

Dear Parents

Maya Angelou wrote that; **"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."**

We want to encourage parents once again to monitor your child's usage of social media and behavior carefully - this is a big responsibility and as parents you are both responsible and accountable.

Although we prefer a cell phone free environment and our children to engage in good old fashioned play, conversations and gatherings the social world dictates otherwise. We must urgently turn around our dependence on this social environment to allow our children to develop the basic social skills they need.

Traveling with our netball teams in an environment free of outside influences allowed us to get to know their unique world and their inner beauty - this is what we miss when they are focused on social media.

Maybe a stern warning to parents on what they say and do on social media needs to be given as well. Seeing what advice adults ask on groups and what they are willing to say is mind boggling. How can we expect of children to do better!

Incidents will happen at school and although some will see it as "bullying" we need to remember what 'bullying' really means. Please consult previous newsletters in this regard. However, it is important to report any incidents and wrong doings through the correct channels. We will deal with them - perhaps not always to your liking or within your time frame.

We are truly blessed with well behaved learners who show respect and honour the values we stand for - it is a fact of life that there will always be a few who will push the boundaries beyond the norm.

In all cases facts are the key word and what is sometimes communicated as facts may turn out to be half-truths. This is a stumbling block that destroys trust and in 99% of all cases forms the basis of conflict and misunderstandings. Making sure of the facts is essential and is a matter of principle to pay careful attention to this.

We must always keep in mind the changes our children need to go through to develop in a well balanced way so that they can deal with the all the challenges life will throw at them.

Supporters are always welcome and it is nice to see the passion of parents next to the field of play. I recently attended a **match between two schools and was pleasantly surprised by the one school's supporters' passionate and positive support** even though their team was losing and the referee was slightly biased against them. It brought calmness and respect - things could have been very different although the outcome of the match would have been the same.

Dignity is everything and without a positive attitude it's never possible.

Sunshine greetings



M DE VRIES
Principal



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Geagte Ouers

Maya Angelou het geskryf: “We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

Ons wil ouers weereens aanmoedig om u kinders se gebruik van sosiale media en gedrag sorgvuldig te monitor, want as ouers **is dit ‘n groot verantwoordelikheid** – u is aanspreeklik en u is verantwoordelik.

Hoewel ons ‘n selfoonvrye omgewing verkies en wens ons kinders wil soos in die ou dae speel, gesels en kuier, is dit ‘n ander wêreld daarbuite. Ons moet ons afhanklikheid van hierdie sosiale omgewing dringend omswaai, sodat ons kinders die broodnodige sosiale vaardighede kan ontwikkel.

Terwyl ons in ‘n omgewing vry van invloede van buite met ons netbalspan gereis het, kon ons kennis maak met hul unieke wêreld en hoe innerlik mooi hulle is - dit is wat ons waarlik mis wanneer hulle op sosiale media gefokus is.

Miskien moet ons ook ‘n streng waarskuwing aan ouers rig om te let op wat hulle op sosiale media sê en doen. Om te sien watter advies volwassenes op groepe vra en wat mense bereid is om te sê, is verstommend. Hoe kan ons iets anders van kinders verwag!

Daar is wel insidente by die skool wat deur sommige mense as “boelie” gesien word, maar ons moet onthou wat “boelie” regtig beteken. Raadpleeg asseblief vorige nuusbriewe in hierdie verband. Dit is egter belangrik om insidente en oortredings deur die korrekte kanale aan te meld. Ons sal dit hanteer – miskien sal dit nie wees wat u wil hê nie of ook nie binne u tydraamwerk val nie.

Ons is werklik geseënd met leerders wat hulle mooi gedra, respek betoon en die waardes waarvoor ons staan, nastrewe. Dit **is egter ‘n feit dat ‘n paar van hulle die grense sal toets.**

In alle gevalle is feite die sleutelwoord – maar wat soms as feite voorgehou word, kan dalk net halwe waarhede wees. Dit is **‘n struikelblok wat vertrouwe die nek inslaan en in 99% van alle gevalle vorm dit die basis vir konflik en misverstande.** Dit is noodsaaklik om seker te maak van die feite en dit moet ‘n saak van beginsel wees om noukeurig aandag hieraan te skenk. **Ons moet altyd in gedagte hou dat kinders deur veranderinge moet gaan om op ‘n goed gebalanseerde wyse te ontwikkel,** sodat hulle al die uitdagings in hul lewe die hoof kan bied.

Ondersteuners is altyd welkom en dis lekker om te sien hoe passievol ouers langs die sportveld optree. Ek het onlangs ‘n wedstryd tussen twee skole bygewoon en was aangenaam verras oor die passievolle en positiewe ondersteuning van ondersteuners, hoewel hul span besig was om te verloor en die skeidsregter hulle stief behandel het. Dit het kalmte en respek meegebring en dinge kon baie anders gewees het, hoewel die uitkoms van die wedstryd dieselfde sou wees.

Waardigheid is alles en sonder ‘n positiewe ingesteldheid is dit nie moontlik nie.

Sonskyngroete



M DE VRIES
Skoolhoof



SUZUKI



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LEARNER ACHIEVEMENTS / LEERDERPRESTASIES

If not a school event, official results must be emailed to wendy@sunridge.co.za within one week of the event.
Indien nie 'n skoolaktiwiteit nie, moet uitslae binne een week na wendy@sunridge.co.za gestuur word.

SWIMMING: At the 1st NMBA A League gala Jacques Claassen achieved the following results in the 10 & Under age group - 1st 200m IM and 200m backstroke, 2nd 50m and 100m backstroke & 50m breaststroke and 3rd 200m freestyle. Tyla Grobler came 3rd in the 10& Under 50m breaststroke.

GYMNASTICS: Mareli le Roux NMB District Trials on 13 July 2024. She received a third place for Overall Placement Level 4 U/13, Rope 3rd Place Level 4 U/13, Free Dance (FX) 4th place Level 4 U/13, Clubs 3rd Place Level 4 U/13.

BIATHLE: Anli and Anke-Mari Roets competed in the EC Biathle Championships. Anke-Mari has been invited to compete at SA Biathle Championships in August.

RUGBY: Franco du Toit, Cilliers Jooste, Christian Slabbert, Logan Bezuidenhout, Janko Havenga, Divandrè Vosloo and Monrè Ross have been selected for the PE City under 12 sub-union rugby team. They will participate in a regional tournament and final trials on 16 and 17 August 2024.

PERFORMING ARTS: Riley Jacobs has been chosen as a national finalist for the SA Championships of Performing Arts for Hip Hop dancing in September.



Support our Sunridge golf day!
Exciting news!

Efficient Insure sponsors the following prize towards our golf day: **R100 000 for the first hole-in-one** (T&C apply)

Remember, any Sunshine Family member can contribute!!



**ANY CASH DONATIONS
WELCOME!**

R1000+ CASH DONATION:
child's name and/or business logo on
display banner
(complete form on link)

Only a few 4-balls left – contact us to avoid disappointment

Anel @ anel.ferreira@ninetyone.com or Lizelle @ Lfarchitects@hotmail.com

**The prefects hope to see you there on Friday, 30 August
Be part of this fun event!**

JULY SPECIALS

SWIFT 1.2 GL

FROM ONLY
R3519
PER MONTH
30% DEPOSIT REQUIRED
CALCULATED
35% BALLOON



Tavcor **SUZUKI** Port Elizabeth 041 395 8200 suzukipe.co.za

XL6 1.5 GL

FROM ONLY
R4899
PER MONTH
30% DEPOSIT REQUIRED
CALCULATED
35% BALLOON



Tavcor **SUZUKI** Port Elizabeth 041 395 8200 suzukipe.co.za



S.PRESSO 1.0 GL+

FROM ONLY
R2641
PER MONTH
30% DEPOSIT REQUIRED
CALCULATED
35% BALLOON



Tavcor **SUZUKI** Port Elizabeth 041 395 8200 suzukipe.co.za

Jimny 1.5 GL 5-DOOR

FROM ONLY
R6199
PER MONTH
30% DEPOSIT REQUIRED
CALCULATED
35% BALLOON



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PHOTO GALLERY / FOTOGALERI



KNOW YOUR STAFF

Staff Member: *Demi-Rae Willemse*

Early Life: I was born and raised in Port Elizabeth. I attended St Marks School from Grade 1-9 and then moved to Pearson high school from Grade 10-12. I then completed my 4 year teaching degree through UNISA.

Family Life: My husband and I have a beautiful little girl who is 1,5 years old, with another one on the way in September this year. We also have two fur children.

Career Life: I started my teaching career at a few underprivileged schools in Port Elizabeth. I then taught at an online school before moving overseas to Kuwait with my husband. I taught at an American school in Kuwait for a while before moving back to South Africa where I started teaching at Sunridge Primary School in 2023.

Accomplishments: I have been dancing since the age of 5 and am a qualified dance teacher. I have travelled to Croatia and Portugal with my dance team from Defying Gravity Dance Studio to represent South Africa at dance competitions. I still dance but mostly enjoy teaching boys and girls dance classes. However, my most rewarding and important accomplishment is being a mother.

Interesting facts about yourself: I rode horses competitively for 12 years and have a love for animals. I also love music and can play the guitar.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** Friends
2. **Do you have any strange phobias?** I am terrified of frogs!
3. **Are you addicted to any strange hobbies/activities?** When I am not teaching, dancing or running around after my toddler I really enjoy cleaning and organizing – I find it relaxing and satisfying.
4. **If you could have any one superpower, which would you choose?** Invisibility
5. **What is the first thing you notice about people?** Their energy or presence when they enter a room.
6. **What was the worst punishment you received in school?** None – I was a goody two shoes 😊
7. **What, or who, are you a secret fan of?** The Kardashians!
8. **What are the three things you still want to do in your life?** Study further, go on a boat cruise and run a marathon. .
9. **What is the worst pet you have ever had?** Silk worms.
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series



KNOW YOUR STAFF

Staff Member: *Sara van Jaarsveld*

Early Life: I was born and raised in Port Elizabeth. My family lived in Zimbabwe before relocating to Port Elizabeth. I have fond memories of travelling in the train to visit my great grandmother on the farm. I was always a very active child and preferred to be outside. I was a tom boy and showed no interest in Barbie's, reading or entertaining myself. I was always climbing trees, riding my bicycle or playing cricket in the park. I started gymnastics at the age of 3 because my mother thought I needed an outlet for my energy... that outlet lasted for 11 years. I attended Sunridge Primary School. I enjoyed all the school camps, operettas, and inter-house athletic days at the oval and all the different activities we could take part in. I attended Alexander Road High School for Grade 8-9 and then decided to move to Pearson high school from Grade 10-12.

Family Life: I have a mother, father and an older sister. My mom chose to be a housewife from when I was in grade 1 because my sport was very demanding and lots of travelling took place. My dad owns a technical company. I got married to my husband in 2021 and we have a beautiful, vibrant and very busy little girl Hazel Grace. I see my dogs as my four legged children. I have a Boston terrier and a French bull dog. We are blessed to live on a small holding allowing us to have chickens and turkeys which are also part of the family.

Career Life: I chose the field of teaching because I enjoy working with children and coaching sport. It's the best of both worlds. I have been a teacher at Sunridge Primary School for 5 years and prior to teaching at Sunridge I tutored at Kip McGrath education centre in Lorraine and ran the centre.

Accomplishments: I obtained my SA colours for double mini, tumbling, trampoline and artistic gymnastics. I achieved my EP colours for Sports aerobics and water polo u19A. I represented South Africa in CrossFit in 2018 in Spain with a team. I cum Laude my degree in Bed (Intermediate and Senior Phase). My biggest accomplishment is becoming a MOM! Nothing and no one can prepare you for that!

Interesting facts about yourself: I enjoy keeping fit and hate salad. I always make a success out of something I put my mind to and I am very competitive.

Please answer the following questions:

- 1. What was your favourite TV show when growing up?** Rugrats!
- 2. Do you have any strange phobias?** I have a fear of Rollercoasters .
- 3. Are you addicted to any strange hobbies/activities?** None
- 4. If you could have any one superpower, which would you choose?** It's a close call between communicating with animals and turning back time. .
- 5. What is the first thing you notice about people?** Their eyes and teeth.
- 6. What was the worst punishment you received in school?** I received 6 hours detention in grade 10 for dying my hair back to its original colour.
- 7. What, or who, are you a secret fan of?** Not a secret, but I am a super fan of my mom. She is a superhero in my eyes.
- 8. What are the three things you still want to do in your life?** Start mountain biking, go to Bali with my mom and take my husband on a helicopter ride/ pay for him to get a chopper licence.
- 9. What is the worst pet you have ever had?** A parrot that was bought for me for my birthday. It doesn't like me L it lives with my parents.
- 10. What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series



RUGBY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	KENRIDGE	34 - 5	DIVANDRÉ VOSLOO
U/13A	CHARLO	48 - 6	RUAN JACOBS
U/13B	CHARLO	52 - 0	CHRISTIAN SLABBERT
U/13B	CLARENDON PARK	20 - 10	CILLIERS JOOSTE
U/13C			
U/11A	CHARLO	43 - 0	WIANDRÉ MASSYN
U/11B	CHARLO	15 - 10	LIZALISE MGIJIMA
U/11B	CLARENDON PARK	0 - 0	DUHAN PETTIT
U/11C	CHARLO	53 - 0	CONNOR KNOETZE
U/11D	WESTERING B	0 - 50	JACQUES CLAASSEN
U/9A	CHARLO	19 - 12	LEHAN PETTIT
U/9A	COLLEGE HILL	33 - 14	CRONJE DE VIN
U/9B	CHARLO	39 - 0	REUBEN BENADIE
U/9B	COLLEGE HILL	26 - 0	IPHE MAKAULA
U/9C	LORRAINE	34 - 7	PHUMELELA QIQIMANA
U/8 BLUE	CHARLO	10 - 1	LUCAS ZEELIE
U/8 ORANGE	CHARLO	6 - 11	RAYYAN RASSOOL
U/7 BLUE	CHARLO	5 - 1	MASON THERON
U/7 ORANGE	CHARLO	0 - 10	CALEB VAN HUYSSTEEN



TENNIS RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM MIXED	CHARLO	21 - 7	STEFAN VAN MOLENDORFF
2ND TEAM MIXED	CHARLO	23 - 5	ANDRÉ STRYDOM
2ND TEAM MIXED	CLARENDON PARK C	14 - 14	MONJA TERBLANS

NETBALL			
TEAM			
U/13A	KENRIDGE	14 - 15	BELLAMÉ MOSTERT
U/13A	CHARLO	24 - 12	KARIEN FERREIRA
U/13A	CLARENDON PARK	20 - 7	NIANÉ POTGIETER
U/13B	CHARLO	7 - 10	MIANÉ BUYS
U/13B	CLARENDON PARK	13 - 7	JESSICA VAN HEERDEN
U/13C	CLARENDON PARK	1 - 8	SAMANGA FILINI
U/12A	CHARLO	26 - 3	ELLE ROTH
U/12A	CLARENDON PARK	19 - 2	LIA VAN RENSBURG
U/12B	CHARLO	5 - 4	JESSICA WALTERS
U/12B	CLARENDON PARK	3 - 1	JANA GÜTTATER
U/12C	CLARENDON PARK	2 - 5	THINGO AUGUST
U/11A	CHARLO	6 -10	BROGAN EKE
U/11A	CLARENDON PARK	10 - 0	KARIEN VAN RENSBURG
U/11A	VERKENNER	12 - 14	ERIN BENTZ
U/11B	CHARLO	3 - 3	CATHERINE DOUBELL
U/11B	CLARENDON PARK	17 - 0	ANINE FOURIE
U/11B	VERKENNER	12 - 2	MIEKE TERBLANCHE
U/11C	CLARENDON PARK	2 - 1	LEILA VENTER
U/11C	VERKENNER	1 - 2	AVA RONDGANGER
U/10A	CHARLO	3 - 0	NINKE PORGIETER
U/10A	VERKENNER	12 - 0	LEILA SENEKAL
U/10B	CHARLO	0 - 7	NIYOLE FAAS
U/10B	VERKENNER	4 - 0	ROUNDI BRITZ
U/9A	CHARLO	11 - 2	ANDREA GREEFF
U/9B			
U/8A	CHARLO	8 - 0	COURTNEY OOSTHUIZEN
U/8B	CHARLO	1 - 0	LUCY ARTHUR
U/7A	CHARLO	7 - 0	LEA KRUGER
U/7B	CHARLO	7 - 2	KARLI LOTTER



CHESS RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
SENIOR	MT PLEASANT	1 ^{1/2} - 5 ^{1/2}	LIAM PRINSLOO
JUNIOR	KABEGA	4 - 3	SHERZHAARD EDINBERRY

GIRLS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	KENRIDGE	1 - 2	AMALIA VAN DER WESTHUIZEN
U/14A	CHARLO	2 - 1	HAYLEY DU PREEZ
U/14B	CHARLO	3 - 0	KIARA WEATHERALL-THOMAS
U/14C	CHARLO	2 - 0	EMMA BARROWMAN
U/11A	CHARLO	3 - 0	LARA JANSE VAN RENSBURG
U/11B	HERBERT HURD U/14E	1 - 0	RIANDI MULLER
U/10A	CHARLO	8 - 5	LEILA SENEKAL
U/10A	SONOP	2 - 2	LILAH BAMBER
U/10B	CHARLO	6 - 3	KARA STRYDOM
U/10B	SONOP	4 - 2	LEAH HACK
U/10C	PRIORY	0 - 3	GABRIELLA O'LINSKY
U/10D	PRIORY	1 - 2	HANNAH PABST
U/9A	CHARLO	7 - 1	LIHANKE RADEMEYER
U/9A	HERBERT HURD	0 - 3	KATHERINE BOTHA
U/9B	CHARLO	12 - 0	LEANÉ DEETLEFS
U/9C			
U/9D			
U/8A	CHARLO	2 - 0	CHARLIE HERMAN
U/8B	CHARLO	2 - 2	LEANDI CLAASEN
U/7A	CHARLO	7 - 1	LERICHÉ PIENAAR
U/7B	CHARLO	0 - 3	LEA KRUGER

BOYS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	KENRIDGE	0 - 3	CONNOR SCHMIDT
U/14A	SUMMERWOOD	0 - 0	CALEB WIGHTMAN
U/14B			
U/14C	SUMMERWOOD	5 - 0	CONNOR ANDERSON
U/14D	CLARENDON	0 - 2	LUKE THEUNISSEN
U/11A			
U/11B			
U/9A	CLARENDON PARK	0 - 8	RILEY ACKERMAN
U/9B	CLARENDON PARK	0 - 6	WIHAN VAN ROOYEN

PRICE LIST 2024

NEW ITEMS FOR SALE	PRICE
BLAZERS	R630.00/ R655.00
SCHOOL DRESSES (6,7,8,9,10,11,12,13,14,15,16,17,18, 19, 20)	R310.00 / R430.00
L/ SLEEVE NAVY SCHOOL JERSEYS (24, 26, 28, etc)	R265.00/ R295.00
POCKET BADGES FOR BOYS SUMMER SHIRTS	R30.00
LONG GREY SCHOOL SOCKS (9-12, 13-3, 4-7, 8-10, 10-12)	R70.00
BOYS TIE	R120.00
PT GOLF SHIRT (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L , XL, 2XL)	R195.00 / R210.00
HOUSE SHIRTS (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL ,2XL)	R195.00/ R210.00
RIPSTOP JACKETS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R360.00/ 450.00
RIPSTOP PANTS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R270.00/ R315.00
GIRLS PT SHORTS	R160.00 / R175.00
BOYS PT / RUGBY SHORTS	R170.00 / R180.00
GIRLS HOT PANTS	R100.00
NAVY STOCKINGS (5-6, 7-8, 9-10, 11-12, S, M, L)	R85.00
POLAR FLEECE BLANKETS	R175.00
GR 7 NAVY PULLOVER (87, 92, 97, 102)	R210.00
GR 7 WHITE PREFECT PULLOVER (87, 92, 97, 102)	R255.00
RAMBLE SCHOOL BAG BRANDED	R720.00
RAMBLE SCHOOL BAG UNBRANDED	R700.00
LETTER LADY JUNIOR BAG	R410.00 (sold out)
SPORT TOG BAG	R310.00
RAMBLE DUAL SPORT BACK PACK (TENNIS/HOCKEY)	R350.00
SCHOOL PEAK CAPS	R80.00
ORANGE SCHOOL SILICONE SWIMMING CAP	R60.00
GIRLS/ BOYS BLUE HOCKEY SOCKS	R85.00
U/13A GIRLS/ BOYS ORANGE HOCKEY SOCKS	R85.00
WHITE ANKLE NETBALL/ TENNIS SOCKS	R60.00
U/13A ORANGE ANKLE SOCKS NETBALL/ TENNIS	R60.00
BOYS CRICKET SHIRTS (SUBLIMATED)	R295.00/ R305.00
RUGBY JERSEYS (SUBLIMATED)	R380.00/ R390.00
BOYS HOCKEY/ TENNIS SHIRT (SUBLIMATED)	R300.00/ R305.00
BOYS HOCKEY/ TENNIS SHORTS (SUBLIMATED)	R230.00/ R240.00
GIRLS NETBALL/HOCKEY/TENNIS TOP (SUBLIMATED)	R300.00/ R305.00
GIRLS NETBALL/HOCKEY/ SKIRT (SUBLIMATED)	R220.00/ R230.00

TERMS AND CONDITIONS

- DEBIT OR CREDIT CARD PAYMENTS
- ALL PRICES SUBJECT TO CHANGE - PRICES ABOVE VALID WHILE STOCKS LAST
- ANY ITEMS RETURNED MUST BE IN THE ORIGINAL PACKAGING WITH LABELS AND INVOICE
- 30 DAY EXCHANGE POLICY