



# WEEKLY ROUNDUP WEEKLIKSE OORSIG

13 March / Maart 2026



## EC ATHLETICS CHAMPIONSHIPS



## 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.*

**ATHLETICS:** Kiané Herion, Andrea Greeff & Jacques-Luca Engelbrecht have been selected for the EC Primary Schools Athletics team to participate in the SASA Primary Schools Athletics Championships in Cape Town from 19 - 21 March.

**EQUESTRIAN:** Lea van Tonder placed 2nd at the PERC Arena Eventing shoe in the 65cm class.

**DANCE:** Miss Schoeman and Tumi & Roundi Britz represented Defying Gravity Dance Studio at the EC Dance Festival which was held at the Mandela Bay Theatre Complex on 7 March 2026.

**SWIMMING:** SSA Level 2 Regional - Esteen Potts won silver medals in the 100m Back & 50m Free, and a gold medal in 200 Back. Tyla Grobler won a silver medal for the 50m butterfly and a bronze medal for the 200m individual medley. Reghardt van Zyl won a bronze medal for the 100m breaststroke.



## SHOP HOURS 18 - 27 MARCH 2026

**18 & 19 March 07:15 - 14:30**

**20 March 07:15 - 13:30**

**23, 24 & 25 March 07:15 - 14:30**

**26 March 07:15 - 15:30**

**27 March 07:15 - 11:00**



---

# TAVCOR

---

# KNOW YOUR STAFF

**Staff Member:** *Marnel van Heerden*

**Early Life:** I grew up on a farm near the small town of Dordrecht. I was fortunate to attend a small farm school until Grade 5, which gave me the opportunity to grow up as a true farm child - an experience I will always be deeply grateful for. I spent seven years in a hostel while attending Burgersdorp Primary and High School. My time in the hostel was incredibly meaningful and played a significant role in shaping the person I am today. I have many fond memories of those years and will always value the experiences and friendships I gained during that time.

**Family Life:** I am the eldest of two daughters. My parents and my younger sister still live and work on our family farm.

**Career Life:** I began my career as an intern student at Sunridge in 2021, a place that has offered me incredible opportunities to learn and grow. I am now a Grade 7 teacher. My time at Sunridge has been both rewarding and inspiring and I am grateful for the experiences it has given me.

**Accomplishments:** Without counting my school "accomplishments" (let's be honest, those don't really count anymore!), I'm still very early in my career. One of the most difficult, and also one of the things I'm most proud of, has been studying while working full time. Balancing both has been challenging but it has taught me perseverance, discipline and the value of giving my best every day.

**Interesting facts about yourself:** Some of my biggest loves are iced coffee and ice cream - I can never get enough of either! I'm also very fond of orchids and plants in general and I enjoy spending time nurturing them. I'm a big Formula 1 fan and hope to watch a race in person one day, experiencing the excitement first hand.

**Please answer the following questions:**

1. **What was your favourite TV show when growing up?** Definitely 7de Laan!
2. **Do you have any strange phobias?** Feet YUCK!
3. **Are you addicted to any strange hobbies/activities?** Nothing strange, no
4. **If you could have any one superpower, which would you choose?** Invisibility
5. **What is the first thing you notice about people?** Their demeanour
6. **What was the worst punishment you received in school?** For an entire week, we had to sit in the foyer of our hostel every afternoon. I felt so frustrated, trapped in one spot with nothing to do. It was awful not being able to run around and play, every minute seemed to stretch on forever.
7. **What, or who, are you a secret fan of?** Benson Boone
8. **What are the three things you still want to do in your life?** Watch a Formula 1 race, visit and eat a lot of pasta in Italy, see the Changi airport in Singapore.
9. **What is the worst pet you have ever had?** The pet I've found most challenging is my shelter-adopted dog, Skipper. While I love him dearly, he can be incredibly mischievous.
10. **What do you prefer?** A. Beach or Bush B. Braai or Pizza C. Winter or Summer D. Movies or Series



<b>FRAMESBY SPORT DAY</b>			
<b>RUGBY</b>			
TEAM	OPPONENT	RESULT	PLAYER OF THE MATCH
U/13A	WALMER WEST	25 - 0	BENJE BRUWER
U/13A	LORRAINE	5 - 0	IMI XASHOLO
<b>BOYS HOCKEY</b>			
U/14A	PRIORY	1 - 1	RIKUS LABUSCHAGNE
U/14A	LORRAINE	0 - 0	DANIEL NELL
U/14A	SUMMERWOOD	1 - 0	REGHARDT VAN ZYL
<b>GIRLS HOCKEY</b>			
U/14A	KABEGA	2 - 0	TAYLOR WAIT
U/14A	SUMMERWOOD	0 - 1	TAYLOR VAN ROOYEN
U/14A	LORRAINE	0 - 0	HARPER ZEHMKE
U/14A	PRIORY	1 - 0	JOCELYN VENABLES
<b>NETBALL</b>			
U/13A	JEFFREYS BAY	15 - 4	BROGAN EKE
U/13A	HANDHAAF	13 - 10	LIANÉ MULLER
U/13A	SUMMERWOOD	4 - 7	KAYTEM JONCK
U/13B	LORRAINE	2 - 5	ANINE FOURIE
U/13B	VERKENNER	8 - 0	ERIN BENTZ
U/12A	VERKENNER	14 - 1	DIJANI DU PREEZ
U/12A	CHARLO	3 - 10	NINKE POTGIETER
U/12A	HANDHAAF	10 - 4	LEILA SENEKAL



<b>EC ATHLETICS CHAMPIONSHIPS</b>		
U/11	JACQUES-LUCA ENGELBRECHT	1ST SHOTPUT
	ANDREA GREEFF	1ST HIGH JUMP
U/12	HANRU VAN DER WALT	2ND SHOT PUT
	CARTER LOFTIE-EATON	2ND JAVELIN
U/13	HANDRÉ LE ROUX	2ND 200M HURDLES & 1ST 4 X 100M RELAY
	KIANÉ HERION	2ND 100M, 200M & 1ST 4 X 100M RELAY
	JOCELYN VENABLES	1ST 75M HURDLES

PrimêreSkool *Sunridge* Primary School

Tuliplaan, Sunridgepark, 6045  
Tel: 0413608100 Faks: 0413608052  
E-pos: [info@sunridge.co.za](mailto:info@sunridge.co.za)  
[www.sunridge.co.za](http://www.sunridge.co.za)



Tulip Avenue, Sunridge Park, 6045  
Tel: 0413608100 Fax: 0413608052  
Email: [info@sunridge.co.za](mailto:info@sunridge.co.za)  
[www.sunridge.co.za](http://www.sunridge.co.za)

## COLOUR AWARDS POLICY

There are four ways to achieve colours in Sunridge Primary School. This is acknowledged by braiding on the sleeve of the learner's blazer which will be handed over to the learner once all documentation from the respective federations has been processed. Badges and pins may only be worn in the year they are awarded. Thereafter a badge holder may be purchased from the school.

1. Provincial colours in school sport and/or school cultural events as acknowledged by the respective school federations.
2. Academic colours where a learner achieves 85% aggregate in Grades 4 and 5 and 80% aggregate in Grades 6 and 7 throughout the academic year.
3. Leadership colours are awarded to all prefects.
4. Cultural colours when a learner is a winner in a region in an acknowledged school competition in the visual arts or dance department or when a music learner achieves a distinction in Grades 3, 4 and/or 5 external music examinations; is a winner of an acknowledged regional competition or obtains a semi-final place in a national competition.

Daar is vier maniere om kleure by Sunridge Primêre Skool te verwerf. Erkenning word verleen deur middel van omboorsel om die moue van die leerder se kleurbaadjie. Hierdie omboorsel word eers aan die leerder gegee wanneer al die dokumentasie van die onderskeie federasies verwerk is. Balkies en speldjies mag slegs in die jaar wanneer dit verwerf is, gedra word, daarna kan 'n balkiehouer by die skool gekoop word.

1. Provinsiale kleure in skoolsport en/of skoolkultuur soos deur die onderskeie skoolfederasies erken.
2. Akademiese kleure wanneer 'n leerling reg deur die akademiese jaar gemiddeld 85% in Gr 4 en 5 en gemiddeld 80% in Gr 6 en 7 behaal het.
3. Leierskapskleure word aan alle prefekte toegeken.
4. Kultuurkleure wanneer 'n leerling 'n streekswenner in 'n erkende skoolkompetisie in die visuele kunste- of dansdepartement is of wanneer 'n Gr 3-, 4- of 5-musiekleerling 'n onderskeiding in eksterne musieksamens behaal, 'n wenner is van 'n erkende streekkompetisie of 'n semi-finale plasing in 'n nasionale kompetisie verwerf.

H Janse van Rensburg  
Executive Deputy Principal

M de Vries  
Principal

Om kinders met 'n **positiewekarakter** toe terus wat bevoegd is om 'n verskiltemaak met  
**RESPEK, DEERNIS, EERLIKHEID EN INTEGRITEIT**

To transform our pupils with a **positive character**, competent to make a difference with  
**RESPECT, COMPASSION, HONESTY AND INTEGRITY**

"Shine bright for Sunridge"

# Thank you / Dankie!



TAVCOR



**PIRTEK**  
24/7 Hydraulic Service  
041 451 0644 / 081 870 5207

**High5**  
Clothing

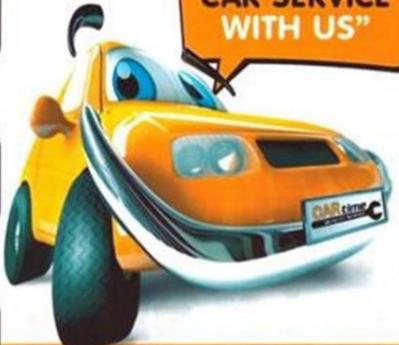


HELLO  
**PORT ELIZABETH!**  
177 CIRCULAR DRIVE



PLATŌ COFFEE

**Thandi**  
Florist x Bloemiste Tel: 041 360 - 3594



**REPAIRS GUARANTEED**  
For 6 months / 10 000km

**FREE COMPUTER DIAGNOSTIC TEST**  
with every service\*

**QUALITY REPLACEMENT PARTS**

**“BOOK YOUR CAR SERVICE WITH US”**

**FREE 128-POINT INSPECTION**  
with every service\*

**NO HIDDEN COSTS**

**PENSIONERS & STUDENTS GET EXCLUSIVE DISCOUNTS**

**FREE RIDE ON US**  
\*Ts & Cs apply

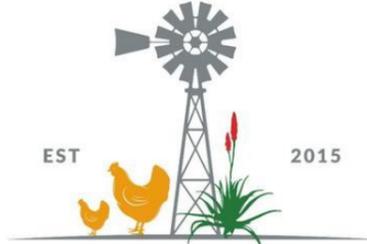
**“Top Notch Service, Unbeatable Value”  
ALL THE TIME!**

**CARtime**  
QUALITY SERVICE

FAIRVIEW, GQEBERHA  
041 008 5142/3 071 600 1583  
www.cartime.co.za



SCAN TO BOOK



EST 2015

**NOORSVELD**  
CHICKEN FARMS  
CERTIFIED  
**FREE RANGE**  
PROUDLY EASTERN CAPE

# PRICE LIST OCTOBER 2025

NEW ITEMS FOR SALE	PRICE
BLAZERS	R680.00/ 700.00
SCHOOL DRESSES (6,7,8,9,10,11,12,13,14,15,16,17,18, 19, 20)	R335.00 / R480.00
L/ SLEEVE NAVY SCHOOL JERSEYS (24, 26, 28, etc)	R285.00/ R335.00
POCKET BADGES FOR BOYS SUMMER SHIRTS	R35.00
LONG GREY SCHOOL SOCKS (9-12, 13-3, 4-7, 8-10, 10-12)	R80.00
BOYS TIE	R150.00
PT GOLF SHIRT (5-6, 7-8, 9-10, 11-12, 13-14, S, M, L, XL, 2XL)	R230.00 / R240.00
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
GIRLS HOT PANTS	R100.00
NAVY STOCKINGS (5-6, 7-8, 9-10, 11-12, S, M, L)	R85.00
POLAR FLEECE BLANKETS	R210.00
GR 7 NAVY PULLOVER (81, 87, 92, 97, 102)	R280.00 / R295.00
GR 7 WHITE PERFECT PULLOVER (81, 87, 92, 97, 102)	R280.00 / R295.00
RAMBLE SCHOOL BAG BRANDED	R770.00
RAMBLE SCHOOL BAG UNBRANDED	R730.00
LETTER LADY JUNIOR BAG	R480.00
SPORT TOG BAG	R360.00
RAMBLE DUAL SPORT BACK PACK (TENNIS/HOCKEY)	R350.00
SCHOOL PEAK CAPS	R90.00
ORANGE SCHOOL SILICONE SWIMMING CAP	R70.00
GIRLS/ BOYS BLUE HOCKEY SOCKS	R100.00
U/13A GIRLS/ BOYS ORANGE HOCKEY SOCKS	R100.00
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
BOYS HOCKEY/ TENNIS SHIRT (SUBLIMATED)	R315.00/ R325.00
BOYS HOCKEY/ TENNIS SHORTS (SUBLIMATED)	R240.00/ R250.00
GIRLS NETBALL/HOCKEY/TENNIS TOP (SUBLIMATED)	R315.00/ R325.00
GIRLS NETBALL/HOCKEY/ SKIRT (SUBLIMATED)	R230.00/ R240.00

## TERMS AND CONDITIONS

- DEBIT OR CREDIT CARD PAYMENTS
- ALL PRICES SUBJECT TO CHANGE
- ANY ITEMS RETURNED MUST BE IN THE ORIGINAL PACKAGING WITH LABELS AND INVOICE
- 30 DAY EXCHANGE POLICY

## SHOP HOURS

MONDAY - THURSDAY: 07:15 - 15:30

FRIDAY: 07:15 - 13:30

EMAIL: [wendy@sunridge.co.za](mailto:wendy@sunridge.co.za)