



Dear Parents

Kindly keep to our policies and read the newsletters to keep up to date. Rather ask to prevent awkward situations. Sport practices, as well as matches, are for children and as such spectators are not allowed on the field of play.

We share your excitement and expectations but we do not share any transgression of policies. The two main fields (rugby/cricket/athletics) are for the children and parents or spectators should be on the pavilion. For swimming, spectators stay outside the pool area and for chess you are not allowed near the classroom. If you go to the toilets or tuck shop you should always walk as close to the fence as possible - you never cross the fields or take a shortcut through an activity. The closest you can get to the long jump pit is to stand outside the school grounds.

For hockey, tennis and netball you must sit on the pavilions. At the mini-netball court seating is not an issue but the interference from parents has become a problem. Parents are not the coach and should refrain from shouting out instructions - it causes widespread confusion amongst the young players. Let them just play and enjoy it.

The young players start slowly and for many hours are devoted to discipline, taking turns, patience and paying attention. The ones who excel are those who do not believe that they might never touch the ball during a match, never bowl, bat, score etc.

Our achievements on the sports field are well known - it takes time and patience as well as support from parents.

Some learners swim/ train (at a huge cost) with outside clubs. There is nothing wrong with this as long as the school and our coaches are respected. Due to pre-season injuries, coaching differences, over playing, too long a season, participation clashes, older age groups and numerous other reasons our possible first team players and squads are **only** allowed to play/practice for clubs or groups after our official school season.

**Our netball is ranked under the top 20 in South Africa, our current u/13's ranked 8<sup>th</sup> last year as u/12's. Two of our three rugby teams were victorious in the EP Super 12 and our hockey teams returned unbeaten from many matches and tournaments.** We do not broadcast this nor do we use it as marketing tool as we believe we are still working with young sports men and women. Development is the key, it is time consuming and takes many hours of patience.

In simple words, please stand back and allow my staff to do their jobs, they have a proven track record behind them. Yes, we do make mistakes and yes, we correct them within our policies. We want to serve your child our way.

Please refrain from attacking teachers or coaches - send any problems, in writing, to [info@sunridge.co.za](mailto:info@sunridge.co.za) and we will address them. **So-called coaches at a braai, children's party or next to the playing field will always think they know better and can do a better job than the coaches.** Go and study education, get a qualification, climb the ladder, get evaluated and accredited if you want to coach children.

If not, do what I do - maintain a position of silence and support coaches and learners in a positive way. Allow the teachers to coach and the learners to develop and enjoy it.

If everything goes according to plan we will issue a report for every Grade R learner at the end of this term. Let us see if we can achieve this goal.

Sunshine greetings  
M DE VRIES  
Principal

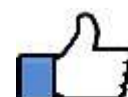
TAVCOR



SUZUKI



Follow us on  
FACEBOOK!



Like

Find us on  
Facebook

Geagte Ouers

Maak asseblief seker dat u ons beleide nakom en die nuusbriewe lees sodat u op hoogte van sake kan bly. Doen eerder navraag sodat u ongemaklike situasies kan vermy. Sportoefeninge, asook wedstryde, is vir kinders en toeskouers word nie op die speelveld toegelaat nie.

Ons deel in u opwinding en verwagtinge – maar ons deel nie in u oortreding van beleide nie. Die twee hoofvelde (rugby/krieket/atletiek) is vir die kinders bedoel en ouers of toeskouers hoort op die pawiljoen. Vir swem bly toeskouers buite die omheining en wat skaak betref, word u nie eers naby die klaskamer toegelaat nie. Indien u die kleedkamer of snoepie besoek, moet u altyd so na as moontlik aan die heining stap – **u steek nooit die veld oor of vat kortpad dwarsdeur 'n aktiwiteit nie.** Die naaste wat u aan verspring kan kom, is om buite die skoolgrond te staan.

Wat hokkie, tennis en netbal aanbetref, moet u op die pawiljoen sit en met die kleiner mensies op die mini-netbalbaan, is dit **'n probleem. Hoewel daar sitplekke beskikbaar is, word ouers wat inmeng, 'n tameletjie. Ouers is nie afrigters nie en hulle moet hulself daarvan weerhou om instruksies uit te skree, want dit veroorsaak grootskaalse verwarring by die jong spelers.** Laat hulle asseblief net toe om dit te geniet.

Die jong kinders begin stadig en baie ure word gewy aan dissipline, beurte maak, geduld en aandag skenk. Diegene wat uitblink, is die outjies wat nie glo dat hulle nooit aan 'n bal sal raak tydens 'n wedstryd nie of nooit sal boul, kolf, punte aanteken, ens. nie.

Ons prestasies op die sportveld is wyd en syd bekend – dit verg tyd en geduld, asook ondersteuning van ouers.

Talle leerders swem/oefen by buiteklubs as diensverskaffers – **teen 'n enorme koste. Daar is niks mee verkeerd nie, solank die skool en sy afrigters gerespekteer word.** As gevolg van voor-seisoen beserings, verskille in afrigting, te veel blootstelling, **ooreenstemmende deelnemingstye, spelers in 'n ouer ouderdomsgroep en talle ander redes, mag ons moontlike eerstespanspelers en –spanne slegs** ná ons amptelike skoolseisoen by klubs of groepe speel/oefen.

Ons netbal tel onder die top 20 in Suid-Afrika, met ons huidige O/13's wat 8ste as O/12's in die land geëindig het. Wat rugby aanbetref, het twee van die drie spanne in die OP Super 12-reeks as oorwinnaars uit die stryd getree. Ons hokkiespanne het ook onoorwonne teruggekeer van talle wedstryde en toernooie. Ons hang dit nie aan die groot klok nie en gebruik dit ook nie as bemarkingsfoefie nie – ons glo ons werk met jong sportmense en –vroue. Ontwikkeling is die sleutel en dit is tydrowend en verg ure se geduld.

Overgeset synde – staan asseblief terug en laat my personeel toe om hul werk te doen, want hulle het hulself reeds as suksesvol bewys. Ja, ons maak wel foute en ja, ons stel die foute reg binne ons beleide. Ons wil u kind op ons manier bedien. Weerhou uself asseblief daarvan om ons onderwysers of afrigters aan te vat – stuur u probleem skriftelik na [info@sunridge.co.za](mailto:info@sunridge.co.za) en ons sal dit aanspreek. **Sogenaamde afrigters by 'n braai, kinderpartytjie of langs die speelveld sal altyd dink hulle weet beter en kan hulself beter van hul taak kwyt. Gaan studeer onderwys, klim die leer, kry 'n kwalifikasie,** word geëvalueer en geakkrediteer indien u kinders wil afrig.

Indien nie, doen wat ek doen - **handhaaf 'n posisie van stilte en ondersteun afrigters en leerders op 'n positiewe wyse. Laat die onderwysers toe om af te rig en die leerders om te ontwikkel en dit te geniet.**

**Indien alles volgens plan verloop, sal ons aan die einde van hierdie kwartaal 'n rapport aan elke Gr R-leerder uitreik.** Kom ons kyk of hierdie mikpunt haalbaar is.

Sonskyngroete  
M DE VRIES  
Skoolhoof



## ACHIEVEMENTS / PRESTASIES

*If not a school event, official results must be emailed to [wendy@sunridge.co.za](mailto: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](mailto:wendy@sunridge.co.za) gestuur word.*

**EQUESTRIAN:** Western Mounted Games Veteran Level 0 - **Ms Peters** won 1st place in Qualifier 1 and 2.

**TENNIS:** **Jana Gutthater** has been selected for the EC Elephants team to play in the Synergy Cup Inter Provincial in Bloemfontein.

**TALENT AFRICA:** **Anika Steyn** received a gold award at the Stars of the Universe International Performing Arts Cup for Dance Lyrical/Contemp/Modern (Age 9—11).

**BADMINTON:** **Richard Botha** played in the EP u/13 Regional Tournament and won a silver medal for doubles and bronze medals for singles and mixed doubles.

**BIATHLON:** The following athletes represented EP at an Inter Provincial in Oudtshoorn - **Ms Brits, Rhyk Lingenfelder, Reghardt van Zyl, Esteen Potts and Lohan Kapp.**

**SWIMMING:** Infinity Gala - **Tyla Grobler** 3rd 200m breaststroke, 200m backstroke, 100m butterfly, 200m Individual Medley. **André Strydom** - 2nd 50m, 100m & 200m breaststroke, 200m backstroke, 3rd 50m & 100m backstroke and 200m individual medley and 1st medley, freestyle relay and mixed relay. **Elle Roth** 3rd 50m backstroke and 100m backstroke, 2nd 200m backstroke and 200m medley relay. **Adam Roth** 200m freestyle relay.

## 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](mailto:wendy@sunridge.co.za)).

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

## LEERLINGPRESTASIES VIR NIE-SKOOLAKTIWITEITE

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](mailto: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.

Has



your number changed?  
Het u nommer verander?

Please let us know if it has.  
Laat ons asseblief weet indien dit het.



Email/ epos: [info@sunridge.co.za](mailto:info@sunridge.co.za)

# PHOTO GALLERY / FOTOGALERI



CRICKET RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	WOODRIDGE	Won by 9 wickets	HANRU HAYWARD
	WOODRIDGE	Won by 47 runs	DYLAN TERBLANCHE
	GREY COLLEGE	Lost by 51 runs	KIAN ROBERSON
	GREY COLLEGE	Lost by 206 runs	KIAN ROBERSON
U/13B			
U/13C	PRIORY	Won by 82 runs	MICHAEL VAN ZYL
U/13D			
U/11A	GREY COLLEGE	Lost by 56 runs	TY REDLINGHUIS
	GREY COLLEGE	Lost by 105 runs	BRAYDIN HALGREEN
U/11B	WESTERING	Won by 72 runs	NATHAN WRIGHT
U/11C	PRIORY B	Won by 7 wickets	AVUYILE SIKO
U/10A	CHARLO	Won by 7 wickets	RILEY ACKERMAN
	GREY COLLEGE	Lost by 28 runs	MARNUS MULLER
	GREY COLLEGE	Lost by 131 runs	CALEB FORTUIN
U/10B			
U/9 HARDBALL	COLLEGE HILL	Lost by 24 runs	LUHAN HAYWARD
U/9A MINI	CHARLO	Won by 2 runs	LIAM VINK
U/9B MINI	CHARLO	Won by 11 runs	LUCA BLIGNAUT
U/8A	CHARLO	Lost by 3 wickets	LEHAN VAN NIEKERK
U/8B	ALTONA A	Won by 1 run	MASON THERON
	CHARLO	Won by 1 run	JAY KEATES

GIRLS CRICKET RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	COLLEGIATE B	Won by 109 runs	PEYTON NORTJE
U/13B	WOODRIDGE	Won by 17 runs	MELISSA KLEINHANS

TENNIS RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM BOYS			
1ST TEAM GIRLS			

# DIRK BRAND ATHLETICS

U/8	1ST	60M & 80M	ALYSSA SEAMAN
	3RD	80M	BEN ZEHMKE
U/9	2ND	80M	JANA VORSTER
U/10	1ST	80M & 100M	TATUM STRUMPHER
	2ND	100M & HIGH JUMP	AVA ELS
	2ND	100M & 1200M	ANKE ROETS
	1ST	HIGH JUMP	ANDREA GREEF
	2ND	SHOT PUT	LIHANKE RADEMEYER
	1ST	SHOT PUT	SCARLETT PRINSLOO
	1ST	80M & 100M	STIAN GERBER
	3RD	1200M	WIHAN VAN ROOYEN
	2ND 3RD	HIGH JUMP SHOT PUT	ADAM ROTH
	1st	SHOT PUT	JACQUES-LUCA ENGELBRECHT
U/11	1ST	70M HURDLES	NINKE POTGIETER
	3RD	LONG JUMP	DIJANI DU PREEZ
	1ST	80M, 100M & 70M HURDLES	JUAN ROETS
	1ST 2ND	1200M LONG JUMP	WIANDRE MASSYN
	3RD	75M HURDLES	RIKUS LABUSCHAGNE
	1ST	LONG JUMP	BRAYDIN HALGREEN
	2ND	SHOT PUT	HANRO VAN DER WALT
U/12	1ST	100M & 150M	KIANE HERION
	1ST 2ND 3RD	75M HURDLES LONG JUMP 100M & 150M	JOCELYN VENABLES
	1ST	1200M	LEILA VENTER
	3RD	HIGH JUMP	ANINE FOURIE
	2ND	SHOT PUT	JANA EHLERS
	1ST 2ND 3RD	100M 75M HURDLES 150M	BENJAMIN BRUWER
	3RD 2ND 1ST	100M SHOT PUT LONG JUMP	WESSEL JORDAAN
	3RD	HIGH JUMP	STRYDEN BENEKE
	1ST	150M	HANDRE LE ROUX
U/13	3RD 2ND	100M 200M & 800M	PEYTON NORTJE
	1ST	1500M	NINKE SCHOLTZ
	2ND	HIGH JUMP	JOSSLYN SUTTON

# DIRK BRAND ATHLETICS

U/13	3RD	LONG JUMP	INCKE MASSYN
	1ST 3RD	SHOT PUT DISCUS	HAILEY CILLIERS-RUDMAN
	2ND	SHOT PUT	BRIDGETTE VAN ROOYEN
	1ST	100M, 200M & LONG JUMP	WIKUS STRYDOM
	2ND 3RD	200M & LONG JUMP 100M	CHRISTIAN SLABBERT
	3RD	HIGH JUMP	CILLIERS JOOSTE
	3RD	SHOT PUT	MONRE ROSS



## PRICE LIST OCTOBER 2024

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)	R270.00/ R300.00
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	R120.00
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	
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	R325.00
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