 2024 Preschool – Year 12 Sports Day

We are thrilled to welcome parents, caregivers and families to our 2024 Sports Day and trust that you will cheer hard and loud and enjoy the colourful spectacle.

Thank you for attending and supporting this whole school event.








8:45am	home group attendance
8.55am	opening address
9.30am	events commence
2.05pm	dismissal





IMPORTANT INFORMATION

- **No families** to be in school buildings
- Spectators are to use portable toilets **only**, these are located in the vicinity of the Year 3–6 ovals and Year 7–12 ovals. Refer to program map.

Food and Beverage Options

- **School Canteen** will be operating all day for **students only**.
 - Secondary Years at all times (except during Primary Years Recess & Lunch)
 - Primary Years during Recess 10:30am–10:50am and Lunch 12:45pm–1:15pm
 - Primary Years **Lunch Orders** are required to be **placed via QKR app by – 3.05pm Monday 8 April. Limited menu only** (see below)

The Heights School The Heights Sports Day Menu		
	Meal Deals	Snacks
	4" Chicken Tender Burger & Juice Box 12-Apr-2024	\$8.00
	Cheese Pizza slices x 2 & Juice Box 12-Apr-2024	\$7.00
	Hot Dog & Juice Box 12-Apr-2024	\$7.00
	Nachos & Juice Box 12-Apr-2024	\$7.00
	1/2 Hot Dog & Juice Box 12-Apr-2024	\$5.50

The Heights School The Heights Sports Day Menu		
	Meal Deals	Snacks
	Donut - Blue 12-Apr-2024	\$4.00
	Donut - Green 12-Apr-2024	\$4.00
	Donut - Red 12-Apr-2024	\$4.00
	Donut - Yellow 12-Apr-2024	\$4.00

WHEN ORDERING YOU MAY SEE OTHER OPTIONS,

PLEASE ORDER FROM THE HEIGHTS SCHOOL SPORTS DAY OPTION ONLY

IMPORTANT INFORMATION

Food and Beverage Options

- **Lions Club Sausage Sizzle** will be located in 2 areas, Year 7-12 Oval (card payment available) and Primary Years asphalt (cash only).
Serving during lunch break only
 - \$3.00 sausage on bread, optional onion
 - \$4.00 vegetarian burger on bread, optional onion
 - \$2.50 Soft Drinks (secondary years only)
- **Subs in Schools** student fundraiser will be located on the Primary Years asphalt
Serving during recess and lunch break – Cash only
 - \$1.00 Zooper Dooper
 - \$2.50 Soft Drink (secondary years only)
 - \$4.00 Gatorade (secondary years only)
- **Coffee Van** for **parents/caregivers only**, will be located in the vicinity of the Primary asphalt throughout the morning.
Coffee / Hot Chocolate / Limited bakery items
Students will not be served



HOUSE CHANTS

CORVUS REDBACKS



Redbacks, Redbacks we will fight
Watch us run and watch us bite
See our red stripes on the track
Beware of the red and black!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Redbacks!
Mighty mighty Redbacks!!

Give me an R! Give me an E! Give me a D!
Give me a B! Give me an A! Give me a C!
Give me a K! Give me an S!

GO REDBACKS!

DRACO CROCODILES



Crocs, Crocs scream and shout
Chew you up and spit you out
We're the fastest and the best
Watch us as we beat the rest!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Crocs!
Mighty mighty Crocs!!

Give me a C! Give me an R! Give me an O!
Give me a C! Give me an S!

GO CROCS!

HYDRA SHARKS



Sharks, Sharks watch us win
Look out for the circling fin
We're the best and we can state
We'll make the others look like bait!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Sharks!
Mighty mighty Sharks!!

Give me an S! Give me a H! Give me an A!
Give me an R! Give me a K! Give me an S!

GO SHARKS!

AQUILA DINGOES



Dingoes, Dingoes watch us growl
Look out cause we're on the prowl
We're not out here just for fun
Weare here to be number one!

Everywhere we go...(echo back)
People want to know...
Who we are...
And where we come from...
So we tell them...
We are the Dingoes!
Mighty mighty Dingoes!

Give me a D! Give me an I! Give me an N!
Give me a G! Give me an O! Give me an E!
Give me an S!

GO DINGOES!

HOUSE LEADERS

CORVUS REDBACKS

Senior Secondary House Captains (Year 10-12)

Ryan Ritter

Liam Phung

Secondary House Captains (Year 7-9)

Sam Mather

Alana Benny

Primary House Captains (Year R-6)

Jasper Siddall

Gracie Blades



DRACO CROCODILES

Senior Secondary House Captains (Year 10-12)

Hayden Mortlock

Om Patel

Secondary House Captains (Year 7-9)

Tanishka Bhatt

Jayden Wright

Primary House Captains (Year R-6)

Moksha Daveo

Tahlia Orcales



HYDRA SHARKS

Senior Secondary House Captains (Year 10-12)

Liam Smith

Taylor Cook

Brayden Hutchinson

Secondary House Captains (Year 7-9)

Reshi Jeyakumar

Stella Sood

Primary House Captains (Year R-6)

Zachary Aldous

Immy Best



AQUILA DINGOES

Senior Secondary House Captains (Year 10-12)

Ella Strudwick

Blake Oudshoorn-Bennier

Secondary House Captains (Year 7-9)

Sanjna Kavi

Jasleen Kaur

Primary House Captains (Year R-6)

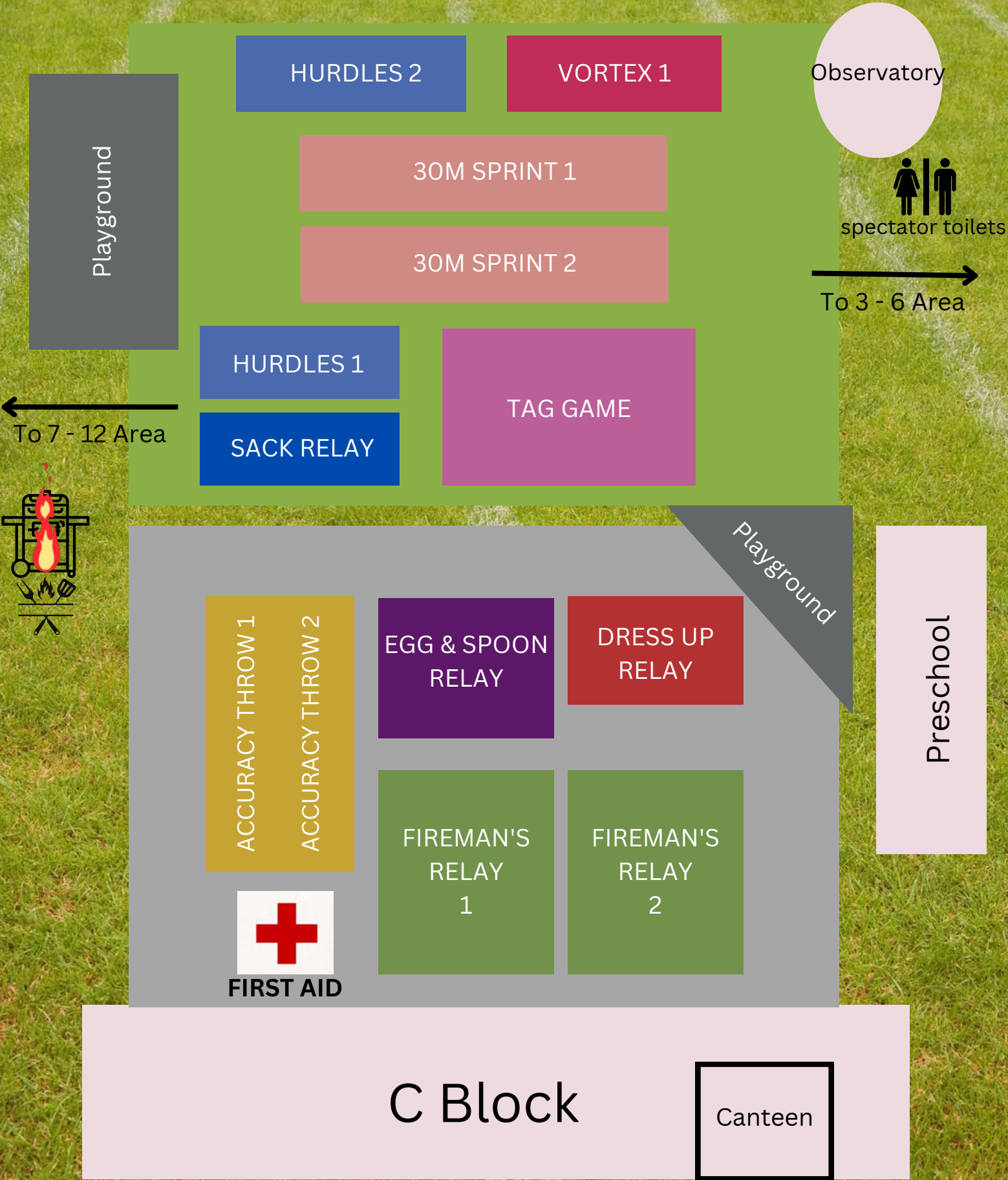
Sebastian Pena

Emily Bowering



PRESCHOOL – YEAR 2 AREA

OVAL 2



PRESCHOOL and RECEPTION TIMETABLE

Time	P1 Kristen Robinson	R01 Elise Giarratano	R02 Deb Mastin	R03 Kate McMahon	R04 Vanessa Burnett-Read
8:45am	Roll to be taken in class				
8:55am	Opening address on Primary asphalt, expectations and warm up for the day. P-6 Students remain seated, will be directed to their teacher for start of the first event. Health Hustle for Primary School lead by primary captains.				
9:30am	Dress up relay	Accuracy throw 1	Tag Game 1	30m Sprints 1	Hurdles 1
9:50am	Fireman's Relay 1	Dress up relay	Accuracy throw 1	Tag Game 1	30m Sprints 1
10:10am	Rest	Fireman's Relay 1	Dress up relay	Accuracy throw 1	Tag Game 1
	Recess 10.30am-10.50am				
	10 min transition time to activities				
11:00 am	Hurdles 1	Rest	Fireman's Relay 1	Dress up relay	Accuracy throw 1
11:20am	30m Sprints 1	Hurdles 1	Rest	Fireman's Relay 1	Dress up relay
11:40am	Tag Game 1	30m Sprints 1	Hurdles 1	Rest	Fireman's Relay 1
12:00pm	Accuracy throw 1	Tag Game 1	30m Sprints 1	Hurdles 1	Rest
12:20pm	Pack up / Go to 100m track and sit in house colours				
12:25pm	Whole Primary Event (3-6 Novelty Relay) + House Chants				
12:30pm	Primary School Concluding Presentation + transition back to class for eating time				
12:45pm	Lunch and Play				
1:20pm	Return to Class. Students to be with Teacher until the end of school				

YEAR 1 and YEAR 2 TIMETABLE

Time	101	102	103	104	201	202	203	204
	Carrie Winter	Zoe Tziortzis	Jorden Petrilli	Hayley Jenkins	Yeomans	Zviedrans	Heidrich	Shanna Nguyen
8:45am	Roll to be taken in class							
8:55am	Opening address on Primary asphalt, expectations and warm up for the day. P-6 Students remain seated, will be directed to their teacher for start of the first event. Health Hustle for Primary School lead by primary captains.							
9:30am	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Hurdles 2	30m Sprints 2	Sack Relay	Vortex 1
9:50am	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Hurdles 2	30m Sprints 2	Sack Relay
10:10am	Sack Relay	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Hurdles 2	30m Sprints 2
	Recess 10.30am-10.50am				10 min transition time to activities			
11:00am	30m Sprints 2	Sack Relay	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest	Hurdles 2
11:20am	Hurdles 2	30m Sprints 2	Sack Relay	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay	Rest
11:40am	Rest	Hurdles 2	30m Sprints 2	Sack Relay	Vortex 1	Fireman's Relay 2	Accuracy Throw 2	Egg & Spoon Relay
12:00pm	Egg & Spoon Relay	Rest	Hurdles 2	30m Sprints 2	Sack Relay	Vortex 1	Fireman's Relay 2	Accuracy Throw 2
12:20pm	Pack up / Go to 100m track and sit in house colours							
12:25pm	Whole Primary Event - Year 3-6 Novelty Relay + House Chants							
12:30pm	Primary School Concluding Presentation + transition back to class for eating time							
12:45pm	Lunch and Play							
1:20pm	Return to Class. Students to be with Teacher until the end of school							

YEAR 3 – 6 AREA

OVAL 3

Observatory



spectator toilets



To P - 2 Area

LONG JUMP

CLASS SPRINTS 50M

100M SPRINT + HURDLES 3

VORTEX 2

VORTEX 3

Preschool

SHOT PUT 1

SHOT PUT 2

TUG OF WAR 1

TUG OF WAR 2

TUNNEL BALL RELAY 1

TUNNEL BALL RELAY 2

CROSS
COUNTRY

FIREMANS RELAY 3
FIREMANS RELAY 4

Handball
Court



First Aid at C Block

Augustus Street

YEAR 3 and YEAR 4 TIMETABLE

Time	301 Brigitte Pryor	302 Kerry Murrell	303 Frasier Dickie	304 Julie Simpson	401 Brad Cooper	402 Catherine DiTroia	403 Zoe Bower	404 Maya Lange
8:45am	Roll to be taken							
8:55am	Opening address on Primary asphalt, expectations and warm up for the day. P-6 Students remain seated, will be directed to their teacher for start of the first event. Health Hustle for Primary School lead by primary captains.							
9:30am	Shotput 1	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3	Fireman's Relay 3	Rest	Tunnel ball 1
9:50am	Tunnel ball 1	Shotput 1	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3	Fireman's Relay 3	Rest
10:10am	Rest	Tunnel ball 1	Shotput 1	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3	Fireman's Relay 3
	Recess 10.30am-10.50am 10 min transition time to activities							
11:00am	Fireman's Relay 3	Rest	Tunnel ball 1	Shotput 1	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1	Hurdles 3
11:20am	Hurdles 3	Fireman's Relay 3	Rest	Tunnel ball 1	Shotput 1	xCountry (Shared with 5/6 class)	Vortex 2	Tug-o-war 1
11:40am	Tug-o-war 1	Hurdles 3	Fireman's Relay 3	Rest	Tunnel ball 1	Shotput 1	xCountry (Shared with 5/6 class)	Vortex 2
12:00pm	Sprints with Year 3-6 on 100m track - selected students to participate							
12:20pm	Pack up / Go to 100m track and sit in house colours							
12:25pm	Whole Primary Event - Year 3-6 Novelty Relay + House Chants							
12:30pm	Primary School Concluding Presentation + transition back to class for eating time							
12:45pm	Lunch and Play							
1:20pm	Return to Class. Students to be with Teacher until the end of school							

YEAR 5 and YEAR 6 TIMETABLE

Time	501 Jett Weir	502 Santhi Ravichandran	503 Rena West	504 Chris Turnbull	601 Megan Shaw	602 Jimmy Dimou	603 Natalie Brooks	604 Ryan Paget
8:45am	Roll to be taken							
8:55am	Opening address on Primary asphalt, expectations and warm up for the day. P-6 Students remain seated, will be directed to their teacher for start of the first event. Health Hustle for Primary School lead by primary captains.							
9:30am	Tunnel Ball 2	xCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump	Shotput 2	Fireman's Relay 4	Class Sprints
9:45am	Class Sprints	Tunnel Ball 2	xCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump	Shotput 2	Fireman's Relay 4
10:00am	Fireman's Relay 4	Class Sprints	Tunnel Ball 2	xCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump	Shotput 2
10:15am	Shotput 2	Fireman's Relay 4	Class Sprints	Tunnel Ball 2	xCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2	Long Jump
10:30am	Recess 10.30am-10.50am 10 min transition time to activities							
11:00am	Long Jump	Shotput 2	Fireman's Relay 4	Class Sprints	Tunnel ball 2	xCountry (Shared with 3/4 class)	Vortex 3	Tug-o-war 2
11:20am	Tug-o-war 2	Long Jump	Shotput 2	Fireman's Relay 4	Class sprints	Tunnel Ball 2	xCountry (Shared with 3/4 class)	Vortex 3
11:40am	Vortex 3	Tug-o-war	Long jump	Shotput 2	Fireman's relay 4	Class Sprints	Tunnel Ball 2	xCountry (Shared with 3/4 class)
12:00pm	Sprints with Year 3-6 on 100m track - selected students to participate							
12:20pm	Pack up / Go to 100m track and sit in house colours							
12:25pm	Whole Primary Event - Year 3-6 Novelty Relay + House Chants							
12:30pm	Primary School Concluding Presentation + transition back to class for eating time							
12:45pm	Lunch and Play							
1:20pm	Return to Class. Students to be with Teacher until the end of school							

YEAR 7 – YEAR 12 AREA

OVAL 1



LONG JUMP

TUG OF WAR

HIGH JUMP

ANNOUNCERS

House Tents

Playground



To P - 2 Area

ULTIMATE FRISBEE

GYM 1
VOLLEYBALL

MUSIC
ROOMS
SCORERS

GYM 2
CLOSED

NOVELTY EVENTS
1 & 2

LONGEST KICK
&
GOAL SHOOT

NETBALL

BASKETBALL

SOCCER

Ladywood Road

Brunel Drive

YEAR 7 – YEAR 12 TIMETABLE

TIME	YEAR	ACTIVITIES TO CHOOSE FROM
8:45am to 8:55am	ALL	Roll to be taken then students to stay in Homegroup and sit in their House colours
8:55am to 9:20am	ALL	P-12 Welcome to Sports Day, Acknowledgement of Country and Principal's Address on Primary Asphalt House Chants Year 7-12 move to Senior Ovals. Years R-6 move to Primary Ovals to begin events.
9:20am to 11:45am	ALL	Novelty Event 1: Year 7-9 students- Longest Kick Novelty Event 2: Year 10-12 students- Timed Netball Shot
11:45am to 2:00pm	ALL	Novelty Event 2: Year 7-9 students- Timed Netball Shot Novelty Event 1: Year 10-12 students- Longest Kick
SESSION 1 9:30am to 10:15am	7 8 9 10 11 12	800m, Soccer 800m, Basketball 800m, Netball 800m, Long Jump, Frisbee 800m, High Jump, Tug O War 800m, High Jump, Volleyball
SESSION 2 10:15am to 11:00am	7 8 9 10 11 12	200m, Basketball 200m, Netball 200m, Long Jump, Ultimate Frisbee High Jump, Tug O War Volleyball Soccer
SESSION 3 11:00am to 11:45am	7 8 9 10 11 12	Netball Long Jump, Frisbee High Jump, Tug O War 200m, Volleyball 200m, Soccer 200m, Basketball

YEAR 7 – YEAR 12 TIMETABLE

TIME	YEAR	ACTIVITIES TO CHOOSE FROM
SESSION 4 11:45am to 12:30pm	7	100m, Long Jump
	8	100m, High Jump, Tug O War
	9	100m, Volleyball
	10	Soccer
	11	Basketball
	12	Netball
SESSION 5 12:30pm to 1:15pm	7	High Jump, Tug O War
	8	Ultimate Frisbee
	9	Soccer
	10	100m, Basketball
	11	100m, Long Jump, Netball
	12	100m, Long Jump
SESSION 6 1:20pm to 1:45pm	12	Tug O War- prior to relays on running track <i>ALL STUDENTS MUST MOVE TO THE SENIOR OVAL MAIN RUNNING TRACK UNDER COLOURED TENTS IF THEY ARE NOT PARTICIPATING IN A RELAY</i> 4 x 100m Relay - for all year levels (2 girls and 2 boys per team)
1:45pm 2:05pm		PRESENTATION DISMISSAL

AUGUSTUS STREET

