SUNRIDGE VANDAG
SUNRIDGE TODAY
CONJUNCTI CRESCIMUS
12 Mei / May 2016

Geagte Ouers

'n Positiewe ingesteldheid is nie altyd maklik of glansryk nie, maar dit is uiters lonend!

Wanneer 'n mens navorsing doen oor jongmense se deelname aan sport ná skool, is dit duidelik dat jongmense wat sekere uiters mededingende skole bywoon, ná skool nie meer aan sport deelneem nie, terwyl ander dit wel doen. Die kern van die saak is dat hierdie kinders nooit geleer het om te verloor nie. In die wêreld ná skool kan hulle nie verdra om te verloor nie, so hulle neem nie meer aan sport deel nie!

Navorsing het getoon dat hierdie konsep ook op akademiese prestasie van toepassing is en dat die persoon wat op skool hard werk, geneig is om die beste op universiteit te vaar.

Ons moet ons kinders leer om te verloor sonder om te dink dat dit goed genoeg is. Ons moet harde en gereelde werk aanmoedig en standaarde verhoog sodat middelmatigheid uitgeskakel kan word. Oor die algemeen moet ons ons kinders leer hoe om die lewe te hanteer - om te slaag of te misluk.

As skoolhoof moet ek ook kanale volg. Voordat ek enige verandering kan aanbring, besluit kan neem, aanbeveling kan doen of iets kan herinstel, moet ek kanale volg. Raadpleging van Departementshoofde, die SBS en ander rolspelers is alles deel van die proses.

Dit is hiermee in gedagte dat ek ouers versoek om kanale te volg – stuur u korrespondensie in die eerste plek aan die persoon in beheer en laat **hulle toe om ook kanale te volg. Indien u my kontak aangaande 'n** akademiese, sport- **of kultuuraangeleentheid, maak u 'n posbode van my. Ek kan dit nie aanvaar nie en dan word die "Delete"**-knoppie of **"35"-snippermasjien ingespan. Dieselfde geld vir wanneer ek 'n "cc" by** 'n e-pos is.

Ek wag vir die persoon wat verantwoordelik is vir 'n sekere aangeleentheid om kanale te volg, gesprekke te voer en die saak ter tafel te lê voor**dat ek 'n ingeligte besluit neem. Hulle word betaal om hul werk te doen** en ek vertrou hulle om hul afdelings professioneel te bestuur. Ek versoek dat u asseblief dieselfde doen!

Toe onderwysers gevra is of hulle hul werk geniet en positief daaroor is, was die antwoord:

Johannesburg	6 – 10%
Port Elizabeth	10%
Grahamstad	2%
Kaapstad	10 – 20%
George	12%

Dit is dalk nie u skuld nie, maar dit is u verantwoordelikheid, so kom ons **ondersteun hulle. Ongeag wie of wat ons is, 'n onderwyser was vir ons** onderrig verantwoordelik. Vervang die negatiewe herinneringe met pos**itiewe herinneringe en kom ons skep 'n positiewe nalatenskap.**

Dear Parents

To have a positive attitude is not always easy nor is it glamorous but it is definitely rewarding.

Doing a "reality check" they found that with certain competitive schools the children stop participating in sport after school while with others they tend to continue. To the point it all comes down to the fact that these children never learnt to lose! In the environment after school they could not deal with losing, so they quit!

Studies also show that this concept can be applied to academic performance and that the hard worker in school tends to perform the best at University.

We need to teach our children how to lose gracefully. We need to encourage hard and regular work and to raise the bar to prevent mediocrity. In general we need to teach our children to deal with life - with success and failure.

As Principal I also have to follow channels. Before I can make a change, decision, recommendation or reinstating something I must follow channels. Consulting with the Head of Departments and SMT after they did the same with staff and other role players is all part of the process.

It's within these boundaries that I ask of parents to follow channels, send your correspondence first to the person in charge and allow them to follow channels as well. By contacting me directly on an academic, sport or cultural matter is making a postman of me. That I cannot ac**cept and the "DEL" button follows or "P35" shredder applies. The same when I am "cc" in an email.**

I wait for the person whose responsibility it is to follow channels, consult and table it if needed before I apply my mind to make an informed decision. They get paid to do the work and I trust them to manage their divisions professionally. Please do the same!

When teachers were asked how many enjoy their jobs and feel positive about it, they answered:

Johannesburg	6 – 10%
Port Elizabeth	10%
Grahamstown	2%
Cape Town	10 – 20%
George	12%

It may not be your fault but it is your responsibility, so let's support them. Irrespective of who or what we are, there is a teacher behind our education. Let the negative memories be replaced by positive memories and let us leave a positive legacy.

Sonskyngroete/ Sunshine Greetings

M DE VRIES
Skoolhoof/ Principal

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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.*

NETBALL: Tanielle Moolman (u/13) has been selected for the Eastern Cape Netball Team.

RUGBY: The following boys have been selected for the first round of u/13 EP trials - **Marnus Winter, Jared Rees, CJ Vermaak, Dylan Willis, Kai Stokes, Loren FerreiraChad Magson and Byron Jackson.** The following boys are through to the 2nd round of PE City u/12 trials: **Jared Hendricks, Corné Jordaan, Stephan Scholtz, and Ashton Royle.**

HOCKEY: Anja Weyers is through to the next round of EP trials.

AEROFIT: Mia-Cara Hart, Lara Kleinhans and Chloë Critchlow have been selected for the EC Aerofit team to participate at the National Championships.

BIATHELE: Kerri-Lee Barnard came 4th in the EC Biathle Championships and has been selected for the SA Championships.

GYMNASTICS: Nathan Flugel has qualified to participate in EC trials in tumbling, double mini and trampoline. Bianka Bessenger has also qualified for the EC trials. **Emily Pattinson** came 1st in the o/11 category Level 3 in an inter club competition.

JUDO: Arno van Onselen has been selected to represent Nelson Mandela Bay at the SA Open Judo Championships.

KARTING: Joshua Coertze took part in the second leg of the SA National Championship. He won two of the three heats and has a marginal lead in the SA Championships halve way through the season.

CHESS: The following learners have been invited to the NMBYC closed trials - **Jordan Frösler, Quinn Coetzer and Daniel Jeppe (U10) and Kea Holroyd (U12).**

21 MAY 2016 ~ AT SUNRIDGE

ITEC 7'S ~ *RUGBY, NETBALL & HOCKEY*

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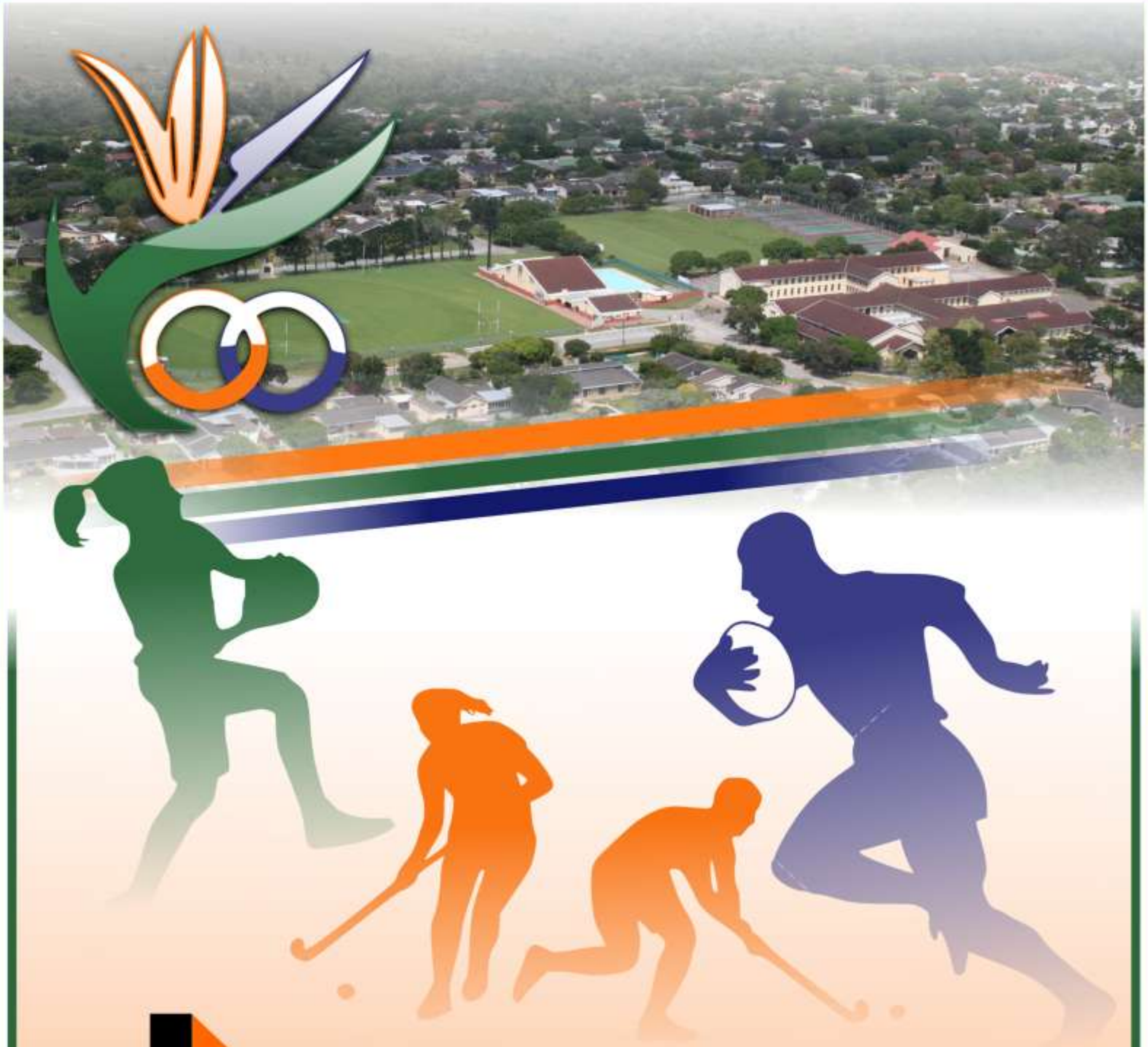
PHOTO GALLERY / FOTOGALERY



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SUNRIDGE 7's

21-05-2016

JUNE 2016 EXAMINATION TIME TABLE
JUNIE 2016 EKSAMENROOSTER

Date	Grade 4	Grade 5	Grade 6	Grade 7
Thursday 2 June Donderdag 2 Junie	English Engels	English Engels	English Engels	English Engels
Friday 3 June Vrydag 4 Junie	Afrikaans	Afrikaans	Afrikaans	Afrikaans
Monday 6 June Maandag 6 Junie	Mathematics Wiskunde	Mathematics Wiskunde	Mathematics Wiskunde	Mathematics Wiskunde
Tuesday 7 June Dinsdag 7 Junie	SS : History SW: Geskiedenis	SS : History SW: Geskiedenis	SS : History SW: Geskiedenis	SS SW
Wednesday 8 June Woensdag 8 Junie	SS : Geography SW: Aardrykskunde	NS/Tech NW/ Teg	PSW	EMS/ EBW LO
Thursday 9 June Donderdag 9 Junie	PSW	SS: Geography	SS: Geography	NS/ Tech NW/ Teg
Friday 10 June Vrydag 10 Junie	NS/Tech NW/ Teg	PSW	NS/Tech NW/ Teg	Arts and Culture Kuns en Kultuur

FOCUS ON: Leanne Tobias

EARLY LIFE: Most of my childhood memories are from growing up in a beautiful little forest station 10km outside of Stutterheim. When I was 10 years old, I moved to Port Elizabeth to live with my mom and stepdad. I went to Parsons Hill Primary school and this is where I discovered my love of music.

FAMILY LIFE: I am blessed with a wonderful husband and 2 beautiful little boys

CAREER LIFE: I taught music at Greenwood Primary school from 2002-2008. When I moved to East London, I continued my teaching career at Hudson Park Primary school. And now…here I am

ACCOMPLISHMENTS: Leading the band that won the Primary School categories for 2 consecutive years at a National Steelpan/ Marimba competition in Johannesburg 2010/2011

INTERESTING FACTS ABOUT YOURSELF: I can juggle

Please answer the following five questions:

1. **What was your favourite TV show when growing up? Who's the boss**
2. **Do you have any strange phobias?** Nothing strange….only heights
3. **Are you "addicted" to anything?** Watching series
4. **What is your favourite lunch meat?** Polony
5. **What is the first thing you notice about people? I don't really have a specific thing**

SPORT FIXTURES / WEDSTRYDDATUMS
DATE/DATUM: 16 - 21 May/ Mei 2016

MAANDAG	**NETBAL:** O/12 vs BYE O/13 vs BYE
TUESDAY	**MINI HOCKEY:** **GIRLS** U/9A & B - BYE U/10A & B - ST GEORGES @ ST GEORGES U/9A - HERBERT HURD @ HERBERT HURD **TENNIS:** 1ST - CLARENDON B @ SUNRIDGE 2ND - LORRAINE A @ SUNRIDGE
WOENSDAG	**RUGBY:** O/13A - *ROWALLAN PARK (SAL GESPEEL WORD BY DERBYDAG)* **O/13B - WESTERING@ WESTERING (15:15)** O/13C - CHARLO @ CHARLO (15:15) **O/11A** - *ROWALLAN PARK (SAL GESPEEL WORD BY DERBYDAG)* **O/11B - CHARLO @ CHARLO (14:30)** O/11C - SUMMERWOOD @ SUNRIDGE (14:30) O/9A - *ROWALLAN PARK (SAL GESPEEL WORD BY DERBYDAG)* **O/9B - HERBERT HURD @ HERBERT HURD(14:30)** O/9C - GREY @ GREY (14:30) **MEISIESHOKKIE:** O/11A - CLARENDON C2 @SUNRIDGE 1STE - WESTERING @ WESTERING 2DE - WESTERING @ WESTERING
THURSDAY	**NETBAL:** O/9A - BYE O/10A - BYE O/11A - BYE **TENNIS:** U/10 - CLARENDON A @ SUNRIDGE
VRYDAG	**SEUNSHOKKIE:** 1STE - WOODRIDGE @ WOODRIDGE 2DE - DIETRICH A @ O/11A - WOODRIDGE @ WOODRIDGE **SKAAK:** **MUURBAL:** 1STE SPAN vs
SATURDAY	**ITEC 7'S @ SUNRIDGE** **U/11& 13 RUGBY, U/12 & 13 NETBALL AND U/14 GIRLS HOCKEY**

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SPORT RESULTS / UITSLAE

NETBAL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	DIAZ	32 - 2	DENESHIA CHAMBERS
O/13B			
O/12A	DIAZ	16 - 0	MICHAELA CALITZ
O/12B			
O/11A			
O/11B			
O/10A			
O/10B			
O/9A			
O/9B			
O/8A			
O/8B			
O/7A			

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TENNIS - GEMENG			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
1ST	HERBERT HURD	19 - 15	BRANDON RIESEBERG
2ND	CLARENDON C	15 - 13	MIEKE SMIT
O/10	HERBERT HURD A	9 - 6	TRISTAN NAIDOO

SPORT RESULTS / UITSLAE

RUGBY			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	FRANS CONRADIE	40 - 5	KIAN MITCHELL
O/13A	SUMMERWOOD	40 - 7	MARNUS WINTER
O/13B	BYE		
O/13C	WESTERING	39 - 0	RHYAN MULDER
O/11A	FRANS CONRADIE	21 - 12	DILLAN TREU
O/11A	VERKENNER	19 - 5	DANIEL VENTER
O/11B	WESTERING	17 - 0	ZANCO ELS
O/11C	CHARLO	17 - 0	PIETER LAFRAS AYLWARD
O/9A	BYE		
O/9B			
O/9C	LORRAINE	7 - 34	AJ GLAUM

MUURBAL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
1ST	COLLEGIATE A	9 - 5	VINCENT STEPHENSON

BOYS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST			
2nd			
U/11			
U/9	LORRAINE	0 - 4	TOBIE FOURIE

GILRS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST	COLLEGIATE	0 - 8	MICAELA BEZUIDENHOUT
2ND	COLLEGIATE	0 - 5	DESTINY BOTHA
U/11A	COLLEGIATE	0 - 7	LARA KLEINHANS
U/10A	CLARENDON	3 - 3	TEAGAN HARTY
U/10B	CLARENDON	2 - 5	DANé VILJOEN
U/9A	LORRAINE	4 - 3	MIEKE KOEN
U/9B	LORRAINE	6 - 1	ALOUISE VOSLOO

Our aim : 200 pillars!

OOVI PTA
PER PILLAR – R1,000.00 – PER PILAAR

Ons doelwit : 200 pilare!

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

OOVI PTA

PER PILLAR – R1,000.00 – PER PLAAR

Our aim : 200 pillars!

Ons doelwit : 200 pilare!