

Geagte Ouers

"Pitkos vir die siel"

Hier in die kantoor beleef ek heelwat "knop in die keel"-oomblikke, soos die dag toe 'n jong meisie vir my vertel haar pappa is kwaad vir die wêreld, almal is verkeerd, sy skaam haar dood, MAAR sy is so lief vir hom.

- 'n Nalatenskap is nie die gevolg van wensdenkery nie.
- Dit is die resultaat van vasberade werkywer.
- Die nalatenskap wat 'n mens agterlaat, is die lewe wat jy lei.
- Ons lei ons lewens daaglik. Ons laat ons nalatenskap daaglik agter.

Watter nalatenskap laat u agter?**EKSAMEN**

Eksamen is 'n omstrede onderwerp wat selde as positief aanvaar word en ook een wat ons lief wil vermy.

Ons moet ons kinders aanmoedig om na die eksamen uit te sien. Hierdie ingesteldheid moet van jongs af by ons kinders ingeskerp word. Dit moet beskou word as die tyd wanneer 'n mens die geleentheid kry om verslag te doen van hoe goed jy geleer het en wat jy deur die loop van die jaar vermag het.

As jy jou kant gebring het, is dit net 'n geval van terugrapporteer. Ja, ek weet dit is nie so eenvoudig nie en dit is 'n spanningsvolle tyd, ek besef mamma en pappa leer net so hard en ons geduld word tot op breekpunt beproef. Daar is verwagtinge om goed te vaar en hoë punte te behaal.

Mislukking skuil agter elke hoek en draai en die onsekerheid van die uitkoms verteer ons.

Met die water wat verby is, sal die meul nooit weer maal nie. Dinge wat deur die loop van die jaar gedoen of nagelaat is, kan nie ongedaan gemaak word nie. Die toekoms is nou, so doen jou bes en laat die verlede waar dit hoort.

Dit is my taak om die beste moontlik omgewing gedurende die eksamen vir kinders en onderwysers te skep. 'n Moontlike studierooster volg hieronder – pas dit gerus aan om u huishouding te pas. Ons verseker dat leerlinge genoeg tyd het om te rus, studeer, eet, speel en slaap sodat hulle die eksamen met die regte ingesteldheid tegemoet kan gaan. Hierdie rooster is nie in klip gegiet nie – dit is slegs 'n riglyn. Die studierooster vir Gr 1 en Gr 7 sal verskil en heelwat meer speeltyd of selfs studietyd sal dalk nodig wees. Maak net seker dat 'n studierooster opgestel en deur die kinders gevolg word.

Ek wens alle kinders die beste toe vir die eksamen, ek stuur 'n gebed op vir kalmte en ongeag die uitkoms, ook God se seën vir elke enkele kind. As jou beste 50% is, dan is dit 50% en as jou beste 90% is, dan is dit so.

In laerskool is die beste uitkoms om so goed moontlik na die volgende graad bevorder te word – ons het nog tyd om vaardighede te ontwikkel en vir hoërskool voor te berei. Kom ons doen dit op 'n positiewe en opbeurende wyse.

Ons wens almal voorspoed toe.

Slegs voorbeeld

12:00 Huis toe/trek skoolklere uit
 12:30 Lekker middagete en rus/speel
 13:30 Studietyd 1 - Takel die boeke
 14:30 Rus -
 15:00 Studietyd 2 - Takel weer die boeke – met mening
 16:00 Kort ruskans
 16:15 Studietyd 3
 17:00 Oefening - Gaan stap en speel met die hond
 17:45 Stort
 18:00 Aandete
 18:30 Studietyd 4
 19:30 Vryetyd
 20:00 Spring in die bed vir 'n goeie nagrus (ten minste 8 ure)
 06:00 Opstaantyd (miskien selfs 05:00 vir doutrappers of mense wat dit nodig het)
 Maak seker jy eet 'n stewige ontbyt
 07:00 Wees betyds by die skool – geen gejaag nie en ontspan
 08:00 Begin die skooldag - eksamen

Sonskyngroete


M DE VRIES
SkoolhoofFollow us on
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24 October 2019

Dear Parents"

"Food for thought"

In the office I have to deal with "lump in the throat" moments like the day a young girl told me about her dad being angry at the world, everybody is wrong, she feels ashamed BUT loves him to bits.

- **Legacies aren't the result of wishful thinking.**
- **They're the result of determined doing.**
- **The legacy you leave is the life you lead.**
- **We lead our lives daily. We leave our legacy daily.**

What legacy are you leaving?

EXAMS

Exams, a topic we seldom see as positive, a controversial one and sometimes one we tend to rather turn a blind eye to. We must encourage our children to look forward to the exams. This is an attitude to be embedded from early in our children's life. It is to be seen as the time you are granted the opportunity to show how well you have learnt and what you have accomplished throughout the year.

If you have done your share it is just a case of reporting back. Yes, I know it is not that simple and that it is a stressful time, mum and dad are studying just as hard and our patience is tested to breaking point. The urge to reach the highest mark is equal to the expectation of doing well!

Failure is looming around every exam day and the uncertainty of the outcome eats us from inside.

Water passed under the bridge can never pass under it again. You cannot undo what was not done or what was done throughout the year. The future is now, so do your best now and let the past be.

It's my task to ensure the best possible environment during the exams for children and teachers alike. A possible study timetable is included; adapt it to suit your household. Create sufficient time for learners to rest, study, eat, play and sleep so that they can enter the exam in the right mind set. This is not cast in stone and is only a guideline. Grade 1 - 7 will follow a different time table and much more play time or even more study time might be required. Just see to it that a time table is set and teach them to follow it.

I wish all children the best for the exams, I pray for calmness and irrespective of the outcome for the blessing of our Lord on each one of them. Should their best be 50% let it be 50%, should their best be 90% then let it be 90%.

In primary school the best outcome is to progress to the next grade as well as possible, we still have time to develop skills and to prepare for high school. Let's do this in a positive and uplifting manner.

Best of luck to all.

Example only

12:00 Home Sweet Home/ get out of school uniform
 12:30 Nice Lunch and take a break/ play time
 13:30 Study 1 - Hit the books
 14:30 Break -
 15:00 Study 2 - Hit the books again - hard
 16:00 Short Break
 16:15 Study 3
 17:00 Exercise time - Take a walk and play with the dog
 17:45 Shower
 18:00 Supper
 18:30 Study 4
 19:30 Free time
 20:00 Get a good night's rest (8 hours at least)
 06:00 Good morning (maybe at 05:00 for early birds or those in need)
 Make sure you have a good breakfast
 07:00 Get to school in good time – no rush and be relax
 08:00 The School day starts – Exams



Sunshine greetings

M DE VRIES
 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.

WOW-SPELKOMPETISIE: the following learner took [part in the National WOW Spelling Competition - Danté Fourie (Gr 2), Minette van Zyl and Lua Posthumus (Gr 3), Lené Botha (Gr 4) and Anri Botha (Gr 7). Anri came third overall (Gr 7), this is Sunridge's first Top 10 position!

CRICKET: The u/13A team won the Sonop 7's. Daniel Venter was the best batsman and Ryan Rousseau the best bowler of the day.

BYBELVASVRAE: Senior Team - Kendra Bouw, Tumbi Ogundipe, Hannah Schmidt & Eden Vrey and Junior Team - Karlie Janse van Rensburg, Lise-Mari Kemp, Taylor Knickelbein & Kayla Landman. Both teams are the Eastern Cape winners

BIATHLON: The following athletes represented EP at an Inter Provincial meet - u/ 8 Hanré Vermaak (A gold medal and new record), Logan Bezuidenhout (A), Katryn Landsberg (A and silver medal), Katelyn Kretzmann (A), Emma Ferreira (A and bronze medal), Christiaan Slabbert (B), u/11 Pierre-Daniel Jacobs (A and silver medal), Elmé Vermaak (A), Simon Landsberg (B), Wihan Muller (B), Archie Rabie (B), u/13 Kadin Kretzmann (A), Marony Jacobs (A), Mari Geissler (B) & Zia Ferreira (B). The following athletes competed in the Development team - u/11 Ryan Landman, Christian Theron & Zael Slabbert, u/13 Alouise Vosloo.



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NOVEMBER 2019 EXAMINATION TIME TABLE

Date	Grade 4	Grade 5	Grade 6	Grade 7
Wednesday 6 Nov	English Written Work	English Written Work	English Written Work	English Written Work
Thursday 7 Nov	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk
Friday 8 Nov	Mathematics	Mathematics	Mathematics	Mathematics
Monday 11 Nov	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal Technology
Tuesday 12 Nov	NS/Technology	NS/Technology	NS/Technology	Natural Sciences
Wednesday 13 Nov	English Language	English Language	English Language	English Language
Thursday 14 Nov	SS Geography	SS Geography	SS Geography	SS Geography
Friday 15 Nov	PSW	PSW	PSW	EMS
Monday 18 Nov	SS History	SS History	SS History	SS History
Tuesday 19 Nov	Afrikaans Begrip	Afrikaans Begrip	Afrikaans Begrip	LO Creative Arts
Wednesday 20 Nov	English Comprehension	English Comprehension	English Comprehension	English Comprehension
Thursday 21 Nov	Mathematics Problem Solving	Mathematics Problem Solving	Leader Development and School Rules Course	Afrikaans Begrip





NOVEMBER 2019 EKSAMENROOSTER

Datum	Graad 4	Graad 5	Graad 6	Graad 7
Woensdag 6 Nov	English Written Work	English Written Work	English Written Work	English Written Work
Donderdag 7 Nov	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk	Afrikaans Stelwerk
Vrydag 8 Nov	Wiskunde	Wiskunde	Wiskunde	Wiskunde
Maandag 11 Nov	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal	Afrikaans Taal Tegnologie
Dinsdag 12 Nov	NW/Tegnologie	NW/Tegnologie	NW/Tegnologie	Natuur- wetenskappe
Woensdag 13 Nov	English Language	English Language	English Language	English Language
Donderdag 14 Nov	SW Aardrykskunde	SW Aardrykskunde	SW Aardrykskunde	SW Aardrykskunde
Vrydag 15 Nov	PSW	PSW	PSW	EBW
Maandag 18 Nov	SW Geskiedenis	SW Geskiedenis	SW Geskiedenis	SW Geskiedenis
Dinsdag 19 Nov	Afrikaans Begrip	Afrikaans Begrip	Afrikaans Begrip	LO Kreatiewe Kunste
Woensdag 20 Nov	English Comprehension	English Comprehension	English Comprehension	English Comprehension
Donderdag 21 Nov	Wiskunde Probleemoplossing	Wiskunde Probleemoplossing	Leierontwikkelings- en Skoolreëls Ontwikkelingskursus	Afrikaans Begrip

Stay
positive,
work hard,
make it
happen.

2019 YEAR BOOK

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SPORT RESULTS / UITS LAE



CRICKET			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	CHARLO	Won by 52 runs	ZEPHYR SMITH
U/13A	VERKENNER (7'S)	Won by 4 wickets	DANIEL VENTER
U/13B	FRANS CONRADIE (7'S)	Won by 3 wickets	
U/13B	SUMMERWOOD	Won by 21 runs	JEANDRÉ HATTINGH
U/13C	GREY E	Won by 15 runs	DIVAN LE GRANGE
U/11A			
U/11B			
U/11C	CLARENDON PARK	Lost by 10 wickets	THIEGO SIMONS
U/10A	WESTERING	Won by 49 runs	JERON WELDRICK
U/10B			
U/9A	PRIORY	Lost by 4 wickets	HANNO WINTER
MINI U/9A	VP GREY	10 - 10.2	NKOSIVILE NGXOZA
MINI U/9B	VP GREY	25 - 13	NATHAN HALL



TENNIS -			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM BOYS	GREY C	36 - 3	JEANDRÉ HATTINGH
U/10 BOYS			
U/10			
1ST TEAM GIRLS	COLLEGIATE C	26 - 34	ANÉ RETIEF
U/10 GIRLS	SUMMERWOOD	15 - 3	MADISON RIESEBERG

SPORT FIXTURES / WEDSTRYDDATUMS
DATE/DATUM: 28 October / Oktober - 2 November 2019

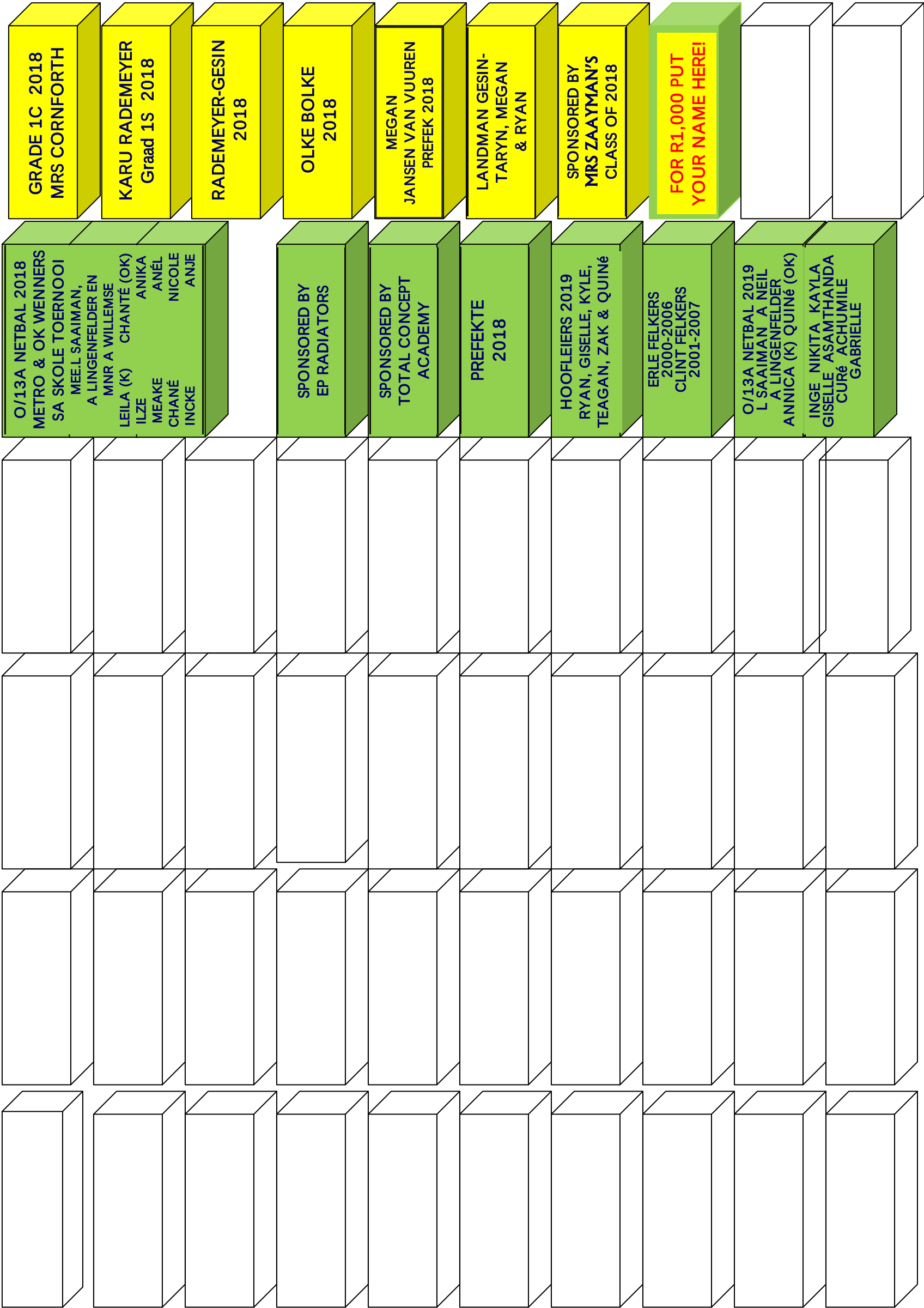
MAANDAG	KRIEKET: o/10A vs FRANS CONRADIE (HOME)
TUESDAY	CRICKET: u/13C vs VERKENNER (AWAY) U/11C vs WOODRIDGE (HOME) BOYS MINI CRICKET: u/9A & B vs CHARLO (HOME) BOYS TENNIS: 1ST TEAM vs CLARENDON PARK B (HOME) U/10 - CHARLO (HOME)
WOENSDAG	KRIEKET: o/13A vs MUIR (TUIS) o/13B vs o/13C vs <i>See Tuesday</i> o/9A vs CLARENDON A (WEG)
THURSDAY	u/10A vs <i>See Monday</i> u/10B vs GREY C (AWAY) u/11A vs PRIORY (HOME) u/11B vs HARVEST A (AWAY) u/11C vs <i>See Tuesday</i> GIRLS TENNIS: 1st TEAM vs ST GEORGES u/10 vs HERBERT HURD
VRYDAG	
SATURDAY	C AGE GROUP GALA @ PRIORY HERBIE MINI CRICKET FESTIVAL @ HERBERT HURD



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Our aim : 200 pillars!

Ons doelwit : 200 pilare!



PER PILLAR ~ R1,000.00 ~ PER PILAAR

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
GRADE 7 BRADSHAW CLASS OF 2017	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
GRADE 4 SMITH CLASS OF 2017	HARRIS FAMILY DAVID & JUDY	OTTO GESIN LIZE-Mé, MILLA & THERESE	KLAAS FAMILY HLUMELO DEPUTY HEADBOY 2014	STRYDOM FAMILY MEGAN & MINKE	STOCK FAMILY CANDICE & NICOLA
JUDE ERASMUS HEAD BOY 2017 SUNRIDGE 50TH	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
COETZER FAMILIE MILA & ZANIKE	HARRIS FAMILY LEXI	STAPELBERG FAMILY	LUKE WILSON GRADE 7 - 2014	SLABBERT FAMILY GABRIEL GR 3 2014	WARD FAMILY MATTHEW
Karlle Janse van Rensburg Graad 1 2017	HARRIS FAMILY AYVA	STAPELBERG FAMILY	THE TALBOT FAMILY THABISO - GR 5R	GELDENHUYS GESIN LIANCA & CHANTé	VAN HUYSTEEN FAMILY TYLA & KEEGAN
MRS HUGO CLASS OF 2017	GRAAD 7 HATTINGH 2016	STAPELBERG FAMILY	TER HERINNERING AAN SARIE MARAIS	RETIEF GESIN ANé & LIZE	MEGHAN WILLIAMS
SIMON GREYLING HOOFSEUN 2018	HEATHER GESIN LIZE	STAPELBERG FAMILY	TER HERINNERING AAN HENRY VAN HEERDEN	KLEINHANS GESIN LARA	HOFFMANN FAMILY KAYLA
CHLOé CRITCHLOW HEAD GIRL 2018	COETZER FAMILY LUKE AND JESSICA	STAPELBERG FAMILY	MRS RICHARDSON GR 2 CLASS OF 2015	ROYLE FAMILY JORDAN, DAMON & ASHTON	IBHAYI WINDSCREEN SERVICES