



PAROW NORTH PRIMARY SCHOOL
2026 EXTRACURRICULAR PROGRAMME: TERM 3

	SPORT / ACTIVITY	PRACTICE DAYS & TIMES	PERSONS RESPONSIBLE	MATCHES
1.	Art Club	Tuesdays Gr. 3: 14:15–15:15	M. van Vreden	N/A
		Wednesdays Gr. 4–7: 14:45–15:45 Gr. 4–7 (selected): 14:45–15:45 concert décor assistance	M. van Vreden C. Vredeveld	
		Thursdays Gr. 1–2: 13:45–14:45 (R1 classroom)	L. Bothma	
2.	Chess Club	Mondays Gr. 6–7: 14:45–15:45	J. Robertson	Fridays
		Wednesdays Gr. 4–5: 14:45–15:45	J. Robertson	
3.	Choir (Auditioning required)	Mondays and Wednesdays Gr. 2–3: 07:15–08:15	L. Riley	N/A
		Wednesdays Gr. 4–7: 07:15–08:15 Fridays Gr. 4–7: 13:45–14:45	L. Riley	
4.	Coding & Robotics Club	Mondays Gr. 4–5: 14:45–15:45	C. Coetzee	N/A
		Thursdays Gr. 6–7: 14:45–15:45	C. Coetzee	
5.	Cross Country	Thursdays Gr. 4–7: 14:45–15:45	L. Laubscher C. Green	Fridays
6.	Drama Club	Mondays and Wednesdays (Hall) Gr. 4–5: 14:45–15:45	C. Rossouw	N/A
		Wednesdays Gr. 6–7: 14:45–15:45	L. Truter	N/A
		Thursdays Main characters – concert (Hall)	L. Truter	N/A
7.	Hockey – Grade. R	Mondays and Wednesdays Girls: 13:15–14:00 Boys: 13:15–14:00	C. Hannie D. Britz	N/A
8.	Hockey – Boys	Wednesdays and Thursdays U7: 13:45–14:45 U8: 13:45–14:45 U9: 14:15–15:15 U10: 14:45–15:45 U11: 14:45–15:45 U12–U13: 14:45–15:45	E. van Wyk S. Mohamed M. Heydenrych Z. van Breda-Ehlers L. Gildenhuys G. Vermeulen / D. Britz	Thursdays
9.	Hockey – Girls	Mondays and Thursdays U7: 13:45–14:45 U8: 13:45–14:45 U9: 14:15–15:15 U10: 14:45–15:45 U11: 14:45–15:45 U12–U13: 14:45–15:45	C. Ketteldas / M. Henry L. Ebrahim M. Daniels N. Jonker / L. Noludwe M. Heyns C. van Zyl	Thursdays
10.	KDP (Private – Fees payable)	Tuesdays Gr. R.1: During school hours Gr. 1–2: 13:45–14:15 Gr. 3: 14:15–14:45	R. Bosse 083 601 6902	N/A
		Wednesdays Gr. R.2: During school hours		



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		Gr. 1-2: 13:45-14:15		
11.	Leaders (Meetings)	Thursdays During first break	S. Steer & C. Vredevel	N/A

12.	Library (Book Buddies Club) <i>Fun activities to foster a love for books, as well as the opportunity to borrow books from our library.</i>	Mondays Gr. 4-7: 14:45-15:45	R. du Toit	N/A
		Tuesdays Gr. 1-3: 13:45-14:45	L. van Rensburg	
		Wednesdays Gr. 4-7: 14:45-15:45	R. du Toit	
		Thursdays Gr. 1-3: 13:45-14:45	L. van Rensburg	
13.	Marimba Band (Auditioning required)	Wednesdays Gr. 6: 07:15-08:15	L. Smit	N/A
		Fridays Gr. 7: 07:15-08:25	L. van Loggerenberg	
14.	Netball	Mondays and Wednesdays U7: 13:45-14:45 U8: 13:45-14:45 U9: 14:15-15:15 U10: 14:45-15:45 U11: 14:45-15:45 U12: 14:45-15:45 U13: 14:45-15:45	S. Williams C. Groenewald A. Kilian / L. Mouton S. Visser S. Steer A. Kilian S. Williams / L. Mouton	Wednesdays
15.	Shift Netball Private – Fees payable)	Tuesdays Gr. 1-2: 13:45-14:15 Gr. 3: 14:15-14:45 Fridays Gr. R: 11:30-12:00	J. Albert 066 455 6469 panorama@shiftnetball.co.za	N/A
16.	Piano / Keyboard (Private – Fees payable)	During school hours	L. Smit lsmit@parownorthprimary.co.za	N/A
17.	Recorder (Private – Fees payable)	During school hours	L. Smit lsmit@parownorthprimary.co.za	N/A
18.	Rugby (Mini-Rugby)	Mondays and Tuesdays U7-U8: 13:45-14:45 U9: 14:15-15:15	K. Brand, C. van Zyl & J. Arries R. Allen	Wednesdays
19.	Rugger Roots Rugby (Private – Fees payable)	Wednesdays Gr. 1-2: 13:35-14:05 Gr. 2 Aftercare: 14:10-14:40 Gr. 3: 14:10-14:40 Gr. 4-7: 14:45-15:15	D. Thiar 084 339 5333 deon@ruggaroots.co.za	N/A
		Fridays Gr. R: 11:30-12:00		
20.	Sewing Club (Private – Fees payable)	Tuesdays Gr. 5-7: 14:45-15:45	D. Hartzenberg destineyhartzenberg@gmail.com	N/A
21.	Soccer (Private – Fees payable)	Fridays Gr. R-7: 13:45-14:30	LifeZone Sport 082 485 4662 lifezonesport@gmail.com	N/A
22.	STEM Club	Wednesdays Gr. 6-7: 14:45-15:45	L. Möller	N/A



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		Thursdays Gr. 4-5: 14:45-15:45	M. Stassen	
23.	Wicket Cricket (Private – Fees payable)	Thursdays Gr. R: 13:15-13:45	D. Lucas 0762207477	N/A
24.	Woodwork Club (Private – Fees payable)	Tuesdays Gr. 6-7: 14:45-15:45	TygerWood 062 469 8749	N/A

FOUNDATION PHASE		Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
R.1	Lizelle Bothma				Art Club Gr. 1-2	
R.2	Aimee Kilian	Netball U12		Netball U12		
R.3	Laa'iqah Ebrahim	Hockey Girls U8			Hockey Girls U8	
TA	Chonita Hannie	Hockey Boys & Girls U6		Hockey Boys & Girls U6		
1.1	Elizma van Wyk	Eng. Extra Classes 13:45 – 14:15		Hockey Boys U7	Hockey Boys U7	
1.2	Louise van Rensburg		Library Gr. 1-3	Afr. Extra Classes 13:45 – 14:15	Library Gr. 1-3	
1.3	Charnelle Groenewald	Netball U8	Math Extra Classes 13:45 – 14:15	Netball U8		
TA	C. Ketteldas / M. Henry	Hockey Girls U7			Hockey Girls U7	
2.1	Kaylene Brand	Mini-Rugby U7-U8	Mini-Rugby U7-U8	Math Extra Classes 13:45 – 14:15		
2.2	Inge Pruis		Eng. Extra Classes 13:45 – 14:15			
2.3	Shakirah Mohamed	Afr. Extra Classes 13:45 – 14:15		Hockey Boys U8	Hockey Boys U8	
TA	S. Williams	Netball U7 / U13		Netball U7 / U13		
3.1	Ronel du Toit	Library Gr. 4-7		Library Gr. 4-7	Math Extra Classes 14:15 – 15:00	Monitor Registers
3.2	Margie van Vreden	Eng. Extra Classes 14:15 – 15:00	Art Club Gr. 3	Art Club Gr. 4-7		
3.3	Melanie Heydenrych		Afr. Extra Classes 14:15 – 15:00	Hockey Boys U9	Hockey Boys U9	LTSM
TA	Christin Green				Cross Country	Cross Country Races
INTERSEN PHASE		Mondays	Tuesdays	Wednesday	Thursdays	Fridays
4.1	Melissa Heyns	Hockey Girls U11			Hockey Girls U11	LTSM
4.2	Nicorene Jonker	Hockey Girls U10		Eng. Extra Classes 14:45 – 15:15	Hockey Girls U10	
4.3	Lené Gildenhuys	Maths Extra Class 14:45 – 15:15		Hockey Boys U11	Hockey Boys U11	



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TA	Simoné Visser	Netball U10		Netball U10		
Rem.	Lida Els				Afr. Extra Classes 14:45 – 15:45	
5.1	Grant Vermeulen			Hockey Boys U12-U13	Hockey Boys U12-U13	
5.2	Lanelle Laubscher			Afr. Extra Classes 14:45 – 15:30	Cross Country Gr. 4-7	Cross Country Races
5.3	Charmaine Rossouw	Drama Gr. 4-5		Drama Gr. 4-5	Eng. Extra Classes 14:45 – 15:15	
TA	Megon Daniels	Hockey Girls U9			Hockey Girls U9	
6.1	Zandri van Breda-Ehlers	Afr. Extra Classes 14:45 – 15:15		Hockey Boys U10	Hockey Boys U10	
6.2	Lizan Möller			STEM Club Gr. 6-7	Maths Extra Class 14:45 – 15:45	Monitor Registers
6.3	Lesley-Anne Truter	Eng. Extra Classes 14:45 – 15:15		Drama Gr. 6-7	Main Characters (Concert)	
TA	Veronique Jansen					
7.1	Mari Stassen	Maths Extra Class 14:45 – 15:45			Gr. 4-5 STEM Club	
7.2	Nina Muller			Eng. Extra Classes 14:45 – 15:15		
7.3	Sinead Steer	Netball U11		Netball U11	Afr. Extra Classes 14:45 – 15:15	
TA	Luandri Mouton	Netball U9 / U13		Netball U9 / U13		
OTHER EDUCATORS		Monday	Tuesday	Wednesday	Thursday	Friday
Art	Chané Vredeveld			Art Club Gr. 4-7 Concert decor		
IT	Carla Coetzee	Coding Club Gr. 4-5			Coding Club Gr. 6-7	
PE	Christiaan van Zyl	Hockey Girls U12-U13	Mini-Rugby U7-U8		Hockey Girls U12-U13	
Xhosa	Lelethu Noludwe	Hockey Girls U10			Hockey Girls U10	
Music	Louis van Loggerenberg					Marimba Gr. 7
Music	Liana Smit			Marimba Gr. 6		
Choir	Lehandra Riley	Junior Choir 07:15 – 08:15		Junior and Senior Choir 07:15 – 08:15		Senior Choir 13:45 – 14:45
Rem.	Lida Els	Gr. 5 Maths Extra Class 14:45 – 15:45			Gr. 4 Afr. Extra Classes 14:45 – 15:45	
	Janine Robertson	Chess Grade 6-7			Chess Grade 4-5	Chess Matches