

SUNRIDGE
VANDAG



SUNRIDGE
TODAY

20 March / Maart 2024



THANK YOU FOR A GREAT TERM 1

School closes at 11:00 tomorrow for learners, teaching and office staff. All reports will be handed out to learners at school only.

Not at school: Parents may then collect the report at the office from 07:00 on the first school day of the second term.

GOOD LUCK TO OUR TEAMS GOING ON TOUR DURING THE HOLIDAYS. PLEASE KEEP THEM IN YOUR PRAYERS.

BACKWARD POINT HOCKEY FESTIVAL ~ KNYSNA
U/14A BOYS & U/14A GIRLS

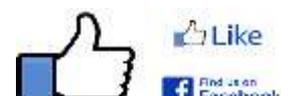
PAARL GYMNASIUM NETBALL FESTIVAL ~ PAARL
U/12A & U/13A

SUPER SERIES RUGBY FESTIVAL ~ BLOEMFONTEIN
U/11A & U/13A

**WINTER UNIFORM TO BE WORN
FROM 2 MAY 2024**



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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.*

BIATHLON: Sherzhaard Edinberry has been selected for the EP team to take part at the SA National Biathlon Championships.

SQUASH: Janél and Joshua Hall played in the SA Schools Bloemfontein Junior Open tournament - Joshua finished in 3rd position in the u/11 age group.

BADMINTON: Richard Botha has been selected to represent Eastern Province at the SA u/15 tournament.

KARATE: The following learners competed at the Uitenhage Karate Club Competition - **Esteen Potts** (silver for Kata & gold for Kumite), **Mieke Jordaan** (bronze for Kata & Kumite), **Caden Duncan** (bronze for Kumite),



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KNOW YOUR STAFF

Staff Member: *Ruan Coetzee*

Early Life: I was born in Kwazulu-Natal, but moved to the Eastern Cape very early in my life. I lived on the same campus where I went to school, at a beautiful school in the woods. It was a truly awesome childhood that I am very lucky to have had.

Family Life: My parents were both teachers. And yes, they both taught me at one point! I am very lucky to have a loving family who cares for me a lot.

Career Life: I started my teaching career at Theodor Herzl and most recently spent a year and a half teaching music in South Korea at a school in Gangnam (yes, like the song), which was a very special experience.

Accomplishments: I have an ATCL qualification in playing the piano.

Interesting facts about yourself: I love cooking!

Please answer the following questions:

1. **What was your favourite TV show when growing up?** We just had Disney Channel on all the time.
2. **Do you have any strange phobias?** Thunder and lightening.
3. **Are you addicted to any strange hobbies/activities?** Chores. I like a clean house.
4. **If you could have any one superpower, which would you choose?** Teleportation, so I don't have to deal with traffic.
5. **What is the first thing you notice about people?** Whether they are kind-hearted or judgmental.
6. **What was the worst punishment you received in school?** I got my cell phone confiscated for two weeks in Matric.
7. **What, or who, are you a secret fan of?** Taylor Swift.
8. **What are the three things you still want to do in your life?** Buy a house, build a music studio, and buy lots of musical instruments.
9. **What is the worst pet you have ever had?** We had two dogs and four bunnies, they were all adorable.
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series.



KNOW YOUR STAFF

Staff Member: *Ryan Adams*

Early Life: I was born and raised in East London. Attended Gonubie Primary School up until the end of grade 2, after which I've been a Grey Boy through and through. After matriculating, I went on to study at the University of Johannesburg

Family Life: I am the youngest of three children. With the eldest being my brother and the middle child being my sister. My mother and father lived in Despatch their whole lives before having the three of us children in East London. The Adams family now resides in friendly Port Elizabeth. I am recently engaged to my beautiful Georgia, with whom I've been dating for four years.

Career Life: I started a career playing rugby whilst I was in Matric when I played for the Junior Eastern Province Currie Cup team. While studying in Johannesburg I was on contract to play for the UJ Varsity and Club teams. I also had the privilege to be involved with the Golden Lions before hanging up my boots after four years due to injuries. I practised as a mental performance coach and service provider in sport psychology for the Eastern Cape Academy of Sport before starting with the Sunridge Family

Accomplishments: Most of my accomplishments were on the sports field or in the gym but what most people don't know is that I also received various academic awards in high school and had an "A" average at university.

Interesting facts about yourself: I am a devout Christian man with family values. I hold a qualification in sport psychology. I am bilingual with Afrikaans speaking parents and an English education. I have been a guest speaker at several events and have spoken on psychological skills training for sport performance as well as various topics within mental health. I am a coffee snob and might be borderline OCD.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** SpongeBob then Regular Show.
2. **Do you have any strange phobias?** I would say that I have an understandable and justifiable phobia of spiders. .
3. **Are you addicted to any strange hobbies/activities?** My time used to be fully committed to physical training but now I enjoy sitting quietly with a good cup of coffee in the morning.
4. **If you could have any one superpower, which would you choose?** Money – like Batman.
5. **What is the first thing you notice about people?** Their hearts.
6. **What was the worst punishment you received in school?** I was a good student and never even sat in detention "wink wink"
7. **What, or who, are you a secret fan of?** A good sports documentary or a Netflix sci-fi show.
8. **What are the three things you still want to do in your life?** Get married, have a family and watch an Olympics in person.
9. **What is the worst pet you have ever had?** No pet is a bad pet. .
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series

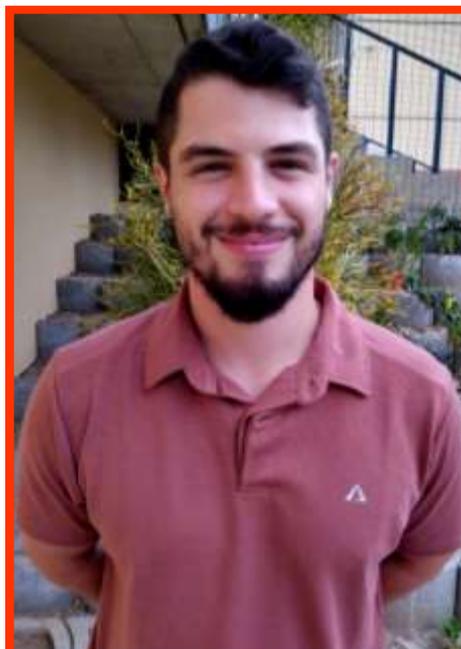


PHOTO GALLERY / FOTOGALERY



ALTONA MINI- CRICKET FESTIVAL RESULTS

TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/9A MINI	MT PLEASANT	Lost by 5 runs	FRANCO TROSKIE
U/9A MINI	PARSONS HILL	Lost by 1 run	CORNÉ DU TOIT
U/9A MINI	DR VILJOEN	Lost	WERNER KOEN
U/9A MINI	PARSONS HILL	Lost by 8 runs	FRANCO TROSKIE
U/9B MINI	DR VILJOEN A	Lost by 8 runs	LOUW LANDMAN
U/9B MINI	BRYLIN	Lost by 42 runs	BRUWER ESTERHUIZEN
U/9BMINI	CURRO	Lost by 2 runs	ZACH KLOPPER
U/9BMINI	PARSONS HILL	Lost by 4 runs	MAKA FOBE
U/8A	MT PLEASANT	Won by 10 runs	DANIEL JANSE VAN VUUREN
U/8A	WILLOW ACADEMY	Won by 21 runs	KUNGE MDLATU
U/8A	COTSWOLD	Won by 26 runs	LINCOLN MARSHALL
U/8A	PARSONS HILL	Won by 75 runs	LOHAN KAPP
U/8B	ALTONA	Lost by 18 runs	CONNOR SINNOTT
U/8B	MT PLEASANT	Lost by 34 runs	LUKE VAN DER NEST
U/8B	CURRO	Lost by 3 runs	JOHANRE BENEKE

RUGBY RESULTS

TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
FRANS ERASMUS RUGBY			
U/13A	HANDHAAF	5 - 5	SOMELEZE FATA
U/13A	CRADOCK	25 - 0	BYRON BIRKHOLTZ
U/13A	DE VOS MALAN	30 - 10	HANNO WINTER
U/13A	ST MARYS	20 - 0	JADEN SASS
U/13A	FORT BEAUFORT	15 - 15	DIVANDRÉ VOSLOO
RICHARD KENT U/11 TOURNAMENT			
U/11A	QUEENS COLLEGE	8 - 7	FLIPPIE SMIT
U/11A	HUDSON PARK	7 - 0	BRAYDIN HALGREEN
U/11A	DALE COLLEGE	0 - 5	WESSEL JORDAAN
U/11A	CAMBRIDGE	29 - 0	CHRISTIAN BARNARD
U/11A	GONUBIE	10 - 0	JUAN ROETS
U/11A	GEORGE RANDELL	12 - 7	NAUDE MEIRING

EC ATHLETICS CHAMPIONSHIPS

U/10	1ST	LONG JUMP	BRAYDIN HALGREEN
U/11	2ND	LONG JUMP	WESSEL JORDAAN

FRAMESBY SPORTS DAY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
RUGBY			
U/13A	STIRLING	5 - 5	JADEN SASS
U/13A	LORRAINE	10 - 0	HANNO WINTER
U/13B	STIRLING	10 - 10	EWALD LANDMAN
U/13B	MT PLEASANT	0 - 25	CHRISTIAN SLABBERT
HOCKEY			
GIRLS U/14A	KABEGA	5 - 0	ARIN COETZER
GIRLS U/14A	PRIORY	1 - 1	ZANÉ SWANEPOEL
GIRLS U/14A	SONOP	1 - 0	EMMA VAN BAALEN
GIRLS U/14A	SUMMERWOOD	0 - 0	HAYLEY DU PREEZ
BOYS U/14A	SUMMERWOOD	0 - 0	HANU KOEN
BOYS U/14A	PRIORY	0 - 0	DYLAN WEBER
NETBALL			
U/12A	JEFFREYS BAY	3 - 12	PEYTON NORTJE
U/12A	NEWTON PARK	17 - 4	LIA VAN RENSBURG
U/13A	HANDHAAF	13 - 19	LAIKEN MOOLMAN
U/13A	NEWTON PARK	17 - 10	NIANÉ POTGIETER
U/13A	SUMMERWOOD	16 - 12	KARIEN FERREIRA
U/13B	FAUNA A	2 - 15	MIANÉ BUYS
U/13B	VERKENNER B	13 - 6	LIZE-MAREE DE JONGH
U/13B	LORRAINE B	11 - 0	INGE GLAUM

RUGBY RESULTS - GRAEME COLLEGE			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	QUEENS COLLEGE	0 - 12	HANNO WINTER



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HANDHAAF SPORTS DAY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
RUGBY			
U/11A	HANDHAAF	0 - 10	DYLAN OOTHUIZEN
	MUIR COLLEGE	21 - 0	FLIPPIE SMIT
U/11B	SUSANNAH FOURIE	41 - 0	JOHANNES VENTER
	HANDHAAF	7 - 15	SAMUEL BENADIE
U/9A	FRANS CONRADIE	21 - 7	LOUIS FOURIE
	HANDHAAF	0-0	JEAN-LUCA ENGELBRECHT
U/9B	COLLEGE HILL A	7 - 28	LEHAN PETTIT
	HANDHAAF	0 - 7	ALWANDE MBANE
NETBALL			
U/12A	HANDHAAF	16 - 3	PEYTON NORTJE
	STULTING	9 - 3	INCKE MASSYN
U/12B	FRANS CONRADIE	2 - 1	ABIGAIL VERSTER
	HANDHAAF	4 - 5	LIKA VAN DER MERWE
U/11A	HANDHAAF	2 - 8	KAYTEM JONCK
	FRANS CONRADIE	4 - 4	ERIN BENTZ
	SONOP	5 - 4	LIANÉ MULLER
U/11B	OUTENIQUA	1 - 8	ERIN BENTZ
	HANDHAAF		CATHERINE DOUBELL
U/10A	OUTENIQUA	2 - 6	NINKE POTGIETER
	STULTING	4 - 6	LEILA SENEKAL
	HANDHAAF	5 - 2	ANNEMIEKE D'ASSONVILLE
U/10B	HANDHAAF	0 - 9	TUMI BRITZ
	OUTENIQUA A	0 - 14	JANKE TERBLANS



SUZUKI

PRICE LIST 2024

NEW ITEMS FOR SALE	PRICE
BLAZERS	R630.00/ R655.00
SCHOOL DRESSES (6,7,8,9,10,11,12,13,14,15,16,17,18, 19, 20)	R310.00 / R430.00
L/ SLEEVE NAVY SCHOOL JERSEYS (24, 26, 28, etc)	R265.00/ R295.00
POCKET BADGES FOR BOYS SUMMER SHIRTS	R30.00
LONG GREY SCHOOL SOCKS (9-12, 13-3, 4-7, 8-10, 10-12)	R70.00
BOYS TIE	R120.00
PT GOLF SHIRT (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL, 2XL)	R195.00 / R210.00
HOUSE SHIRTS (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL, 2XL)	R195.00/ R210.00
RIPSTOP JACKETS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R360.00/ 450.00
RIPSTOP PANTS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R270.00/ R315.00
GIRLS PT SHORTS	R160.00 / R175.00
BOYS PT / RUGBY SHORTS	R170.00 / R180.00
GIRLS HOT PANTS	R100.00
NAVY STOCKINGS (5-6, 7-8, 9-10, 11-12, S, M, L)	R80.00
POLAR FLEECE BLANKETS	R175.00
GR 7 NAVY PULLOVER (87, 92, 97, 102)	R210.00
GR 7 WHITE PREFECT PULLOVER (87, 92, 97, 102)	R255.00
RAMBLE SCHOOL BAG BRANDED	R720.00
RAMBLE SCHOOL BAG UNBRANDED	R700.00
LETTER LADY JUNIOR BAG	R410.00 (sold out)
SPORT TOG BAG	R310.00
RAMBLE DUAL SPORT BACK PACK (TENNIS/HOCKEY)	R350.00
SCHOOL PEAK CAPS	R80.00
ORANGE SCHOOL SILICONE SWIMMING CAP	R60.00
GIRLS/ BOYS BLUE HOCKEY SOCKS	R85.00
U/13A GIRLS/ BOYS ORANGE HOCKEY SOCKS	R85.00
WHITE ANKLE NETBALL/ TENNIS SOCKS	R60.00
U/13A ORANGE ANKLE SOCKS NETBALL/ TENNIS	R60.00
BOYS CRICKET SHIRTS (SUBLIMATED)	R295.00/ R305.00
RUGBY JERSEYS (SUBLIMATED)	R380.00/ R390.00
BOYS HOCKEY/ TENNIS SHIRT (SUBLIMATED)	R300.00/ R305.00
BOYS HOCKEY/ TENNIS SHORTS (SUBLIMATED)	R230.00/ R240.00
GIRLS NETBALL/HOCKEY/TENNIS TOP (SUBLIMATED)	R300.00/ R305.00
GIRLS NETBALL/HOCKEY/ SKIRT (SUBLIMATED)	R220.00/ R230.00

TERMS AND CONDITIONS

- DEBIT OR CREDIT CARD PAYMENTS
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- 30 DAY EXCHANGE POLICY