

3 May / Mei 2024

Dear Parents

#### Safety and Security

Children and parents must take the responsibility to pack in and bring what is needed for school, to school. Make sure your child has everything with him/her and if it is forgotten or left at home, he or she will be required to go without it for the day. We do not provide the service to accept delivery or to deliver forgotten items.

The clothing or equipment needed for after school can be handed to the child after school. This responsibility and skill needs to be established from a young age and although it sounds harsh it is essential and important.

We have valid reasons. This policy supports safety and the well being of our children while establishing responsibility and preventing a common trend which has caused many problems in the past.

### Support: Extra Mural Activities

As previously communicated, Sunridge will not offer bursaries to or buy players in to strengthen our teams or cultural and academic divisions. We coach and teach what is available to us and have been doing this for years. Winning or losing does not make a good school. Values and ethos are the key while providing opportunities and developing children and teachers alike.

I was shocked to see how "recruiters" at primary school activities offer bursaries and who knows what else. Shifting between schools and poaching talent seems to be the norm while passion, commitment, dedication, development, and a love for life seems to be forgotten. Loyalty and honour cannot be bought nor can values and ethical behavior. Surely there is a time, place and reason for offers to the underprivileged or to provide basic opportunities where there is a shortcoming.

We create opportunities and in the coming weeks we will see the mass participation of our youngsters - please do not expect A teams, 1<sup>st</sup> teams or winning as a key. We will select as many players as possible to participate: we will not load a team or only select the so called best players. For league matches and formal derby days we select A and B sides etc.

From this point of view we have managed to be competitive at u/12A, 13A and 14A levels over the years - more recently the u/9A, 10A and 11A age groups have achieved success as a result of a development strategy. Extra attention at home by mom or dad with the passing of balls, playing of games, singing, running or whatever helps mold a physical and mental enjoyment without pressure.

In some sport and cultural codes we can and may combine age groups and should a skillful young player outgun an under 14 player, so be it. At the end of the day the opportunity exists for everyone to participate. The expectations for A side participation will not always materialize and the only foregone conclusion is our senior teams: the u/14A, 13A and 12A together with the 1<sup>st</sup> tennis, swimming and athletics teams. These are our flagship teams who represent us on the next and highest level while the others are still being developed and coached.

Do your best - that is always good enough. Winning is not everything nor a cultural skill. Let us keep the high moral ground and support positively. We are working with young children - allow the coach and teacher to coach, apply pressure and take responsibility while we support and enjoy the fact that our children have opportunities and are loved and cared for.

Achieving a hat trick with EP Super 12 Rugby or being crowned number 1 in the metro netball, beating top traditional hockey schools, orators, musicians, instrumental and band standouts - all adds up to a sport and culture system that, has for the past ten years, put us in the competitive environment.

Life is a journey, let us enjoy it!

Sunshine greetings

M DE VRIES
Principal









#### Geagte Ouers

### Veiligheid en Sekuriteit

Kinders en ouers moet verantwoordelikheid aanvaar vir dit wat nodig is vir die skooldag. Maak asseblief seker dat u kind alles saambring wat hy/sy nodig het – as dit by die huis agtergelaat of vergeet word, moet die kind die res van die dag daarsonder klaarkom. Ons verskaf nie 'n diens om vergete artikels in te neem en af te lewer nie.

Die klere of sporttoerusting wat ná skool benodig word, kan ná skool by die sportveld afgelewer word. Hierdie verant-woordelikheid en vaardigheid moet vanaf 'n jong ouderdom by kinders opgeskerp word – dit klink hardvogtig, maar dit is belangrik en noodsaaklik.

Ons het geldige redes en hierdie beleid is ingestel ter ondersteuning van die veiligheid en welstand van ons leerders, terwyl dit 'n verantwoordelikheidsgevoel vestig en 'n algemene tendens, wat in die verlede talle probleme veroorsaak het, voorkom.

## Ondersteuning: Buitemuurse Aktiwiteite

Soos voorheen genoem, bied Sunridge nie beurse aan of koop spelers om ons spanne of akademiese en kultuurafdelings te versterk nie. Ons rig af en onderrig wat tot ons beskikking is – en ons doen dit al jare lank. Wen of verloor bepaal nie hoe **goed 'n skool is nie. Waardes en etos is die sleutel** – dit voorsien geleenthede en ontwikkelingsmoontlikhede vir kinders sowel as onderwysers.

Ek was verstom om te sien hoe "werwers" by laerskoolaktiwiteite beurse en wie weet wat nog aanbied. Om tussen skole te beweeg en talent weg te rokkel, is blykbaar die norm, terwyl passie, toewyding, verpligting, ontwikkeling en 'n liefde vir die lewe in die slag gebly het. Lojaliteit, eer, waardes en etiese gedrag kan nie gekoop word nie. Daar is tog seker 'n tyd, plek en rede vir aanbiedings aan minderbevoorregtes of om basiese geleenthede aan te bied waar daar 'n tekort is.

Ons skep geleenthede en in die volgende paar weke sal ons grootskaalse deelname van ons jongmense sien – moet asseblief nie A-spanne, 1ste spanne of oorwinnings as sleutel verwag nie. Ons sal soveel spelers as moontlik kies om deel te neem - ons sal nie 'n span laai of net die sogenaamde beste spelers kies nie. Ons sal wel vir ligawedstryde en derbydae A-spanne, B-spanne, ens. kies.

Vanuit hierdie oogpunt het ons daarin geslaag om oor die jare op onder 12A-, 13A- en 14A-vlak mee te ding, en ook meer onlangs het ons op onder 9A-, 10A- en 11A-vlak as gevolg van 'n ontwikkelingstrategie sukses behaal. Tuis kan ma of pa ook help om fisiese en geestelike plesier sonder druk te bewerkstellig deur balle vir mekaar te gooi, speletjies te speel, te sing, te hardloop ens.

In sommige sport- en kultuurkodes kan en mag ons ouderdomsgroepe kombineer en indien 'n knap jong speler beter as 'n onder 14-speler is, is dit nou maar tot daarnatoe. Aan die einde van die dag sal die geleentheid bestaan vir almal om deel te neem. Die verwagtinge vir A-spandeelname vir onder 7 tot 11 kan nie altyd realiseer nie, want die enigste uitgemaakte saak is ons senior spanne, naamlik onder 14A, 13A en 12A, asook die 1ste tennisspan, skoolswemspan en die atletiekspan. Hierdie spanne is ons vlagskip wat ons op die volgende en hoogste vlak moet verteenwoordig, terwyl die ander nog afrigting ontvang en ontwikkel.

Doen jou bes — dit is altyd goed genoeg. Wen is nie alles nie en ook nie 'n kulturele vaardigheid nie. Kom ons handhaaf hoë morele waardes en ondersteun op 'n positiewe wyse, want ons werk met jong kinders. Laat die afrigters toe om af te rig, laat hulle die druk toepas en verantwoordelikheid neem, terwyl ons net ondersteun en ons verheug oor die feit dat ons kinders geleenthede gebied word, en dat hulle liefde en sorg ontvang.

'n Driekuns in OP Super 12-rugby, nommer een in metro-netbal, oorwinnings oor tradisionele hokkieskole, redenaars, musikante, instrumentele en orkesuitblinkers — dit alles kom neer op 'n sport- en kultuurstelsel wat ons oor die afgelope tien jaar in die mededingende omgewing gevestig het.

Die lewe is 'n reis – geniet elke oomblik!













Follow us on



Mareli le Roux participated in the Gympastics inter club competition in Grahamstown on 20<sup>th</sup> of April Level 4 under 13. She obtained a 2<sup>nd</sup> place for Free Dance, Third Place for Rope, 4<sup>th</sup> place for Clubs and overall, third place

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

**SWIMMING:** Bellamé Mostert and Elle Roth represented the Eastern Cape Schools team at the SA Schools Championships in Port Elizabeth. Bellamé won silver medals for the 100m & 200m freestyle, 200m breaststroke & 100m butterfly as well as 2 gold medals in the relays. Elle won a silver medal for the 50m backstroke and qualified for finals in her other events.

INDOOR CRICKET: Wihan Erasmus, Hanru Hayward & Luhan Hayward represented EP at the SA National Indoor cricket championships. Kian Roberson has been selected for the u/12 National Team.

RUGBY: Ruan Jacobs, Christiaan Barnard, Hanno Winter, Stian Raubenheimer and Byron Birkholtz are through to the next round of EP rugby trials.

NETBALL: Lia van Rensburg, Peyton Nortjè, Incke Massyn, Jana van Rensburg, Nianè Potgieter and Sienna Delport will travel to Komani for the next round of Eastern Cape Netball trials.

GIRLS HOCKEY: Emma Lamprecht, Hayley du Preez, Laiken Moolman and Emma van Baalen are through to the second round of Eastern Province Hockey trials. Emma van Baalen has been selected for the u/13B team and Emma Lamprecht has been selected as a non-traveling reserve.

BOYS HOCKEY: Mckenzie Muller is through to the next round of Eastern Province hockey trials.

ATKV-REDENAARSKOMPETISIE: Rieke Jooste, Anè Hefer, Lianie Grobler, Reghardt van Zyl, Riandi Muller, Dantè Fourie, Elle Roth, Marlien Grobler en Jessica Coetzer are through to the next round.

**TENNIS**: Stefan van Molendorff representered the EC at a tournament in East London and came 2nd in the doubles. **Emily** & Kate Robert took part in a TSA tournament in Cradock. Emily finished in 3rd position for singles and 1st for Doubles in the u/12 age group.

GYMNASTICS: Mareli le Roux competed in an Inter Club competition in Grahamstown. In Level 4 u/13 she obtained 2nd place for Free Dance, 3rd Place for Rope and overall 3rd place.







# DON'T MISS OUT!





## PHOTO GALLERY / FOTOGALERY





















## **KNOW YOUR STAFF**

Staff Member: Debby Hendricks

**Early Life:** I was born in East London where I attended Stirling Primary School. My family then moved to Port Elizabeth when I was 13. I went to Alexander Road High School which I thoroughly enjoyed. After high school I went to UPE and studied B Prim Ed.

Family Life: I am very lucky to have my parents in Port Elizabeth so I see them often. I have been married to Glenn for 15 years and we have two children, Rylee who is in grade 9 and Cole who is in grade 6. Glenn and I went to high school together and have been friends since we were 14.

Career Life: After university I was a supply teacher in London for 2 and a half years. I taught at many different schools in many different grades. When I came back to South Africa I got a job at Sunridge and have been here ever since. I studied Remedial Education part time when I came back to South Africa.

Accomplishments: My family is my greatest accomplishment. I am very proud of my children and the people that they are growing up to be.

Interesting facts about yourself: I enjoy jogging and spending time with friends and family. A few years ago I competed in an event called Drylands Traverse. It is a 4 day stage race running through the Swartberg Pass and was totally out of my comfort zone. I enjoyed it so much that I went back and did it two more times.

## Please answer the following questions:

- 1. What was your favourite TV show when growing up? Rags to riches.
- 2. Do you have any strange phobias? I really don't like frogs!
- 3. Are you addicted to any strange hobbies/activities? My family says it is scrolling on Instagram but I don't really agree
- 4. If you could have any one superpower, which would you choose? Flight, then I could visit any place on earth
- 5. What is the first thing you notice about people? Their smiles.
- 6. What was the worst punishment you received in school? I was a bit of a "rule follower" so I only remember getting writing out for not completing my homework.
- 7. What, or who, are you a secret fan of? A REALLY good book
- **8. What are the three things you still want to do in your life?** Buy a camper van, see a bit more of the world and complete a few more half marathons.
- 9. What is the worst pet you have ever had? A hamster called Nibbles that bit everyone.
- 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: Carryn Richardson

Early Life: I was born in Port Elizabeth, moved to Grahamstown for a year when I was 2 and then moved back to good old Port Elizabeth.

Family Life: I am married to Gregg and we have two wonderful daughters who are both in high school. Hannah is 16 and Rebecca is 14. I come from a family of teachers as both my parents were teachers and my grandparents were music teachers.

Career Life: I completed my Foundation Phase teaching degree at UPE, after which I studied remedial for a further year. Thereafter I moved to London and taught in various schools around the city as well as worked for a family with a special needs son. I then moved back to Port Elizabeth and started my teaching career at Sunridge in 2004.

Accomplishments: I must say raising two girls is no easy task. They keep me on my toes and I thoroughly enjoy watching them grow from strength to strength. I achieved the Golden Key award for academics at university and graduated with a cum laude. I received the matric music trophy and honours blazer for trumpet. I completed my Grade 8 Royals School trumpet exam with distinction as well as completing my Grade 8 Piano. In Grade 10 I was selected for the South African National Youth Jazz band to tour Atlanta USA.

Interesting facts about yourself: I am proud of my family heritage. My one great grandfather was the Professor of music at the Music Conservatoire in Stellenbosch after which the main auditorium was named after him and my other great-grandfather was the first Reverend of St Marys Church off Main Street along with building and owning No. 7 Castle Hill in Central.

## Please answer the following questions:

- 1. What was your favourite TV show when growing up? MacGyver
- 2. Do you have any strange phobias? I do not like frogs
- 3. Are you addicted to any strange hobbies/activities? No .
- 4. If you could have any one superpower, which would you choose? To be invisible
- 5. What is the first thing you notice about people? Their smile
- 6. What was the worst punishment you received in school? I had chalk and a board duster thrown at me for talking in class.
- 7. What, or who, are you a secret fan of? People who have a natural flare for decorating homes.
- 8. What are the three things you still want to do in your life? Travel, travel and travel
- 9. What is the worst pet you have ever had? A goldfish I just couldn't keep them alive for some reason.
- 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	HERBERT HURD	55 - 0	CHRISTIAAN BARNARD
U/13A	HANDHAAF	33 - 14	SOMELEZE FATA
U/13B	HERBERT HURD	39 - 0	BRADY KRETZMAN
U/13B	HANDHAAF	14 - 15	FRANCO DU TOIT
U/13C	ALBERTYN	34 - 10	LIPHAHLE DUNGA
U/13C	LORRAINE	15 - 15	JP VAN NIEKERK
U/13C	HANDHAAF	22 - 29	AIDEN FORTUIN
U/11A	HERBERT HURD	53 - 0	FLIPPIE SMIT
U/11A	HANDHAAF	15 - 7	CARTER LOFTIE-EATON
U/11B	HERBERT HURD	38 - 0	PHAWU MHAMBI
U/11B	HANDHAAF	7 - 39	ETHAN ANDERSON
U/11C	ALBERTYN	34 - 5	CALEB BOSCH
U/11C	HANDHAAF	12 - 5	DECLAN VAN DER MERWE
U/11D	NEWTON PARK	10 - 15	TYLER HANSTEIN
U/11D	HANDHAAF	21 - 7	ZANDRÉ LANDMAN
U/9A	HERBERT HURD	40 - 0	WERNER KOEN
U/9A	HANDHAAF	31 - 0	KUNGE MDLATU
U/9B	GREY C	10 - 12	LEHAN PETTIT
U/9B	HANDHAAF	14 - 12	IPHE MAKAULA
U/9C	HERBERT HURD	44 - 5	PHUMELELA QIQIMANA
U/9C	ALBERTYN	42 - 5	MALACHAI BOOYSEN

WILDEKLAWER ~ RUGBY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
13A	HELDERKRUIN	26 - 10	DANTÉ FOURIE
13A	TYGERPOORT	17 - 26	JANKO HAVENGA
13A	PENZANCE	20 - 23	GJ ROELOFSE

TENNIS RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM MIXED	COLLEGIATE C	24 - 3	EMILY ROBERT
2ND TEAM MIXED	CHARLO	28 - 0	REGHARDT VAN ZYL
2ND TEAM MIXED	NEWTON PARK	15 - 13	JONATHAN CLARK

NETBALL			
TEAM			
U/13A	ALTONA	27 - 6	SIENNA DELPORT
U/13B	ALTONA	5 - 0	SAMANGA FILINI
U/13A	NEWTON PARK	29 - 5	JANA VAN RENSBURG
U/13B	NEWTON PARK	8 - 7	JESSICA VAN HEERDEN
U/13 BLUE	U/13 ORANGE	4 - 8	MIANÉ BUYS
U/13 ORANGE	U/13 BLUE	8 - 4	JESSICA VAN HEERDEN
U/12A	ALTONA	19 - 3	LIA VAN RENSBURG
U/12B	ALTONA	7 - 1	LEEAH KLEYNHANS
U/12A	NEWTON PARK	26 - 6	LIA VAN RENSBURG
U/12B	NEWTON PARK	13 - 1	JANA GÜTTHATER
U/12 BLUE	U/12 ORANGE	5 - 4	TANYA WILLEMSE
U/12 ORANGE	U/12 BLUE	4 - 5	PEYTON VAN DER MERWE
U/11A	NEWTON PARK	4 - 4	LIANÉ MULLER
U/11B	NEWTON PARK	1 - 6	ANINE FOURIE
U/11 BLUE	U/11 ORANGE	0 - 6	LIENKE DE LANGE
U/11 ORANGE	U/11 BLUE	6 - 0	SINGCWALISE MAHOBE
U/10A	NEWTON PARK	11 - 1	LEILA SENEKAL
U/10B	NEWTON PARK	6 - 0	ROUNDI BRITZ
U/10 BLUE	U/10 ORANGE	8 - 5	CARLY ROSS
U/10 ORANGE	U/10 BLUE	5 - 8	ZAKIYA MAKIWANE
U/9A	NEWTON PARK	7 - 1	LUZAY GERBER
U/9B	NEWTON PARK	3 - 7	ZOEY DE BEER
U/8A	ALTONA	6 - 1	EMMA PIENAAR
U/8B	ALTONA	9 - 0	SKYLA HERSELMAN
U/8A	NEWTON PARK	6 - 0	CHARLIE HUMAN
U/8C	NEWTON PARK	4 - 0	LIQHAMILE SIKO



BOYS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	WESTERING	0 - 4	CONNOR RANDALL
U/14B			
U/11A			
U/11B			
U/9A	SUMMERWOOD	0 - 8	OWEN DUNCAN
U/9B	SUMMERWOOD	0 - 8	CIAN WILLIAMS



GIRLS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	CLARENDON PARK	0 - 2	CATHERINE GREBE
U/14A	ST GEORGES	4 - 0	ARIN COETZER
U/14B	HERBERT HURD	2 - 0	ABBYGAIL DE LANGE
U/14B	CLARENDON PARK	0 - 1	GEORGIA JAKINS
U/14B	ST GEORGES	6 - 0	KATELYN KRETZMANN
U/14C	COLLEGIATE	0 - 3	DANIÉLLA VENTER
U/11A	CHARLO	2 - 1	TAYLOR WAIT
U/11A	CLARENDON PARK	1 - 3	BROGAN EKE
U/11B	CLARENDON PARK C	0 - 1	SADE-LEE VOGEL
U/10A	HERBERT HURD	4 - 2	LILAH BAMBER
U/10B	HERBERT HURD	5 - 0	KATRINA SUTTON
U/10C	CLARENDON	3 - 1	LEAH HACK
U/10C	ERICA	6 - 1	ABIGAIL MENZIES
U/10D	CLARENDON	0 - 4	GABRIELLA O'LINSKY
U/9A			
U/9B			
U/9C	NAZRUDDIN	2 - 0	TYLA GROBLER
U/9C	WILLOW ACADEMY	1 - 0	MIEKE JORDAAN
U/9D	WILLOW ACADEMY	1 - 3	MINKE VAN JAARSVELD



## 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)	R80.00
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