



# EUNICE PRIMARY SCHOOL EXTRA-MURAL TIMETABLE 2020



It is **compulsory** to participate in one Summer and one Winter **Sport** at Eunice Primary School

We offer so many activities, that learners will have to choose, in some instances, as we share facilities with Eunice High School.

**All Year**  
Tennis  
Squash  
Cardio Training  
Pom-Pom & Flags

**Winter**  
Hockey  
Netball  
Cross-country

**Cultural**  
Brownies & Guides  
Marimbas  
Choir  
Drama  
Chess  
Girls<sup>2</sup>

**Summer**  
Swimming  
Athletics

## Why Extra-mural Activities are great for Childhood Development

It's a great way for learners to make new friends, learn about team work, get some much needed exercise and even develop problem solving abilities.

Participation in Extra-mural Activities enhances the acquisition of social skills, as well as physical and psychological development.

It helps learners find and develop their passions and this will help promote happiness and a balanced lifestyle.

Extra-murals build self-esteem and confidence.

It also teaches children about long term commitments.

# SPORTS

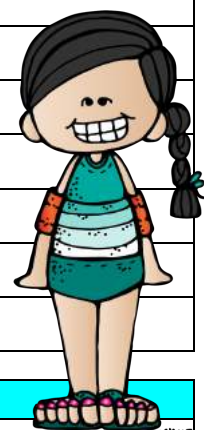
## SWIMMING (Term 1 & 4)

Head: Fransa Smit

### Swimming Pool Rules

- ★ No parents allowed in the pool area.
- ★ Swimmers are not allowed to sit outside the pool area dressed in their towels and swimming costumes.
- ★ No learners are allowed in the pool area without their coach.
- ★ Swimmers must change in the change rooms in the pool area and not outside the gate.
- ★ No learner is allowed to swim without a Eunice cap or Eunice Swimming Costume.
- ★ No learner may leave the pool area unless:  
Dressed in full school uniform, including socks and shoes or Eunice Sport Shirt and EPS shorts, ski pants or skort with 'slops'.  
Athletic vest may be worn.
- ★ No learner may leave the pool area barefoot.

|                |           |              |               |  |
|----------------|-----------|--------------|---------------|--|
| Grade 1        | Squad     | Mon & Wed    | 13:30 – 14:00 | Stacey Schultz   |
|                | Beginners | Mon & Wed    | 13:30 – 14:00 | Michelle Muller, Griki Jacobs                                  |
| Grade 2        | Squad     | Tues & Thurs | 13:30 – 14:00 | Carmen le Roux   |
|                | Beginners | Tues & Thurs | 13:30 – 14:00 | Michelle Wiese, Marise Rossouw                                 |
| Grade 3 & 4    | Squad     | Mon & Tues   | 14:00 – 14:45 | Chantel Smith  |
|                |           | Wed & Thurs  | 14:00 – 14:45 | Deidre Fourie  |
|                | Average   | Mon & Wed    | 15:00 – 15:30 | Fransa Smit, Claire van der Merwe                              |
|                |           | Tue & Thurs  | 15:00 – 15:30 | Gerda Aucamp (Tue), Zayaan Jinnah (Thurs)                      |
|                | Beginners | Mon & Tues   | 14:00 – 14:30 | Rethabile Sesing, Chané Massey (Mon), Kelsey du Pisanie (Tues) |
|                |           | Wed & Thurs  | 14:00 – 14:30 | Tiffney du Preez, Candice Viveiros                             |
| Grade 5, 6 & 7 | Squad     | Mon & Thurs  | 14:00 – 15:00 | Lynne Walraven   |
|                |           | Tues & Wed   | 14:00 – 15:00 | Jenni Rodgers  |
|                | Average   | Mon & Tues   | 15:00 – 15:30 | Carmen le Roux   |
|                |           | Wed & Thurs  | 15:00 – 15:30 | Chané Massey   |
|                | Beginners | Wed          | 14:30 – 15:00 | Zayaan Jinnah  |

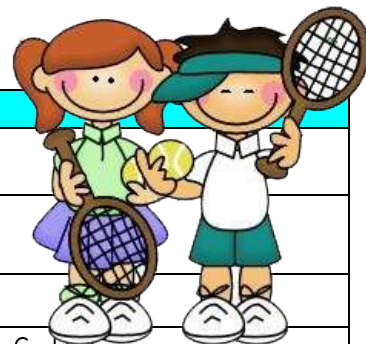


## SQUASH (All Year)

Head: Fransa Smit

- ★ Always play with protective eye wear.
- ★ Play with non-marking soles.
- ★ Practice in correct Eunice sport uniform. Eunice skort or shorts, sport shirt and white ankle socks.
- ★ Learn to mark and referee as soon as possible.

|  |       |               |                           |
|--|-------|---------------|---------------------------|
|  | Mon   | 15:45 – 17:45 | Ruan Viljoen, Fransa Smit |
|  | Tue   | 13:45 – 16:00 | Ruan Viljoen, Fransa Smit |
|  | Wed   | 15:45 – 17:45 | Ruan Viljoen, Fransa Smit |
|  | Thurs | 13:45 – 16:00 | Ruan Viljoen, Fransa Smit |



| TENNIS (All Year)  |                           |               |                                 |
|--|---------------------------|---------------|---------------------------------|
| Head: Eric Grobbelaar  |                           |               |                                 |
| <ul style="list-style-type: none"> <li>★ Eunice skort or shorts, sport shirt and white ankle socks.</li> <li>★ Green EPS peak</li> </ul> |                           |               |                                 |
| Grade 1  | Wed                       | 14:15 – 15:00 | Marise Rossouw                  |
| Grade 2 – 7  | Mon & Thurs               | 15:00 – 16:00 | Marise Rossouw, Eric Grobbelaar |
| Morning Tennis (League players)  | Term 1 & 4<br>Mon – Thurs | 06:30 – 07:15 | Marise Rossouw, Eric Grobbelaar |
| U/13 League  | Term 3                    | 14:00         | Marise Rossouw, Eric Grobbelaar |
| U/11 League  | Term 4                    | 14:00         | Marise Rossouw, Eric Grobbelaar |

| ATHLETICS (Term 1 & 4)   |           |               |                                 |
|--|-----------|---------------|---------------------------------|
| Head: Roelané Stroebel   |           |               |                                 |
| <ul style="list-style-type: none"> <li>★ No learner may arrive or leave barefoot, 'slops' may be worn, but not for competitions.</li> <li>★ Eunice green athletic vest and Eunice athletic shorts (ski pants). Short white socks to be worn with tackies.</li> </ul> |           |               |                                 |
| Long Jump  | Mon & Wed | 15:00 – 16:00 | Stacey Schultz                  |
| Shot Put/Discus  | Mon & Wed | 14:30 – 15:30 | Gerda Maré                      |
| Sprinting & Long Distance  | Mon       | 15:00 – 16:00 | Odessa Swarts, Chantel Smith    |
|  | Tue       | 15:00 – 16:00 | Odessa Swarts, Roelané Stroebel |
|  | Wed       | 15:00 – 16:00 | Odessa Swarts, Zayaan Jinnah    |
|  | Thurs     | 15:00 – 16:00 | Odessa Swarts, Roelané Stroebel |



| CROSS-COUNTRY (Term 2 & 3)   |       |               |                                  |
|--|-------|---------------|----------------------------------|
| Head: Roelané Stroebel   |       |               |                                  |
| ★ EPS Ski pants, short white socks, tackies and green athletic vest. |       |               |                                  |
|  | Mon   | 15:00 – 16:00 | Odessa Swarts, Stacey Schultz    |
|  | Tue   | 15:00 – 16:00 | Odessa Swarts, Roelané Stroebel  |
|  | Wed   | 15:00 – 16:00 | Odessa Swarts, Stacey Schultz    |
|  | Thurs | 15:00 – 16:00 | Stacey Schultz, Roelané Stroebel |
| League   | Thurs | 15:00 – 16:00 | Stacey Schultz, Roelané Stroebel |

| CARDIO TRAINING (All Year)  |       |               |               |
|---|-------|---------------|---------------|
| Head: Jenni Rodgers   |       |               |               |
| ★ EPS Ski pants, short, white socks, tackies and green athletic vest. |       |               |               |
| Grade 4 – 7   | Tue   | 15:15 – 16:00 | Jenni Rodgers |
| Grade 4 – 7   | Thurs | 14:00 – 14:45 | Yvette Stone  |



## HOCKEY (Term 2 & 3)

Head: Jenni Rodgers

- ★ Each player must have a ball.
- ★ Eunice skort or shorts, shin pads to be worn under socks, Eunice dark green hockey socks and white sports shirt. A gum guard is essential for safety. Tracksuit tops must be worn but are removed when on the field or Astro.

|         |           |               |                   |
|---------|-----------|---------------|-------------------|
| Grade 1 | Mon & Wed | 13:15 – 14:00 | Anemi du Preez    |
| Grade 2 | Mon & Wed | 14:00 – 15:00 | Lynne Walraven    |
| Grade 3 | Mon & Wed | 14:00 – 15:00 | Chantel Smith     |
| Grade 4 | Mon & Wed | 14:00 – 15:00 | Fransa Smit       |
| Grade 5 | Mon & Wed | 14:00 – 15:00 | Kelsey du Pisanie |
| Grade 6 | Mon & Wed | 14:00 – 15:00 | Deidre Fourie     |
| U/13    | Mon & Wed | 14:00 – 15:00 | Candice Calder    |
| Matches | Thurs     |               |                   |



## NETBALL (Term 1 & 2, Begins 10 Feb)

Head: Carinda Janse Van Rensburg

- ★ Skort or short white socks, EPS Sport shirt and sport tackies.
- ★ NO coloured clothing will be allowed on the courts at all.
- ★ All players need to have their own ball.
- ★ U/7-U/9 = No 4 Ball
- ★ U10-U13 = No 5 Ball
- ★ NO JEWELLERY
- ★ Players must eat before coming to Netball and MUST have enough water or juice.
- ★ Players must wear sunscreen, but NO hats.
- ★ No parents allowed on court.

|                          |             |               |                                     |
|--------------------------|-------------|---------------|-------------------------------------|
| Born 2013 U/7 (Court 3)  | Tue & Thurs | 13:15 – 14:00 | Griki Jacobs, Isabella Schwalbach   |
| Born 2012 U/8 (Court 5)  | Tue & Thurs | 13:15 – 14:00 | Michéle Muller, Frané Van Niekerk   |
| Born 2011 U/9 (Court 3)  | Mon & Tues  | 14:00 – 15:00 | Tiffiney du Preez, Rethabile Sesing |
| Born 2010 U/10 (Court 4) | Mon & Tues  | 14:00 – 15:00 | Candice Viveiros                    |
| Born 2009 U/11 (Court 5) | Mon & Tues  | 14:00 – 15:00 | Michelle Wiese                      |
| Born 2008 U/12 (Court 2) | Mon & Tues  | 14:00 – 15:00 | Roelané Stroebel                    |
| Born 2007 U/13 (Court 1) | Mon & Tues  | 14:00 – 15:00 | Carinda Janse Van Rensburg          |
| Matches (Term 2)         | Wed         |               |                                     |



## MAJORETTES: POM-POM & FLAG GROUP

Head: Yvette Stone

- ★ Selected Grade 4 – 7 learners.
- ★ No coming late or leaving early because of other activities – we work as a team, and if ONE member is absent this influences our team negatively.
- ★ Practice uniform: Eunice sport shirt and Eunice sport shorts, tackies or barefoot.
- ★ Uniform during performances: Beach Bronze stockings, white Tommy tackies, Majorette uniform.

|        |       |               |                             |
|--------|-------|---------------|-----------------------------|
| Term 1 | Mon   | 15:00 – 16:00 | Yvette Stone, Carin Bornman |
|        | Wed   | 14:00 – 15:00 | Yvette Stone, Carin Bornman |
|        | Thurs | 14:00 – 15:00 | Yvette Stone, Carin Bornman |
| Term 2 | Mon   | 15:00 – 16:00 | Yvette Stone, Carin Bornman |
|        | Wed   | 15:00 – 16:00 | Yvette Stone, Carin Bornman |
|        | Thurs | 15:00 – 16:00 | Yvette Stone, Carin Bornman |
| Term 3 | Mon   | 15:00 – 16:00 | Yvette Stone, Carin Bornman |
|        | Wed   | 14:00 – 15:00 | Yvette Stone, Carin Bornman |
| Term 4 | Mon   | 14:00 – 15:00 | Yvette Stone, Carin Bornman |
|        | Wed   | 14:00 – 15:00 | Yvette Stone, Carin Bornman |



# CULTURAL ACTIVITIES

## BROWNIES & GUIDES



- ★ Grade 1 – 7 learners.
- ★ Full Brownie or Guide uniform
- ★ Venue: IB

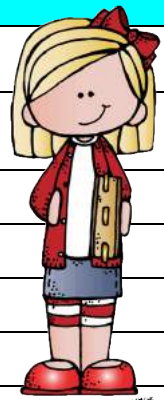
|          |       |               |                 |
|----------|-------|---------------|-----------------|
| Brownies | Thurs | 13:45 – 15:00 | Margaret Corbel |
| Guides   | Thurs | 15:00 – 16:15 | Margaret Corbel |

## MARIMBAS & ENSEMBLES

Head: Gerda Maré

- ★ Selected learners only
- ★ Full school uniform or Eunice Sport uniform.

|  |       |               |                               |
|--|-------|---------------|-------------------------------|
|  | Mon   | 13:30 – 14:30 | Gerda Maré, Candice Bernhardt |
|  | Wed   | 13:30 – 14:30 | Gerda Maré, Candice Bernhardt |
|  | Thurs | 13:30 – 14:30 | Gerda Maré, Candice Bernhardt |
|  | Thurs | 14:30 – 15:30 | Gerda Maré                    |



## CHOIR

Head: Senior: Gerda Maré  
Junior: Michélie Muller

- ★ Selected learners only
- ★ No coming late or leaving early because of other activities – we work as a team, and if ONE member is absent it influences the team negatively.
- ★ No talking during choir rehearsals inside the venues.
- ★ Go to the bathroom BEFORE rehearsals.
- ★ See website for rules, regulations and absenteeism.



|                                 |      |               |  |
|---------------------------------|------|---------------|--|
| Junior Choir                    | Tues | 14:00 – 15:00 | Michélie Muller, Griki Jacobs, Elize Voster, Candice Bernhardt |
| Senior Choir (Alto's & Seconds) | Tues | 14:00 – 15:00 | Gerda Maré, Zayaan Jinnah, Amanda Morgan                       |
| Senior Choir (Soprano's)        | Tues | 15:15 – 16:15 | Gerda Maré, Zayaan Jinnah, Amanda Morgan                       |

## DRAMA

Head: Senior: Trefeuzza Jacobs  
Junior: Dorothy Booth

- ★ Dress code (Junior): Sports uniform
- ★ Dress code (Senior): Black ski-pants, black shirt and black Tommy tacksies.

|                                     |       |               |                  |
|-------------------------------------|-------|---------------|------------------|
| Junior (Grade 1 – 3)<br>Venue: Hall | Wed   | 14:00 – 14:45 | Dorothy Booth    |
| Senior (Grade 4 – 7)<br>Venue: 5C   | Thurs | 14:00 – 15:00 | Trefeuzza Jacobs |



## LIBRARY

|                            |             |               |             |
|----------------------------|-------------|---------------|-------------|
| Book exchange and Research | Mon – Thurs | 13:30 – 15:00 | Jane Keyzer |
|----------------------------|-------------|---------------|-------------|

GOOGLE RESEARCH

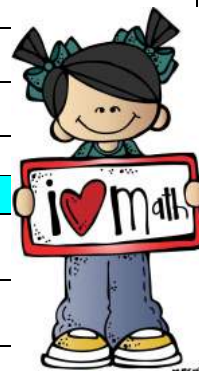


|                        |                 |               |           |
|------------------------|-----------------|---------------|-----------|
| Research (Grade 4 – 7) | Tues (Selected) | 14:00 – 15:00 | Ann Burri |
|------------------------|-----------------|---------------|-----------|

CHESS

Head: Gerda Aucamp

|                          |      |               |                               |
|--------------------------|------|---------------|-------------------------------|
| Grade 1 – 3 (Term 1)     | Tues | 13:45 – 14:15 | Gerda Aucamp                  |
| Grade 4 – 7 (Term 1)     | Tues | 14:15 – 15:00 | Gerda Aucamp                  |
| Grade 1 – 7 (Term 2 – 3) | Tues | 13:45 – 14:45 | Gerda Aucamp, Trefeuza Jacobs |
| Grade 1 – 7 (Term 4)     | Tues | 13:45 – 14:45 | Gerda Aucamp                  |



GIRLS<sup>2</sup>

Head: Karen Roberts

|                                    |        |               |                            |
|------------------------------------|--------|---------------|----------------------------|
| Selected Grade 4 – 7 learners only | Friday | 14:00 – 15:00 | Dr Dorfling, Karen Roberts |
|------------------------------------|--------|---------------|----------------------------|

BOOK CLUB

|                           |          |               |           |
|---------------------------|----------|---------------|-----------|
| Selected Grade 7 learners | Thursday | 15:00 – 16:00 | Ann Burri |
|---------------------------|----------|---------------|-----------|

# INTERVENTION CLASSES

Days change every Term, all information will appear on the blue letter selected learners receive each term.

## GRADE 1 – 3

|         |             |  |
|---------|-------------|--|
| Grade 1 | English     | Griki Jacobs Yvette Stone, Michelle Wiese          |
|         | Mathematics | Griki Jacobs Yvette Stone, Michelle Wiese          |
| Grade 2 | English     | Michéle Muller, Lynne Walraven, Carin Borman       |
|         | Mathematics | Michéle Muller, Lynne Walraven, Carin Borman       |
| Grade 3 | English     | Tiffiney du Preez, Chantel Smith, Candice Viveiros |
|         | Mathematics | Tiffiney du Preez, Chantel Smith, Candice Viveiros |

## GRADE 4 – 7

Selected learners who receive a blue letter each term.

|         |             |               |                              |
|---------|-------------|---------------|------------------------------|
| Grade 4 | English     | 13:45 – 14:30 | Ann Burri                    |
|         | Mathematics | 13:45 – 14:30 | Gerda Aucamp                 |
| Grade 5 | English     | 13:45 – 14:30 | Kelsey du Pisanie            |
|         | Mathematics | 13:45 – 14:30 | Pat van Tonder               |
| Grade 6 | English     | 13:45 – 14:30 | Zayaan Jinnah, Elize Vorster |
|         | Mathematics | 13:45 – 14:30 | Deidre Fourie, Elize Vorster |
| Grade 7 | English     | 13:45 – 14:30 | Claire van der Merwe         |
|         | Mathematics | 13:45 – 14:30 | Karen Roberts                |

