

# ALDGATE PRIMARY SPORTS REPORT - WEEK 4 TERM 1 2024

## PREMIERS BE ACTIVE CHALLENGE

The PBAC requires individuals to record **one hour of physical activity, five days a week, for ten weeks in 2024**, by the end of term 3. A handful of our classes are underway already with our Mrs Cottle's, Ms Hyatt's, Ms Marden's and Mr Richards' classes all getting a good start. Miss Somerville's and Ms Hoffmann's children made a start today as well – albeit a slow one. Hopefully we can all work hard with regular physical activity and get the job done as a school in 2024 again. A special mention to **Aurora Sparrow** for handing in her holiday ABAC, 5 points to the green machine – better late than never!

## SPORTS INCENTIVE POINTS TALLY

Sports Incentive Points (SIPs) earned go towards our 2024 sports day and our annual Aldgate Allrounder award.

Freeman	Meares	Pearson	Thorpe
802	826	805	829

Congratulations to the following students for receiving SIPs by displaying positive attitudes to PE, achieving personal bests (PBs) and following our school values.

**Hoffmann** – Aurora I, Ava L, Evrim, Hamish O, Hope, Jasper, Penny, Sam B, Sidney Reynolds, Zac A, Aidan, Casey, Magnus, Matthew E, **Somerville** - Alice D, Beatrix, Connor S, Edward D, Emma H, Hollie Fatchen, Julian, Liam, Max M, Noah, Rupert F, Siofra, Aster, Aurora Short, Imogen, Laney, Mabel C, **Cottle** – Alice B, Asher L, Aurora Sparrow, Bowie, Connor P, Edmund, Jack K, Mackenzie H, Milo, Ollie W, Theo, Ari, Evie W, Ewen, Flossie, Guinevere, Henry Lemm, Koa, Maddie Brown, Matty H, Paige, Ruby, Rupert B, Sophie D H, **Hyatt** – Anaiya, Charlotte M, Edward W-R, Emiko, Harry, Mikey, Olive H, Rollo, Scarlett W, Tally, Claire J, Ella I, Henry R, Louis, Luca W, Neave, Rafferty, Stoli, Wren, **Dunaiski/Woods** – Alexis, Alia, Arlo DT, Edgar, Felix L, Jack D, Jemima, Jessica, Lucas, Nate W, Oli M, Oscar, Paddy, Uma, Cooper, Darcy, Gracie, Hamish B, Hannah, Ivy, Jaidyn, Molly G, Nate M, Oliver B, Saoirse, Taite, **Wyett/Cale** - Aeliana, Alfie, Ava B, Charlie T, Herbert, Issabelle W, Kai, Luca Z, Lucie A-P, Mabel H, Malachy, Matilda, Otis Reeve, Rory, Samuel G, Victor, Xavier, Bella G, Edward R. Eloise D, Erin, Grace, Rose, Scarlett Steele, William, **Huff** - Angie, Charlie P, Ella V, Esme N, Isabelle S, Kayla, Maddie Burns, Anna, Archer, Asher S, Austin, Claire C, Daniel, Eden, Elijah E, Harriet B, Jordan, Lara, Mackenzie D, Mackenzie R, Nathaniel, Otis Reynolds, Riley F, Roy, Saskia, Zachary F, Zara, **Richards** – Edi, Emil, Felix S, Flynn, Izzy P, Mabel P, Mia, Oliver K, Pete, Saige, Scarlet E, Sophie M, Zoe, Addison, Amelia Wilson, Amelie, Aramis, Avery, Felix B, Finn, Henry D, Jasmin, Karma, Lexi, Lucy S, Mary, Molly C, Sophie W, **Godson/Marsden** – Arlo T, Bonnie, Caleb B, Henry M, Holly Faber, Hudson, Hugo, Maddison J, Milla T, Orla, Owen, Siam, Sidney Richards, Amelia Wells, Annie, Bella R, Chase, Eli A, Eloise K, Emma D H, Havannah, Megan, Milla H, Olive C, Shannon.

## SPORTS DAY & SCHOOL CAPTAINS 2024

As mentioned in the last *Sports Report*, Sports Day is **Friday 22<sup>nd</sup> March**. There is an important parent information letter and program that you can access by this week's newsletter newsletter on 'Sway' or we have attached it the latter pages of this Sports Report. Hard copies of the program can be collected from the front office for your convenience.

The application and selection process for this year's **school captains** is now completed and our newly appointed captains were presented with their badges at today's assembly. Congratulations to the following students for being chosen to lead our teams and school. We are looking forward to seeing their leadership credentials flourish leading up to and on sports day and then throughout the school year.

### Thorpe Blue

Lexi Becker (C)

Shannon Laheen (C)

Chase Warburton (VC)

Karma Istafanous (VC)

### Freeman Yellow

Sophie Whittle (C)

Sienna Miller (C)

Henry Dolan (VC)

Megan Wolosiuk (VC)

### Meares Red

Emma de Haas (C)

Zach Clark (C)

Amelia Willson (VC)

Felix Baines (VC)

### Pearson Green

Annie Raspe (C)

Finn Della-Torre (C)

Lily Simmons (VC)

Amelie MacGregor (VC)

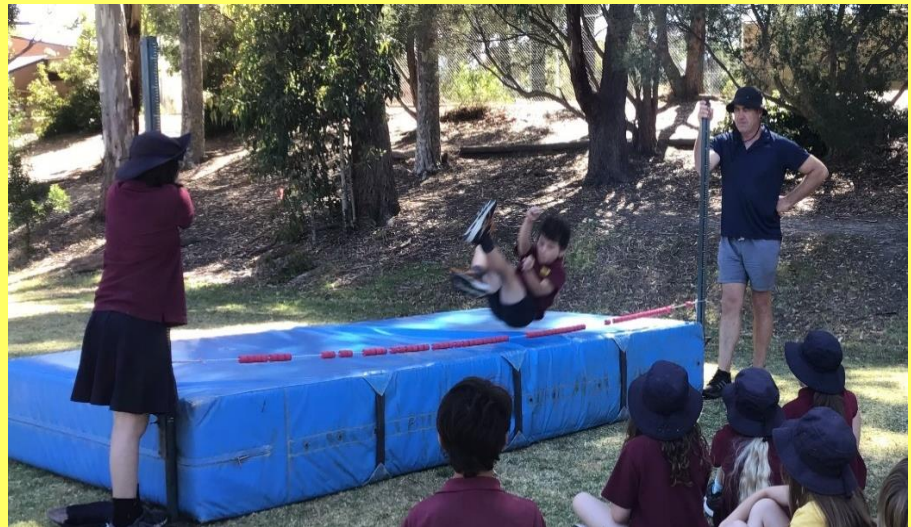
Selections for these positions is always a challenging process and we acknowledge and congratulate **all** of our year 6s for their written applications. For those unlucky to miss out, there will be many other opportunities to lead and contribute to our school like captaining various School Sport teams, graduation committee, choir, school concert planning and other peer mentoring roles throughout 2024. Thank you for being empathetic, respectful responsible and resilient through the selection and announcement process. It is crucial to learn how to recognise your leadership qualities and character strengths, especially as we mature in to teenagers and develop independence.



## SPORTS DAY PREPARATION

Our students have prepared a solid foundation for our annual **Sports Day** coming up **on Friday 22<sup>nd</sup> March**. Our year 3 to 6s have been flat out achieving many personal bests in their field events. So far we have mastered and recorded data for shot put, discuss and high jump. Mr Huff's group ran their 200s on Tuesday kicking off the first of our track events. These 200 times will be used to select our athletics team later in week 10. Our year 1s and 2s also get a little taste of a couple of events, whilst our newcomers in reception will definitely have a go at the jumping events – high and long jump.

Is it a bird? Is it a plane? No it's a flying Stapleton! **Herbert** from Mr Wyatt's class demonstrating his awesome high jumping ability. We have been really impressed with all of our children's technique.



## COURIER CUP SWIMMING 2024

Congratulations to the following students for being selected in our Courier Cup swimming team 2024. **Gracie Stubing, Eloise Durand, Rose Binnion, Ella Vandenbroek, Maddie Burns, Angela Brown, Claire Carter, Zoe Hamilton, Mackenzie Rudd, Lara Brooks, Amelia Wells, Holly Faber, Karma Istafanous, Molly Cowie, with Amelia Wilson and Megan Wolosiuk** (pictured right) being our co-captains of this year's team. These eager little beavers are off to the Mountain Pool in Mt Barker next Thursday to race against the Hills and Barkers best swimmers. All the best in the pool next Thursday legends! The program for our Aldgate swimmers can be found on the last page of the Sports Report.



## CROSS COUNTRY TRAINING 2024

Ms Marsden is inviting our **cross country** runners to start planning and preparing for our cross country team to compete at Woodside in week 4, term 2. Lisa is inviting any runners interested to the following sessions starting at 8:15am on the school oval.

Week 5 26<sup>th</sup> February

Week 6 4<sup>th</sup> March,

Week 7 No training Public Holiday

Week 8 18<sup>th</sup> March

Week 9 25<sup>th</sup> March

Week 10 No training Easter

Week 11 8<sup>th</sup> April

A big thank you to Ms Marsden for volunteering her time towards our runners on her days off! Massive effort.

Just a reminder also, our whole school will be again be running the Aldgate Cross Country Cup in week 3 next term so put on your joggers and go for a trot!

## SPIKEZONE UNDERWAY

Great to see so many faces at our first Spikezone training last Wednesday. Mr Huff and our school are working hard to develop skills and abilities, developing clear pathway in to the sport of volleyball and also an instrumental stepping stone towards the special interest volleyball program at Heathfield High School. Below are some action shots of our group and the term 1 Spikezone teams. Matches getting underway this afternoon. Enjoy the games kids.



4/5 Boys		5/6 Boys/Mixed			4/5 Girls	
<b>Aldgate Grizzlies</b>	<b>Aldgate Jets</b>	<b>Aldgate Dotcom</b>	<b>Aldgate Weet-bix Kids</b>	<b>Aldgate Leopards</b>	<b>Aldgate IGAs</b>	
Nate M. Hamish B. Cooper S. Emil V.	Jordan S. Riley F. Daniel S. Zac F. Asher S. Will G.	Evie W. Holly F. Bonnie M. Edi P. Zoe H.	Finn D. Chase W. Henry D. Isaac C.	Isabelle S. Scarlett S. Ella V. Rose B. Angela B.	Grace H. Bella G. Margot B. Gracie S. Eloise D.	
5/6 Girls						
<b>Aldgate Capybaras</b>	<b>Aldgate Eye-lashes</b>	<b>Aldgate Allstars</b>	<b>Aldgate Ratatouille</b>	<b>Aldgate Avocados</b>		
Eden S. Mackenzie R. Saskia M. Saige P. Zara F.	Kenzie D. Anna A. Molly C. Bella R. Havannah B.	Sophie W. Sienna M. Eloise K. Amelia Wells	Laurie B. Addison P. Amelie M. Karma I.	Shannon L. Emma D. Lucy S. Amelia Wilson		

## UPCOMING SCHOOL SPORT EVENTS

Competition	Opponents	Venue	Date
Courier Cup Swimming	Hills and Barker District Schools	Mountain Pool, Mt Baker	Thursday 29 <sup>th</sup> Feb
Lunch & Crunch Volleyball	Various Hills and Mt Barker Schools	Heathfield High School	Wednesday 13 <sup>th</sup> Mar
Sports Day	Freeman, Meares, Pearson, Thorpe	Aldgate School Oval	Friday 22 <sup>nd</sup> Mar
Come and Try Volleyball	Heathfield High students Mentoring Program	Aldgate School Oval	Tuesday 26 <sup>th</sup> Mar
District Athletics	Hills Schools	Cornerstone College	Wednesday 3 <sup>rd</sup> April

## COMMUNITY NEWS


**Mary Leah** has been involved in Karate for 5 years in the school gym on Tuesday nights. Here is a small reflection of her thoughts.

*'Karate is a fun way to keep active and helps me with my movement. We learn self defence skills and many routines that help me think. My favourite routine is something called Tendo where you have to block and defend yourself. I love it!'*

## ALDGATE AT THE T20 AUSTRALIA v WEST INDIES

On Sunday 11<sup>th</sup> February, twenty of our Aldgate crew were fortunate to attend the T20 international cricket match between the Australian and West Indies cricket teams. Our school was allocated twenty tickets as part of our South Australian Cricket Association's "Places to Play" grant which has included our new cricket wicket. The lucky families were – The Grossmans', Dolans', Stevensons', Stells' and Richards' families. They witnessed another remarkable knock from Glen Maxwell on the way to a comfortable Australian win. We still have a soft spot for the West Indies team and hope they can one day return to their former glory.





# Kids Karate

A martial arts program especially for children under the age of 15 years and as young as 5!!

## Come and Try for FREE!!

EMPOWERMENT DOJOS  
Building Confidence - Changing Lives

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**ALDGATE PRIMARY SCHOOL**  
Fairview Rd, Aldgate  
Tuesdays 6pm - 7pm  
(Teens & Adults 7.15pm - 8.30pm)


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**BLACKWOOD PRIMARY SCHOOL**  
Seymour St, Eden Hills  
(OPENING TERM 1 2022)  
Wednesdays 6pm - 7pm

**New Location**


Contact Leisa 0417 973 689  
goldenknights.com.au





## JOIN ALDGATE NETBALL CLUB IN 2024

Aldgate Netball Club welcomes members to learn the sport of netball and compete in the Hills Netball Association in a supportive and inclusive environment.



Register with ANC today as an U9, U11, U13, Intermediate or Senior player.

Register: <https://www.playhq.com/netball-australia/register/4c209b>  
Or scan QR Code above.

### TRIALS

Arrive 15 minutes early to sign-in, get your trial number and warm up.

Sunday March 3	Wednesday March 6
<b>Aldgate Netball Courts</b>	<b>Heathfield Netball Courts</b>
11s: 12pm - 1pm	11s: 5pm - 6pm
13s: 1pm - 2pm	13s: 6pm - 7pm
Inters: 2pm - 3pm	Inters: 6-7pm
Seniors: 3pm-4pm	Seniors: 7.30pm-8.30pm


*Trials are not held for Net Set Go (aged 5-7) or our U9 players.*

### NET SET GO

Aged 5 - 8 and interested in learning the skills of netball in a fun program? More details about ANC's Net Set Go program, running in Term 3, available soon. More info via our Facebook page.

### HAVE QUESTIONS?

Contact Aldgate Netball Club President Amy Park on [anc\\_president@outlook.com](mailto:anc_president@outlook.com)




# ADL

## Adelaide Dirt League


### MTB Skills Competitions

4 Competitions  
Under 13 + Under 15  
Schools Trophy  
DH | GE | XC



MORE INFO

delivered by  
**Head for the Hills**  
[headforthehills.net.au](http://headforthehills.net.au)




23/02/24



Dear Parents and Caregivers

On **Friday 22<sup>nd</sup> March Week 8**, our students will be participating in our annual **Sports Day** which is aimed at skilling children through athletics, being active and having fun! A program, outlining a detailed order of the day's events is attached so families can prepare for the day.

All new students have been allocated teams and our Year 6 students have submitted and won the school captaincy roles. These will be announced in this week's 'Sports Report'. For our new families, the team names are **Freeman (yellow)**, **Pearson (green)**, **Thorpe (blue)** and **Mearns (red)**. Competitors are encouraged to wear appropriate sun safe clothing in their team colours, with comfortable sports shoes and an approved school hat for the day. Please do not send coloured hair spray to school. Any hair colouring needs to be done at home in the morning.

**If your child has medication needs eg for asthma or allergies - please check that it is available for the event and that we have an appropriate up to date health plan in place.**

Students will need a water bottle throughout the day and a packed recess and lunch. Alternatively, we have arranged Subway meal deals for lunch and families will be invited to pre-order these lunch requests in the coming weeks. A coffee van will be available for parents during the day and our parent fundraising group will be selling iceblocks (\$1) and other goodies during recess and lunch breaks, with a sausage sizzle operating at lunch time.

We invite all families to attend the day and watch the children in action. We will have designated viewing areas during our morning's events for safety purposes only. During the lunch time break at 12:05pm, children can join you for a family picnic before we begin the afternoon's events.

At the end of the Tug of War, the Sports Day shield will be presented to the day's winning team. Dismissal will be at normal time, however families that are attending may wish to make arrangements with respective classroom teachers prior to sports day to take their children home following the closing ceremony. **The hand over procedure will be that families are to sign out their children with their respective class teachers and depart safely.**

If weather prevents Sports Day from going ahead, we will reschedule it for Thursday 28<sup>th</sup> March in a modified format and all lunch orders will be postponed until then. You can find out by ringing the school at 8.30am or by checking our online communication platforms (*Seesaw & EdSmart*).

**Please ensure you put Friday 22<sup>nd</sup> March in your diaries and we are looking forward to sharing this experience with you.**

Regards

The Staff and Students of Aldgate Primary School

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Government of South Australia  
Department for Education

## COURIER CUP ALDGATE PRIMARY ORDER OF EVENTS 29<sup>th</sup> February 2024

8:45am Arrive

9:00am Opening Ceremony

9:30am Events Start

Event 1	Opening Ceremony – Courier Cup	Amelia Wilson	Megan Wolosiuk
2	Open Freestyle Relay Heats	Holly	Amelia We. Megan Amelia Wi.
3	Medley Relay Heats	Amelia Wi. (Back)	Maddie (Brst) Holly (Free) Megan (Fly)
4	12 Yr Girls Freestyle	Amelia Wilson & Molly	
5	12 Yr Boys Freestyle		
6	11 Yr Girls Freestyle	Holly, Megan & Amelia Wells	
7	11 Yr Boys Freestyle		
8	10 Yr Girls Freestyle	Maddie, Claire, Eloise, Gracie, Ella & Zoe	
9	10 Yr Boys Freestyle		
10	12 Yr Girls Backstroke	Amelia Wilson	
11	12 Yr Boys Backstroke		
12	11 Yr Girls Backstroke	Megan, Lara & Karma	
13	11 Yr Boys Backstroke		
14	10 Yr Girls Backstroke	Angela & Rose	
15	10 Yr Boys Backstroke		
1	FINAL COURIER CUP		
16	10 Yr Girls Butterfly	Maddie & Gracie	
17	10 Yr Boys Butterfly		
18	12 Yr Girls Butterfly	Molly	
19	12 Yr Boys Butterfly		
20	11 Yr Girls Butterfly	Megan & Karma	
21	11 Yr Boys Butterfly		
	(10 Yr g/b changed to allow senior swimmers from CC to return to marshalling)		
22	12 Yr Girls Breaststroke	Molly & Amelia Wilson	
23	12 Yr Boys Breaststroke		
24	11 Yr Girls Breaststroke	Amelia Wells & Mackenzie Rudd	
25	11 Yr Boys Breaststroke		
26	10 Yr Girls Breaststroke	Maddie & Claire	
27	10 Yr Boys Breaststroke		
28	Final Open Medley Relay		
29	Final Open Freestyle Relay		

