

SUNRIDGE  
VANDAG



SUNRIDGE  
TODAY

11 Mei / May 2017

Geagte Ouers

Ek skryf dikwels oor ons visie om geleenthede vir ons kinders te skep, die opofferings wat deur onderwysers gemaak word **om hierdie diens te lewer en 'n platform te skep en dat dit nie altyd waardeer word nie.**

Penny Heyns, Suid-Afrikaanse swemmer, wêreldrekordhouer en Olimpiese dubbelgoue medaljewenner, het die volgende geskryf en dit verstewig ons visie oor geleenthede en verduidelik veel meer: **“Om van hul kinders iemand te maak wat hulle nie is nie, is 'n fout wat ouers dikwels maak.....** Kinders moet toegelaat word om op hul eie twee voete te staan, hulle moet geleenthede gebied word en moet kan kies **aan watter aktiwiteite hulle wil deelneem. Talent is 'n kosbare geskenk, maar dit gaan nie gepaard met 'n waarborg vir sukses nie.** Dit verg reuse-opofferings van ouers sowel as kinders en as daar nie konsensus is dat sulke opofferings **gewilliglik gemaak sal word nie, is dit regtig 'n vermorsing van almal se tyd. “**

**Ons is baie goed met die skep van “spangeleenthede”, van orkes tot koor tot die sportveld tot 'n aflosgala – dit is alles daar.** Dit lê die grondslag vir verhoudings wat later in die **lewe so noodsaaklik is. Wanneer 'n mens mislukking in die gesig staar, onaangename aspekte moet trotseer, verloor, van mekaar verskil, asook al die bekende en onbekende positiewe aspekte, is jy besig om die toekoms te bou.**

Om jou kind toe te laat om op sy eie twee voete te staan, **mislukking te verwerk en sukses te vier met 'n positiewe ingesteldheid, is die einddoel van ouerwees.**

**Wanneer 'n mens heertyd oor jou kind hang, loop jy die risiko om 'n helikopterouer te wees en is dit eintlik 'n teken dat jy jou kind nie vertrou om op sy eie twee voete te staan nie.**

U mag dalk nie hierdie woorde wil hoor of lees nie. Bied aan **u kind die ruimte om 'n kind te wees, om te ontdek en foute te maak. Mislukking is nie 'n misdaad nie en ook nie die einde van die wêreld nie; dit is alles deel van die leerproses.** Kom ons fokus daarop om respek, integriteit, deernis en eerlikheid te vestig.

Kom ons stem weer saam om te verskil, maar kom ons besluit ook om dit met respek te doen. Ons einddoel is om al ons kinders vir hoërskool en die lewe voor te berei. Die standaard en welslae behaal, hang af van die bereidwilligheid om opofferings te maak en onvoorwaardelike ondersteuning.

**Dit is 'n eer om deel te hê aan die bou van ons toekoms en 'n positiewe nalatenskap is 'n gegewe! My leuse sal altyd bly: “Skyn helder vir Sunridge.”**

Dear Parents

I frequently write of our vision to create opportunities for our children and the sacrifices made by teachers to deliver these services and to create the platform for it is not always appreciated.

Penny Heyns, South African swimmer, world record holder and Olympic double gold medallist wrote the following (which again strengthens our vision on opportunities but **clarifies much more): “Attempting to make their kids something they are not is a trap that parents easily fall into... Children should be allowed to stand on their own two feet, provided with opportunities, and have the choice of whether to pursue an activity or not. Talent is a precious gift, but does not come with a guarantee of success. Huge sacrifices, both from parents and the child, are required, and if there isn't consensus that such sacrifices will be willingly undertaken, it's really a waste of everybody's time. “**

**The one thing we create very well is “team opportunities”,** from playing in a band, singing in the choir, on the sport field or a relay gala - **it's all there. This lays the foundation** for relationships which are so needed later in life. Confronted with failure, unpleasant aspects, losing, disagreeing, together with all positive aspects known and unknown is creating the future.

Allowing your child to stand on their own two feet and dealing with failure and celebrating successes, while staying positive is achieving the ultimate goal of being a parent.

Hovering over your child holds the risk of being a helicopter parent and actually not trusting your child to stand on their own two feet.

This might not be the words you want to hear nor like to read. Give your child the room to be a child, to explore and to make mistakes. Failure is neither a crime nor the end of **the world; it's all part of learning. Let's focus on establishing** respect, integrity, compassion and honesty.

**Lets again agree that we will disagree, but let's also agree to do it with respect.** The end result is for us is to prepare all our children for high school and life. The standard and success achieved while doing this depends on our willingness to make sacrifices and give them our unconditional support.

**It's an honour to be part of creating the future and leaving a positive legacy is a given! My motto will always be: “Shine bright for Sunridge.”**

Sonskyngroete/ Sunshine Greetings

M DE VRIES  
Skoolhoof / Principal



Follow us on  
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## LEARNER ACHIEVEMENTS / LEERDERPRESTASIES

*If not a school event, official results must be emailed to [wendy@sunridge.co.za](mailto: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](mailto:wendy@sunridge.co.za) gestuur word.*

**NETBALL:** Kerri-Lee Barnard (u/13) has been selected for the EC Netball team.

**KARATE:** Jarryd Behr received the following medals at the WJKA EC Championships: Gold medals for Asai Ryu Kata 11-16 years and Kata and a silver for medal for Kumite. **Nathan Steyn** has been selected for the EC JKA team.

**DANCE:** Anika de Ridder, Nicole Bird, Monique Alloway & Kelly Schoeman as well as Mrs Lauren McCarthy have qualified to represent South Africa at the World DanceStar Masters in Croatia. They leave on 20 May 2017. Anika de Ridder (Ethnic Folkloric formation, Hip Hop Group, Modern Group and Musical Theatre Formation); Nicole Bird (Ethnic Folkloric formation, Hip Hop Group, Modern Group and Musical Theatre Formation); Monique Alloway (Ethnic Folkloric formation, Hip Hop Group, Modern Group and Musical Theatre Formation); Kelly Schoeman (Ethnic Folkloric formation, Hip Hop Group, Modern Group and Musical Theatre Formation) and Mrs Lauren McCarthy (Ethnic Folkloric formation, Modern Group, Musical Theatre Formation, Musical Theatre Quartette, Lyrical Quartette, Ethnic/Folkloric Quartette and Jazz Quartette).

### **"RICH" ARMBANDS**

For sale at the reception desk for R10 each. Each armband has 2 letters which represent our school values. Money raised will be donated to a charity. Boy colours and girl colours. Girl armbands have a heart charm. Suitable for the entire family!  
Please support the VISTARUS charity AND promote our school values!

R = Respect  
I = Integrity  
C = Compassion  
H = Honesty



### **Gr 4 – 7** **School Bags** **Skooltasse**

School bags for Gr 4 -7 are now available from the school office at R290 each.

Die skooltasse vir Gr 4 – 7 is nou by die skoolkantoor beskikbaar teen R290 elk.



THE BAY GAS COMPANY



Tavcor Commercial Lounge

**Louw**  
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P R O P E R T I E S



**Greyvensteins**  
A T T O R N E Y S

[www.greyvensteins.co.za](http://www.greyvensteins.co.za)

Greyvensteins

LegalExperts

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Die inhoud van die advertensies wat in die nuusbriëf verskyn, weerspieël nie noodwendig die siening en goedkeuring van die skool nie.*

# PHOTO GALLERY / FOTOGALERIJ





## JUNE 2017 EXAMINATION TIME TABLE

Date	Grade 4	Grade 5	Grade 6	Grade 7
Wednesday 24 May	English Written Work	English Written Work	English Written Work	English Written Work
Thursday 25 May	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk
Monday 5 June	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal
Tuesday 6 June	Mathematics	Mathematics	Mathematics	Mathematics
Wednesday 7 June	English Language	English Language	English Language	English Language
Thursday 8 June	SS Geography	SS Geography	NS / Technology	LO Afrikaans Begripstoets
Friday 9 June	Afrikaans Begripstoets	Afrikaans Begripstoets	SS History	SS History
Monday 12 June	SS History	SS History	Afrikaans Begripstoets	NS
Tuesday 13 June	English Comprehension	English Comprehension	SS Geography	Technology Creative Arts
Wednesday 14 June	NS Technology	NS Technology	English Comprehension	SS Geography
Thursday 15 June	PSW	PSW	PSW	EMS English Comprehension



## JUNIE 2017 EKSAMENROOSTER



Datum	Graad 4	Graad 5	Graad 6	Graad 7
Woensdag 24 Mei	English Written Work	English Written Work	English Written Work	English Written Work
Donderdag 25 Mei	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk
Maandag 5 Junie	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal
Dinsdag 6 Junie	Wiskunde	Wiskunde	Wiskunde	Wiskunde
Woensdag 7 Junie	English Language	English Language	English Language	English Language
Donderdag 8 Junie	SW Aardrykskunde	SW Aardrykskunde	NW / Tegnologie	LO Afrikaans Begripstoets
Vrydag 9 Junie	Afrikaans Begripstoets	Afrikaans Begripstoets	SW Geskiedenis	SW Geskiedenis
Maandag 12 Junie	SW Geskiedenis	SW Geskiedenis	Afrikaans Begripstoets	NW
Dinsdag 13 Junie	English Comprehension	English Comprehension	SW Aardrykskunde	Tegnologie Kreatiewe Kunste
Woensdag 14 Junie	NW / Tegnologie	NW / Tegnologie	English Comprehension	SW Aardrykskunde
Donderdag 15 Junie	LO	LO	LO	EBW English Comprehension



# FOKUS OP: *Helmuth Heydenrych*

**VROEËRE LEWE:** Ek is gebore in 1997, in Port Elizabeth. Ek was in Laerskool Sunridge op laerskool en het krieket gespeel, asook verskeie musiekinstrumente, daarna was ek in Hoërskool Framesby waar ek koor gesing het en gholf gespeel het

**GESINSLEWE:** : **Ek is my ouers se jongste kind, ek het 'n ouer suster wat vier-en twintig is, sy woon in Grahamstad en is ook in die onderwys. Ek woon steeds by my ouers tot ek my graad bekom het.**

**LOOPBAAN:** Ek het op onderwys besluit, omdat ek 'n beroep wou kies waar ek 'n invloed kan hê op die mense rondom my, sowel as 'n impak op die lewens van die leerlinge in my klas.

**PRESTASIES:** Wel.. ek het in 2011 5de plek gekry in “public speaking”, daar was slegs 4 ander wat deelgeneem het. My grootste mylpaal tot dusvêr was om in April vanjaar by 'n funksie baskitaar te kon speel, voor 1500 mense. Die beste mylpaal was daardie Maandagmiddag, wat ek die E-pos van mnr Janse van Rensburg ontvang het, om my geluk te wens met my internskap by die “Sonskynfamilie”.

## INTERESSANTE FEITE OOR MYSELF:

- Ek is 'n mens met 'n groot passie vir musiek. Ek speel baskitaar. Na alle sport, UNISA-take ensovoorts, oefen ek ten minste 1 uur 'n dag baskitaar.
- Ek hou van lag en braai.
- Vriende is prioriteit nommer een.
- My droom is om eendag deur die wêreld te reis en om musiekonderrig te gee, waar ookal ek heen reis.

Beantwoord asseblief die volgende vrae:

1. Wat is jou gunsteling-graankos? Definitief Froot Loops.
2. Wat is jou gunsteling geur pizza? Cosmopolitan natuurlik.
3. Het jy enige vreemde fobies? Ek is bang vir passe, soos die Outeniqua-pas, maar net as ek nie self bestuur nie.
4. **Kies 'n rolprenttitel vir die storie van jou lewe:** Scary Movie, want wie weet ooit wat gaan gebeur, maar lag – sal ons lag.
5. **Het jy 'n uitdaging aanvaar waaroor jy later spyt was en wat was dit?** Nee





**OLDMUTUAL  
SUNRIDGE 7'S**



SUNRIDGE PRIMARY SCHOOL

**20 MAY 2017**

**START @ 08:00**

**PRIZE GIVING @ 15:30**

Participating teams:

Under 13 Rugby – 16 teams

Under 11 Rugby – 16 teams

Under 13 Netball – 16 teams

Under 12 Netball – 16 teams

Under 14 Girls Hockey – 8 teams



**LUCKY DRAWS !!!**

*Creating the Future*



*Sunridge  
Primary School*

*Golf day*

*11 June 2017*

*Port Elizabeth  
Golf Club*



Come and celebrate our **50<sup>th</sup>**  
BIRTHDAY with us on the golf  
course.

Lots of prizes to be won!!!

Tee-offs start from 11:30

R1 400 for a 4-ball

Supper at prizegiving

Please contact  
Craig de Beer

or Flippie Smal at:

[craig@sunridge.co.za](mailto:craig@sunridge.co.za) or

[flippie@sunridge.co.za](mailto:flippie@sunridge.co.za)



# SPORT FIXTURES / WEDSTRYDDATUMS

DATE/DATUM: 15 - 20 May / Mei 2017

<p><i>MAANDAG</i></p>	<p>NETBAL:                  O/8A &amp; B - VERKENNER (HOME)                  O/12A &amp; B - VERKENNER (HOME)                  O/13A &amp; B - VERKENNER (AWAY)</p>
<p><i>TUESDAY</i></p>	<p>MINI HOCKEY:                  GIRLS                  U/9A &amp; B - BYE                  U/10A &amp; B - WOODRIDGE (HOME)                  BOYS: U/9A - ST GEORGES B (HOME)                  TENNIS:                  1ST - CLARENDON PARK (HOME)                  2ND - NEWTON PARK (AWAY)                  THIRD - THEODOR HERZL (AWAY)</p>
<p><i>WOENSDAG</i></p>	<p>RUGBY:                  O/13A - BYE                  O/13B - CLARENDON (HOME) 15:15                  O/13C - GREY JUNIOR D (AWAY) 15:15                  O/11A - BYE                  O/11B - CHARLO (AWAY) 14:30                  O/11C - HANDHAAF D (HOME) 14:30                  O/11D - HANDHAAF C (AWAY) 14:30                  O/9A - BYE                  O/9B - HERBERT HURD (HOME) 14:30                  O/9C - CLARENDON PARK (AWAY) 14:30                  MEISIESHOKKIE:                  O/11A - GREENWOOD 14B (HOME)                  U/14A - HERBERT HURD (HOME)                  U/14B - HERBERT HURD (HOME)</p>
<p><i>THURSDAY</i></p>	<p>NETBAL:                  O/9A &amp; B - VERKENNER (AWAY)                  O/10A &amp; B - VERKENNER (HOME)                  O/11A &amp; B - VERKENNER (AWAY)                  TENNIS:                  U/10 - THEODOR HERZL (HOME)</p>
<p><i>VRYDAG</i></p>	<p>SEUNSHOKKIE:                  U/14A - WOODRIDGE (HOME)                  U/14B - BYE                  O/11A - ASTRA (HOME)                  SKAAK:                  JUNIOR -                  SENIOR -</p>
<p><i>SATURDAY</i></p>	<p>OLD MUTUAL SEVENS                  CHESS: NMBYCC TRIALS                  ECSAFF PROVINCIAL CHAMPIONSHIPS</p>



# SPORT RESULTS / UITSLAE

MEISIESHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A	CPLLEGIATE	0 - 3	DESTINY BOTHA
O/14B	COLLEGIATE	1 - 3	ZEYTKA VERSTER
O/11A	HERBERT HURD	0 - 1	ZANIKE COETZER
O/10A	CLARENDON	0 - 4	MIEKE KOEN
O/10B	CLARENDON	3 - 0	CARRIE DAVIS-TAYLOR
O/9A	WOODRIDGE	10 - 0	HANNAH RICHARDSON
O/9B	WOODRIDGE	10 - 0	GABRIELLE ROWE



NETBALL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	KABEGA	37 - 3	MICHAELA CALITZ
O/13A	ROWALLAN PARK	16 - 1	CHANTÉ ELS
O/13A	MT PLEASANT	10 - 6	ANKE SCHEFFER
O/13B	KABEGA	13 - 2	ANKE ZULCH
O/12A	KABEGA	16 - 9	LEILA NEL
O/12A	ALBERTYN	9 - 6	MEAKE HATTINGH
O/12A	CHARLO	13 - 5	CHANTÉ GELDENHUYS
O/12B	KABEGA	11 - 0	LEILA NEL
O/11A	ALTONA	8 - 0	INGE VAN EYK
O/11A	KABEGA	3 - 1	ASA XOLI
O/11A	LORRAINE	1 - 5	MARLI DELPORT
O/11B	ALTONA	6 - 1	GABBI MUNRO
O/10A	ALTONA	4 - 3	CAYLEE WELDRICK
O/10A	ALTONA	6 - 2	NICOLE BOTHA
O/10A	LORRAINE	4 - 5	AMBER LISTER
O/9A	DIAZ	11 - 0	MARI GEISSLER
O/9A	LORRAINE	1 - 2	NADIA MINNIE
O/8A	ANKERVAS	8 - 0	LEA NIEUWOUTD
O/8A	ALBERTYN	3 - 1	HOLLY JONKER
O/8A	KABEGA	3 - 1	PHOEBE RANDALL
O/8B	KABEGA	0 - 12	ERIN STEARS



TENNIS - MIXED			
TEAM	OPPONENT	SCORE	PLAYER OF THE MATCH
1ST	COLLEGIATE/ GREY	16 - 13	BRANDON RIESENBERG
2ND	CLARENDON B	23 - 17	ANKE SCHEFFER
3RD			



# SPORT RESULTS / UITSLAE

MEISIESHOKKIE ~ RIEBEEK SPORTDAG			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A	SUMMERWOOD	0 - 1	THRISCKA STAPELBERG
O/14A	MUIR	1 - 0	DESTINY BOTHA
O/14A	RIEBEEK A	0 - 0	ANUCHKA DE LANGE
O/14A	RIEBEEK B	3 - 0	CARA ROUX
O/14A	PARSONS HILL	7 - 0	MONIQUE ALLOWAY
O/11A	RIEBEEK A	0 - 0	ZANIKE COETZER
O/11A	CLARENDON	0 - 0	ZANIE VLOK
O/11A	RIEBEEK B	0 - 0	TEAGAN HARTY
O/11A	MUIR	1 - 0	CARIKE MARAIS
O/11A	SUMMERWOOD	1 - 0	ZANIE VLOK
O/11A	COLLEGIATE	0 - 0	CHELBI HOBSON
O/10A	RIEBEEK B	2 - 0	MINKE STRYDOM
O/10A	PARSONS HILL	8 - 0	ALOUISE VOSLOO
O/10A	SONOP	2 - 1	JORDAN FRÖSLER
O/10A	CLARENDON	1 - 0	MIEKE JAMNECK
O/10A	RIEBEEK A	6 - 0	MONÉ BURGER



# SPORT RESULTS / UITSLAE

RUGBY			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	GRAEME COLLEGE	18 - 17	GUSTAV ROUX
O/13A	CHARLO	9 - 27	STEFAN SCHOLTZ
O/13A	CLARENDON PARK	50 - 5	CORNÉ JORDAAN
O/13B	GRAEME COLLEGE	3 - 5	JARRED HENDRICKS
O/13B	LORRAINE	12 - 26	SIMON GREYLING
O/13C	HANDHAAF D	41 - 17	KHAYA JANUARY
O/13C	GRAEME COLLEGE	17 - 10	JHON-NICLAS ANTONIOU
O/11A	GRAEME COLLEGE	53 - 0	HERMANUS STEYN
O/11A	CHARLO	52 - 0	ZANCO ELS
O/11A	CLARENDON PARK	0 - 50	OWEN MITCHELL
O/11A	VOLKSKOOL	0 - 53	NIC VAN DER WALT
O/11B	GRAEME COLLEGE	37 - 0	BRIAN CAPES
O/11B	HERBERT HURD	49 - 0	MPUMELELO MAGWAZA
O/11C	GRAEME COLLEGE	25 - 0	JUSTIN TERBLANCHE
O/11C	SUNRIDGE D	39 - 7	DEWAN WESSELS
O/11D	SUNRIDGE C	7 - 39	PIERRE BARNARD
O/9A	GRAEME COLLEGE	35 - 7	KADEN KRETZMAN
O/9A	CLARENDON PARK	21 - 5	TRAVIS PHEIFFER
O/9B	WESTERING	25 - 0	ANDRÉ THERON
O/9C	BYE		
O/8 BLOU	CHARLO	2 - 5	JUAN POTGIETER
O/8 ORANJE	ALTONA	7 - 1	ZACK SLABBERT
O/7 BLOU	LORRAINE	0 - 5	STEVEN TRYTSMAN
O/7 ORANJE	ROWALLAN PARK	3 - 5	TIAAN ROBERTS
O/7 GROEN	ALBERTYN	5 - 6	MATTHEW JOUBERT



SEUNSHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A			
O/14B			
O/11A			
O/9A	ASTRA	4 - 0	LIAM SCHOLTZ

CHESS			
TEAM	OPPONENT	SCORE	PLAYER OF THE MATCH
SENIOR			
JUNIOR			





# BADGE HOLDER BALKIEHOUER

R90.00

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