

SUNRIDGE
VANDAG



SUNRIDGE
TODAY

11 September 2025

Geagte ouers

Met die toetsreeks wat in die versnelbaan is, kan ons die rustigheid ervaar terwyl ons buitemuurse bedrywighede voorlopig opgeskort is. Dit is noodsaaklik om ons leerders gedurende die toetsreeks te ondersteun en sodoende word die vaardigheidsgrondslag, wat in hul hoërskoolloopbaan tot hul voordeel sal strek, gevestig.

Binnekort vertrek Gr 4 tot 7 op buitelogopvoeding en dit is uiters belangrik dat dissipline streng gehandhaaf word. Terwyl ons hierdie onderwerp aanspreek, moet ons noem dat die leerders se spel meer "fisies" en "luidrugtig" as in die verlede is – **aangehits deur sosiale media!**

Seuns sal maar altyd seuns bly, maar fisiese speletjies soos klop, tik, pootjie, stamp, duik, kielie, stoot, skop, om op spelende leerders te spring, lek, trek, ens. lei nou tot vuiste wat klap en gevegte. 'n Paar meisies is ook betrokke, maar op 'n ander vlak. Gepaard met handgebare, koggel, voorgee en verbale teistering of tergery maak dit van die speelterrein 'n toksiese omgewing.

Hierdie aangeleentheid moet asseblief tuis aangespreek word. Ons kan bogenoemde nie toelaat of goedkeur onder die dekmantel van "verdediging" nie. Hierdie gedrag moet dringend in die kiem gesmoor word. Praat asseblief met u kind en gee leiding sodat hulle hul van enige fisiese of verbale "aanvalle" weerhou. Ons keur dit ten sterkste af en indien dit voortduur, sal ons verplig wees om streng dissiplinêre maatreëls in te stel wat gewone speletjies in die wiele kan ry.

Ons bedank egter die meerderheid leerders wat met respek teenoor ander leerders speel.

Mnr en Mej Sonskyn/Sunridge is om die draai en ons ondersteun graag ons leerders op die loopplank. Na my mening kom skoonheid altyd van binne – ek merk altyd op hoe iemand ander mense behandel en hulle aanspreek. 'n Mens kan nooit voorgee om respek en integriteit te hê nie – dit is 'n lewenswyse. Moet my nie vertel nie – wys my!

In Ernest Hemingway se woorde: "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."

Dear Parents

With the test series running in the fast lane, we can feel the calmness with our extra mural activities being on temporary hold. It is essential to support our learners during the test series - laying the skills foundation will benefit them throughout their high school careers.

Outdoor education is around the corner for Grades 4 - 7 and it is of the utmost importance that discipline be kept on high alert. While on the topic we need to point out that the learners tend to be more "physical" and "vocal" in their play than in the past. **Social media does not help!**

Boys will always be boys but physical play in the form of tapping, tagging, tripping, pulling, pushing, tackling, tickling, licking, shoving, kicking, jumping on learners playing has now lead to punching and fighting. A few girls are also involved but on a different level.

Together with hand gestures, mocking, pretending and verbal harassment or name calling makes the playground a toxic environment. We need to address this at home please. We cannot support nor approve the above under "defending" as the excuse. We need to stop this in it's tracks as a matter of urgency. Kindly inform and educate your child to refrain from any physical or verbal "attacks". We condemn this and should it continue we will be forced to introduce strict disciplinary measures that will hamper normal play.

However, we must thank the majority of learners who show respect towards other learners.

Mr and Miss Sunshine/Sunridge is around the corner and we look forward to seeing our learners on the ramp. Beauty, in my opinion, comes from within - the way you treat people and how you speak to them is what I support. You can never pretend to have respect and integrity, it is a way of living. Do not tell me, show me!

Ernest Hemingway wrote: " There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."

Sonskyngroete/ Sunshine greetings

M DE VRIES
Skoolhoof/ Principal

TAVCOR



SUZUKI



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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.*

DANCE: At the Friendly City Dance Festival **Lienke Peens** received a gold medal for national solo and silver medals for her ballet classical solo and ballet demi-character solo.

GYMNASTICS: **Kelly Fourie** took part in the final round of the EC Woman's Artistic Gymnastics Trials and won 2 gold and 1 silver medal - she finished in first place overall (Level 5 11 years) and has been selected to represent the EC at the SA National Gymnastics Championships in October.

ATHLETICS: **Alyssa Seaman** represented EP at the ASA Cross Country Championships.

EP Primary School League 1 - 60m & 80m Girls 7 **Mireya Jordaan** 1st, 80m Girls 11 **Tatum Strumpher** 2nd and **Leila Senekal** 3rd, 80m Boys 11 **Juan Roets** 1st and **Carter Loftie-Eaton** 2nd, 100m Girls 11 **Tatum Strumpher** 3rd, 100m Boys 11 **Stian Gerber** 1st and **Juan Roets** 3rd, Girls 13 100m - **Kiane Herion** 1st & 2nd 200m, Boys 13 Long Jump, 100m & 200m **Wikus Strydom** 1st, 800m Girls 13 **Ninke Scholtz** 1st, 1200m Girls 11 **Anke-Mari Roets** 1st, 1200m Boys 11 **Divan Fourie** 3rd, 1500m Boys 13 **Joshua Hall** 3rd, 75m Hurdles Girls 13 **Jocelyn Venables** 1st, High Jump Girls 11 - **Andrea Greeff** 2nd and **Leila Senekal** 3rd, Shot-put Boys 11 - **Jacques-Luca Engelbrecht** 1st, Boys 13 - **Monré Ross** 2nd, Girls 13 **Hailey Cilliers-Rudman** 3rd.

EQUESTRIAN: At the Somerset-East Agriculture Show **Lisa-Anet Terblanche** competed in the 7 & under open lead rein class.

KARATE: **Christopher Deale** competed, as an individual, at the 13th WUKF Karate World Championships in Sweden. He finished 11th in his age group for Kata.

**It's your time to
BLOOM!**

MR AND MISS SUNSHINE/MR AND MISS SUNRIDGE COMPETITION

MMS Junior Tuesday, 16 Sept/Senior Wednesday 17 September

Tickets will be on sale at the school office from Monday 11 August 2025.

Row A and B: R100 p.p.
Row C and D: R80 p.p.
Row E and F: R70 p.p.
Row G – K: R60 p.p.
Row L – S: Adults and High School Learners R50 p.p.
Primary School Learners R30 p.p.

Office hours: 06:30 to 14:30 (Fridays until 13:00)
Kantoorure: 06:30 tot 14:30 (Vrydae tot 13:00)



KNOW YOUR STAFF

Staff Member: *Jessica Whitlock*

Early Life: I was born and raised in Port Elizabeth. I attended Sunridge Primary from Grade 1-7 and went to Alexander Road High for Grade 8-12. I studied Education through UNISA and did an internship through Sunridge for the duration of my degree.

Family Life: I come from a family of four. My older brother is a high school teacher, my mom works at the municipality and my dad works at Bushpig Adventures. I am also a proud dog mom to Winston, my long-haired sausage dog.

Career Life: I have been at Sunridge since 2018. I started as an intern studying to be a Foundation Phase teacher where I am now a Grade 1 teacher.

Accomplishments: My biggest accomplishment is receiving Cum Laude for my Education degree.

Interesting facts about yourself: I am a qualified venomous snake handler. I choose sweets over chocolate. I am SUPER competitive with my family (Easter egg hunts get intense).

Please answer the following questions:

1. **What was your favourite TV show when growing up?** My little pony and Wizards of Waverly place as I got older.
2. **Do you have any strange phobias?** Claustrophobia, spiders and falling from any height.
3. **Are you addicted to any strange hobbies/activities?** I wouldn't say they are strange but my hobbies are reading, gardening, CrossFit and creating ANYTHING on CANVA.
4. **If you could have any one superpower, which would you choose?** I would choose healing powers.
5. **What is the first thing you notice about people?** A person's eyes
6. **What was the worst punishment you received in school?** Picking up rubbish on the playground.
7. **What, or who, are you a secret fan of?** Malcolm Marx
8. **What are the three things you still want to do in your life?** Go and see the tulip fields in the Netherlands, the hot air balloons in Turkey and conquer Cape Road traffic without being anxious!
9. **What is the worst pet you have ever had?** None! They are all precious to me.
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series



PHOTO GALLERY / FOTOGALERY





SUNRIDGE PRIMARY SCHOOL



RICO CLOTZ

5KM

MEMORIAL WALK/RUN

GREAT PRIZES TO BE WON !

PRIZE GIVING STRAIGHT AFTR THE RACE ON THE SCHOOL FIELD

FRIDAY

► **19 SEPTEMBER, 2025**

18:00

ENTRIES CLOSE
WEDNESDAY,
17 September 2025



High 5
Clothing

Primêre Skool *Sunridge* Primary School

**SUNRIDGE HIGH 5 CLOTHING
GOLF DAY
THANK YOU / DANKIE**

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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

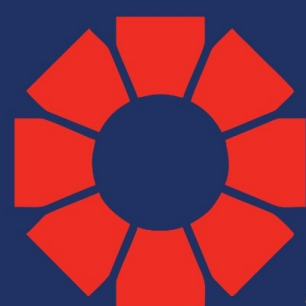


Thank you / Dankie!

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