

PARENTS IN SPORT

I would like to bring to your attention some advice given by Bob Campbell in an article he wrote entitled "How to treat your Superstar". I really do believe that many, if not all, his points are very relevant.

Parents are a most important factor in the development of their child's sport. Parental support, however, does not mean *parental pressure* and the first thing that parents must realize is that their support can be *constructive or destructive*.

Very few, if any, parents really mean to be destructive, it more often than not comes about through a misguided knowledge of what is best for your child. Parents invariably want the best for their child, but so too does the coach, the school and everyone else involved in the sport.

What parents should NOT do**1. *Don't overemphasize winning***

This is probably the cardinal sporting fault by parents because of today's highly competitive world. Winners comprise a very small percentage of the sporting population and there is an unfortunate tendency to classify sports people as winners or losers. Every child can be a winner in some way or another through the many additional values that a sporting experience can offer. These would include the joy of accepting and welcoming challenges, respect for self and others and self confidence derived from self discipline.

2. *Don't become too emotionally involved in your child's sport*

There will always be some emotional involvement, but it should be controlled and not openly displayed. If parents expect their child to behave in a mature fashion, they must not display "childlike" behaviour themselves. The parent becomes over emotionally involved when their child has become an extension of their ego. Their sporting career eventually revolves around keeping up with the "sporting Jones's".

3. *Don't make a public spectacle of yourself at competitions*

Some of the best known acts of compulsive misbehaviour include:

- Running up and down the side lines of the competition area, shouting advice and successfully annoying team players, coaches and other spectators
- Sitting in the stands and out-screaming all in a 'foghorn' like voice
- Running onto the field to debate a decision given against 'you know who'
- Berating your child in front of parents and coaches after he/she failed to perform well or win – regardless of the fact that he/she tried his/her best or that the opponents were obviously superior
- Openly criticizing the umpire or referee

4. *Don't expect your child to take the sport as seriously as you do.*

Most school children want a chance to measure themselves as individuals without being over pressurized by the parents, the coach or anyone else involved. They also want to be challenged by meaningful yet realistic goals. They want to have fun and enjoy their sporting experience. They want to experience friendship and team spirit from the social interaction resulting from their sporting experience.

5. *Don't develop unrealistic expectations of your child's ability or potential*

Be guided by the coach and master in charge. Many parents tend to overlook very obvious facts when it comes to looking at their own child. They see a natural talent which no one else sees and which isn't there.

6. *Don't live through your child or relive your sporting frustrations of earlier years*

Parents who were very keen on a certain sport in their younger days, but either never had the opportunity to receive good coaching, or never had the talent to succeed, often want their child to turn their unfilled hopes into reality. Be sure that your child is involved in the sport because he wants to and not because you want him/her to. When a child feels that he/she cannot achieve what his/her parents want, resentment and frustration often become the end result.

7. *Don't show any negative reactions to a poor performance, and any disappointment the parent feels, should be well hidden*

Leave the evaluation to the coach. That is his or her field. Nagging and other forms of criticism from the parents can never achieve any positive results. It can however create a 'fear of failure' because of anticipated disapproval.

8. *Don't move into the world of the coach*

Any intrusion by a parent into the coach/athlete relationship, is destroying to their relationship of confidence. Parents must not **criticize the coach in front of their child** or offer any conflicting advice, which counteracts to what the coach is teaching. Children look to their parents for support and understanding and not so much for advice on technique or tactics.



Parents should not expect the perfect coach, and no single coach is completely effective with all in his charge. If you cannot agree with the coach and his methods, talk privately with him/her.

What Parents SHOULD DO

1. *Do know why your child is participating in the sport and what he thinks and feels about everything connected with the sport*

Each individual boy/girl may have completely different reasons for competing. Many want to participate, but do not want to be involved in high-pressure competition. Many have little or no ambition. As they grow older and mature in age and experience they develop more definite aims and objectives. To excel at sport becomes a status symbol, which lifts them into the limelight. This can be a strong motivating factor.

2. *Do question **your** involvement and the depth and intensity of it*

All parents should be involved but in a way that is best for all concerned. For example – making sure that your child is aware of what is expected of him by the school. This would include observing the dress regulations and having the correct kit; attending all practices; informing his Housemaster if sick or off-sport, adopting the accepted ‘norms’ of sporting behaviour, showing the correct team spirit, handling losing and winning in the best manner. Good sportsmanship and a sense of fair play are still what it is all about and it is the duty of both the parents and the school to demonstrate this to your child by example.

3. *Do change places with your child and think how you would act and react if you were in his situation*

It will then become more obvious what your child needs from you. He/ She would like you:

- To be involved in a ‘low key’ way, without creating undue pressure on him/her to “win-win-win”
- To give support and encouragement especially during his/her ‘down’ periods, such as being dropped from a team or being out of form
- To recognize and appreciate his/her efforts and sacrifices
- To accept and understand his/her accomplishments
- To look for things to praise, other than results

4. *Do prepare for setbacks*

Appreciate that loss of form is inevitable at some stage. This can be caused by parental overpressure to continually improve, lack of attention from the coach, interpersonal problems within the team or just plain mental weariness. Any of these will cause a lack of motivation. You can assist the coach by reassuring your child that progress is only around the corner. By emphasizing and showing a belief and faith that better things will come, you can provide the temporary crutch that your child needs for that moment to lean on.

5. *Do see that your child has a full medical and dental check up before the start of the season*

These check ups are essential and more often or not overlooked by parents and coach. Fitness and conditioning is a prerequisite for the sportsman. Insist on fitness even if your child is a social sportsman/sportswoman. Inactivity is fast becoming a serious illness in this modern age.

6. *Do appreciate the many additional benefits that sport can provide*

If all concerned play their part, sport can, amongst other things:

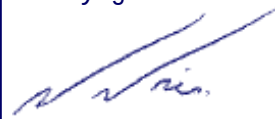
- Help him/ her to use up some of his surplus energy
- Teach him/ her to compete and to handle success and failure
- Teach him/ her loyalty to a team and dedication to a common cause
- Teach him/ her self reliance and to make sudden decisions and to accept the responsibilities for them
- Help him/ her improve his self image and self esteem

There are many other points, which could be added to these.

In conclusion:

The only thing that children have in common is that they are all different. Each child needs to be allowed to choose the level at which he/ she wants to compete and the intensity of his/her involvement. He/ She should also be allowed to choose **not to compete** and should not be coerced or intimidated into competing by his/ her parents. “Pushy” parents, who exert overwhelming pressure on their child to win, can do a great deal of harm and often permanent damage. Positive parents, on the other hand, can guide their child through an experience unequalled in any other spheres of life. Sport teaches the children to know themselves and the real competition in life is with oneself.

Sonskyngroete/ Sunshine Greetings



M DE VRIES
Skoolhoof / Principal

OUERS IN SPORT

Ek wil graag 'n stukkie raad uit 'n artikel deur Bob Campbell getitel "How to treat your Superstar" met u deel. Ek glo werklik dat baie, indien nie al, sy stellings uiters relevant is.

Ouers is 'n uiters belangrike faktor in die ontwikkeling van hul kind se sport. Ondersteuning van ouers beteken egter nie *druk van ouers* nie en die eerste ding wat ouers moet besef is dat hul ondersteuning *opbouend of vernietigend* kan wees.

Baie min, indien enige, ouers bedoel eintlik om vernietigend te wees. Dikwels ontstaan dit uit 'n misplaaste idee van wat die beste is vir jou kind. Ouers wil altyd die beste vir hul kinders hê, maar dieselfde geld vir die afrigter, die skool en almal anders wat by die sport betrokke is.

Wat ouers NIE moet doen nie*1. Moenie te veel nadruk daarop lê as u kind wen nie*

Dit is waarskynlik die kardinale fout wat ouers in sport maak, as gevolg van die hedendaagse mededingende samelewing. Wen-ners is slegs 'n baie klein persentasie van die sportbevolking en ongelukkig is daar 'n tendens om sportmense as wen-ners of verloorders te klassifiseer. Elke kind kan op een of ander manier 'n wenner wees deur middel van die talle addisionele waardes wat deur 'n sportervaring teweeggebring word, byvoorbeeld die vreugde daarvan om uitdagings te aanvaar en te verwelkom, respek vir ander en selfvertroue wat uit dissipline ontstaan.

2. Moenie te emosioneel by u kind se sport betrokke raak nie

Daar sal altyd 'n mate van emosionele betrokkenheid wees, maar dit moet beheersd wees en nie uiterlik vertoon word nie. As ouers wil hê dat hul kinders hulself op 'n volwasse manier gedra, moet hulle ook volwasse gedrag openbaar. Die ouer word hiper-emosioneel betrokke wanneer die kind 'n verlenging van die ouer se ego word. Hul sportloopbane sentreer uiteindelik daarop om by te hou by die "sportiewe bure".

3. Moenie by wedstryde 'n openbare spektakel van uself maak nie

'n Paar welbekende aspekte van kompulsiewe wangedrag sluit in:

- Om langs die kantlyn heen en weer te hardloop, raad uit te skree en met groot sukses spelers, afrigters en medetoeskouers te irriteer.
- Om op die pawiljoen te sit en soos 'n mishoring te skree
- Om op die veld te hardloop en 'n beslissing wat teen 'jy weet wie' gegee is, te bevraagteken
- Om jou kind voor ander ouers en afrigters te roskam omdat hy/sy nie goed genoeg gevaar het nie of verloor het – ongeag die feit dat hy/sy hul bes probeer het of dat die opponente duidelik sterker was
- Om die skeidsregter openlik te kritiseer

4. Moenie verwag dat u kind die sport so ernstig soos u moet opneem nie.

Die meeste skoolkinders wil die geleetheid gegun word om hulself as individue te laat geld sonder te veel druk van ouers, afrigters en enigiemand anders. Hulle wil ook betekenisvolle maar realistiese doelwitte hê. Hulle wil pret hê en die sportervaring geniet. Hulle wil vriendskap en spangees beleef wat spruit uit die sosiale interaksie gedurende die sportervaring.

5. Moenie onrealistiese verwagtinge van u kind se vermoë of potensiaal koester nie

Laat die afrigter en onderwyser in beheer u lei. Talle ouers is geneig om vanselfsprekende feite mis te kyk wanneer hul eie kinders betrokke is. Hulle sien 'n natuurlike aanleg wat niemand anders raaksien nie en wat nie bestaan nie.

6. Moenie deur u kind probeer lewe of u sportfrustrasies van lank gelede probeer herleef nie.

Ouers wat in hul jong dae baie geesdriftig oor 'n sekere sport was maar nooit die geleentheid gehad het om goeie afrigting te ontvang of die talent gehad het om die mas op te kom nie, verwag dikwels dat hul kinders hulle onvervulde drome moet bewaarheid. Maak seker dat u kind aan 'n sport deelneem omdat hy/sy wil en nie omdat u van hom/haar verwag om dit te doen nie. Wanneer 'n kind voel dat hy/sy nie dit kan bereik wat sy/haar ouers verwag nie, het dit dikwels wrewel en frustrasie tot gevolg.

7. Moet nooit negatiewe reaksie op 'n swak prestasie toon nie en enige teleurstelling wat die ouer voel, mag nie sigbaar wees nie.

Laat die evaluering aan die afrigter oor. Dit is sy of haar veld. 'n Geneul en ander soorte kritiek van ouers kan nooit enige positiewe resultate oplewer nie. Dit kan egter 'n 'vrees om te misluk' tot gevolg hê vanweë verwagte kritiek.

8. Moenie die wêreld van die afrigter betree nie

Wanneer ouers by die afrigter/atleetverhouding inmeng, lei dit tot vernietiging van hul vertrouensverhouding. Ouers moet die **afrigter nooit voor die kind kritiseer** nie en ook geen teenstrydende raad gee wat indruis teen wat die afrigter die kinders leer nie.



Kinders verwag ondersteuning en begrip van hul ouers en nie soseer raad oor tegniek of taktiek nie. Ouers kan nie van 'n afrigter verwag om volmaak te wees nie en geen afrigter is totaal effektief met almal onder sy beheer nie. As u nie met die afrigter en sy metodes saamstem nie, moet u dit privaat met hom/haar bespreek.

Wat Ouers BEHOORT TE DOEN

1. *Weet waarom u kind aan die sportsoort deelneem en wat hy dink en voel aangaande alles wat met die sport verband hou*
Elke individuele seun/meisie mag heeltemal verskillende redes hê waarom hulle deelneem. Baie wil betrokke wees, maar wil nie aan hoëdrukwedstryde deelneem nie. Baie het geen of weinig ambisie. Wanneer hulle ouer en meer volwasse in ouderdom en ervaring is, ontwikkel hulle meer definitiewe doelwitte en oogmerke. Om in sport uit te blink, word 'n statussimbool wat hulle aan die kalklig blootstel. Dit kan 'n sterk motiveringsfaktor wees.

2. *Bevraagteken u betrokkenheid en die intensiteit en diepte daarvan*

Alle ouers behoort betrokke te wees, maar op 'n wyse wat die beste is vir alle betrokke partye. U moet byvoorbeeld seker maak dat u kind weet wat die skool van hom verwag. Dit sluit in dat die reëls oor kleredrag nagekom word en dat die kind die korrekte toerusting het; dat alle oefeninge bygewoon word, om sy Huisonderwyser in kennis te stel indien die kind siek is of nie aan sport mag deelneem nie, om die aanvaarde 'norme' van sportmanskap aan te neem, spangees te toon en verloor en wen op die beste manier te hanteer. Goeie sportmangees en 'n sin vir regverdigheid is waaroor dit gaan en dit is die ouers en skool se plig om hier die voorbeeld te stel.

3. *Stel uself in u kind se posisie en dink hoe u sou optree en reageer as u in sy skoene was*

Dit sal dan meer duidelik word wat u kind van u verlang. Hy/sy sou van u verwag om:

- Op 'n onopvallende wyse betrokke te wees, sonder om onnodige druk op hom/haar te plaas om te "wen-wen-wen"
- Ondersteuning en aanmoediging te gee, veral wanneer hy/sy ongelukkig is, soos wanneer hy/sy uit die span gelaat is of nie lekker voel nie.
- Sy/haar prestasies te aanvaar en te verstaan
- Te soek vir iets om te prys en nie op uitslae te konsentreer nie

4. *Wees voorbereid op terugslae*

Begryp dat dit onvermydelik is dat 'n mens van tyd tot tyd nie in die beste toestand gaan wees nie. Dit kan veroorsaak word deur te veel druk van ouers om voortdurend te presteer, gebrek aan aandag deur die afrigter, interpersoonlike probleme binne die span of eenvoudig geestesmoegheid. Enige van hierdie aspekte kan 'n gebrek aan motivering tot gevolg hê. U kan die afrigter help deur u kind gerus te stel dat vordering net om die draai lê. Deur te benadruk en te toon dat u glo en vertrou dat dinge sal verbeter, kan u die tydelike kruk verskaf wat u kind nodig het om vir 'n wyle op te leun.

5. *Maak seker dat u kind 'n volledige mediese en tandheelkundige ondersoek voor die aanvang van die seisoen ondergaan*

Hierdie ondersoeke is noodsaaklik en word dikwels deur ouers en afrigters oor die hoof gesien. Fiksheid en kondisionering is 'n voorvereiste vir die sportman/vrou. Dring op fiksheid aan, selfs al is u kind net 'n sosiale sportman/vrou. Passiwiteit word baie vinnig 'n ernstige kwaal in die moderne lewe.

6. *Waardeer die talle bykomende voordele verbonde aan sport*

As al die betrokkenes hul deel doen, kan sport onder andere:

- Hom/haar help om van oortollige energie ontslae te raak
- Hom/haar leer om deel te neem en om sukses en mislukking te hanteer
- Hom/haar leer om lojaal teenoor 'n span en aan 'n gemeenskaplike saak toegewyd te wees
- Hom/haar leer om selfstandig te wees, om vinnig besluite te neem en verantwoordelikheid daarvoor te aanvaar
- Hom/haar help om sy/haar selfbeeld en selfrespek te verbeter

Baie ander aspekte kan nog hierby gevoeg word.

Ter afsluiting:

Die enigste ding wat kinders in gemeen het, is dat hulle almal verskil. Elke kind behoort toegelaat te word om te kies op watter vlak hy/sy wil deelneem en die intensiteit van hul betrokkenheid. Hy/sy behoort ook toegelaat te word om te kies om nie deel te neem nie en moet nie deur sy/haar ouers omgepraat of geïntimideer word om wel deel te neem nie.

"Opdringerige" ouers wat oorweldigende druk op hul kinders plaas om te wen, kan baie skade berokken en dikwels permanente letsels agterlaat. Aan die ander kant kan positiewe ouers hul kinders 'n ervaring laat beleef wat ongeëwenaard in ander lewensfere is. Sport help kinders om hulself te leer ken en dat die ware kompetisie in die lewe binne jouself lê.

Sonskyngroete



M DE VRIES
Skoolhoof

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.*

CHESS: Jordan Frösler has been selected for the SA Team taking part in the Commonwealth Chess Championships in Delhi, India in July 2017.

LASER RUN: Marony Jacobs has been selected for the SA Laser Run Team to compete at the World Championships in Cape Town.

BIATHLE / TRIATHLE: Marony Jacobs, Lara Kleinhans and Kerri-Lee Barnard (Triathle only) have been selected for the EC Team to participate at SA Championships.

REDENAARSKOMPETISIE: Die volgende leerders is deur na die semi-finaal op 2 Junie by Hoërskool Pearson: Anine Ehlers, Cherize Schutte, Karla Myburgh & Luka Bessinger.

HOCKEY: Thriska Stapelberg, Anuchka de Lange and Lara Kleinhans are through to the second round of EP hockey trials.

RUGBY: Gustav Roux is through to the final EP trials in Bloemfontein.

KARATE: Jarryd Behr won a gold medal (Kata) and silver medal (Kumite) and Dylan Barwood a silver medal (Kata) at the SANSA competition.

"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
Lochner
P R O P E R T I E S



Greyvensteins
A T T O R N E Y S

www.greyvensteins.co.za

 Greyvensteins

 LegalExperts

*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 nuusbriëf verskyn, weerspieël nie noodwendig die siening en goedkeuring van die skool nie.*

PHOTO GALLERY / FOTOGALERY





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

FOCUS ON: *Madelein de Vries*

EARLY LIFE: I was born in Uitenhage and have been living in Despatch for the last 12 years.

FAMILY Life: There are four of us in our family. I have a sister, Elzet, who is four years older than me and very artistic. Our personalities differ like day and night. My parents have the same occupation and both my mom and dad's family members live more than eight hours away. We are an "outdoor" type of family and we give each other the necessary space.

CAREER LIFE: I attended three primary schools: Handhaaf, Frans Conradie and Sonop. I went to Brandwag High school and matriculated in 2016. I am a first year Foundation Phase UNISA student.

ACCOMPLISHMENTS: I played u/13A netball and was a prefect at Sonop. I matriculated with two distinctions, VCSV- Leader, Level 0 hockey umpire. I believe every task I complete successfully is an accomplishment.

INTERESTING FACTS ABOUT YOURSELF:

- My ideal vacation will be on a farm and going for a game drive in the early morning.
- I don't like feet at all.
- I am terrified of staying alone at home.
- I love old music (ABBA) and dancing to Afrikaans music
- I am an ice cream freak
- I have always wanted to be a teacher, gymnast or figure skater
- I don't know the rules of tennis but love playing it as a hobby.
- I don't believe that whales are as big as people say they are (I have never seen one)
- I want a pet octopus

Please answer the following five questions:

1. **WHO OR WHAT DO YOU MISS THE MOST AS AN ADULT?** I miss the feeling of carelessness and watching my Dad coach rugby.
2. **WHAT WAS THE LAST THING YOU ATE?** Natural yoghurt with a teaspoon of coffee and a sugar bag
3. **WHAT DO YOU PREFER: SUMMER OR WINTER?** Summer
4. **WHAT IS YOUR FAVOURITE DESSERT?** Ferrero Rocher ice cream with chocolate sauce and Astros
5. **WHAT IS YOUR FAVOURITE SPORT TO WATCH?** Figure skating, cricket and hockey.





**OLD MUTUAL
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 **50th**
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 or

flippie@sunridge.co.za





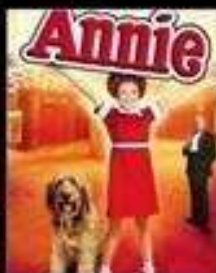
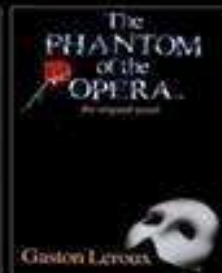
MOVIES & MUSICALS CHILDREN'S CHOIR

Festival

PORT ELIZABETH

6
SHOWS

18
SCHOOLS



29 MAY: FRAMESBY HIGH SCHOOL | 30 MAY: SUNRIDGE PRIMARY SCHOOL
31 MAY: LORRAINE PRIMARY SCHOOL | 1 JUNE: SUMMERWOOD PRIMARY SCHOOL
2 JUNE: HOOGLAND DUTCH REFORMED CHURCH | 4 JUNE: DESPATCH

TICKETS AVAILABLE AT YOUR SCHOOL CHOIR & HOSTING SCHOOL



**André
Venter**



**Nadine
Sisam**



**Granville
Michaels**

**SUNRIDGE & LORRAINE SENIOR AND JUNIOR CHOIRS
AT SUNRIDGE ON 30 MAY ONLY**

Kaartjies beskikbaar by die kantoor (R100 pp bespreekte plekke)

SPORT FIXTURES / WEDSTRYDDATUMS

DATE/DATUM: 15 - 20 May / Mei 2017

MAANDAG	NETBAL: O/8A & B - ROWALLAN PARK (AWAY) O/12A & B - ROWALLAN PARK (AWAY) O/13A & B - ROWALLAN PARK (HOME)
TUESDAY	MINI HOCKEY: GIRLS U/9A & B - ASTRA (AWAY) U/10A & B - ASTRA (AWAY) BOYS: U/9A - CLARENDON (AWAY) TENNIS: 1ST - GREY/ COLLEGIATE B (HOME) 2ND - THEODOR HERZL (AWAY) THIRD - CHARLO (AWAY)
WOENSDAG	RUGBY: O/13A - WESTERING (AWAY) 15:15 O/13B - BYE O/13C - GREY 12B (AWAY) 15:15 O/11A - WESTERING (HOME) 15:15 O/11B - BYE O/11C - CLARENDON PARK (AWAY) 15:15 O/11D - GREY D (HOME) 15:15 O/9A - WESTERING (HOME) 14:30 O/9B - SUNRIDGE C (HOME) 14:30 O/9C - SUNRIDGE D (HOME) 14:30 MEISIESHOKKIE: O/11A - COLLEGIATE 14C (HOME) 14:30 U/14A - WOODRIDGE (AWAY) U/14B - WOODRIDGE (AWAY)
THURSDAY	NETBAL: O/9A & B - ROWALLAN PARK (HOME) O/10A & B - ROWALLAN PARK (AWAY) O/11A & B - ROWALLAN PARK (HOME) TENNIS: U/10 - THEODOR HERZL A (HOME)
VRYDAG	SEUNSHOKKIE: U/14A - HERBERT HURD (HOME) U/14B - ASTRA (HOME) O/11A - ST GEORGES (AWAY) SKAAK: JUNIOR - CHARLO (AWAY) SENIOR - CHARLO (AWAY)
SATURDAY	DERBY DAY vs ROWALLAN PARK HERBERT HURD MINI HOCKEY FESTIVAL RUGBY: FINAL TRIALS (BLOEMFONTEIN)



SPORT RESULTS / UITSLAE

MEISIESHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A	SONOP	2 - 1	JOSIE-LEE STRAUSS
O/14A	HERBERT HURD		
O/14B	HERBERT HURD		
O/11A	GREENWOOD		POSTPONED
O/10A	SONOP	6 - 0	MIEKE KOEN
O/10A	WOODRIDGE	2 - 2	ALOUISE VOSLOO
O/10B	WOODRIDGE	6 - 0	CHELSEA STREET
O/9A	SONOP	10 - 0	LOGAN DU PLESSIS
O/9A	BYE		
O/9B	BYE		



NETBALL			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	VERKENNER	17 - 4	LARA HOUGH
O/13A	SONOP	22 - 9	ANKE SCHEFFER
O/13B	VERKENNER	21 - 3	EMILY PATTINSON
O/12A	VERKENNER	21 - 15	ANIKA DE RIDDER
O/12B	SONOP	8 - 2	ANJA SMIT
O/12B	VERKENNER	11 - 1	AMYOLI BUNU
O/12B	KABEGA	11 - 0	CHLOÉ CRITCHLOW
O/11A	KABEGA	1 - 0	GISELLE PHEIFFER
O/11A	SONOP	4 - 3	INGE VAN EYK
O/11B	KABEGA	3 - 1	GABBI MUNRO
O/11B	SONOP	6 - 0	GABBI MUNRO
O/10A	KABEGA	7 - 3	AMBER LISTER
O/10A	SONOP	3 - 5	MARUSHKA POOVAN
O/10B	KABEGA	6 - 2	SUEVIQUE VAN HEERDEN
O/10B	SONOP	6 - 4	JADE JOUBERT
O/9A	KABEGA	5 - 1	EMMA OLIVIER
O/9A	SONOP	7 - 0	IZAAN LAMPRECHT
O/9B	KABEGA	8 - 0	LARA STEYN
O/9B	SONOP	10 - 1	CAEDY-LEE MULDER
O/8A	VERKENNER	3 - 0	ANKIA JANSEN
O/8B	VERKENNER		



SPORT RESULTS / UITSLAE

RUGBY			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/13A	SONOP	8 - 52	STEFAN SCHOLTZ
O/13A	BYE		
O/13B	SONOP	27 - 7	DILHYN MULDER
O/13B	CLARENDON		
O/13C	GREY D		
O/11A	SONOP	27 - 0	OWEN MITCHELL
O/11A	BYE		
O/11B	SONOP	52 - 0	TIMOTHY TREU
O/11B	CHARLO		
O/11C	HANDHAAF		
O/11D	HANDHAAF		
O/9A	SONOP	21 - 0	JEAN CAPES
O/9A	BYE		
O/9B	HERBERT HURD		
O/9C	CLARENDON		
O/8 BLOU			
O/8 ORANJE			
O/7 BLOU	SONOP	8 - 2	ARCHIE RABIE



SEUNSHOKKIE			
SPAN	TEEN	TELLING	SPELER VAN DIE WEDSTRYD
O/14A	LORRAINE	0 - 1	JANNES VOSLOO
O/14B	DIETRICH	0 - 2	KYLE PEARCE
O/11A	CLARENDON	0 - 3	TYLER DU PLOOY
O/9A	ST GEORGES	4 - 0	HEINRICH VOLSCHENK

TENNIS - MIXED			
TEAM	OPPONENT	SCORE	PLAYER OF THE MATCH
1ST	SONOP	44 - 19	LEILA NEL
1ST	CALRENDON PARK	24 - 2	LEANé ENGELBRECHT
2ND	NEWTONPARK	26 - 6	KYLE MASTERS
3RD	THEODOR HERZL	14 - 15	JANNES VOSLOO
U/10	LORRAINE	5 - 10	LOGAN WELMAN



CHESS			
TEAM	OPPONENT	SCORE	PLAYER OF THE MATCH
SENIOR	SONOP	6 - 1	
JUNIOR	SONOP	2 - 5	





BADGE HOLDER BALKIEHOUER

R90.00

AVAILABLE AT THE OFFICE
BESKIKBAAR BY DIE KANTOOR



PER PILLAR ~ R1,000.00 ~ PER PILAAR

Our aim : 200 pillars!

Ons doelwit : 200 pilare!

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

Our aim : 200 pillars!

Ons doelwit : 200 pilare!

		HEUGH FAMILY ANDREW & JASON	HOLLY & CLAIRE SUTTON	JOSHUA CHOWLES SHAUN FORD	NELL FAMILIE DéAN & LEAH	SMAILES FAMILY CHRISTOPHER & STEVEN
	GRADE 3 HUGO CLASS OF 2016	ALCOCK FAMILY LAUREN & JAIME	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	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	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	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	STAPELBERG FAMILY	LUKE WILSON GRADE 7 - 2014	SLABBERT FAMILY GABRIEL GR 3 2014	WARD FAMILY MATTHEW
	HARRIS FAMILY AYVA	STAPELBERG FAMILY	STAPELBERG FAMILY	THE TALBOT FAMILY THABISO - GR 5R	GELDENHUYS GESIN LIANCA & CHANTé	VAN HUYSTEEN FAMILY TYLA & KEEGAN
	GRAAD 7 HATTINGH 2016	STAPELBERG FAMILY	STAPELBERG FAMILY	TER HERINNERING AAN SARIE MARAIS	RETIEF GESIN ANé & LIZE	MEGHAN WILLIAMS
	HEATHER GESIN LIZE	STAPELBERG FAMILY	STAPELBERG FAMILY	TER HERINNERING AAN HENRY VAN HEERDEN	KLEINHANS GESIN LARA	HOFFMANN FAMILY KAYLA
		STAPELBERG FAMILY	STAPELBERG FAMILY	MRS RICHARDSON GR 2 CLASS OF 2015	ROYLE FAMILY JORDAN, DAMON & ASHTON	IBHAYI WINDSCREEN SERVICES