

**SUNRIDGE
VANDAG**



**SUNRIDGE
TODAY**

6 March / Maart 2026

Dear Parents

Apples from the Langkloof - or is it from my couch!

Then we overturn the apple cart once more and see what jumps out! The singer Appel has taken on a subject which not only sheds light on many truths but which also challenges the behaviour of supporters and parents next to the sport field.

I invite parents to listen to this conversation, even if you are English speaking, and to take note of what experts have to say and of the reality of support.

Without "letting the apple out of the bag" it is exactly what we have written about in countless newsletters.

<https://www.youtube.com/watch?v=h7LoqiHD8dw>

In a flash the test series is upon us and then there are rugby, netball and hockey matches waiting for our senior teams next week. While on the subject of "senior teams" we wish to remind parents that participation and representation of our senior or first teams is at all times a priority. Every year we have players overturn the apple cart by participating in non-school sport.

Sometimes there is merit but on the other hand if young children are exposed too early in life, there can be conflict. The school always comes first and building on that we have been serving the best interests of our children for nearly sixty years. Please keep in mind that only 3% of top achievers at primary school will excel at high school and thereafter less than 1%. Let us rather enjoy their primary school days with much less pressure and development as the core criteria.

"We don't see things as they are, we see them as we are." – Anais Nin

Speaking of sixty years, Sunridge will be sixty years old in 2027. It is incredible how time has flown and how our school has grown and developed within our community. There has been radical development over the past 12 years.

We have improved the interior of our school, tiled passages and revamped bathrooms. Our netball courts were first on the list with both A and B courts done at the same time, creating an incredible facility. We have improved our cricket nets, built a mini astro for the hockey as well as a hockey pavilion.

We acquired steel pans and later marimbas for our percussion band, improved our music department with drama and dance. At the same time we have increased sport participation and created more opportunities.

We then revamped the tennis courts as well as building a pavilion and carrying out further development at the mini netball court. Not even Covid could stop us from building a new clothing store and professional dance studio. We improved the pool pumps and area around the pool and followed thereafter with first team change rooms for rugby, netball and hockey. Our main sport fields were improved - a screen wall enlarged our fields and improved our elevation and facility.

Unprecedented opportunities have been created with external participation; in amongst others, the ATKV competition, olympiads and the presentation of the high schools quiz as well as the netball Fast 5 for high schools, Sunridge 7's, mini sport days and the Pirtek tournament – add to these the Wildeklawer tour, Super Series and Backward Point tours for netball and hockey. We excel at SA Netball tournaments and our rugby achieves unparalleled success at the EP Super 12 tournament.

In between we have also improved our access gates one at a time. We have an incredible concrete roof in front of the school, airconditioners in the hall and our water projects to follow, will enable us to be self-sufficient. Our borehole and water storage facility with a solar project and two enormous generators improve the running of our school dramatically. Lights at our netball court go hand in hand with our long awaited classrooms which were built after years of planning and are connected to the main building by a covered walkway.

The rugby pavilion followed, new score boards, our bollard project for the safety of our children on the pavement and the transformation of the tuckshop. We have also invested in our gymnasium with a high skills development centre for cricket, rugby, netball and hockey, which also supports and benefits Physical Education. Our school grounds have been an alcohol free zone for the past 10 years.

Our office block with improved access and security was quietly upgraded with a deck for staff and security cameras. We are constantly busy with technological development and our future planning is already focussed on new outcomes. We adhere to our well known norms and values with a disciplinary system where our children can grow and meet the future in a safe environment.

The Sunridge family is built on respect, integrity, compassion and honesty.

The future is now!

Sunshine greetings

M DE VRIES
Principal



Geagte Ouers

Appels uit die Langkloof of is dit nou eerder vanaf my Rusbank!

Dan gooi ons weer die Appelkar om en kyk wat uitspring. Die sanger Appel het 'n onderwerp aangeraak wat nie alleen ongelooflike waarhede openbaar nie, maar ook onteenseglik die optrede van ondersteuners en ouers langs 'n sportveld uitdaag.

Ek nooi alle ouers om selfs buite hulle gemak van Engels te beweeg en na die gesprek te luister en u te vergewis van kundiges se sienings en die werklikheid t.o.v. ondersteuning.

Sonder om die "Appel uit die mou te laat" is dit juis dit waaroor ons reeds telkemale in nuusbriewe geskryf het.

<https://www.youtube.com/watch?v=h7LqjHD8dw>

Die toetsreeks is somer eensklaps op ons en dan wag daar lekker rugby, netbal en hokkie volgende week vir ons senior spanne. Terwyl ons by die "senior spanne" is, moet ouers daarop let dat deelname en verteenwoordiging van ons senior spanne of dan eerste spanne altyd en ten alle tye voorkeur geniet. Ons sien jaarliks hoe leerders met sport buite die skool dan ook die Appelkar omgooi. Daar is soms meriete, maar dan aan die ander kant kan konflik ontstaan as jong kinders te vroeg blootgestel word. Die skool kom altyd eerste en met dit as basis dien ons al vir byna 60 jaar ons kinders tot voordeel. Onthou dat slegs 3% van toppresteerders in die laerskool as hoërskoolleerders op die sportveld presteer en daarna minder as 1%. Kom ons geniet dan eerder die laerskooldae met baie minder druk en ontwikkeling as kern maatstaf.

"We don't see things as they are, we see them as we are." – Anais Nin

Praat van 60 jaar, Sunridge is dan juis in 2027 60 jaar oud. Dit is ongelooflik hoe die tyd verby stap en ook hoe ons skool binne ons gemeenskap gegroei en ontwikkel het. Daar was radikale ontwikkeling oor die afgelope 12 jaar.

Ons het ons skool binne verbeter, gange geteël, badkamers oorgedoen en ons netbalbane was eerste op ons lys met 'n ongelooflike fasiliteit, somer die A-veld en B-veld in een. Ons verbeter ons krieketnete en die hokkie mini-astro is daar gestel, gevolg deur 'n hokkiepawiljoen.

Ons kry staaltromme en later marimbas vir ons slagorkes en verbeter ons musiekdepartement met drama en dans terwyl sportdeelname verhoog en geleentheid geskep word.

Toe doen ons die tennishof oor en ook 'n pawiljoen wat somer saam met die mini-netbalbaan verder ontwikkel is. Nie eens Covid kon ons stop met 'n nuwe klerewinkel en professionele dansstudio nie. Ons verbeter die swembadpomp en -area terwyl eerstespan-kleedkamers vir rugby, netbal en hokkie gevolg het. Ons hoofsportvelde word verbeter, 'n skermmuur vergroot ons velde en verbeter ons aansig en fasiliteit.

Eksterne deelname aan onder andere die ATKV-kompetisies, olimpiades en die aanbieding van hoërskoolvasvra-kompetisies saam met netbal "Fast 5" vir hoërskole, Sunridge 7's, mini-sportdae en die Pirtek-toernooi sorg vir ongekende geleentheid. Wildeklawertoere, Super Series met Backward Point-netbal en –hokkie bied ook uitstekende geleentheid. Ons blink uit by SA Netbaltoernooie en ons rugby bereik ongekende suksesse in die OP Super 12-toernooi.

So tussen alles verbeter ons die een ingangshek na die ander en 'n ongelooflike betondak voor die skool met lugreëling in ons saal en natuurlik ons waterprojekte volg, wat ons in staat stel om onself te bedien. Ons boorgat en waterstoornis met 'n sonkragprojek en twee reuse-kragopwekkers verander ons skool se bestuur dramaties. Ligte vir ons netbalbaan gaan saam met ons lang verwagte klaskamers wat ons na jare se beplanning bou en die bestaande gebou met 'n onderdakgang verbind.

Die rugbypawiljoen volg met nuwe telborde en ons bolderprojek vir ons kinders se veiligheid op die sypaadjie. Die snoepie ondergaan 'n reuse-gedaanteverwisseling. Ons belê dan ook in ons gimnasium met 'n hoë vaardigheidsentrum wat die ontwikkeling van krieket, rugby, netbal en hokkie akkommodeer terwyl Liggaamlike Opvoeding verder bevoordeel en ondersteun word. Ons skoolgronde is alreeds vir 10 jaar 'n alkoholvrye sone.

Ons kantoorblok met verbeterde toegang en sekuriteit word stil-stil met 'n personeeldek en veiligheidkameras opgegradeer. Tegnologiese ontwikkeling volg deurlopend en ons toekomsbeplanning fokus reeds op nuwe uitkomst, terwyl ons gefokus bly op ons welbekende norme en waardes met 'n dissiplinêre sisteem waarbinne ons kinders veilig kan groei en die toekoms kan binnestap.

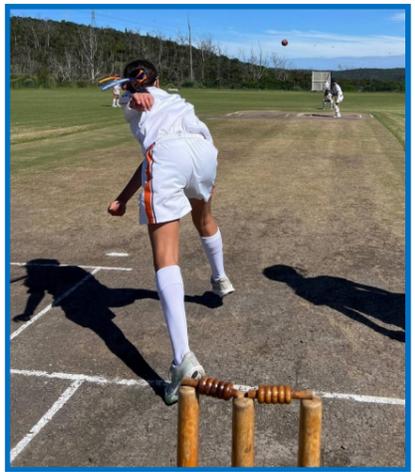
Die Sunridgefamilie is gebou op respek, integriteit, deernis en eerlikheid.

Die toekoms is nou!

Sonskyngroete

M DE VRIES
Skoolhoof

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.*

TENNIS: Ethan Booysen represented the Eastern Cape Elephants u/11 team at the Synergy Cup Inter provincial tournament in Bloemfontein. They finished 3rd in the tournament.

BIATHLON: The following learners have been selected for the EP Biathlon team to participate at the SA Biathlon Championships on 21 March 2026: Ernie Fourie, Janru Kapp, Francis van Niekerk, Lohan Kapp, Willem van Niekerk, Tyler Leeson, Jordaan Victor, Ben Zehmke, Juan Roets & Ava Els.

KARATE: Mieke Jordaan competed at the KSA Development and Senior nationals in Pretoria and won a GOLD medal for Kumite and a GOLD medal for Kata.

Interhuis Redenaars Wenner

Grondslagfase

Graad 1

1ste: Mienke Basson

2de: Amori-Lynn Rossouw

3de: Eli Bezuidenhout

Graad 2

1ste: Rylee Hymann

2de: Karli Koch

3de: Millé Venter

Graad 3

1ste: Casey Loftie-Eaton

2de: Alani Botha

3de: Zean Terblanche

Intermediêre- en seniorfase

Graad 4

1ste: Emma-Leigh Pienaar

2de: Jancke van Loggerenberg

Graad 5

1ste: Rieke Jooste

2de: Ivanka Lee

3de: Minké van Jaarsveld

Graad 6

1ste: Ninke Potgieter

2de: Marli Ferreira

3de: Hanro van der Walt

Graad 7

1ste: Anrich van der Westhuizen

2de: Riandi Muller

3de: Lianie Grobler



KNOW YOUR STAFF

Staff Member: *Russell Lister*

Early Life: I was born and raised in Port Elizabeth and attended Sunridge Primary School, where I finished Grade 7 in 2015. I then went to Grey High School, where I matriculated in 2020. I studied at the University of Pretoria for three years. After my time in Pretoria, I came back to the Eastern Cape to study and work in Grahamstown.

Family Life: Growing up, I was one of five siblings. All five of us began our schooling at Sunridge, but ended up at different high schools. My older brother is a storeman, my younger brother farms in America, while one of my sisters also works on a farm and the other is studying teaching.

Career Life: For the last two years, while completing my degree, I was an intern at St. Andrew's Preparatory School in Grahamstown. This year, after 5 years of living away from home, I moved back to Port Elizabeth and have the privilege of starting my teaching career back where it all began.

Accomplishments: I was lucky enough to have played provincial rugby when I was at school. I played under 13 rugby for Mr Vosloo for two years without getting killed. Since then I have transitioned into coaching. My proudest moment was when my under 11B cricket team went the whole season unbeaten last year.

Interesting facts about yourself: I have two degrees; a degree in Biochemistry and a PGCE. Mr Vosloo once suggested that I switch from rugby to ballet. My last year at Sunridge was Mr Hattingh's first year. Mrs Richardson taught me in Grade 2 and Mrs Peters was my Grade 7 teacher. I also love music and have started collecting vinyl records.

Please answer the following questions:

1. **What was your favourite TV show when growing up?** Peaky Blinders
2. **Do you have any strange phobias?** I really don't like snakes or spiders.
3. **Are you addicted to any strange hobbies/activities?** None that come to mind.
4. **If you could have any one superpower, which would you choose?** I would choose a remote control that can rewind and fast forward my life whenever I choose.
5. **What is the first thing you notice about people?** The way they treat the people around them.
6. **What was the worst punishment you received in school?** Writing out the school rules.
7. **What, or who, are you a secret fan of?** Certain country music.
8. **What are the three things you still want to do in your life?** Live in another country. Get married. Have kids.
9. **What is the worst pet you have ever had?** Hamsters.
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series



CRICKET ~ BOYS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	WOODRIDGE	Won by 1 wicket	ANRICH VAN DER WESTHUIZEN
U/13B	CHARLO	Won by 177 runs	CONNOR ANDERSON
U/13C			
U/13D	GREENWOOD A	Won by 5 wickets	HEATH SOBIECH
U/11A			
U/11B	CHARLO	Won by 15 runs	CALEB FORTUIN
U/11C			
U/10A	CHARLO	Won by 4 runs	JEAN-LUC JOUBERT
U/10B			
U/10C			
U/9A			
U/9A MINI	GREENWOOD	Won by 7 runs	ZAC SWART
U/9B MINI	GREENWOOD	Lost by 5 runs	CONNOR AULD
U/8A MINI	CURRO	Won by 8 runs	JANRU KAPP
U/8B MINI			

GIRLS CRICKET RESULTS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	CLARENDON PARK	Won by 9 wickets	BROGAN EKE
U/13A	WOODRIDGE	Won by 6 wickets	MIEKE TERBLANCHE
U/13B	SUMMERWOOD	Lost by 185 runs	HAILY GELDENHUYS

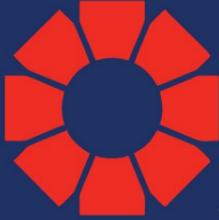
TENNIS			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
1ST TEAM BOYS	GREY C	37 - 5	REGHARDT VAN ZYL
1ST TEAM GIRLS			

EC PROVINCIAL SCHOOLS SWIMMING TRIALS		
13	ANRICH VAN DER WESTHUIZEN	2ND 200M BACKSTROKE & 3RD 100M FREESTYLE
	REGHARDT VAN ZYL	3RD 100M BREASTSTROKE

Thank you / Dankie!



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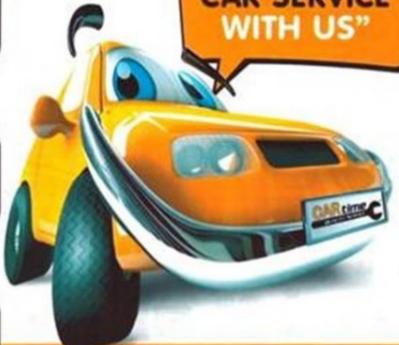


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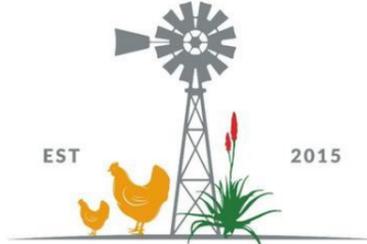
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WHITE ANKLE NETBALL/ TENNIS SOCKS	R70.00
ORANGE ANKLE SOCKS NETBALL/ TENNIS	R70.00
BOYS CRICKET SHIRTS (SUBLIMATED)	R325.00/ R330.00
RUGBY JERSEYS (SUBLIMATED)	R380.00/ R390.00
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- 30 DAY EXCHANGE POLICY

SHOP HOURS

MONDAY - THURSDAY: 07:15 - 15:30

FRIDAY: 07:15 - 13:30

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