

**SUNRIDGE
VANDAG**



**SUNRIDGE
TODAY**

20 February / Februarie 2026

Geagte Ouers

Die SBL het ons personeel op Valentynsdag met 'n heerlike koppie koffie verras as beloning vir die uitstekende werk wat hulle met ons kinders doen. Baie dankie aan ons personeel en 'n spesiale woord van dank aan die SBL wat erkenning verleen aan die werk wat deur ons personeel gedoen word. 'n Paar ouers het van die geleentheid gebruik gemaak om ook 'n koffietjie te geniet en 'n paar idees met ons te deel. Baie dankie vir die besoek en die respek wat aan ons personeel betoon is.

Die onderwys is 'n roeping en dit is 'n voorreg om met kinders te werk en 'n toekoms te bou in 'n wêreld wat vinnig en dikwels verander. Toe ons 'n selfoonvrye skool gevestig het en met ons inisiatief begin het om die gevare van sosiale media vir ons kinders onder ouers se aandag te bring, het ons heelwat ondersteuning van ouers ontvang, MAAR daar was ook mense wat daarteen gekant was en ons daarvan beskuldig het dat ons in die verlede vasgevang was. 'n Paar ouers het selfs hul kinders uit Sunridge verwyder. Met die kwessie van speel voor skool het nog 'n paar die pad gevat en met dissipline het 'n paar meer gevolg. Die kersie op die koek was toe diegene wat hul kinders uit die skool verwyder het, op skrif gestel het dat hulle dit as gevolg van ons akademiese standaarde gedoen het – hul kinders behaal maklik hoër punte by ander skole. Ons staan steeds verstom!

Die selfoon- en sosiale media-kwessie maak nou wêreldwyd opslae. Ons hoef nie eers insidente op die speelterrein en dissipline te noem nie en met uitslae op hoërskool wat duidelik die voordele van ons akademiese standaarde toon, is dit duidelik dat ons die regte pad volg.

Ons is nie in kompetisie met ander skole nie – ons doen eenvoudig ons ding. Hoewel talle ander verskillende uitkomst op die sportveld najaag, verkies ons om die eerbare weg te volg. Wen is nie alles nie – sportmanskap en goeie gedrag met billike optrede en goeie ondersteuning is meer belangrik. Slegs 3% van laerskoolleerders bereik 'n hoë sportvlak op hoërskool en minder as 1% van hoërskoolleerders bereik 'n hoë sportvlak ná skool.

DUS is daar meer belangrike aangeleenthede! Akademiese ontwikkeling en goeie, vaardige sosiale ontwikkeling sal beslis 'n meer afgeronde leerder vir die toekoms verseker – en definitief 'n heel ander volwassene en toekomstige ouer.

So baie mense leef in die verlede, maar in die woorde van Filippense 3:13 “Ek maak my los van wat agter is en strek my uit na wat voor is” – en dit is duidelik hoe ons die pad moet stap. Selfs in ons moderne lewe is daar duidelike voorbeelde. U motor het 'n groot en breë voorruit, met 'n klein en baie klein truspieël en kantspieëls. Ons gebruik hierdie spieëltjies net baie vlugtig en vir 'n sekonde om ons in die toekoms te help. Ons kyk vorentoe en fokus op die pad voor ons, want ons kan nie vorentoe beweeg deur vas te klou aan wat agter ons is nie.

Dit is 'n kragtige en lewensveranderende konsep en les wat ons moet aangryp. Die voorste venster by Sunridge is duidelik en dit fokus op die toekoms. Ons belofte is om u kind vir die toekoms voor te berei – ons sal beslis meningsverskille hê en vir seker sal ons nie altyd gewild wees of dinge doen waarmee almal saamstem nie.

Ons suksesse is wyd bekend en ons sal hou by wat ons doen – ons morele uitslae spreek boekdele!

Dear Parents

The SGB surprised our staff with a delicious cup of coffee for Valentine's Day to thank them for the excellent work they do with our children. Many thanks to our staff and a special thanks to the SGB for acknowledging the work they do. A few parents took the opportunity to also enjoy a cup of coffee and share a few ideas with us. Thank you for your visit and the respect shown to our staff.

Teaching is a calling and it is a privilege to work with children and build a future in a world that is changing rapidly and often. When we established a cell phone free school and began our initiative to bring the dangers of social media for our children to the attention of parents, we received a lot of support from parents BUT there were also those who were against it and accused us of being stuck in the past. A few parents even took their children out of Sunridge, as did some with the issue of playing before school and with discipline a few more followed. The cherry on the top was when those who removed their children from the school put it in writing that they did so because of our academic standards – their children easily achieve higher grades at other schools. We are still stunned!

The cellphone and social media issue is now making headlines worldwide. We do not even need to mention playground incidents and discipline and with high school results clearly showing the benefits of our academic standards, it is clear that we are on the right track.

We are not in competition with other schools; we just do what we do. While many others pursue different outcomes on the sports field, we prefer to follow the honourable path. Winning is not everything – sportsmanship and good behaviour with fair play and good support are more important. Only 3% of primary school learners reach a high level of sport in high school and less than 1% of high school learners reach a high level of sport after school.

SO! There are more important matters. Academic development and good, skilled social development will see more well-rounded learners for the future - and definitely a very different adult and future parent.

So many people live in the past, but in the words of Philippians 3:13 “Forgetting what is behind and straining towards what is ahead” clearly points out the path we should walk. Even in our modern life there are clear examples. Your car has a large and wide windscreen with a small and very small rearview mirror and side mirrors. Only briefly and for a second do we use these mirrors to guide and support us in the future. We look forward and focus on the road ahead as we cannot go forward by focusing on what is behind us.

This is a powerful and life-changing concept and lesson we must embrace. The front window at Sunridge is clear and focuses on the future. Our promise is to prepare your child for the future - we will definitely have differences and it is a certainty that we will not always be popular or do things that everyone agrees with.

Our successes are well-known and we will stick to what we do - our moral results speak volumes!

Sonskyngroete/ Sunshine greetings

M DE VRIES

Skoolhoof/ Principal



PHOTO GALLERY / FOTOGALERY



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.

LIFE SAVING: EC Lifesaving Championships: **Anke-Mari Roets** won gold in the long run & mixed relay and bronze in the beach sprint.

BIATHLON: The following learners represented EP Biathlon at the Inter-Provincial in Oudtshoorn - **Ernie Fourie, Francis van Niekerk, Ben Zehmke, Jordaan Victor, Willem van Niekerk, Ava Nance, Louis Fourie, Rhyk Lingenfelder, Ava Els, Anke-Mari Roets, Reghardt van Zyl, Anrich van der Westhuizen & Anine Fourie.**

TALENT AFRICA: **Minke van Jaarsveld** received a Platinum special award for Overall Junior Model at the Stars of the Universe Online International Championships.

WARM-UP TOPS!

Introducing our new warm-up top
Limited stock and sizes available
Launching from u/9 - don't miss out!
R340 - R350

This top does not replace the RIPSTOP jacket - it may be worn for practices and to warm up in before matches. The RIPSTOP jacket must still be worn before and after matches.

OPWARMHEMDE!

Ons stel ons nuwe opwarmhemde bekend.
Beperkte voorraad en groottes beskikbaar
Vanaf O/9.
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R340 – R350

Hierdie hemp vervang nie die RIPSTOP-baadjie nie – dit kan tydens oefeninge gedra word of om voor wedstryde op te warm. Die RIPSTOP-baadjie moet steeds voor en ná wedstryde gedra word.



SUZUKI

TAVCOR

KNOW YOUR STAFF

Staff Member: *Alicia Burmeister*

Early Life: I'm an Eastern Cape girl, born and bred. I attended Sunridge Primary school, where I started out in the Afrikaans class. In Grade 6, my sister and I became the first Afrikaans-speaking learners to move over to the English class. I matriculated from Alexander Road High School in 2003. I developed a passion for sport in junior school, participating in athletics and netball. In high school, I represented my province in both netball and water polo, and during my university years, I concentrated primarily on netball.

Family Life: My boys and I relocated to the Eastern Cape in June 2024.

Career Life: After studying at Nelson Mandela University, I worked at a private girls' school in Johannesburg, where I served as Head of Netball, athletics, and water polo, as well as the Grade R – 7 Physical Education teacher. I later moved to Cape Town, where I joined the junior school sports department at the oldest boys' school in the country. Over time, I transitioned back into the academic side of school life, serving as both Grade Head, Subject Head and Health and Safety Officer over a period of 13 years.

Accomplishments: I have been particularly fortunate to have taught learners from Grade 4 through to Grade 11 during my career.

Interesting facts about yourself: I worked for FIFA at the 2010 Soccer World Cup at Soccer City in the VIP, VVIP and Heads of State lounges where I met presidents, princes, princesses, sportsmen and women, actors and singers. I absolutely love cooking, running and bodyboarding.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** Friends (Giving away my age here)
2. **Do you have any strange phobias?** Bumping into former students who now call me "Tannie".
3. **Are you addicted to any strange hobbies/activities?** Not that I am aware of.
4. **If you could have any one superpower, which would you choose?** Super Strength.
5. **What is the first thing you notice about people?** Their smile.
6. **What was the worst punishment you received in school?** In Pre-Primary, our class was misbehaving while another teacher was in the room. As punishment, we had to line up to get a smack with a wooden spoon. I kept quietly shuffling further back in the line until I was second last. When the person in front of me got their "jack," the wooden spoon snapped in half. For a brief moment, I felt so relieved... until I realised that getting smacked with half a wooden spoon actually hurt more.
7. **What, or who, are you a secret fan of?** I am a not so secret rugby fan.
8. **What are the three things you still want to do in your life?** I would like to see the Northern Lights, attend a Rugby World Cup and own a quaint little coffee shop.
9. **What is the worst pet you have ever had?** Loved all our pets.
10. **What do you prefer? A. Beach or Bush (both) B. Braai or Pizza C. Winter or Summer D. Movies or Series**



CRICKET ~ BOYS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	SUMMERWOOD	Won by 46 runs	KADEN NORTJE
U/13A	LORRAINE		<i>MATCH IN PROGRESS</i>
U/13B	SUMMERWOOD		<i>MATCH IN PROGRESS</i>
U/13C			
U/13D	<i>CANCELLED</i>		
U/11A	SUMMERWOOD	Lost by 42 runs	MARNUS MULLER
U/11B	<i>CANCELLED DUE TO THE WEATHER</i>		
U/11C	GEVAN HUB		
U/10A	SUMMERWOOD	Won by 154 runs	LOHAN KAPP
U/10B	GREY	Lost by 89 runs	LIAM VINK
U/10C	LORRAINE B	Won by 1 wicket	DANIËL JANSE VAN VUUREN
U/9A	<i>CANCELLED DUE TO THE WEATHER</i>		
U/9A MINI	<i>CANCELLED DUE TO THE WEATHER</i>		
U/9B MINI	<i>CANCELLED DUE TO THE WEATHER</i>		
U/8A MINI	<i>CANCELLED DUE TO THE WEATHER</i>		
U/8B MINI	<i>CANCELLED DUE TO THE WEATHER</i>		
GIRLS CRICKET RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	LORRAINE	Won by 1 wicket	AMY BUCHLER
U/13A	STIRLING	Won by 12 runs	NINKE POTGIETER
U/13B			



TENNIS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM BOYS	<i>CANCELLED DUE TO THE WEATHER</i>		
1ST TEAM GIRLS	COLLEGIATE B	16 - 33	MIEKE PIENAAR

PE WEST ATHLETICS		
U/9	ALYSSA SEAMAN	1ST 80M & 2ND 60M
U/10	ETHAN BOOYSEN	2ND 70M HURDLES
	HANRU BRUWER	1ST 70M HURDLES
	LIAM STRACHAN	2ND HIGH JUMP
	LIANCé DICKS	1ST SHOT PUT
	CHARLESTON HERMAN	2ND SHOT PUT
	ILKE VAN WYK	2ND 1200M
U/11	JACQUES-LUCA ENGELBRECHT	1ST SHOT PUT
	STIAN GERBER	1ST 80M & 100M
	ANDREA GREEFF	1ST HIGH JUMP & 3RD 70M HURDLES
	TATUM STRUMPHER	2ND 100M
U/12	LUNJE SAMSON	1ST 75M HURDLES & 3RD 100M
	MSEBENZI SISHUTA	2ND LONG JUMP
	HANRU VAN DER WALT	1ST SHOT PUT
	LEILA SENEKAL	1ST 75M HURDLES, 2ND 150M & LONG JUMP
	NINA TERBLANCHE	2ND 75M HURDLES & 1ST 100M
	HANDRE LE ROUX	2ND LONG JUMP & 3RD 200M
	BENJAMIN BRUWER	2ND SHOT PUT, 80M HURDLES & 3RD LONG JUMP
	KIANé HERION	1ST 100M & 200M
U/12	JOCELYN VENABLES	1ST 75M HURDLES & 3RD 100M
	LEILA VENTER	2ND 1500M
	LEANé VERMAAK	3RD SHOT PUT



C AGE GROUP GALA @ COLLEGIATE		
8 & U	ARIELLE SENEKAL	1ST 25M FREESTYLE, BREASTSTROKE & 3RD BACKSTROKE
	JORDAAN VICTOR	1ST 25M FREESTYLE
9	CHARLIE HERMAN	1ST 25M FREESTYLE
	SHERZAARD EDINBERRY	1ST 25M FREESTYLE, 2ND BREASTSTROKE & 3RD BACKSTROKE
	LIAM STRACHAN	2ND 25M BACKSTROKE
	SKYLA HERSELMAN	2ND 25M FREESTYLE & BACKSTROKE
10	MARNUS MULLER	1ST 25M BREASTSTROKE AND 3RD 25M FREESTYLE
	RIEKE JOOSTE	1ST 25M BACKSTROKE AND 3RD 25M BREASTSTROKE
	ZOEY DE BEER	1ST 25M BREASTSTROKE
	CAILYN GRIMBEEK	2ND 25M BREASTSTROKE, FREESTYLE AND 3RD BACKSTROKE
	LOUIS FOURIE	1ST 25M BACKSTROKE, FREESTYLE AND 2ND BREASTSTROKE
11	LARA POTGIETER	1ST 25M BREASTSTROKE, BACKSTROKE AND 2ND BUTTERFLY & FREESTYLE
	MALAN MULLER	2ND 25M BUTTERFLY & FREESTYLE
12	EMMA RANDELL	3RD 25M BACKSTROKE
	ROUNDI BRITZ	1ST 25M BUTTERFLY, FREESTYLE, 2ND BACKSTROKE AND 3RD BREASTSTROKE
	TUMI BRITZ	1ST 25M BREASTSTROKE
	JAMIE VAN NIEKERK	2ND 25M BREASTSTROKE
	ETHAN ANDERSON	1ST 25M BACKSTROKE, 2ND BREASTSTROKE AND 3RD FREESTYLE
13	ANJA LAMPRECHT	2ND 25M FREESTYLE

B AGE GROUP GALA @ NEWTON PARK		
9	LOHAN KAPP	1ST 50M FREESTYLE & 2ND 50M BREASTSTROKE
10	WIHAN VAN ROOYAN	3RD 50M BREASTSTROKE AND FREESTYLE
	RIANCO BEKKER	3RD 100M FREESTYLE
	TYLER GROBLER	1ST 50M & 100M BREASTSTROKE, 2ND 50M & 100M FREESTYLE
11	ESTEEN POTTS	3RD 50M BACKSTROKE

NMB DISTRICT TRIALS @ NEWTON PARK		
12	ESTEEN POTTS	1ST 100M & 200M BACKSTROKE, 2ND 50M BACKSTROKE, BREASTSTROKE & FREESTYLE
	SAVANNAH MATTHEE	3RD 50M BREASTSTROKE
13	ANRICH VAN DER WESTHUIZEN	3RD 50M BACKSTROKE, 50M, 100M & 400M FREESTYLE
	REGHARDT VAN ZYL	3RD 50M, 100M & 200M BREASTSTROKE AND 200M INDIVIDUAL MEDLEY
	RIANDI MULLER	1ST 100M BREASTSTROKE & 3RD 200M BREASTSTROKE
	LIANÉ MULLER	3RD 200M INDIVIDUAL MEDLEY

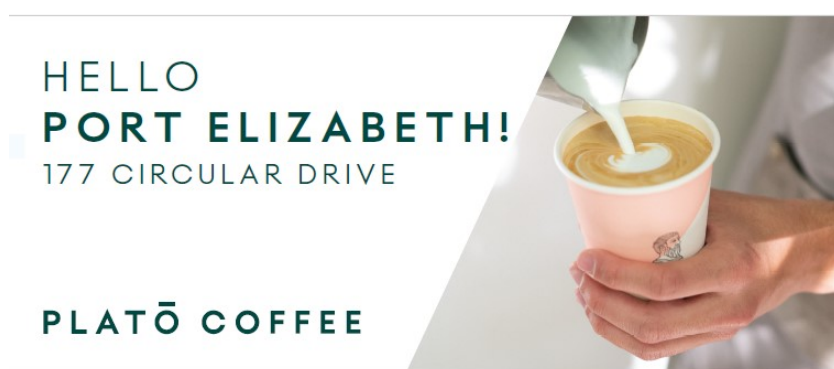
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POCKET BADGES FOR BOYS SUMMER SHIRTS	R35.00
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HOUSE SHIRTS (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL, 2XL)	R230.00 / R240.00
RIPSTOP JACKETS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R450.00/ 495.00
RIPSTOP PANTS (7-8, 9-10, 11-12, 13-14, S, M, L, XL)	R315.00/ R360.00
GIRLS PT SHORTS	R170.00 / R175.00
BOYS PT / RUGBY SHORTS	R180.00 / R185.00
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ORANGE ANKLE SOCKS NETBALL/ TENNIS	R70.00
BOYS CRICKET SHIRTS (SUBLIMATED)	R325.00/ R330.00
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BOYS HOCKEY/ TENNIS SHORTS (SUBLIMATED)	R230.00/ R240.00
GIRLS NETBALL/HOCKEY/TENNIS TOP (SUBLIMATED)	R300.00/ R305.00
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- 30 DAY EXCHANGE POLICY

SHOP HOURS

MONDAY - THURSDAY: 07:15 - 15:30

FRIDAY: 07:15 - 13:30

EMAIL: wendy@sunridge.co.za