



23/03/2026

Sports Day 2026

Dear Parent/Carer,

Our school Sports Day will be taking place next Thursday (2nd April) and we are looking forward to a day of activity, competition and fun! This document includes a range of information regarding Sports Day. We hope it helps to answer some frequently asked questions and ultimately help us achieve our goals and visions for this special day in our school calendar.

TOPICS:

- 1) Purpose
- 2) House teams
- 3) Timetable highlights
- 4) What to wear
- 5) Canteen and food options
- 6) Parent involvement
- 7) Student self-regulation space
- 8) Play spaces

1. Purpose of Sports Day at Good Shepherd

To build community through healthy competition, in a supportive and safe environment.

This looks like:

- Respecting diversity
- Encouragement
- Trying our best
- Good sporting attitude

These attributes are encouraged throughout the day with the awarding of points not only for athletic achievement but also for the above traits.

2. House teams

Kardla (Red) Tirntu (Yellow) Wirra (Green) Pari (Blue)

Each of these teams are named after the Kaurna words for Fire, Sun, Trees and Water respectively.

3. Timetable Highlights

8:30am – Students should arrive at school at the regular time, with classrooms opening at 8:30am. This is a great opportunity for teachers to take photos, and complete attendance procedures.

8:40am – Classes move to the oval.

8:50am – Opening Ceremony commences (including the procession of Stage 1 students).

9:00am – Events commence. Each class moves to various stations around the school. Please see Sports Day program for further information.

10:20am – Recess commences. All students will move to their classrooms for the recess break. They will be able to re-apply sunscreen and prepare for the remainder of the day. Students can bring their recess from home or pre-order on QKR.

Parents and guests are asked to stay outside during this time. They are encouraged to catch up with others within our community and make use of the drink/food truck.

10:50am – Tabloid events re-commence.

12:10pm – Relays.

12:40pm – Presentation of the shield.

12:45pm – Conclusion of day. Students return to classrooms and dismissed by their teacher. OSHC commences. The bus will operate at its regular time. Students who travel by bus may go home early or be booked into OSHC.

4. What to wear

We ask that children come to school in their sport uniform (including hat – reversible hats with house colours are now available in the uniform shop) and invite them to wear an alternate t-shirt to identify the colour of the team they represent. We also encourage parents and visitors to accessorise using ‘creative colour’ to further identify the team to which they belong.

5. SunSmart

As this is an outdoor event, please ensure clothing items are sun safe (covering shoulders). Please apply sunscreen before arriving at school, there will also be sunscreen available throughout the day.

6. Canteen and food options

Canteen will have a limited menu and will only be available for recess, this can be ordered on the QKR app. A food truck (Hungry Hustle) will be available for staff and parents/families only. Students do not have access to the food truck. Please note that parents and family members are not permitted inside the school during recess eating time (around 10:20am).

7. Parent and guest involvement

We encourage parent and guest attendance and participation during Sports Day. It is fantastic to have students being supported by their family and friends. We encourage parents to be positive and active supporters at each event.

Teachers and staff also value parents and guests who can assist at each tabloid event, perhaps by scoring, retrieving equipment or supporting the positive behaviour of students. If you are willing and able to help during specific times throughout the day, please contact your child's classroom teacher.

8. Student self-regulation space

There are times when students can become overwhelmed by various activities and environments, and Sports Day can be one of these times. To help students to achieve success in this highly stimulating environment this year, we are providing students with a space to self-regulate these emotions in the LINC Hub.

The purpose of this room is to provide and maintain equal opportunities and a space for students to self-regulate throughout the day. This will give the students tools to be successful in participating in sports day activities.

This space is for students only, where Learning Enrichment teachers will work closely with each student who arrives. Generally, students will be spending 10 minutes per visit in this space. This time will be monitored and managed by staff.

This year we are also introducing a 'quiet tent' which will be located on the north side of the oval. This provides a quieter option for students not wanting to be in the marquees with the other students during the loud cheering and chanting.

9. Play spaces

Due to the recess break being held inside for students, the Junior Primary playground is available for supervised play for non-school children. The Upper Primary playground is out of bounds for the day, as it is being used by students for a Sports Day event.

Kind regards,

Austin Rowe

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