



Geagte Ouers

Sport

Ons bied hierdie naweek die Strelitzia-dag aan, met rugby, netbal en hokkie vir die jongspan, van 08:00 tot net ná 11:00. Ongeveer 600 seuns en meisies van 13 skole sal die dag saam met ons geniet.

Kom kyk hoe mamma, pappa, oupa en ouma die jongspan langs die speelveld ondersteun. Wen of verloor is nie ter sake nie – almal is wenners.

Ons is trots op Emma van Baalen, wat by die OP-hokkiespan ingesluit is. Knap gedaan, jong dame! Ons wag nog vir die amptelike netbalspanlys. Ons het skriftelike bevestiging nodig om foute van die verlede te voorkom. Ons weet ons meisies het goed gevaar en ons sal die resultate bekend maak sodra ons skriftelike bevestiging ontvang.

Ons is so trots op Christiaan Barnard en Hanno Winter, wat by die OP O/13-Cravenweekspan ingesluit is, asook Byron Birkholtz en Ruan Jacobs, wat by die OP O/13 - Akademiespan ingesluit is. Knap gedaan, manne, dit is vir **ons 'n eer dat julle ons skool verteenwoordig.**

“Poskantoor”

Ons beleid is duidelik – **ons lewer nie so 'n diens nie. Die verantwoordelikheid om 'n kind af te laai met alle benodigdhede, is ononderhandelbaar.** Hoewel ons verdraagsaamheid getoon het wat kosblikke aanbetref, word dit onge-lukkig oudergewoonte dikwels misbruik en met meer as eenduisend leerders oorskry dit redelike perke.

Graad 1 2025

Ná gesprekke met nuwe ouers en nadat ons na vroeë en menings geluister het, is die pad vorentoe baie duidelik. Ons slagspreuk moet wees om ons waardes en morele beginsels te handhaaf. Baie dankie aan daardie ouers wat ons ondersteun en met ons saamwerk om die toekoms van ons kinders te verseker.

Die nalatenskap wat ons al die afgelope 11 jaar met die ontwikkeling van ons fasiliteite en bronne gevestig het, word raakgesien en ons moet daarna streef om te verseker dat die skool die toekoms aangryp en uitdagings die hoof bied. U ondersteuning is uiters belangrik in die jare wat voorlê, soos Sunridge vorentoe beweeg en diens bo die normale lewer.

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.” Plato

Dear Parents

Sport

We are hosting our Strelitzia Day this weekend with rugby, netball and hockey for our young teams from 08:00 until just after 11:00. About six hundred boys and girls from 13 schools will enjoy the day with us.

Come and watch how mom, dad, granny and grandpa support these young teams next to the playing fields. Winning or losing is not important - they are all winners.

We are proud of Emma van Baalen who has been selected for the EP hockey team - well done young lady. We are still waiting for the official netball team list - we await written confirmation so as to avoid past mistakes. We know our girls have done very well and will announce the results as soon as possible.

We are very proud of Christiaan Barnard and Hanno Winter who have been selected for the EP U/ 13 Craven Week team as well as Byron Birkholtz and Ruan Jacobs who have been selected for the EP U/13 Academy team. Well, done boys, what an honour to have you represent our school.

“Post Office”

Our policy is clear - we do not provide such a service. The responsibility to ensure a child is dropped off with everything they need is non-negotiable. Although we tolerate it when it comes to lunch boxes this age old habit is again often being misused and with over a thousand learners it exceeds reasonable limits.

Grade 1 2025

After meeting new parents and listening to their questions and opinions, the way forward is very clear. We cannot become part of mediocrity and our motto should be to uphold our values and moral principles. Thank you to those parents who support and work with us to ensure the future of our children.

The legacy we have built over the past 11 years with the development of our facilities and resources, is now being recognized and we must strive to ensure that the school embraces the future and overcomes any challenges. Your support is vital in the years to come as Sunridge moves forward and delivers a service beyond the norm.

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.” Plato

Sonskyngroete/ Sunshine greetings

M DE VRIES
Skoolhoof/ Principal



Follow us on
FACEBOOK!



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.*

RUGBY: Hanno Winter and Christiaan Barnard have been selected for the EP u/13 Craven week team. Byron Birkholtz and Ruan Jacobs have been selected for the EP u/13 Academy team.

MUSIC: Declan Smith (drumming) and Marlien Grobler (primary school piano section A2/B2 for music grade 3 and above) participated in the SASMT Into the Mix music competition. Marlien was selected to play in the Finalist concert that was hosted at Victoria Park High School.

SWIMMING: The following learners won trophies at the PEA prize giving - Adam Roth, Brendon Wright, Elle Roth (10 trophies) and Bellamé Mostert (15 trophies). Bellamé also won the Presidents award for the top achieving female swimmer in the club.

GYMNASTICS: Uné Nel (stage 2) won a silver and bronze medal at the Elite Gymnastics Stages competition. The following learners competed in the All Starz Inter Club competition - Annike Bezuidenhout (level 1), Gabriella Killian (level 2), Halley Blanche (level 2), Lucka Botha (level 2), Mareli le Roux (Level 4) received bronze for free dance, silver for rope and bronze overall in her age group; Luna Potgleter gold for free dance; Leah Hack silver for hoop and bronze overall in her age group.

SQUASH: Declan Smith played in the Alan Stapleton competition as well as EPSS IPT trials.

EQUESTRIAN: Emily Rudman and Skyla Rae Seymour have competed in the SANESA qualifiers: EC - WMG Q 1 - 5 Emily attained 1st place in the WMG Q2 and Skyla Rae attained 1st place in WMG Q1.

CYCLING: Miané La Grange competed in the East Cape Provincial XCO #3 MTB race on the 12 May 2024.

INDIVIDUAL PHOTOS/INDIVIDUELE FOTO'S



The closing date for orders for individual photos is Friday 31 May 2024. No late orders will be accepted.



Die sluitingsdatum vir bestellings vir individuele foto's is Vrydag 31 Mei 2024. Geen laat bestellings sal aanvaar word nie.



2024
BAMBA & FRIENDS
CHOIR FESTIVAL

Date: 8 JUNE 2024
Venue: Kabega Primary School

Join us for a celebration of voices.
Featuring choirs from the following schools:

Concert 1 @ 13:30

Doors open 30 mins before each concert

- ECJCC
- ECCC
- Mount Pleasant Primary
- Summerwood Primary
- Charlo Primary
- Herbert Hurd Junior Choir



Tickets
available on
Quicket
R55

- ECJCC
- ECCC
- Kabega Primary
- Lorraine Primary
- Westering Primary
- Sunridge Primary





PHOTO GALLERY / FOTOGALERI



KNOW YOUR STAFF

Staff Member: *Helmuth Heydenrych*

Early Life: I grew up in Port Elizabeth in a closely knitted family of four. I attended Sunridge Primary School and thereafter matriculated at Hoërskool Framesby

Family Life: I grew up in a closely knitted family, being the youngest of two. My sister is also a teacher but for high school students. In 2021 I got married to the love of my life, Tarien. We are currently dog-parents to our cocker spaniel girl, Ruby, she is like a child to us!

Career Life: After matriculating at Hoërskool Framesby, I started studying towards my Bed Degree in Education. I started working at Sunridge Primary early in 2017 and haven't looked back since. I have taught different grades and subjects throughout the past years but I really enjoy where I am currently, at the Grade 4's.

Accomplishments: I have to say that my biggest accomplishment to this day has to be playing in front of 30 000 people at a well-known music festival back in 2019. Besides that being married to my best friend is the best thing that could have ever happened to me.

Interesting facts about yourself: I have played the bass guitar for the past 13 years, playing at numerous venues, festivals and churches and even sharing the stage with my lovely wife. I also love everything to do with sound, from live sound and media, to recording and stage sound.

Please answer the following questions:

- 1. What was your favourite TV show when growing up?** How I met your mother and The Office.
- 2. Do you have any strange phobias?** Moths, most definitely moths! (Lepidoterophobia)
- 3. Are you addicted to any strange hobbies/activities?** My wife and I enjoy trying out new coffee shops.
#CoffeeSnobs
- 4. If you could have any one superpower, which would you choose?** The ability to fly – free air travel for life! .
- 5. What is the first thing you notice about people?** The colour of their eyes.
- 6. What was the worst punishment you received in school?** Writing out spelling errors.
- 7. What, or who, are you a secret fan of?** Country Music (but the real American style Country)
- 8. What are the three things you still want to do in your life?** Travel in a hot air balloon, visit Germany and see the Northern Lights.
- 9. What is the worst pet you have ever had?** Definitely rabbits.
- 10. What do you prefer?** A. Beach or **B. Braai** or Pizza **C. Winter** or Summer **D. Movies** or **Series**



KNOW YOUR STAFF

Staff Member: *Celine Vrey*

Early Life: I went to school at Riebeek College Girls' School in Uitenhage. After matriculating, I did a gap year on Kibbutz Yiftah in Israel with my best friend. Two years later, I was presented with an opportunity to be an au pair in America to 3 children, twin girls and an older brother, who was autistic.

Family Life: Living life with my husband for 22 years and we have two daughters. I have an older sister living in Cape Town.

Career Life: Upon my return from America, I did various administrative courses and a computer course for Future-kids. That position placed me in two primary schools for a few years, thereafter I decided I wanted to become an Intermediate Phase teacher.

Accomplishments: My teaching studies, while working full time, and being full time mom with two daughters, who were aged 2 and 6 at the start of my education journey. It was very hard but worth it. I graduated with distinction. Anything is possible, no matter your age, if you set your mind to it.

Interesting facts about yourself: I have a creative side and I enjoy reading about unusual travel destinations.

Please answer the following questions:

- 1. What was your favourite TV show when growing up?** Magnum PI and The Pink Panther
- 2. Do you have any strange phobias?** Fear of snakes and small spaces.
- 3. Are you addicted to any strange hobbies/activities?** My hobby is card-making in my spare time.
- 4. If you could have any one superpower, which would you choose?** The ability to remember everything so that memories don't fade.
- 5. What is the first thing you notice about people?** Their body language.
- 6. What was the worst punishment you received in school?** Detention, once.
- 7. What, or who, are you a secret fan of?** Minnie Mouse.
- 8. What are the three things you still want to do in your life?** A hot-air balloon ride in Africa, travel to the Jordan desert and stay in a tented camp under the stars, take my family to Disneyland. (to see Minnie..)
- 9. What is the worst pet you have ever had?** Growing up, I had a hamster, dogs and cats. 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



RUGBY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A			
U/13B			
U/13C			
U/11A			
U/11B			
U/11C			
U/11D			
U/9A			
U/9B			
U/9C			
U/8 BLUE	MOREWAG	6 - 0	PHUMELELA QIQIMANA
U/8 BLUE	KABEGA A	0 - 1	LUCAS ZEELIE
U/8 BLUE	KABEGA B	6 - 1	MALACHI BOOYSEN
U/8 ORANGE	KABEGA 2	5 - 3	RAYYAN RASSOOL
U/8 ORANGE	KABEGA 1	1 - 4	ZUHAN ROSSOUW
U/8 ORANGE	DR VILJOEN	1 - 1	LUCAS ZEELIE
U/7 BLUE	MT PLEASANT	1 - 2	LULONKE DUNGA
U/7 BLUE	NEWTON PARK	3 - 1	HUGO GRIMBEEK
U/7 BLUE	KABEGA	4 - 2	BEN ZEHMKE
U/7 ORANGE	KABEGA	5 - 1	CALEB VAN HUYSTEEN
U/7 ORANGE	CURRO	3 - 3	PHILIP DE LANGE
U/7 ORANGE	MT PLEASANT	0 - 6	LUHAN HAYWARD

CHESS RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
JUNIOR	THEODOR HERZL	1.5 - 4.5	LIAM DE VOS
JUNIOR	WILLOW ACADEMY	4 - 3	LIAM DE VOS

TENNIS RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM MIXED			
2ND TEAM MIXED			

NETBALL			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A			
U/13B			
U/13C			
U/12A			
U/12B			
U/12C			
U/11A			
U/11B			
U/11C			
U/10A			
U/10B			
U/9A			
U/9B			
U/8A	ALTONA	4 - 0	COURTNEY OOSTHUIZEN
U/8A	DR VILJOEN	8 - 0	LIANCÉ DICKS
U/8B	NEWTON PARK	0 - 10	LIANÉ MULLER
U/8B	MT PLEASANT	0 - 3	LIANÉ MULLER
U/7 BEES	PARSONS HILL	2 - 0	ZAYLEE STANDER
U/7 BEES	NEWTON PARK	5 - 0	AMONE STEYN
U/7 BEES	DR VILJOEN	2 - 0	LEA KRUGER
U/7 B/FLIES	NEWTON PARK	0 - 3	HARPER TROLLIP
U/7 B/FLIES	MT PLEASANT	1 - 1	KARA BOTHA
U/7 B/FLIES	KABEGA	5 - 0	ALYSSA SEAMAN



BOYS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	CRADOCK	1 - 1	HANU KOEN
U/14B	CRADOCK	0 - 1	ZACHARY POTGIETER
U/14C	CRADOCK	3 - 2	ANRICH VAN DER WESTHUIZEN
U/14D			
U/11A			
U/11B			
U/9A			
U/9B			

GIRLS HOCKEY			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	CRADOCK	4 - 1	ZANÉ SWANEPOEL
U/14B	CRADOCK	1 - 0	ZAHNIE DE KLERK
U/14C	CRADOCK	2 - 0	TWANÉ GERBER
U/11A	CRADOCK 14D	5 - 0	TAYLOR WAIT
U/10A	CRADOCK	2 - 3	LEILA SENEKAL
U/10B	CRADOCK	1 - 3	MICHAELA NEL
U/9A			
U/9B			
U/8A	ROWALLAN PARK	0 - 0	LEANDI CLAASSEN
U/8A	LORRAINE	0 - 1	LEJAH STRYDOM
U/8A			
U/8A	KABEGA	0 - 2	ANOLÉ ROELOFSE
U/8B	KABEGA	0 - 8	CHARLESTON HERMAN
U/8B	LORRAINE A	0 - 2	JUANÉ DU PLESSIS-CANNON
U/8B	WESTERING	1 - 0	OLIVIA TOPHAM
U/7A	ROWALLAN PARK	8 - 0	ARIELLE SENEKAL
U/7A	LORRAINE 1	1 - 1	CASEY LOFTIE-EATON
U/7A	LORRAINE 2	2 - 0	CAIRO NICHOLAS
U/7B	KABEGA B	2 - 0	LERICHE PIENAAR
U/7B	WESTERING A	0 - 4	CHRISTHEA BARNARD
U/7B	KABEGA B	1 - 2	MIA VAN ROOYEN

**ADVERTISE
YOUR
BUSINESS**

HERE



A - Netball Court



craig@sunridge.co.za



041 360 8100

**ADVERTISE
YOUR
BUSINESS**

HERE



Grade 1 & 2 - Netball Court



craig@sunridge.co.za



041 360 8100

DON'T MISS OUT!

**ADVERTISE
YOUR
BUSINESS**

HERE



B - Netball Court



craig@sunridge.co.za



041 360 8100

**ADVERTISE
YOUR
BUSINESS**

HERE



B - Netball Court



craig@sunridge.co.za



041 360 8100

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
- ALL PRICES SUBJECT TO CHANGE - PRICES ABOVE VALID WHILE STOCKS LAST
- ANY ITEMS RETURNED MUST BE IN THE ORIGINAL PACKAGING WITH LABELS AND INVOICE
- 30 DAY EXCHANGE POLICY