



SUNRIDGE
VANDAG



SUNRIDGE
TODAY

10 August 2017

Dear Parents

We are all very busy trying to sort out our lives. Apart from home, school and work we also have to make time for our children - and then we still have to find time for our families. We face enormous challenges because of the fast pace of life and then homework, sport and culture also form part of our daily task. Garden work is neglected, maintenance inside and outside piles up and we would perhaps like to quickly go for a cycle or to the gym.

Once we start talking about the huge task of raising children in present times, we will never stop. Not everybody experiences it in the same way, but that there are challenges, is a given. The first step is to forget about the past – we cannot change that. Focus on the future and live in the moment.

The upbringing of our children and teaching them basic values is part of parenting and be assured there will always be pot-holes. Discipline starts at home and this includes respect, integrity, compassion and honesty. The school builds on the value system which is a part of our society. The four value driven pillars are not negotiable and we should build on them. Only once they have been firmly established and exercised do we see the difference and experience the joys of parenthood. Good academic, sport and cultural achievements are nice but, alas, it is the core values that weigh heavier.

Children will test the boundaries – it has stayed the same over the centuries. It is just that parents handle it differently these days. As a result of different lifestyles and patterns parents have started expecting discipline and the acquiring of core values to be the school's responsibility. It is a fact that this has contributed to the decline in core values and that children bring about conflict between parents and teachers.

I mentioned in a previous newsletter how children cause problems between parents and teachers and then stand back and enjoy the conflict while they get off scott free. Parents and teachers alike fall for this age-old trick and this is where an issue no longer has two sides, but three.

I continually urge teachers to count to ten and take a day or two to cool off before a problem is tackled. This provides perspective on the third side of the matter. Please drink a cup of tea, count to ten and calm down before your blood pressure rises and you are disillusioned by this third side.

As mentioned before – children will and must make mistakes, this is how they learn. Boys will be boys and we will allow them to be boys, they will test boundaries and challenge rules. Girls will be girls and it is also their privilege and something special to experience their uniqueness. They test boundaries and rules on a totally different level and of course also test each other.

The conclusion is simple – let us work together as adults and ensure that we live the four core values and instil them in our children. Let us watch what we say and focus on tolerance and understanding.

The world has changed and will continue to do so. The pace will keep increasing and we must handle and manage it.

“Together we grow, alone we fall into a decline”



Sunshine Greetings

M DE VRIES
Principal

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THE BAY GAS COMPANY



**SUNRIDGE
VANDAG**



**SUNRIDGE
TODAY**

10 Augustus 2017

Geagte Ouers

Ons is almal op 'n drafstap besig met ons lewe. Tussen die huis, skool en werk moet ons tyd maak vir ons kinders. Ons praat nie eens van die tyd om ook aan gesinsaspekte te werk nie. Die vinnige tempo van die lewe stel ongelooflike uitdagings aan elkeen en dan is huiswerk, sport en kultuur ook nog deel van ons dagtaak. Tuinwerk word afgeskeep en onderhoud binne en buite hoop op en ons wil gou die fiets gaan trap en dalk in die gimnasium 'n draai gooi.

As ons begin praat oor die ongelooflike taak om kinders in hierdie tye groot te maak, gaan ons nooit ophou praat nie.

Almal ervaar dit nie altyd dieselfde nie, maar dat daar uitdagings is, is 'n gegewe. Die eerste stap is om van die verlede te vergeet, ons kan dit nie verander nie. Fokus op die toekoms en leef die lewe nou.

Opvoeding van ons kinders en die aanleer van basiese waardes is deel van ouerwees en dat daar slaggate gaan wees, is ook 'n gegewe. Dissipline begin tuis en dit omsluit respek, integriteit, deernis en eerlikheid. Die skool bou voort op die waardesisteen wat deel is van ons gemeenskap. Die vier waardegedrewe pilare is nie onderhandelbaar nie en ons moet daarop bou. Slegs as dit deeglik gevestig en ingeef is, sien ons die verskil en ervaar ons die vreugde van ouer wees.

Goeie akademiese, sport en kultuurprestasies is lekker, maar helaas, dit is die kernwaardes wat aan die einde van die dag die swaarste weeg.

Kinders gaan die grense toets, deur die eeue het dit dieselfde gebly. Die verandering wat wel gekom het, is dat ouers dit anders hanteer. Weens die verandering in lewenstyle en patrone het ouers begin aanneem en verwag dat dissipline en die aanleer van kernwaardes die verantwoordelikheid van die skool is. Dit is 'n feit dat hierdie verskynsel bygedra het tot kwyning van kernwaardes en die feit dat kinders konflik tussen ouers en onderwysers te weeg bring en orkestreer.

Ek het al in 'n nuusbrief geskryf oor kinders wat ouers en onderwysers afspeel en dan terugstaan en kyk hoe hulle dit uitwoed terwyl die klein swernoot skotvry wegstap. Beide ouers en onderwysers val in die eeue oue strik en dit is juis hier waar 'n saak lank nie meer twee kante het nie, dit het drie.

Ek versoek deurlopend onderwysers om eers tot tien te tel, 'n dag of twee kans te gee en eers af te koel alvorens 'n saak opgeneem word. Dit bring perspektief aan die derde kant van 'n saak. Drink dus eers daai koppie tee, tel tot tien en raak rustig voor u u bloeddruk laat styg en dan met die derde kant van die saak ontnugter word.

Soos reeds gesê, kinders gaan en moet foute maak, ons almal leer so. Seuns bly seuns en ons gaan hulle toelaat om seuns te wees, hulle gaan grense en reëls toets en uitdaag. Dogters bly dogters en dit is ook hulle voorreg en iets besonder om ook hulle unieke aspekte te beleef. Hulle toets grense en reëls op 'n heel ander vlak en natuurlik ook mekaar.

Die slotsom is eenvoudig: kom ons werk saam as volwassenes en verseker dat ons die vier kernwaardes leef en in ons kinders vestig. Kom ons plaas die wag voor ons monde en fokus ook op verdraagsaamheid en begrip.

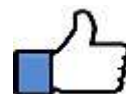
Die wêreld het verander en gaan nóg baie verander. Die tempo gaan bly toeneem en ons moet dit hanteer en bestuur. "Saam groei ons, alleen kwyn ons."

Sonskyngroete

M DE VRIES
Skoolhoof



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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.*

BALLET: Taylor Wilson received merit in the Level 1 Award in Graded Examination in dance from the Royal Academy of Dance.

CHES: Quinn Coetzer obtained 2nd place (silver Medal) U12 at the NMBYCC this weekend.

SPELLING BEE: Nicole Lister has made it through to the next round of the Mzansi Spelling Bee competition

WOW SPELFEEKOMPETISIE: Die volgende leerders dring deur na die Provinsiale WOW Spelfeekompetisie op 2 September 2017: Graad 1 - Karlle Janse van Rensburg, Graad 3 - Jeandre Landman, Graad 4 - Jean-Louis Greeff, Liam Botha en Mieke Koen, Graad 5 - Anri Botha en Carike Marais, Graad 6 - Leanè Engelbrecht.



SUNSHINE FESTIVAL
Saturday, 12 AUGUST
See you all there!!!!
DON'T MISS OUR
wind and steel bands
Playing in the paved
area next to the
swimming pool
At 8:30

SPEEL • LEER • ONTWIKKEL



trapsoetjies

STIMULERENDE OGGENDPROGRAM VANAF 07:15-12:00

Streef na die holistiese ontwikkeling van kinders deur middel van spel. Trapsoetjies glo as kinders speel, leer hulle en ontwikkel hulle. Trapsoetjies is nie 'n speelskool nie maar 'n vroeë ontwikkelingsentrum waar peuters d.m.v spel onderrig word.



OPEN
januarie 2018

- Die dagprogram word aangebied deur 'n gekwalifiseerde remediërende onderwyseres en mamma van drie.
- Kindermusik word weekliks aangebied.
- Trapsoetjies beskou elke peuter as 'n individu en wil fokus daarop om d.m.v spel elkeen optimaal te ontwikkel, sodat die grondslag vir toekomstige onderrig gelê is.

Lanie Landsberg 082 974 3978 • laniewerner@hotmail.com
3 Larkspur Str, Sunridge park • Ouderdomsgroep 18mnde-3jaar



Tavcor Commercial Lounge



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LegalExperts

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PHOTO GALLERY / FOTOGALERY



FOCUS ON: *Jolene Afrikander*

EARLY LIFE: I was born in Windvogel and still live there.

FAMILY Life: I have a lovely family - a daughter named Charvoné and three sisters.

CAREER LIFE: I worked as a general worker at St George's and Mercantile Hospital. I joined the Sunridge Family in 2013 as a general worker.

ACCOMPLISHMENTS: I have played netball and indoor soccer.

INTERESTING FACTS ABOUT YOURSELF: I am a huge rugby fan and Blue Bulls supporter. In my free time I like to watch TV Series.

Please answer the following five questions:

1. Have you accepted a dare that you later regretted and what was it? No.
2. What is your favourite flavour pizza? Bacon & Avo pizza
3. Do you have any strange phobias? I am very scared of snakes.
4. What is your favourite cereal? Jungle oats
5. Choose a movie title for the story of your life? Madea's Family Reunion



SPORT FIXTURES / WEDSTRYDDATUMS
DATE/DATUM: 7 - 12 August/ Augustus 2017

MAANDAG	NETBAL: O/8A & B - O/12A & B - TJAART VD WALT (AWAY) O/13A & B - TJAART VD WALT (HOME) RUGBY: O/11A - O/13A - TENNIS: 3RD TEAM - NEWTON PARK @ NEWTON PARK
TUESDAY	MINI HOCKEY: GIRLS U/9A & B - SUMMERWOOD (AWAY) U/10A & B - SUMMERWOOD (HOME) BOYS: U/9A - ASTRA (HOME) MIXED TENNIS: 1ST TEAM - GREY/ COLLEGIATE (AWAY) 2ND TEAM - THEODOR HERZL (HOME) 3RD TEAM - CHARLO A (HOME)
WOENSDAG	RUGBY: O/13A - TJAART VD WALT (HOME) 16:00 O/13B - GREY 13d (HOME) 16:00 O/13C - MT PLEASANT B (AWAY) 14:30 O/11A - TJAART VD WALT (AWAY) 15:15 O/11B - O/11C - ROWALLAN PARK B ((HOME) 15:15 O/11D - LORRAINE B (HOME) 15:15 O/9A - TJAART VD WALT (AWAY) 14:30 O/9B - WESTERING (HOME) 14:30 O/9C - MEISIESHOKKIE: O/11A - LORRAINE 14C (HOME) 14:30 U/14A - WESTERING (AWAY) U/14B - RIEBEEK (AWAY)
THURSDAY	NETBALL: U/9A & B - TJAART VD WALT (HOME) U/10A & B - TJAART VD WALT (AWAY) U/11A & B - TJAART VD WALT (HOME) TENNIS: U/10 - THEODOR HERZL (AWAY)
VRYDAG	SEUNSHOKKIE: U/14A - LORRAINE (HOME) U/14B - DIETRICH (AWAY) O/11A - ASTRA (AWAY) SKAAK: JUNIOR - LORRAINE (AWAY) SENIOR - LORRAINE (AWAY) TENNIS: DERBY vs WESTERING
SATURDAY	DERBY DAY vs Westering (Rugby, Chess & hockey) & Collegiate (Netball)



SPORT RESULTS / UITSLAE

MEISIESHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A	CHARLO	1 - 0	ANUCHKA DE LANGE
O/14B	CHARLO	4 - 0	MILLA OTTO
O/14B	WESTERING	0 - 0	ZEYTKA VERSTER
O/11A	WESTERING	2 - 4	TEAGAN HARTY
O/10A	CHARLO	5 - 0	ANé RETIEF
O/10B	CHARLO	8 - 1	MINKE STRYDOM
O/10A	COLLEGIATE	0 - 2	GEMMA STEPHENS
O/10B	COLLEGIATE	0 - 1	CARRIE DAVIS-TAYLOR
O/9A	WESTERING	5 - 1	LUMé BARNARD
O/9B	WESTERING	5 - 2	AMY BUHAGIAR
O/9C			



NETBALL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A			
O/13A			
O/13B			
O/12A			
O/12A			
O/12A			
O/11A			
O/11A			
O/10A			
O/10A			
O/9A			
O/9A			
O/8A			
O/8A			



TENNIS - MIXED			
TEAM	OPPONENT	SCORE	PLAYER OF THE MATCH
1ST	CLARENDON	24 - 2	LEILA NEL
2ND	NEWTON PARK	24 - 10	JANNES VOSLOO
3RD	THEODOR HERZL	13 - 24	CAMERON RADEMAKERS
U/10	LORRAINE	3 - 12	LOGAN WELMAN



SPORT RESULTS / UITSLAE

RUGBY			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	SONOP	36 - 38	DANIEL PUTZIER
O/13B			
O/13C			
O/11A	SONOP	38 - 0	ROCHé KAPP
O/11B			
O/11C			
O/11D			
O/9A			
O/9B			
O/9C			
O/7 BLOU			
O/7 BLOU			
O/8 BLOU			
O/8 BLOU			



SEUNSHOKKIE

SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A			
O/14B	GELVAN PARK	0 - 3	KYLE DU PLESSIS
O/11A			
O/9A	HERBERT HURD	3 - 2	HEINDRICH VOLSCHENK



CHESS

TEAM	OPPONENT	SCORE	PLAYER OF THE MATCH
SENIOR			
JUNIOR	THEODOR HERZL	0 - 7	AIMEE SCHOFIELD



PER PILLAR ~ R1,000.00 ~ PER PILAAR

Our aim : 200 pillars!

Ons doelwit : 200 pilare!

[illegible]

OOV/ PTA

Our aim : 200 pillars!

Ons doelwit : 200 pilare!

GRADE 1 CORNFORTH 2017	HEUGH FAMILY ANDREW & JASON	HOLLY & CLAIRE SUTTON	JOSHUA CHOWLES SHAUN FORD	NELL FAMILIE DéAN & LEAH	SMAILES FAMILY CHRISTOPHER & STEVEN
GRADE 3 VD MESCHT CLASS OF 2017	GRADE 3 HUGO CLASS OF 2016	ALCOCK FAMILY LAUREN & JAIME	JUFFROU SAAYMAN SE GRAAD 1 KLAS 2014	GR 7 2012 PETERS, SNYMAN, GROVES, POTGIETER, FRIEND, WILLIAMS & FERREIRA	GR 6 2012: ANTONIOTTI, NEETHLING, LANGENHOVEN, VOSLOO & POTGIETER
	THE ELLIOTT FAMILY KEEGAN AND ANDI	LIZE-Mé OTTO HOOFDOGTER 2015	DIVAN & IZAAN LAMPRECHT	TAIT GESIN STEPHEN & MEGAN	U/11A RUGBY 2012 COACHES N SNYMAN & C DE BEER
	HARRIS FAMILY DAVID & JUDY	OTTO GESIN LIZE-Mé, MILLA & THERESE	KLAAS FAMILY HLUMELO DEPUTY HEADBOY 2014	STRYDOM FAMILY MEGAN & MINKE	STOCK FAMILY CANDICE & NICOLA
	HARRIS FAMILY CHELSEA	INCKE VAN DER WATT	GREYLING FAMILIE JEAN-PIERRE & SHANELL	SLABBERT FAMILY JORDYN-LEE GR 7 2012	IN MEMORY OF MR R CLOTZ GR 7 2012
	HARRIS FAMILY LEXI	STAPELBERG FAMILY	LUKE WILSON GRADE 7 - 2014	SLABBERT FAMILY GABRIEL GR 3 2014	WARD FAMILY MATTHEW
	HARRIS FAMILY AYVA	STAPELBERG FAMILY	THE TALBOT FAMILY THABISO - GR 5R	GELDENHUYS GESIN LIANCA & CHANTé	VAN HUYSTEEN FAMILY TYLA & KEEGAN
	GRAAD 7 HATTINGH 2016	STAPELBERG FAMILY	TER HERINNERING AAN SARIE MARAIS	RETIEF GESIN ANé & LIZE	MEGHAN WILLIAMS
	HEATHER GESIN LIZE	STAPELBERG FAMILY	TER HERINNERING AAN HENRY VAN HEERDEN	KLEINHANS GESIN LARA	HOFFMANN FAMILY KAYLA
	COETZER FAMILY LUKE AND JESSICA	STAPELBERG FAMILY	MRS RICHARDSON GR 2 CLASS OF 2015	ROYLE FAMILY JORDAN, DAMON & ASHTON	IBHAYI WINDSCREEN SERVICES