



We invite all Parents/Caregivers to join us for our

Preschool to Year 12
2020 SPORTS DAY
Friday 6th March

P – 12 PROGRAMME
COMMENCING AT 8:55am

HOUSE LEADERS

AQUILA DINGOES

LEADERS

Senior Secondary Years	Amelia Sanders
Secondary Years	Saskia DeVries
Primary Years	Callum Carter & Brieya Stephenson

CORVUS REDBACKS

LEADERS

Senior Secondary Years	Dylan Gorse
Secondary Years	Dain Dunling
Primary Years	Ben Coleman & Charli Hulmes

HYDRA SHARKS

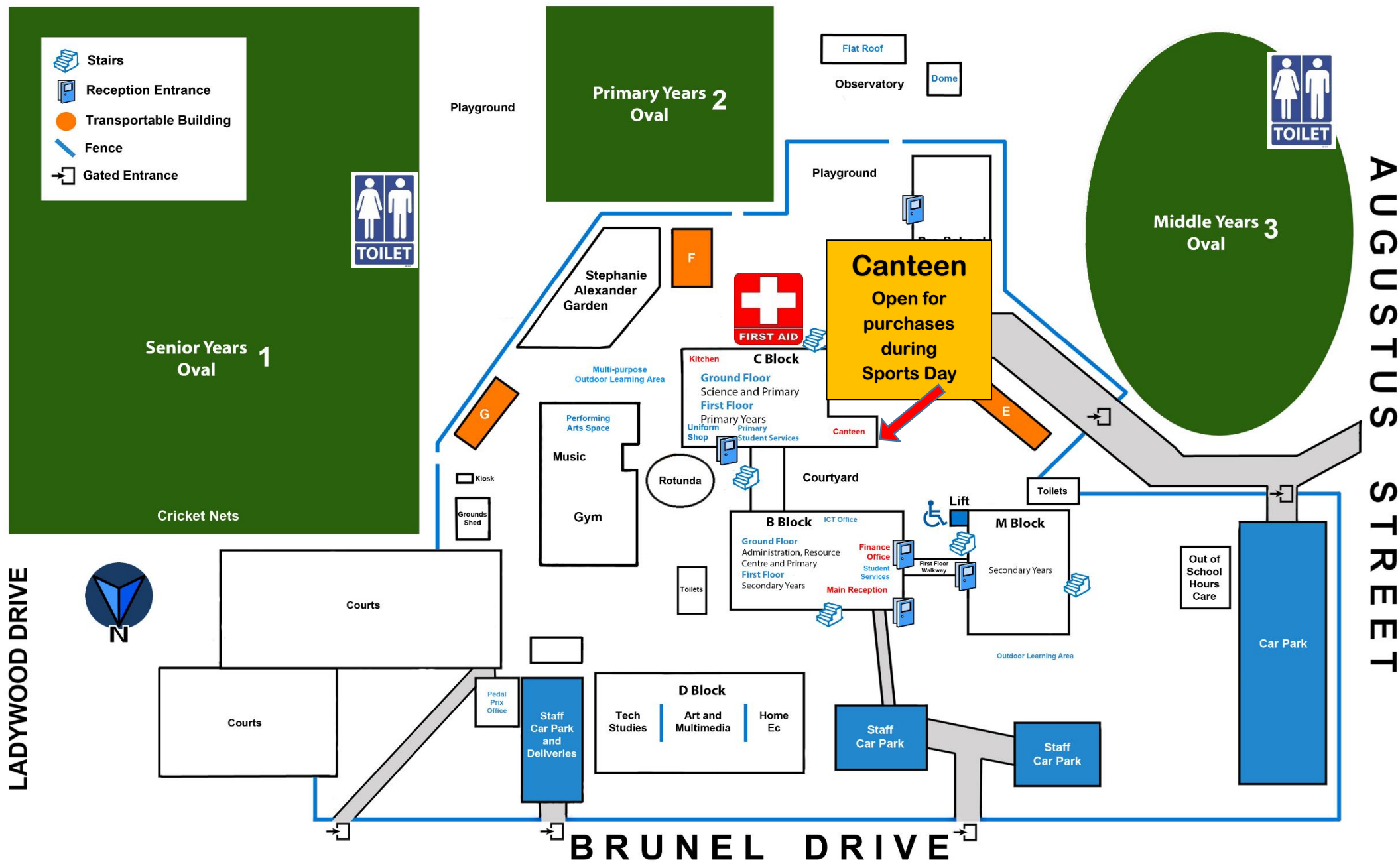
LEADERS

Senior Secondary Years	Frank Krinis
Secondary Years	Cyrus Kelly
Primary Years	Adonis Angelaras & Ashlee Lessue

DRACO CROCODILES

LEADERS

Senior Secondary Years	Josh Occhiuto & Aidan Lake
Secondary Years	Tiana Orcales
Primary Years	Mabrur Hussain & Jaebeen Lee



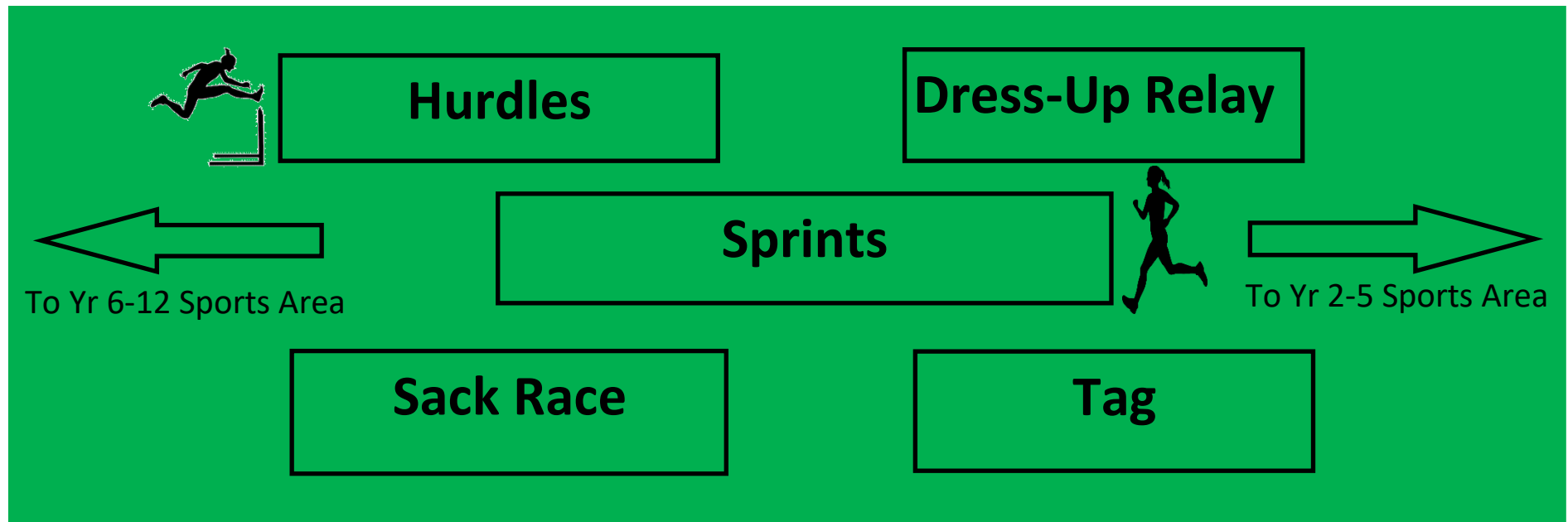
- Stairs
- Reception Entrance
- Transportable Building
- Fence
- Gated Entrance




Preschool – Year 1 PROGRAMME

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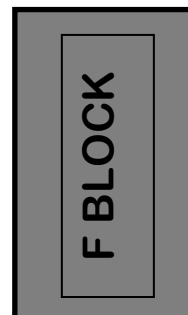
Preschool – Year 1 Area



Stephanie
Alexander
Garden



**Accuracy
Throw**



Parachute

Fireman's Relay



Year 2 - 3 PROGRAMME

[illegible]

Year 4 - 5 PROGRAMME

Time	CG4 Catherine	CG6 Zoe	CG7 Kasey	F1 Santhi	F2 Pam	E4 Renee
8.45am	Roll to be taken then students move to the Senior Oval and sit in their House Colours					
8.55am	Opening Address, expectations and warm up for the day. Years P-5 move to Middle and Junior Ovals to begin events					
9.30am	X Country Run	Fireman's Relay	Vortex	Tug-o-war	Long Jump	Shot Put
9.50am	Shot Put	X Country Run	Fireman's Relay	Vortex	Tug of war	Long Jump
10.10am	Long Jump	Shotput	X Country Run	Fireman's relay	Vortex	Tug-o-war
Recess 10.30am-10.45am						
10.45am	Tug of war	Long Jump	Shot Put	X Country Run	Fireman's Relay	Vortex
11.05am	Vortex	Tug of war	Long Jump	Shot Put	X Country Run	Fireman's Relay
11.25am	Fireman's relay	Vortex	Tug of war	Long Jump	Shot Put	X Country Run
11.45am	100m Sprints Years 4 and 5					
12.05pm	Pack up / Sit at 50m Sprints area in house colours					
12.15pm	Whole Primary Event (2-5 Novelty relay)					
12.30pm	Eating time with classroom teacher					
12.40pm	Lunch and Play					
1.00pm	Return to class ready to move to Senior oval					
1.30pm	ALL STUDENTS (Years 4-12) MUST MOVE TO THE SENIOR OVAL MAIN RUNNING TRACK 4 x 100m Relay - for all year levels (2 girls and 2 boys per team)					
2.45pm	PRESENTATION					
3.05pm	DISMISAL					

Year 2 - 5 Area



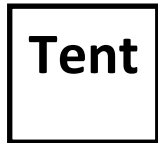
Observatory



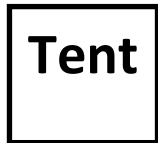
Long Jump



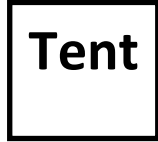
Vortex 2



Tent



Tent



Tent



Coffee Van



To P-1 Sports Area



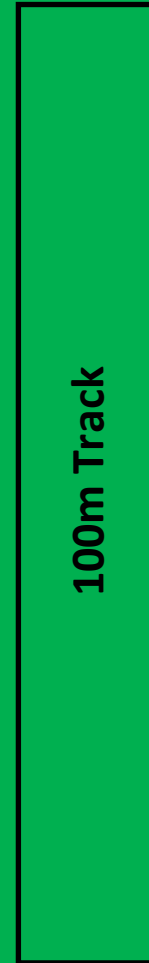
Shot Put A



Egg & Spoon



50m Track



100m Track



Tug-O-War



Obstacle Course



Fireman's Relay
(Yr 2 + 3)



Vortex 1



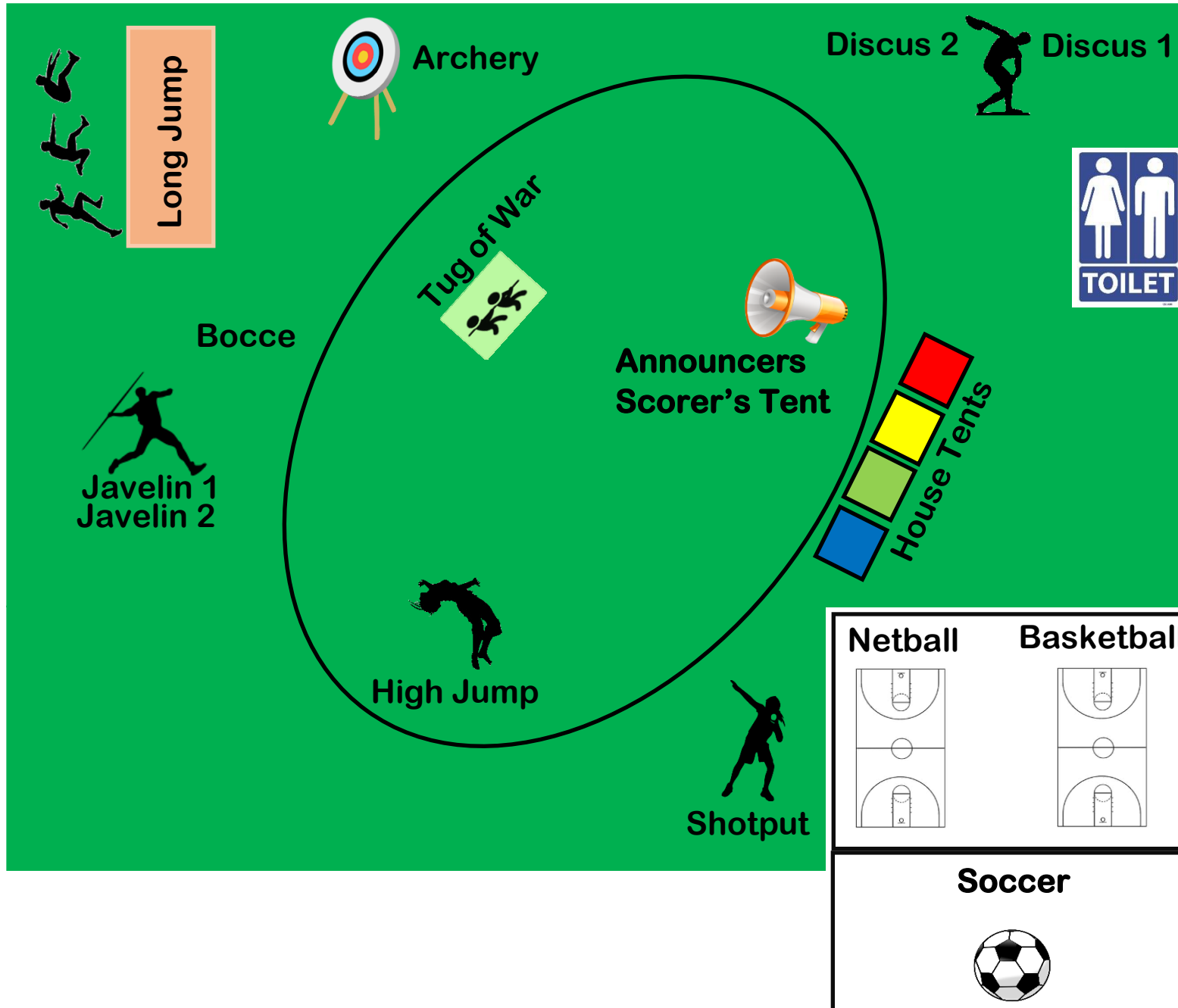
Hurdles 2

X Country

Years 6 - 12 PROGRAMME

TIME	YEAR	ACTIVITIES TO CHOOSE FROM	TIME	YEAR	ACTIVITIES TO CHOOSE FROM
8.45am to 8.55am	ALL	Roll to be taken then students move to the Senior Oval and sit in their House colours	SESSION 4 11.30am to 12.10pm	6 7 8 9 10 11 12	100m, Volleyball Long Jump, Bocce Javelin 1, Basketball 5 A Side Soccer, Tug of War 100m, Shot Put 2, Mixed Netball Discus 2 High Jump, Archery
8.55am to 9.20am	ALL	Opening Address, expectations and warm up for the day. Years R-5 move to Middle and Junior Ovals to begin events.	SESSION 5 12.10pm to 12.50pm	6 7 8 9 10 11 12	Basketball 100m, Tug of War Shot Put 1, Bocce 100m, Long Jump, Volleyball High Jump, 5 A Side Soccer, Archery 100m, Javelin 1, Mixed Netball Javelin 2, Mixed Netball
SESSION 1 9.20am to 10.00am	6 7 8 9 10 11 12	800m, Discus 1, 5 a Side Soccer 800m, Discus 2, Mixed Netball 800m, Tug of War 800m, Javelin 1, Basketball 800m, Long Jump, Volleyball 800m, High Jump, Bocce, Archery 800m, Bocce, Shot Put 1	SESSION 6 12.50pm to 1.30pm	6 7 8 9 10 11 12	Long Jump, Mixed Netball Javelin 2, Basketball 100m, High Jump, Volleyball Discus 2, Bocce Tug of War, Archery Shot Put 2, 5 A Side Soccer 100m, 5 A Side Soccer
SESSION 2 10.00am to 10.45am	6 7 8 9 10 11 12	Shot Put 1, Tug of War, Bocce 200m, High Jump, 5 A Side Soccer Long Jump, Mixed Netball 200m, Shot Put 2 200m, Discus 1, Basketball Volleyball, Archery 200m, Discus 2, Volleyball	SESSION 7 1.30pm to 2.30pm	ALL YEAR LEVELS (Year 3-12)	ALL STUDENTS (Years 3-12) MUST MOVE TO THE SENIOR OVAL MAIN RUNNING TRACK 4 x 100m Relay - for all year levels (2 girls and 2 boys per team)
SESSION 3 10.45am to 11.30am	6 7 8 9 10 11 12	200m, Javelin 1 Shot Put 1, Volleyball 200m, Discus 1, 5 A Side Soccer High Jump, Mixed Netball Javelin 2, Bocce 200m, Long Jump, Basketball, Tug of War Long Jump, Basketball, Tug of War, Archery	2.45pm		PRESENTATION
			3.05pm		DISMISSAL

Year 6 - 12 Area



Playground

To P-1 Sports Area



Food trucks



(Music Room)

Scorers

Gym

Volleyball



Netball



Basketball



Soccer



SPORTS DAY MENU

FOOD AVAILABLE FROM THE SCHOOL CANTEEN	FOOD AVAILABLE FROM THE SPORTS SHED (Yr 6 – 12 Oval)
Hot Chips \$4.00	Bacon & Egg Muffin \$4.00
Hot Dog \$4.00	Cans of soft drink \$2.50
Pie or Sausage Roll \$4.00	Water \$2.00
Nachos \$5.00	Zooper Dooper iceblocks \$1.00
Bolognese Pasta \$5.50	Hot Donuts – 2 for \$1.50
Chicken Burger \$5.50	Potato Chips \$2.00
Pizza – Cheese \$1.50, Ham & Pineapple \$2.00	
Garlic Bread \$1.00	
Assorted drinks and ice creams	

Lunch orders from the canteen menu above will be available for Reception to Year 5 students ONLY on Sports Day

Lunch orders will be ready for classroom monitors to collect at 12.30 pm

Please DO NOT collect lunch orders individually from the Canteen

Lunch orders will NOT be available for Year 6 - 12 students on Sports Day

Students in Year 6 – 12 are welcome to purchase food throughout the day

ALSO AVAILABLE

Coffee Van, Ice Cream truck and sausage sizzle

STEM UPGRADE

The Heights School has completed the **\$3.5 Million** upgrade to student facilities, providing vital new learning spaces and opportunities in **Science, Technology Engineering & Maths**

(STEM)



THE HEIGHTS SCHOOL Preschool - Year 12

*Thank you for your continued support of
The Heights School*

BUILDING BETTER SCHOOLS

Additionally,
The Heights School has received a **\$10 Million** grant to provide brand new buildings with state of the art furniture and equipment to enhance student learning.

Planning has already commenced.

we create

we provide

we encourage

we care