



Dear Parents

Life at school

Making mistakes is a learning curve all learners are exposed to. The biggest factor is how they deal with it! All learners are exposed to different situations and altercations at school, some more than others and it is all about how they react and deal with it.

On our playground we have two zones. The "high active" and the "calm zone". It is very simple and easy to position yourselves in one of the two. The way children play is changing constantly, physical pushing, shoving, pulling with loud verbal interaction is all part of what is common in the high active zone with running, diving and crawling all part of the daily social interaction.

The other side is calm; more reserved and way different although verbally they also cross the fine line. This is the choice a child needs to make and the fine line they sometimes cross as social interaction is part of the daily experience.

This is also where things sometimes go wrong as children must choose how they react when their space and comfort zone is challenged. With an instruction from home to defend oneself the risk of retaliation is created. The reaction or retaliation to an "incident" becomes the elephant in the room as the child is suddenly entrusted to make a socially orientated decision having been instructed to defend or stand up for oneself.

Simple play and accidents, due to the nature of play, become issues and get branded as "bullying" or a reason to defend or retaliate - adding verbal altercations and it becomes impossible to manage. We basically require the child to make a judgement call and then try to defend it. The risk is that a simple accident gets pulled out of context with retaliation way out of line.

This gets more out of hand with parents instructing children to "hit back" as a defense strategy. The verbal defense or retaliation then adds to even more issues and all under so called parental instruction. We cannot tolerate it. The right thing to do is firstly to stay away from any possible altercations, secondly to turn and walk away and thirdly to report it to the teacher.

Allow and trust us to investigate and take steps. We do not announce steps taken and when dealt with we move on. We capture incidents on our disciplinary system when needed and when verified as just and fair. It is a reality and a given that in a child's school career he or she will get confronted with altercations at school. Of these children 95% will accept the decision and the steps taken by the school and move on - developing social skills is never easy!

Kindly inform your child that "physical defense" and retaliation is NOT fine and not allowed at school. Report it and allow the system to deal with altercations and provocation.

Should this current trend continue we could be forced to ban all physical contact as the current increase of incidents supported from home as "defense" is not acceptable.

Cell Phones

Our rule is simple - no cell phones or similar devices are allowed at school, on a school bus or on any school tour. We have ample measures in place to support a child who needs to contact his or her parents. Should your child need it at aftercare, please leave it at aftercare.

Sunshine greetings

M DE VRIES

Principal

TAVCOR



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Geagte Ouers

Die lewe by die skool

Om foute te maak en daaruit te leer, is iets waaraan alle leerders blootgestel word. Die vernaamste faktor is hoe hulle dit hanteer! Alle leerders word aan verskillende situasies en onenigheid by die skool blootgestel – sommige meer as ander – maar al wat saak maak, is hoe hulle reageer en dit hanteer.

Ons het twee areas op ons speelterrein – die “hoë energie” en die “kalm” area. Dit is baie maklik en eenvoudig om op enige van die twee terreine te speel. Die manier hoe kinders speel, verander voortdurend – fisiese stamp en stoot, trek, baie verbale kommunikasie is alles deel van die hoë energie-area, waar daaglikse gehardloop, geduik en gekruip word.

Die ander terrein is kalmer, rustiger en baie anders – hoewel hulle ook verbale interaksie ervaar. Dit is die keuse wat ‘n kind moet maak met die verstandhouding dat sosiale interaksie deel van die daaglikse ervaring is.

Dit is dan ook waar dinge soms skeef loop as kinders moet kies hoe om te reageer wanneer hul spasie en gemaklike uitgedaag word. Met ‘n instruksie van die huis af om jouself te verdedig, word die risiko van vergelding geskep. Die reaksie of vergelding ná ‘n “insident” word ‘n tameletjie, want die kind moet onverwags ‘n sosiaal-georiënteerde besluit neem, terwyl die instruksie van die huis af was om jouself te verdedig of weerstand te bied.

Eenvoudige speletjies en ongelukke, terwyl gespeel word, word opgeblaas en as “boelie” bestempel, of as ‘n rede om te verdedig of weerstand te bied en met die byvoeg van verbale struwelinge, word dit onmoontlik om te bestuur. Ons verwag basies van die kind om te oordeel en dit dan te probeer regverdig. Die risiko is dat ‘n eenvoudige ongeluk uit konteks geruk word, met vergelding wat heeltemal onvanpas is.

Dit ruk selfs verder hand uit met die ouers se opdrag aan hul kinders om “terug te slaan” as verdedigingstrategie. Die verbale verdediging of vergelding stapel dan meer en meer probleme op – alles volgens sogenaamde instruksies van die ouer. Ons kan dit nie toelaat nie. Die regte ding is in die eerste plek om weg te bly van enige moontlike rusies, in die tweede plek om daarvan weg te stap en in die derde plek om dit by die onderwyser aan te meld.

Laat ons toe en vertrou ons om stappe te neem. Ons kondig nie aan watter stappe ons neem nie en wanneer dit afgehandel is, beweeg ons aan. Ons sal dit, wanneer nodig, op ons dissiplinêre stelsel aanteken, wanneer dit as reg en regverdig bevestig is. Dit is sonder twyfel ‘n realiteit dat ‘n kind in sy of haar skoolloopbaan met rusies by die skool gekonfronteer sal word. Van hierdie kinders sal 95% die besluit en stappe wat deur die skool geneem word, ondersteun en aanbeweeg – die ontwikkeling van sosiale vaardighede is nooit maklik nie!

Verduidelik asseblief aan u kind dat “fisiese verdediging” en vergelding NIE in orde is nie en nie by die skool toegelaat word nie. Laat die stelsel toe om rusies en kinders wat dit aanmoedig, te hanteer. Meld dit aan en laat ons toe om dit te bestuur.

Indien die huidige tendens voortduur, sal ons verplig weers om alle fisiese kontak te verbied, want die huidige toename in insidente wat van die huis af as “verdediging” ondersteun word, is onaanvaarbaar.

Selfone

Ons reël is eenvoudig – geen selfone of soortgelyke apparate word by die skool of op ‘n skoolbus of skooltoer toegelaat nie. Ons het voldoende maatreëls in plek om ‘n kind in die nood te help om sy of haar ouers te kontak. Indien die kind die selfoon by nasorg nodig het, laat dit asseblief by nasorg.

Sonskyngroete

M DE VRIES
Skoolhoof



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.*

ESKOM EXPO: Lianie Grobler and Isabella Vorster are regional finalists and will showcase their work at the Eskom Expo International Science Fair at the Convention Centre, Emperors Palace in October.

GYMNASTICS: At the EC District trials Mckayla Hansen won gold for ball and free dance as well as gold overall. She has been selected for the EC Rhythmic Gymnastics District team. Vivian Kockott has been selected for the EC Gymnastics team to take part at GSA National Gymnastics Championships.

ATHLETICS: DSRAC League: u/13 400m Kiané Herion 1st, Jocelyn Venables 3rd, u/13 100m Kiané Herion 1st, Jocelyn Venables 2nd, Boys 11 100m Stian Gerber 3rd.

DANCE: Leeah Kleynhans completed the Street Dance Association, Dance Sport League and made it to the Top 8. She has been invited to compete at the Street Dance Association, Dance Sport Club League Nationals event in October.

EAST CAPE CHILDREN'S CHOIR: Zander & Stian Gerber are members of the 2025 choir.

BIATHLON: At the Biathlon awards for the 2025 season Sunridge received the trophy for the Top Primary School (points). Ben Zehmke received awards for the U9 boys overall league winner and Most Promising athlete.

ANGLING: Lara Potgieter has been selected for the EP u/16 Light Tackle Boat Angling Association team to compete at the All Coastal Championships on the Knysna Lagoon in October.



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

Family Life: Living life with my husband for 23 years and our 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 Futurekids. That position placed me in two primary schools for a few years, thereafter I decided I wanted to become an educator.

Accomplishments: I did my teaching qualification, while working full time and with two daughters, who were aged 2 and 6 when I did my first year. It was very challenging but I proudly graduated with distinction. Anything is possible, no matter your age, if you set your mind to it.

Interesting facts about yourself: I enjoy 80's rock music.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** Magnum PI
2. **Do you have any strange phobias?** Snakes and small places.
3. **Are you addicted to any strange hobbies/activities?** No
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?** Kids animation movies
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, continue making memories with my family.
9. **What is the worst pet you have ever had?** They were all adorable, even Remi the rat.
10. **What do you prefer?** A. Beach or **Bush** B. **Braai** or Pizza C. **Winter** or Summer D. Movies or **Series**



PHOTO GALLERY / FOTOGALERY



High 5
Clothing

Primêre Skool *Sunridge* Primary School



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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
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RAMBLE SCHOOL BAG UNBRANDED	R720.00
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RAMBLE DUAL SPORT BACK PACK (TENNIS/HOCKEY)	R350.00
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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

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- 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

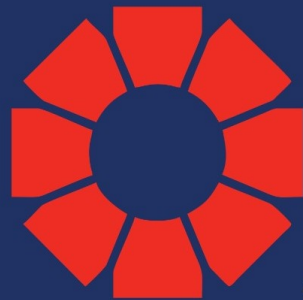


Thank you / Dankie!

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