

**SUNRIDGE
VANDAG**



**SUNRIDGE
TODAY**

16 October/ Oktober 2025

Dear Parents

“Strive not to be a success but rather to be of value.” Albert Einstein

The past holiday was so short, there was even a poem written about how short it really was! We may agree but at least we had a break.

Welcome Back!

We need to focus on the positive - we have so many blessings yet we choose to overlook them as the negative is always more in one's face, stealing our joy and consuming our precious time. Almost 98% of our learners achieved academic success during the first, second and third terms while we relentlessly support, at a high time consuming cost, those in need of support. A huge improvement and though we strive for 100% we acknowledge and respect that some might not reach the required outcome. That will, however, never discourage us to do what we can.

What a privilege to enter the final stretch of the 2025 academic year. We embrace the challenges and will support our children to complete the year successfully. Every single step is one closer to our main goal - to prepare our learners for their high school career.

With that being said, our Grade 7's are ready for the final exams and the high schools are looking forward to welcoming them. They deserve our support as, as a group they have embraced the Sunridge ethos way beyond the normal. Thank you ladies and gentlemen - keep up the good work.

Social Media

This is a WAR and while we are winning the battles, we still have to persevere as the war is far from over.

Many thanks to the many parents who support our stand against social media when it comes to protecting our children from being exposed to this monster in our society. All over the world there is growing support to protect children against this but there is also still opposition, which cannot be overlooked. No surprise then that adults too find themselves being drawn into this dark world which gives the instigator a dopamine thrill.

“Sometimes people don't want to hear the truth because they don't want their illusions destroyed.” - Friedrich Nietzsche

It is worrying to see adults fall into the trap of believing allegations and stories made on social media while they are often far from the truth. It is disturbing to see a story supported and blown way out of proportion - they are there for all to see, read and share. Quietly, the truth and reality are being lost as the high moral ground prevents information to be shared by those who know the truth!

Be careful what you publish on social media and how you react! Protect your child as this monster is silently devouring all moral values.

“If you got nothing good to say, say nothing at all” – Unknown

Sunshine greetings

M DE VRIES

Principal

TAVCOR



SUZUKI



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Geagte Ouers

“Strive not to be a success but rather to be of value.” Albert Einstein

Die afgelope vakansie was so kort, daar is selfs ‘n gedig geskryf oor hoe kort dit regtig was! Ons mag dalk saamstem, maar ons het darem ‘n blaaskans gehad.

Welkom terug!

Hoewel ons op die positiewe en al ons talryke seëninge behoort te fokus, kies ons om dit te ignoreer, want die negatiewe aspekte is soveel meer ooglopend en dit steel ons vreugde en verkwis ons kosbare tyd. Nagenoeg 98% van ons leerders het gedurende die eerste, tweede en derde kwartaal op akademiese gebied sukses behaal en diegene wat ondersteuning benodig, word teen uiters tydrowende koste dag vir dag ondersteun. Daar is groot verbetering, en hoewel ons streef na 100%, aanvaar en respekteer ons dat sommige mense nie die aangewese uitkoms sal bereik nie. Ons sal egter volhard met ons ondersteuning.

Wat ‘n voorreg om die pylvak van die 2025 akademiese jaar te bereik. Ons loop die uitdagings trompop en sal ons kinders ondersteun ten einde die jaar suksesvol af te sluit. Elke enkele stap is een stap nader aan ons vernaamste doelwit – om ons leerders vir hul hoërskoolloopbaan voor te berei.

Op daardie noot kan ons net meld dat ons Gr 7's slaggereed is vir die eindeksamen en dat die hoërskole daarna uitsien om hulle te verwelkom. Hulle verdien ondersteuning, want as ‘n groep het hulle Sunridge-waardes ver bo normaal uitgeleef. Baie dankie dames en here – doen so voort!

Sosiale Media

Dit is ‘n OORLOG en terwyl ons die veldslae wen, lê daar nog ‘n stywe opdraand voor – die oorlog is lank nie verby nie.

Baie dankie aan die meerderheid ouers wat ons in ons stryd teen die sosiale media ondersteun en om ons kinders teen die monster in ons samelewing te beskerm. Oral in die wêreld is daar groeiende ondersteuning om ons kinders hierteen te beskerm, maar daar is ook teenkanting. Dit is nie verbasend dat volwassenes ook tot hierdie donker aspek aangetrokke voel nie – die opwinding van die reaksie is baie aanloklik.

“Sometimes people don’t want to hear the truth because they don’t want their illusions destroyed.” - Friedrich Nietzsche

Dit is kommerwekkend om te sien hoe volwassenes die bewerings en aantygings op sosiale media glo, terwyl dit ver van die waarheid verwyder is. Dit is verontrustend om te sien hoe ‘n storie ondersteuning ontvang en buite proporsie opgeblaas word – dit is alles daar vir almal om te sien, lees en deel. Stilweg gaan die waarheid en realiteit verlore, want die stilsweye word gehandhaaf deur diegene wat weet wat die waarheid is.

Wees versigtig wat u op sosiale media deel en hoe u reageer! Beskerm u kind, want hierdie monster verswelg stilweg alle morele waardes.

“If you got nothing good to say, say nothing at all” – Unkown

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 represented the Eastern Cape at the Eskom Expo International Science Fair at Emperors Palace - they both won gold medals and were category winners. Lianie also received the Edinburgh Sustainable African Future award.

INDOOR CRICKET: Kian Roberson represented South Africa and captained the u/12 team on the Coastal Tour.

GYMNASTICS: SA National Gymnastics Championships - the following girls represented the Eastern Cape. Kelly Fourie WAG Level 5 (11 years) and won gold for Beam, silver for Floor and was second overall in her age group (silver). Haily Geldenhuys (11-12) gold medals SA Champion Synchro male and female Team Level 5, SA Champion Synchro all female Team Level 5, Euro Trampoline Level 5 Top 10 and Double Mini Trampoline Level 6 Top 6.

TENNIS: Reghardt van Zyl represented the EC at the Synergy Cup played in Cradock. The EC Elephants team came 2nd overall.

DANCE: Leeah Kleynhans represented the EC at the Street Dance Association Dance Sport Club League Nationals.

KARATE: Mieke Jordaan was selected for the SA Development Karate team that competed in Botswana - she won gold medals for Kata and Kumite. Christopher Deale competed at the SA Karate Nationals - he won gold medals for Kata, Long Weapon and Unison Kata and silver for Short Weapon.

SQUASH: Garden Route Junior Open - Janél Hall won the u/15 age group and Joshua Hall was 3rd in the u/13 age group.

SOCCER: Sherzhaard Edinberry (9) was awarded the trophy for the u/11 Player of the Tournament at the Caledonian FC Tournament.

TALENT AFRICA: Isabella and Gabriela Cumberlege received gold for their three eisteddfod items (prepared reading, undramatized poetry and public speaking) and platinum for their ballet. They have both qualified to represent SA at the Mediterranean Legends International Art Festival and Contest as well as for Dance Fest Novi Sad in 2026. Minke van Jaarsveld received Platinum for modeling for Fitness, Casual, Evening and swimwear. She has qualified to represent SA at the Mediterranean Legends International Art Festival and Contest. She will also compete in the Stars of the Universe competition.

BIATHLE: Anli and Anke-Mari Roets represented the Eastern Cape at the SA Biathle Championships in Mpumalanga. Anke-Mari has qualified for the World Championships to be held in Mossel Bay in December 2025.

BIATHLON: Amalia van der Westhuizen won a gold medal at the SFS Interprovincial in Bloemfontein.

SWIMMING: Freda Barnard Gala in Oudtshoorn: Tyla Grobler won gold medals for 200m breaststroke, 100m breaststroke, 200m individual medley, 200m freestyle, 50m butterfly, 100m butterfly and medley relay, silver medals for 50m breaststroke, 100m backstroke, 200m backstroke and bronze medals 100m freestyle & 400m freestyle. André Strydom won a gold medal for the 200m medley relay, silver medals for the 100m breaststroke, 200m mixed medley relay & 200m mixed freestyle relay and a bronze medal for 200m breaststroke and 50m freestyle. Luzay Gerber won a gold medal in the 200m medley relay and bronze medals for the 100m freestyle, 100m backstroke and 50m freestyle.

EQUESTRIAN: South African Western Mounted Games Nationals: Skyla Rae Seymour and Emily Rudman represented the Eastern Cape - Skyla and her horse, Bilbo Bear, finished 2nd overall and are the SANESA Primary School Level 2 Reserve Champions 2025. Emily and her horse, Levi, attained 3rd places for Big T and Speed Ball.

ATHLETICS: Elethu Zamisa represented Eastern Province at the ASA Cross-Country Championships in Mpumalanga.

MODEL CARS: Alexa van Zyl finished 2nd in both the Junior Production Class and the Junior Sports Class at the final SAMCA SA National Grand Prix event of 2025. She was also awarded the Golden Hands Trophy for the second consecutive Grand Prix event for her exceptional ability as a marshal.

LEARNER CHIEVEMENTS 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).

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).

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.



KNOW YOUR STAFF

Staff Member: *Joshua van Rooyen*

Early Life: I have been an introvert since I was a child and often preferred the comfort of my own company. I enjoyed spending time on my own, reading, drawing, or playing video games. This helped me develop a strong imagination, empathy and a deep sense of self-awareness, however making the decision to become a teacher helped me become more sociable and it continues to shape who I am today.

Family Life: I come from a close-knit family of teachers and have always been surrounded by love and support. I'm the youngest son, and growing up in Port Elizabeth has always felt like home. My family has played a big role in shaping who I am today. We've shared many laughs, supported each other through challenges and made countless memories together.

Career Life: After finishing high school, I continued my studies at Varsity College, where I followed my passion for education. During my time there, I completed my teaching experience at several schools, including Piet Retief Primary, Erica Girls' Primary and Victoria Park Grey Primary. Each school gave me valuable opportunities to grow as a teacher and gain confidence in the classroom. These experiences helped me develop my own teaching style and a deeper understanding of how to connect with learners. Eventually, I was fortunate to join Sunridge Primary, where I've been teaching for the past year. It's been an exciting and rewarding journey, and I feel proud to be part of such a supportive school community.

Accomplishments: In High School I was in the top 10 in Grade 8 and 9. I graduated cum laude from Varsity College and I recently travelled abroad to three countries.

Interesting facts about yourself: I developed a patch of grey hair when I was in high school and it's stuck ever since.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** Phineas & Ferb
2. **Do you have any strange phobias?** Thalassophobia - an intense, sometimes overwhelming fear of the vastness, depth, or unknown creatures that might be in the ocean.
3. **Are you addicted to any strange hobbies/activities?** I am currently trying to teach myself cardistry and solving a Rubiks cube.
4. **If you could have any one superpower, which would you choose?** The ability to fly
5. **What is the first thing you notice about people?** Their mannerisms.
6. **What was the worst punishment you received in school?** I was always a reserved child and didn't really receive any punishments at school.
7. **What, or who, are you a secret fan of?** Superheroes.
8. **What are the three things you still want to do in your life?** Go sky diving, experience the Northern lights and learn a form of martial arts.
9. **What is the worst pet you have ever had?** Can't say I ever had a terrible pet, I loved them all .
10. **What do you prefer?** **A.** Beach or **Bush** **B.** Braai or **Pizza** **C.** Winter or Summer **D.** Movies or **Series**



PHOTO GALLERY / FOTOGALERY



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U/13A	GEORGE RANDALL	Won by 161 runs	DYLAN TERBLANCHE
U/13A	SELBOURNE 13B	Lost by 3 wickets	LOGAN BEZUIDENHOUT
U/13A	CAMBRIDGE	Won by 156 runs	DIVANDRÉ VOSLOO
U/13A	MUIR	Won by 9 wickets	JANCO COMBRINK
U/13A	EIKESTAD	Won by 7 wickets	HANRU HAYWARD
U/13B	WALMER WEST A	Won by 46 runs	CONNOR KNOETZE
U/11A	SUMMERWOOD	Won by 20 runs	ZAYDEN HENWICK
U/11A	CLARENDON PARK	Won by 5 wickets	ZINATHI SIMELANE
U/11A	SUMMERWOOD	Won by 6 wickets	TY REDLINGHUIS
U/11A	CHARLO	Won by 6 wickets	KEEGAN JORDAAN
U/11B			
U/11C	MUIR B		
U/10A	WESTERING		
U/10B	VUKANIBANTU A		
U/9A	WOODRIDGE	Won by 58 runs	JEAN-LUC JOUBERT

CRICKET ~ GIRLS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	GONUBIE	Won by 9 wickets	INCKE MASSYN
U/13B			



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