SPORT

Sports activities are important for developing sportsmanship and physical skill. They are also important in building self-esteem, co-operation and in making school fun.

We have four sport houses. Students are allocated a house when they enrol at the school. Siblings are placed in the same house. All children compete in their houses at our sports carnivals. House points are also awarded to students for activities other than sport. Weekly point tallies are given at Friday assemblies. Each house elects boy and girl Captains and Vice Captains at the beginning of each year.

The houses are:

- COOPER - RED - First president of the local club.
- HENNESSY - GREEN - First sawmiller in the area.
- STUART - BLUE - First settler in the area.
- WHEATON - YELLOW - First teacher at the school.

Shirts can be bought from the school with the school logo on them.

Each week students enjoy

- Daily Fitness - Monday to Thursday
- Sport - Friday

Throughout the year carnivals and competitions are run. These are an important part of our school calendar and offer many social benefits to students even if they are not presently excelling in the sports involved. Your help in getting notes / money in on time will be appreciated.

Parents are most welcome to join us as helpers or spectators at all events.

PLEASE NOTE - PE and SPORT are required activities. A signed, dated note is required if a child is unable to participate.
CARNIVALS:

Three school sports carnivals are held each year for students of all ages. Age divisions are organised in accordance with PSSA regulations:

- **Minor** – 5 to 7 yrs
- **Junior** – 8 to 10 yrs
- 11yrs
- **Senior** – 12 to 13 yrs

Students compete in the age division for the age they turn that calendar year.

SWIMMING

A carnival is held in February each year at Macksville Pool. Parents are required to provide private transport. The whole school Yr3-6 is involved and novelty events are held for younger students and non-swimmers. It is a very good introduction for new students to become a part of their assigned house team. There is always a hotly contested parent race where participants score house points for their child’s house.

CROSS COUNTRY

Held at the beginning of Term 2 at school in the playground or at the local beach. Parents and family members are encouraged to run with the students. Platters of fresh fruit are served to the exhausted runners.

ATHLETICS

Run at the end of Term 2 on Joe Donovan Oval (next door to the school). Our carnival involves a variety of track, field and ball events. A “Small Schools” carnival is also held before the District carnival, involving some of our local small schools - Scotts Head, Eungai and Medlow. The venue for this carnival can vary, giving each school a turn.

District, Zone, Regional and State carnivals are held for each sport for successful representatives. Only students from the Junior age group and older (8+) are able to represent the school at these further carnivals.