



Geagte Ouers

Ons beste wense vergesel almal gedurende die kort, maar welverdiende blaaskans. Ons dink ook aan diegene wat nie gelukkig of bevoorreg genoeg is om met vakansie te kan wees nie, want ons weet die vierde kwartaal wemel van uitdagings.

Die eindeksamen en finale assesserings neem binne vyf weke van die vierde kwartaal 'n aanvang en nog voor Desember moet ons die finale bevorderings hanteer. 'n Paar buitemuurse aktiwiteite saam met 'n vol akademiese program sal voorwaar 'n uitdaging vir ons tydsbestuur wees.

In die woorde van Gordon B. Hickley - "Life is to be enjoyed, not endured." Sorgvuldige beplanning en tydsbestuur is raadsaam.

Ons hartlike dank aan die onderwysers wat te midde van die einde van die wintersportprogram ook die somersportprogram moes van stapel stuur met 'n paar krieketwedstryde buite die grense van die somersportrooster. Hoewel slegs 'n paar spanne geakkommodeer kon word, begin ons buitemuurse program vir die vierde kwartaal op die tweede skooldag.

Terwyl ons geleentheid skep en ontwikkeling aanmoedig, moet ons altyd uitdagings trotseer, want ons spanne speel teen spanne wat hoër op die ranglys is. Al wat tel, is die geleentheid om te speel, hoewel werklike speelyd in sommige sportkodes beperk mag wees. In die woorde van Joshua Marine: "Challenges are what make life interesting. Overcoming them is what makes life meaningful."

'n Paar leerders sal seker 'n aantal akademiese uitslae die hoof moet bied – maar weereens is dit slegs 'n positiewe ingesteldheid wat die deurslag sal gee.

Geniet die welverdiende blaaskans indien dit u beskore is en bly asseblief veilig.

Dear Parents

We wish you all the best for the short but well deserved break. We will think of those not lucky or privileged enough to be on holiday because we know the fourth term will be a challenging one.

The final exam and assessments start five weeks into the fourth term and before December starts we have to have processed the final promotions. Our time management will be challenged as packed into this short time frame, together with a full academic programme, are a few extra mural events.

In the words of Gordon B. Hickley - "Life is to be enjoyed, not endured." Careful planning and time management is advised.

Our thanks to the teachers for ending off the winter sport programme while also having to start with summer sport - there are a few cricket matches outside the boundaries of the summer sport time table. Although only being able to accommodate a few teams, our extra mural programme for the fourth term starts on the second day of school.

It is always a challenge to create opportunities and allow for development as some of our teams are required to play against higher rated teams. It is having the opportunity to play that counts although in some sport codes the actual playing time may be limited. Joshua Marine wrote; "Challenges are what make life interesting. Overcoming them is what makes life meaningful."

A few learners will need to look at and improve some academic results but again it is only a positive attitude that will make the difference.

If able, enjoy the well deserved break and please stay safe.

Sonskyngroete / Sunshine greetings
M DE VRIES
Skoolhoof / 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.*

NETBALL: Ms Saaiman, van Eeden, A Botha & S Botha were selected to attend and completed the Netball South Africa Level 2 Coaching Course in Aliwal North last weekend.

EQUESTRIAN: Graded Showing Spring Show - **Chloe Vorster** 2nd place PR 70 cm Competition.

SOCCER: Knockout Cup Championships - **Neal van der Walt and Ethan Dicks** (Callies Lionhearts Soccer Club) played in the team that won the Championships.

SWIMMING: NMBA 3rd A league Gala - **Bellamé Mostert** 1st 50m backstroke, 50m butterfly, mixed freestyle relay and mixed medley relay. **Luzay Gerber** (10 & U) 1st 200m backstroke, **Jacques Claassen** (10 & U) 2nd place for 100m breaststroke, 200m backstroke, 400m free relay, 200m Medley relay. **Esteen Potts** (10&U) 3rd 200m IM. **Tyla Grobler** 3rd 200m Freestyle, 50m butterfly and 50m breaststroke.

**SUMMER UNIFORM TO BE WORN FROM
TUESDAY, 1 OCTOBER 2024**

**THE CLOTHING SHOP WILL BE
OPEN ON MONDAY, 30 SEPTEMBER FROM
08:30 - 11:30**

LEARNER ACHIEVEMENTS FOR NON-SCHOOL ACTIVITIES

Please send your child's achievements and results, **within one week**, on the official letterhead of the sport or activity, to Mrs Gardner (wendy@sunridge.co.za).

For National or Provincial representation the official letter of selection must be sent to school - recognition will only be given after the competition has taken place and the official results received.

LEERLINGPRESTASIES VIR NIE-SKOOLOKTIWITEITE

Stuur asseblief u kind se prestasies en resultate, op die amptelike briefhoof, **binne een week** vanaf die sport of aktiwiteit aan mev. Gardner (wendy@sunridge.co.za). Vir Nasionale of Provinsiale verteenwoordiging moet die amptelike keuringsbrief aan die skool gestuur word – erkenning sal slegs gegee word nadat die kompetisie plaasgevind het en amptelike resultate ontvang is.



PHOTO GALLERY / FOTOGALERY



KNOW YOUR STAFF

Staff Member: *Lauren McCarthy*

Early Life: I have lived in Gqeberha my entire life. I attended Charlo Primary School from Grade 1 – 7. I attended Alexander Road High School, from Grade 8 until matric. I then completed my BEd foundation phase degree at NMU and at the same time I completed my dance teachers Diplomas for Modern and Hip Hop through Dance Educators South Africa.

Family Life: I married my wonderful husband Grant in 2013. 11 years later we had a son Conor James McCarthy who is currently 7 months old and he is the light of our lives. We also have 2 fur babies – our 2 Jack Russells Leo and Lacey.

Career Life: In 2011 I took part in the World Championships of Performing Art for dance where I won a 1 year scholarship at Millennium dance complex in Los Angeles California. I finished my teaching degree and I moved to LA in 2012 to dance at this world famous dance institution. I moved back to Gqeberha in 2013 and started teaching at Sunridge Primary School and have been teaching here ever since.

Accomplishments: When I was 19 years old I started my own dance school – Defying Gravity Productions. Our studio has been going for 16 years now. Some of the highlights are when we represented South Africa at DanceStar Croatia in 2017, the Dance World Cup in Algarve Portugal in 2013 and the World Championships of Performing Arts in 2011.

Interesting facts about yourself: I love to draw and be creative making different props and accessories for all our dance shows. I love to read Fantasy books.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** When I was small I loved Kideo.
2. **Do you have any strange phobias?** I definitely have Arachnophobia.
3. **Are you addicted to any strange hobbies/activities?** I love to clean, it relaxes me.
4. **If you could have any one superpower, which would you choose?** Superhuman strength.
5. **What is the first thing you notice about people?** Their kindness.
6. **What was the worst punishment you received in school?** I was quite good at school, I never really got into trouble.
7. **What, or who, are you a secret fan of?** Lady Gaga.
8. **What are the three things you still want to do in your life?** I want to visit the Maldives, the pyramids in Egypt and I would love to take my son to Disneyland.
9. **What is the worst pet you have ever had?** A big birdcage full of almost 60 canaries – they make too much noise.
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series



KEN U PERSONEEL

FOKUS OP: *Henru van Zyl*

VROEËRE LEWE: Ek is gebore en bly nog my hele lewe in Port Elizabeth. My laerskoolloopbaan het ek by laerskool Sunridge afgelê (ja, ek is 'n oud Sunridge-leerder). My hoërskoolloopbaan het ek by Hoërskool Pearson afgelê totdat ek in 2016 matrikuleer het. Ek het daarna by die Nelson Mandela Universiteit studeer en in 2020 voltooi.

GESINSLEWE: Beide my ma en pa is in die onderwys. Ek is die jongste van twee kinders. My ouer suster, Valmarie, is 'n RAD-gekwalfiseerde balletinstruktrise en het haar eie balletskool gestig (Dance World).

LOOPBAAN: My liefde vir musiek was nog altyd deel van my lewe. Ek het terwyl ek nog 'n baba was, by 'n musiekgroep (Kindermusik) begin leer van musiek. Ek het musieklesse gehad met kitaar, blokfluit, tromme voordat ek my liefde vir koperblaasinstrumente ontwikkel het. My liefde vir koperblaasinstrumente het begin in Graad 3 toe ek Franse horing begin het, maar in die vierde kwartaal wou ek oorskuif trompet toe. Van daar af, het ek deelgeneem aan verskeie eisteddfods, kunswedstryde, musiekfeeste en musiekkursusse. Ek het in September 2020 by Laerskool Summerwood begin koperblaaslesse gee. In Maart/April 2021 het ek deelyds by Sunridge koperblaaslesse gegee, en is in April 2022 voltyds aangestel.

PRESTASIES: Ek het my ATCL in trompet en graad 5 in tromme deur Trinity College geslaag. Ek het my BMus kwalifikasie met lof (cum laude) geslaag by die Nelson Mandela Universiteit. Ek was 'n lid van verskeie orkeste, onder andere die Oos-Kaapse Jeugorkes (ECPYO en ECPYO) en die Suid-Afrikaanse Nasionale Jeugorkes (SANYO), om maar 'n paar te noem.

INTERESSANTE FEITE OOR MYSELF: Ek is 'n aktiewe en kompeterende Ballroom en Latin danser, tans onder die leiding van Peter Mann. Ek, my dansmaat en ons instrukteur reis die land vol om aan kompetisies deel te neem. Ek is ook baie lief vir die natuur en om staptogte te doen.

Beantwoord asseblief die volgende vrae:

1. **Wat was jou gunsteling TV-program toe jy grootgeword het?** Little Einsteins.
2. **Het jy enige vreemde fobies?** Ek hou niks daarvan om laat te kom vir dinge nie.
3. **Is jy verslaaf aan enige vreemde stokperdjies/ aktiwiteite?** Ek doen enkelversterkingsoefeninge terwyl ek my tandeborsel.
4. **As jy enige superkrag kan hê, wat sou jy kies?** Om soos in Harry Potter te kon "apparate", want dan kan mens vining en maklik by plekke uitkom en nooit laat wees nie. Ek dink dit sal ook baie tyd spaar.
5. **Wat is die eerste ding wat jy van 'n mens raaksien?** Hul postuur.
6. **Wat was die ergste straf wat jy op skool gekry het?** Ek was so ietwat van 'n "goody two shoes" by die skool, maar het heelwat pak gekry by die huis.
7. **Wat, of wie, is jy 'n geheime aanhanger van?** Allen Vizzutti.
8. **Wat is die drie dinge wat jy nog in jou lewe wil doen?** Verbeter as 'n musikant, danser, en kriketafrigter, oorsee reis, en nuwe tale leer vlot praat.
9. **Wat is die ergste troeteldier wat jy ooit gehad het?** Ek sou sê toe ons klein zebra-visse gehad het. Hulle het altyd in die waterfilters ingeswem en doodgegaan. Dit het ook nie gehelp dat ons min by die huis was tydens my skooljare nie.
10. **Wat verkies jy?** A.Strand of Bos B.Braai or Pizza C.Winter of Somer D. Flieks of Reekse



CRICKET RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	GONUBIE	Won by 7 wickets	CALEB WIGHTMAN
U/13B	ROWALLAN PARK	Won by 95 runs	COLE HENDRICKS
	DR VILJOEN 13A	Won by 115 runs	MATTHEW VERMAAK
U/13C			
U/13D			
U/11A	HUDSON PARK	Won by 7 wickets	NAUDE MEIRING
U/10A	CHARLO	Won by 138 runs	TY REDLINGHUYS
U/10A	HANDHAAF	Won by 9 wickets	KEEGAN JORDAAN
U/9 HARDBALL	HANDHAAF	Won by 55 runs	RIANCO BEKKER
U/9A HARDBALL	WESTERING	Won by 4 wickets	JACQUES-LUCA ENGELBRECHT
U/9A MINI			
U/8A			



INTER-HOUSE NETBALL RESULTS		
TEAM	OPPONENT	RESULT
U/13	ALGOA vs DONKIN	16 - 3
	DIAZ vs DONKIN	13 - 4
	ALGOA vs DIAZ	14 - 7
U/11	ALGOA vs DONKIN	2 - 1
	DIAZ vs DONKIN	7 - 2
	ALGOA VS DIAZ	3 - 4

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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
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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
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SPORT TOG BAG	R310.00
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U/13A GIRLS/ BOYS ORANGE HOCKEY SOCKS	R85.00
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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

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- ANY ITEMS RETURNED MUST BE IN THE ORIGINAL PACKAGING WITH LABELS AND INVOICE
- 30 DAY EXCHANGE POLICY