



17 April 2025

Dear Parents

Creating opportunities

Although we love creating opportunities it is impossible to reach everyone. In any activity we need skills, capability and development before we can take a child to the next level. Although everyone is welcome, it is not possible to do justice to everyone. We can expose and introduce skills but further development needs to be done at home or privately.

The simple fact is that basic skills development needs to be established to progress - time and individual input required is way more than any school can offer. Parents need to be involved: download a chess program and start with the basics, bowl a 100 balls a day for your child to bat, shoot a 100 balls at the goal post, tackle dad 20 times, pass the ball for half an hour, sprint, crawl or swim 30 lengths and many more - doing that bit extra is the only way forward.

A cell phone in hand, play station, TV game or R100 to keep yourselves busy will not do the trick. Sustainable attention and repetition at home or privately is the foundation. At school time and hands are limited and the ones doing that bit extra at home will progress faster.

At practices we find parents getting so involved that they forget it is not a match, they coach and encourage and go way over board and distract the little ones who struggle to keep up. To be honest, rather attend matches only - practices should not be attended.

Supporters

We have addressed this topic many times, not an easy topic but we need to take note as parents and supporters that our actions put others at risk. The one who retaliates is the one who often ends up with the red face!

Irrespective of what happens on the sports field we need to act within the law and rules. A parent cannot physically or verbally get involved with a player, teacher, coach or official. Allow the official, coach or teacher to address the matter or should it be missed bring it to their attention after the game or match through the correct channels. Watch your actions and words as they are your biggest enemy. Two wrongs never make a right!

Keeping to the high moral ground is the only way to go and what we expect of our learners, teachers and parents.

Sunshine greetings
M DE VRIES
Principal



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Geagte Ouers

Die Skep van Geleenthede

Hoewel dit vir ons wonderlik is om geleenthede te skep, is dit 'n saak van onmoontlikheid om almal te bereik. By elke aktiwiteit benodig ons vaardighede, bekwaamheid en ontwikkeling voor ons 'n kind tot op die volgende vlak kan neem. Hoewel ons almal verwelkom, kan ons nie genoegsaam aan die oorgrote meerderheid reg laat geskied nie. Ons kan die vaardighede bekendstel en kinders daarmee vertrouwd maak, maar verdere ontwikkeling moet tuis of privaat geskied.

Die feit van die saak is dat basiese vaardigheidsontwikkeling gevestig moet word, maar die tyd en individuele insette verg veel meer as wat die skool kan bied. Ouers moet betrokke raak – laai 'n skaakprogram af en begin met die basiese, gooi vir u kind 100 balle per dag om te kolf, 100 probeerslae om 'n doel te gooi, duik jou pa 20 keer, gooi vir mekaar bal vir 'n halfuur, hardloop en kruip of swem 30 lengtes en talle ander aktiwiteite is hoe die pad vorentoe lyk.

'n Selfoon in die hand, Play Station, TV-speletjie of R100 om jouself besig te hou, is nie hoe dit gedoen moet word nie. Volhoubare aandag en herhaling by die huis of privaat is die grondslag, want by die skool is ons tyd beperk en daar is soveel kinders wat aandag verg, dat stimulasie tuis hulle sal help om vinniger te vorder.

By oefeninge ervaar ons dikwels dat ouers so betrokke raak dat hulle vergeet dis 'n oefening en nie 'n wedstryd nie – hulle probeer afrig en uitermate aanmoedig, terwyl die kinders net probeer om by te hou. Om eerlik te wees, is dit beter om slegs wedstryde by te woon – oefeninge behoort nie bygewoon te word nie.

Ondersteuners

Ons het hierdie onderwerp al herhaaldelik aangespreek – dit is nie maklik nie, maar as ouers en ondersteuners moet ons besef dat ons optrede ander mense in gevaar stel. Die een wat terugkap, is dit een wat op die ou end beskaamd staan!

Ongeag wat op die sportveld gebeur, moet ons binne die reëls en regulasies optree. 'n Ouer durf nie fisies of verbaal by 'n speler, onderwyser, afrigter of beampte betrokke raak nie. Laat die beampte, afrigter of onderwyser toe om die saak aan te spreek – en as dit nie gebeur nie, moet dit na afloop van die wedstryd deur die korrekte kanale onder sy of haar aandag gebring word. Let op u dade en woorde, want dit is u grootste vyand. Twee keer verkeerd is nie een keer reg nie!

Die enigste manier is om morele waardes te handhaaf – dit is wat ons van ons leerders, onderwysers en ouers verwag.

Sonskyngroete
M DE VRIES
Skoolhoof





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SCAN TO BOOK



ACHIEVEMENTS / PRESTASIES

*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.*

ANGLING: SALTBA National SA Championships - Lara Potgieter represented the EP u/16 team. She also caught the heaviest non-scale fish for the u/16's on day 1 - 13.25kg! Mishke Killian represented the All Coastal Light Tackle Team at the same competition.

BADMINTON: Richard Botha represented Eastern Province at the SA National u/15 Badminton Championships. EP finished 3rd overall.

A vertical poster for Sunridge Primary's Annual Golf Day. The background is a blurred image of a golf course with a white golf ball and a golf club head in the foreground. The text is centered and reads: 'SUNRIDGE PRIMARY ANNUAL GOLF DAY 29 August 2025 BOOKINGS NOW OPEN'. At the bottom, it lists the venue 'Humewood Golf Club', the format '4-Ball Alliance - Scramble Drive', and contact information for Glenn, Debby, and Ilze, along with an email address. A small school crest is in the top right corner.

**SUNRIDGE
PRIMARY**

ANNUAL GOLF DAY

29 August 2025

BOOKINGS NOW OPEN

Humewood Golf Club
4-Ball Alliance – Scramble Drive

Glenn 082 691 1921 Debby 083 243 5877
Ilze 083 320 6229

sunridgeprefects@gmail.com

WINTER UNIFORM/ WINTERUNIFORM

**Winter uniform is compulsory from
Monday, 5 May 2025**

**Winteruniform is vanaf
Maandag 5 Mei 2025 verpligtend**

PHOTO GALLERY / FOTOGALERY



HOCKEY DERBY VS UNION			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/14A	UNION	1 - 2	TAYLOR WAIT
U/14B	UNION	1 - 2	JOCELYN VENABLES
U/14C	UNION	0 - 2	ANJA LAMPRECHT
U/14D	UNION	0 - 5	ABBIGAIL HANSEN
U/10A	UNION	0 - 10	ANKE-MARI ROETS
U/10B	UNION	1 - 7	LIANE CHAMBERS
U/9A	UNION	0 - 13	ANOLE ROELOFSE
U/9B	UNION	0 - 8	ILKE VAN WYK
U/8A	UNION	3 - 6	ANLIA LOUW
U/8B	UNION	0 - 3	RILEY BERGSMAN
U/7A	UNION	1 - 2	KARLIEN LUDICK
U/7B	UNION	0 - 2	ABIGAIL GERBER
GREY HOCKEY FESTIVAL			
U/14A	GREY B	0 - 2	KIAN ROBERSON
	LORRAINE	0 - 2	COLE HENDRICKS
	ST GEORGES	0 - 2	ANRICH VAN DER WESTHUIZEN
	PRIORY	4 - 1	CONNOR ANDERSON
	HERBERT HURD	0 - 6	DANIELL NEL
	SUMMERWOOD	1 - 1	KIAN ROBERSON
	CLARENDON B	4 - 0	DANIELL NELL

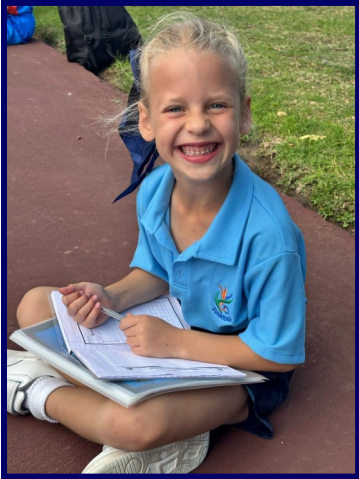
SUPER 12 RUGBY SERIES			
U/13A	GRASLAAGTE	50 - 7	FLIPPIE SMIT
U/11A	BYE		
U/9A	KIRKWOOD	40 - 0	HANRU BRUWER

NETBALL - LEAGUE FIXTURES			
U/13A	DR VILJOEN	24 - 1	BRIGETTE VAN ROOYEN
U/13B	DR VILJOEN	13 - 3	JESSICA WALTERS
U/12A	DR VILJOEN	19 - 4	KAYTEM JONCK
U/8A	DR VILJOEN	17 - 0	ALANI BOTHA
U/7A	DR VILJOEN	6 - 0	MISCHKE BASSON

CHARLO SEVENS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
RUGBY			
U/13	GREY	10 - 17	LOGAN BEZUIDENHOUT
	GAMTOOS VALLEY	38 - 0	COLE HENDRICKS
	ALTONA	19 - 0	JANKO HAVENGA
QUARTER FINALS	MT PLEASANT	36 - 5	FLIPPIE SMIT
SEMI-FINALS	HANDHAAF	28 - 0	LOGAN BEZUIDENHOUT
FINALS	LORRAINE	12 - 7	COLE HENDRICKS
U/11A	DR VILJOEN	0 - 61	WIANDRÉ MASSYN
	GAMTOOSVALLEI	33 - 5	CARTER LOFTIE-EATON
	SETTLERS PARK	22 - 0	WIANDRÉ MASSYN
	CLARENDON PARK	26 - 0	WIANDRÉ MASSYN
	VERKENNER	22 - 10	CARTER LOFTIE-EATON
FINALS	GREY	38 12	BRAYDIN HALGREEN
NETBALL			
U/13A	STULTING	10 - 1	BRIGETTE VAN ROOYEN
	ROWALLAN PARK	16 - 0	LIA VAN RENSBURG
	GAMTOOSVALLEI	15 - 1	AALIYAH NGQISHA
	DR VILJOEN	9 - 3	INCKE MASSYN
	SUMMERWOOD	10 - 0	PEYTON NORTJE
FINALS	MT PLEASANT	7 - 2	ELIZABETH ROTH
U/11A	DR VILJOEN	8 - 1	NINKE POTGIETER
	GAMTOOS	8 - 2	NINKE POTGIETER
	CLARENDON PARK	9 - 0	MARLI FERREIRA
	BETHELSDORP	6 - 2	NINKE POTGIETER
	STULTING	7 - 3	LEILA SENEKAL
	CHARLO	6 - 2	LEILA SENEKAL



CHARLO			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
RUGBY			
U/7 BLUE	DR VILJOEN	10 - 0	SETH HAYWARD
	CHARLO 1	6 - 1	ERNST FOURIE
	SETLAARSPARK	2 - 2	BEN VAN EEDEN
U/8 BLUE	CHARLO	8 - 0	CALEB VAN HUYSTEEN
	CHARLO	10 - 0	WILLEM GREEFF
	CHARLO B	10 - 1	BEN ZEHRKE
	DR VILJOEN	10 - 0	MASON THERON
U/8 ORANGE	SETTLERS PARK	0 - 11	CONNOR PACE
	PARSONS HILL	3 - 4	LOGAN VAN DYK
	FUTURE KINGS	1 - 8	LUHAN HAYWARD
NETBALL			
U/7A	FRANS CONRADIE	1 - 3	ANRI JANSE VAN RENSBURG
	INNES	4 - 1	MIKAH BOTHA
U/8A	CHARLO 1	10 - 1	MAKANAKA SITHONGA
U/8B	LORRAINE	7 - 0	LEA ROSS
U/8A	CHARLO 2	9 - 0	ALYSSA SEAMAN
U/8B	SETTLERS PARK	5 - 4	LERICHE PIENAAR



ALBERTYN SPORTS FESTIVAL			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
RUGBY			
u/7 BLUE	FRANS CONRADIE	4 - 10	JAMES WILLEMSE
	ALBERTYN	1 - 10	LUAN DE BEER
	GAMTOOSVALLEI	0 - 8	TYLER HAASBROEK
U/8 BLUE	BONZAI	1 - 0	LUHAN HAYWARD
	GAMTOOSVALLEI	3 - 10	LUHAN HAYWARD
	INNES	1 - 5	CARTER AULD
	ALBERTYN	3 - 7	CARTER AULD
NETBALL			
U/10A	INNES	10 - 0	SCARLETT PRINSLOO
	ALBERTYN	9 - 2	ANDREA GREEFF
	FRANS CONRADIE	6 - 4	AVA ELS
	GAMTOOS	5 - 2	RIEKE JOOSTE
	BLUEWATER BAY	6 - 1	MISHKE KILIAN
U/9A	FRANS CONRADIE	5 - 0	JANCKE VAN LOGGERENBERG
	INNES	9 - 0	CHARLESTON HERMAN
	BLUEWATER BAY	8 - 0	JUANÉ DU PLESSIS-CANNON
	GAMTOOS	8 - 0	COURTNEY OOSTHUIZEN
	ALBERTYN	7 - 0	ARIANA RADEMAN
U/8A	ALBERTYN	4 - 1	SIPHESIHLE FAAS
	FRANS CONRADIE	4 - 1	LEA KRUGER
	GAMTOOS	7 - 0	ALANI BOTHA
	INNES	8 - 0	MAKANAKA SITHONGA
U/7A	GAMTOOS	5 - 0	RYLEE HYMAN
	ALBERTYN	2 - 1	FRANCIS VAN NIEKERK



PRICE LIST 2025

NEW ITEMS FOR SALE	PRICE
BLAZERS	R650.00/ R670.00
SCHOOL DRESSES (6,7,8,9,10,11,12,13,14,15,16,17,18, 19, 20)	R325.00 / R455.00
L/ SLEEVE NAVY SCHOOL JERSEYS (24, 26, 28, etc)	R275.00/ R310.00
POCKET BADGES FOR BOYS SUMMER SHIRTS	R30.00
LONG GREY SCHOOL SOCKS (9-12, 13-3, 4-7, 8-10, 10-12)	R75.00
BOYS TIE	R150.00
PT GOLF SHIRT (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL, 2XL)	R210.00 / R220.00
HOUSE SHIRTS (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL, 2XL)	R210.00 / R220.00
RIPSTOP JACKETS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R420.00/ 450.00
RIPSTOP PANTS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R295.00/ 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)	R85.00
POLAR FLEECE BLANKETS	R205.00
GR 7 NAVY PULLOVER (87, 92, 97, 102)	R255.00 / R270.00
GR 7 WHITE PREFECT PULLOVER (87, 92, 97, 102)	R255.00 / R270.00
RAMBLE SCHOOL BAG BRANDED	R760.00
RAMBLE SCHOOL BAG UNBRANDED	R720.00
LETTER LADY JUNIOR BAG	R460.00
SPORT TOG BAG	R340.00
RAMBLE DUAL SPORT BACK PACK (TENNIS/HOCKEY)	R350.00
SCHOOL PEAK CAPS	R85.00
ORANGE SCHOOL SILICONE SWIMMING CAP	R65.00
GIRLS/ BOYS BLUE HOCKEY SOCKS	R90.00
U/13A GIRLS/ BOYS ORANGE HOCKEY SOCKS	R90.00
WHITE ANKLE NETBALL/ TENNIS SOCKS	R65.00
U/13A ORANGE ANKLE SOCKS NETBALL/ TENNIS	R65.00
BOYS CRICKET SHIRTS (SUBLIMATED)	R305.00/ R315.00
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

