

**SUNRIDGE
VANDAG**



**SUNRIDGE
TODAY**

3 September 2015

Geagte Ouers

Dit is altyd iets besonder om 'n simposium saam met 870 skoolhoofde en adjunkhoofde van regoor Suid-Afrika by te woon, ou vriendskappe te hernu en nuwe vriendskappe te smee.

Dan wonder ek oor 'n aanmerking dat volwassenes net verswakke kinders is. Toe ek besef dit gaan nooit na die oorspronklike dimensies terugkeer nie, het 'n nuwe gedagte by my opgekom: Om te vergelyk, is om te minimaliseer en ek wil hê Sunridge moet GOED word en nie BETER nie.

Indien 'n mens nou ingeperk voel, is dit omdat jyself mure gebou het. Ons word met genialiteit gebore en kan nie in middelmatigheid versink nie.

Dit is nie vir ons gesê of deur lesings aan ons oorgedra nie, dit is my gedagtes wat ek in woorde omskakel. Ek is 'n voorstander van 'n nuwe denke en ek wil dit aan u stel dat **houding** 'n gewoonte is.

Meet gerus u houding aan die volgende vraag: "Watter uitdagende stappe wil u neem om die manier wat u u skool ondersteun, te verander?"

As 'n mens daarvoor dink, is die onderrig van u kind die grootste belegging wat u ooit sal maak. Hoe ondersteun u ons skool op 'n daaglikse basis? Ons kan saamstem om te verskil – dit is 'n gegewe! Einstein het gesê as ons aanhou om te doen wat ons doen, sal ons aanhou om te kry wat ons kry.

Kom ons neem Sunridge na die volgende vlak deur die ondersteuning te gee waarvoor die skool vra. Miskien vra my kind se onderwyser dat Mamma bietjie meer aandag moet gee, of miskien vra die afrigter dat Pappa rustiger langs die veld moet wees, of wat ook al. Ondersteun en verander u houding – u sal verbaas wees hoe hierdie positiewe stap u ver bo verwagting sal beloon. U kind sal verander en die toekoms sal helder skyn.

Dit is met hierdie veranderende houding in gedagte dat ek alle ouers nooi om deel te word van die netbaltoekomsvisie, wat die grondslag vorm vir toekomstige veranderinge in Rugby, Hokkie, Tennis, Skaak, Dans, Kuns ens. Ons daag ouers uit om die manier waarop hulle ons skool ondersteun, te verander.

'n Datum, plek en tyd sal binnekort bekend gemaak word aan diegene wat 'n grootse uitdaging vir die toekoms wil aanvaar.

Die toekoms is nou!

Dear Parents

Sharing a symposium with 870 principals and deputy principals from all over South Africa and networking with old friends and people with whom you share a common interest is always mind boggling.

Then a comment that adults are nothing more than deteriorated children made me wonder. I stretched my mind with a new idea, realising that it would never return to its original dimensions; to compare is to minimize and I want Sunridge to become Good and not Better.

Should you now feel confined, it's due to the walls you built yourself. We are born into genius and cannot settle for mediocrity.

This is not what we have been told or lectured; these are my thoughts becoming words. I formulated a new way of thinking and propose that **attitude** is a habit.

Challenge your attitude with the following question: "What challenging step will you take to change the way you support your school?"

Think about it, your biggest investment is the education of your child. How do you support our school daily? We can agree that we will disagree, that's a given! Einstein said that if we keep on doing what we do, we will keep on getting what we get.

Let's take Sunridge to the next level by supporting where and when it is needed. Perhaps a child's teacher requests a bit more attention from Mum, or perhaps the coach asks Dad to relax. Support and change your attitude, you will be surprised that this positive step will reward you with blessings beyond your expectations. Your child will change and the future will become bright.

It's with this changing attitude that I invite all parents to attend a forthcoming Netball Future Vision which will lay the foundation for what is to come for Rugby, Hockey, Tennis, Chess, Dance, Art etc. We dare you to change the way you support our school.

A date, place and time will shortly be communicated to those willing to take up a life changing challenge for the future!

The future is now!

Sonskyngroete / Sunshine Greetings

M DE VRIES
Skoolhoof / Principal



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THE BAY

GAS

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LEARNER ACHIEVEMENTS / LEERDERPRESTASIES

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

SOCCER: Keagan Wessels and Cameron Rademakers and their U/11 Callies soccer team won in their group at St Dominic's Priory 7's Soccer Tournament on Friday night.

STULTING SPORT DAY: Kyle Callaghan was the u/9 forward of the day; Kerri-Lee Barnard the u/11 defender of the day; the u/9A rugby team were the u/9 team of the day and the u/12A netball team were the u/12 team of the day.

Study Skills Courses

Grades 4-9

Group & Individual
Classes

Courses Cover

How memory works
Learning styles & finding your style
Optimal study methods for you
Diet, sleep and exercise
Time management
Planning and goal setting
Comprehension strategies
Test/exam stress and anxiety

Additional Support Offered

Studying with ADHD
Critical reasoning
Academic writing skills
Motivation

e. yolandi@touchbasesa.co.za
w. www.touchbasesa.co.za
t. 082 8538944
a. 14 Wares Rd, Mill Park



Winter sport

Winter sport ends on / winter sport eindig op

11 September

Interhouse u/11 & 13 rugby and netball & u/14 hockey will be played on **Monday, 14 September** during school. Interhouse tennis will be played after school.

O/11- & o/13-interhuis-rugby en -netbal & o/14-hokkie sal op **Maandag 14 September** gedurende skooltyd gespeel word. Interhuis-tennis sal ná skool plaasvind.



STAY TODAY
properties

THE BAY GAS COMPANY



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*The content of adverts placed in the newsletter does not necessarily reflect the views or approval of the school.
Die inhoud van die advertensies wat in die nuusbrief verskyn, weerspieël nie noodwendig die siening en goedkeuring van die skool nie.*

PHOTO GALLERY / FOTOGALERY



Outeniqua sport weekend



Unbeaten! In 2015



U/9 forward of the Day

Stulting sport day



U/11 Defender of the Day



U/12 Team of the Day

SPORT FIXTURES / WEDSTRYDDATUMS

DATE/DATUM: 7 - 12 September 2015

MAANDAG	NETBAL: O/12A vs CLARENDON @ CLARENDON O/13A vs CLARENDON @ SUNRIDGE
TUESDAY 	TENNIS: 1ST - Cancelled by Grey 2ND - PRIORY @ SUNRIDGE U/10 - HARVEST @ HARVEST MINI HOCKEY: GIRLS U/9A & B - U/10A & B - BOYS: U/9A -
WOENSDAG	RUGBY: O/13A - O/13B - O/13C - O/11A - O/11B - O/11C - O/9A - O/9B - MEISIESHOKKIE: O/11A - 1STE - 2DE -
THURSDAY	NETBAL: U/9A - CLARENDON @ CLARENDON U/10A - CLARENDON @ SUNRIDGE U/11A - CLARENDON @ CLARENDON
VRYDAG	SEUNSHOKKIE: O/11A - 1STE - 2DE - SKAAK: JUNIORS - SENIORS - MUURBAL: 1STE SPAN vs SITHEMBILE @ OLD GREY 2DE SPAN vs ISAAC BOOI A @ OLD GREY
SATURDAY	SUMMERWOOD SPORT DAY GR 1 & 2 NETBALL, HOCKEY AND RUGBY

SPORT RESULTS / UITSLAE

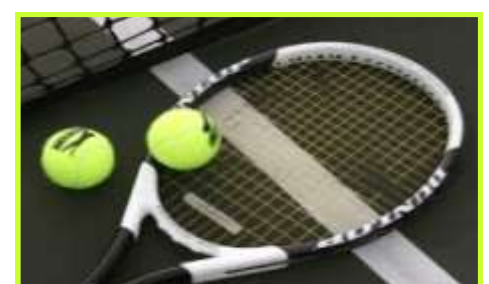
NETBAL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	WESBANK	18 - 13	JUANITA VAN TONDER
O/13A	VAN REEDE	19 - 3	LINDIE JANSEN
O/13A	STELLENBOSCH U/12A	9 - 1	LIYEMA NTSHOKO
O/13A	OUTENIQUA A	10 - 6	LIANCA GELDENHUYS
O/13A	PAARL GYMNASIUM	12 - 6	NICOLE MASTERS
O/13A	STELLENBOSCH U/13A	6 - 13	KARLA SCHEFFER
O/12A	KRUISFONTEIN	11 - 6	HANNISKA VAN VUUREN
O/12A	JEFFREYS BAY	6 - 8	HANNISKA VAN VUUREN
O/12A	VICTORY CHRISTIAN SCHOOL	13 - 7	BIANCA MEIRING
O/12A	PELLSRUS	14 - 2	CLARISE MOOLMAN
O/11A	GAMTOOSVALLEI	10 - 1	ANKE SCHEFFER
O/11A	JEFFREYS BAY	9 - 4	HANNAH SMITH
O/11A	VICTORY CHRISTIAN SCHOOL	9 - 5	KERRI-LEE BARNARD
O/10A	VICTORY CHRISTIAN SCHOOL	8 - 1	NICOLE LISTER
O/10A	STULTING	0 - 6	ANIKA DE RIDDER
O/10A	KIRKWOOD	7 - 1	CHANTÉ GELDENHUYS
O/10A	JEFFREYS BAY	5 - 0	ILZE HATTINGH
O/9A	JEFFREYS BAY	2 - 6	ANNIKA BOTHA
O/9A	GRENS VOORBEREIDING		QUINÉ ZEELIE
O/9A	STULTING	1 - 5	QUINÉ ZEELIE
O/9A	PELLSRUS	8 - 2	ASA XOLI



BOYS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST	HARTENBOS	0 - 0	DAMIEN RUDMAN
1ST	HERMANUS	1 - 0	JUSTIN FRIEND
1ST	PAARL GYMNASIUM	0 - 1	JORDAN PROBERT
1ST	VAN REEDE	0 - 0	SHAUN FORD
1ST	OUTENIQUA	0 - 0	CONNOR WADE
U/11	HERBERT HURD	0 - 7	AIDAN TIERNAY



TENNIS			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
1ST			
2ND			
U/10			



RUGBY			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A			
O/11A	ALI WAL-NOORD	0 - 10	ZANDER VAN EYK
O/11A	GRENS	0 - 0	DEVON LISTER
O/11A	DIAZ	10 - 0	JACK COLLETT
O/9A	GONUBIE	15 - 0	JOSHUA SMITH
O/9A	GRENS	15 - 0	KYLE CALLAGHAN
O/9A	ALI WAL-NOORD	5 - 0	DU PREEZ VERMAAK



GIRLS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST	HARTENBOS	1 - 0	JAIME ALCOCK
1ST	HERMANUS	3 - 0	BROOKLYN GASCOYNE
1ST	PAARL GYMNASIUM	0 - 0	KAYLA STANFORD
1ST	VAN REEDE	0 - 0	CANDICE EGGBERRY
1ST	OUTENIQUA	0 - 0	AKEX SCHENK



MUURBAL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
1ST			
2ND			



SKAAK			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
SENIOR	WESTERING	2½ - 4½	HANDRÉ JANSE VAN RENSBURG
JUNIOR	WESTERING	4 - 3	JESSICA WILSON
JUNIOR	CLARENDON	4½ - 3½	KEA HOLROYD



OOV/ PTA
PER PLLAR ~ R1,000.00 ~ PER PLAAR

OOV/ PTA

ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	STOKES FAMILY KAI	WATERS FAMILY MICAYLA	HEATHER ARNOTT	FERRARIS FAMILY NATALIE
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	SMAILES FAMILY CHRISTOPHER & STEVEN	VORSTER FAMILY FRANCOIS & HEINRICH	MISS C ARNOTT	SLABBERT FAMILY CORNé & TWANé
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	BUYS FAMILY EMILY	VAN DER WATT FAMILY HANRI	MISS C ARNOTT	ALLOWAY FAMILY MONIQUE
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	NEL FAMILY CHRISTIAAN & HANRI	JANSE VAN RENSBURG TARA AND RONIN	MISS C ARNOTT	VERSTER FAMILY MINYONNE & ZEYTKA
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	HANBIDGE FAMILY RYAN	KRUGER FAMILY CARUS & MIEKE	MOOLMAN FAMILY TANIELLE & CLARISE	EVERTSE FAMILY JEVANKA
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	DIELMANN FAMILY KARL	CORNELIUS FAMILY NICOLE	EVANS FAMILY MADISON & KYRA	OPPERMAN FAMILY LANCE & DYLAN
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	BEEFORTH FAMILY ALEX, AMBER & JASMINE	IBHAYI WINDSCREEN SERVICES	VAN DER MERWE FAMILY	WESSELS FAMILY LEANDRI
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	PARKER FAMILY MAXINE	MINNIE FAMILY LYDIA	LANDMAN FAMILY CARLA & LEAH	EICHBAUER FAMILY JADE
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	GWM EVERTSE FAMILY	VAN JAARSVELD FAMILY RUAN & STEPHAN	VOLLENHOVEN FAMILY JARED	CLARK FAMILY REECE
ANTONIOU FAMILY JHON-NICLAS	ANTONIOU FAMILY JHON-NICLAS	FERRARIS FAMILY NATALIE	WEYERS FAMILY MARJA & ANYA	FERREIRA FAMILY EZA & LOREN	ALEX JAMNECK SUNé DU PREEZ

OOV/ PTA
PER PLLAR ~ R1,000.00 ~ PER PLAAR

OOV/ PTA

PER PILLAR ~ R1,000.00 ~ PER PLAAR

GR 6 2012: ANTONIOTTI,
NEETHLING, LANGENHOVEN,
VOSLOO, & PROTGIET

U/11A RUGBY 2012
COACHES
N SNYMAN & C DE BEER

STOCK FAMILY
CANDICE & NICOLA

MEMORY OF
MR R CLOTZ
GR 7 2012

**WARD FAMILY
MATTHEW**

**VAN HUYSSTEEN FAMILY
TYLA & KEEGAN**

MEGHAN WILLIAMS

**HOFFMANN FAMILY
KAYLA**

**IBHAYI WINDSCREEN
SERVICES**

**NELL FAMILIE
DÉAN & LEAH**

GR 7 2012
PETERS, SNYMAN, GROVES,
POTGIETER, FRIEND,
WILLIAMS & FERREIRA

TAIT GESIN
STEPHEN & MEGAN

**STRYDOM FAMILY
MEGAN & MINKE**

SLABBERT FAMILY
JORDYN-LEE
GR 7 2012

SLABBERT FAMILY
GABRIEL
GR 3 2014

**GELDENHUYS GESIN
LIANCA & CHANTÉ**

**RETIEF GESIN
ANÉ & LIZE**

**KLEINHANS GESIN
LARA**

ROYLE FAMILY
JORDAN, DAMON &
ASHTON

JOSHUA CHOWLES
SHAUN FORD

**JUFFROU SAAYMAN SE
GRAAD 1 KLAS 2014**

DIVAN & IZAAN
LAMPRECHT

**KLAAS FAMILY
HLUMELO
DEPUTY HEADBOY 2014**

**GREYLING FAMILIE
JEAN-PIERRE & SHANELL**

LUKE WILSON
GRADE 7 - 2014

THE TALBOT FAMILY
THABISO - GR 5R

1888