

Hermes

17th March 2017

Spring Term

Issue No. 418

“Spring Visitors”



Dear Parents

It's that time of year again when we look forward to our regular visitors arriving back.

First to arrive are the herring gulls (much to my displeasure) who have taken up their sentry positions on top of the chimneys and have started to nest-build.

The toads have laid their eggs in the pond and it must surely be a matter of days before our ducks arrive back. I say “surely” whilst crossing all my fingers and toes as I don't suppose they live many years. Only time will tell.

The beautiful magnolia tree in the garden has also just begun to regale us all with the sheer beauty of its flowers. What are shame they are here today and gone tomorrow. Nevertheless we'll make the very most of it whilst we can.

I have spring news from home too. Some regular Hermes readers were shocked to hear I had buried Betty deep in compost for her annual hibernation. Well, with a warm weekend last week, I decided to unearth her

box from the depths of my shed and find out if she had survived. It's a horrible moment for all tortoise owners as you fear the worst. Thankfully she had already begun to excavate herself from her living tomb. A warm bath and a few days under the heat lamp and she's looking better. I weighed her to check what had happened to her. She registered 509g on the kitchen scales (don't tell Jo) having gone in at over 620g. She's rehydrated quite a bit and is on the mend. That said, I've still to watch her have a proper meal yet so we're not out of the woods yet.

Writing Hermes is always an interesting part of my week and I'm never fully sure where stories come from. I'm always looking for a juicy titbit that will give me one hundred easy words. Earlier this week was a perfect moment in question when we welcomed a younger sibling for a taster day. Quite coincidental our excellent Registrar and erstwhile guard dog both arrived at the same time. At that very precise moment Lydia realised that we had Millie, Molly and Mandy all together... and that's seventy five free words thankyou folks!



The Three M's

A brief update from my Pupil Voice notes last week. Mrs Thorpe notes that there is now a mirror in the senior girls changing room. That will make lots of budgies happy.

Staying with Mrs Thorpe she has written a little piece later in this edition inviting parents and pets to join in one of the teachers' night time walks with them. She's trying to raise the profile of our challenge and to offer you a very different night out too.

Can I take the opportunity at this moment to thank you if you have donated to our Just Giving page.

Lots of other fund raising is going ahead at the moment, quite a bit of which has got me into hot water. Having taken the contentious decision that too much Fun Food Friday is too much fun, and that sugar is one of the arch enemy of the modern world, we seem to have cake sales coming out of our ears.

Reception have even been baking their own cakes to sponsor a monkey at Monkey World.



Reception bakers!

The Form 8s are on full throttle for their Lion's Lair business projects this week. One of their major challenges of the year is to start up a new business from scratch. They have to find an entrepreneurial idea and run with it. They need to raise initial capital to set the business up. They have lots of fundraising ideas like car washing, gardening, cake sales, running a football tournament and doing jobs for teachers. If this fails they must meet the Bursar and ask

for a business loan for which there is interest payable. It is all for real. There's profit and hopefully not too much loss. More on this as the term speeds by.

Staying with Form 8s, Aman, Harry, Jamie and Orlagh recently put themselves through three days of rigorous testing at Canford as part of their scholarship exams. Working at a level more akin to GCSE they all acquitted themselves superbly and all achieved unconditional offers for the next academic year.

Amongst a huge field, Aman and Orlagh excelled, gaining Academic and Drama scholarships respectively.

This segments perfectly with a visit late last Friday from Max Hansen, one of last year's Canford scholars. Max and his mum returned to say hello to a few of his old teachers. He seems to have been having a fantastic time as a boarder and has been learning how to scull on the River Stour.



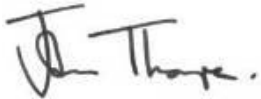
Welcoming Max back to SPS

Don't forget we're celebrating Red Nose Day next Friday. In exchange for wearing something red we're asking for a small donation to support such a worthy cause.

Finally, it's time for rugby fans now to look ahead to the final Six Nations weekend of the season with England looking to seal a second successive grand slam and to win their nineteenth successive victory in a row which will be a world record in the top tier nations.

Crouch, touch, set!

Wishing you a lovely weekend ahead.



Mr John Thorpe
Headmaster



We experimented with colour, observing the marks our wellies made

Fledglings News

We're going on a Bear Hunt.....



Fledglings went on a Bear hunt, splash, splosh, splash, splosh!



Ready Steady go! On a trip to the Steamroller park

Nursery News

This week the children's topic has been based around the story The Tiger Who Came to Tea and exploring patterns spots and stripes.



The beginning of a wonderful creation



Spots and stripes everywhere



Form 3's News



A finished tiger!

The children have been encouraged to paint a tiger and we have finished off with a tea party.



The Team on our Fleet Air Arm Museum Science trip

Last Friday the Form 3 students went to the Fleet Air Arm Museum in Yeovilton. The children had a fantastic time making model planes and seeing how far they would fly.

They also went into a helicopter simulator and were even allowed to go onto a Concorde. The students are currently working on Forces in their science lessons, which made it all very relevant.

Robert, our instructor showed us the most famous recipient of the Victoria Cross that is on display in the Fleet Air Arm Museum is called Vice Admiral Richard Davies. He was a

very brave man who helped rescue his friend in the first world war.



Isabel sharing her exciting news

Whilst we were there, we found out that Isabel S is the Great Great Granddaughter of Vice Admiral Davies which made it very special.



Form 4's News

Formidable Form Four Fundraisers!

Form Four have an impressive track-record in independently inspired fund-raising for charity, both in and out of school and they are at it again! Last half term, they organised and hosted two remarkably professional “pop-up” shops at break time. Drumming up curiosity with posters around the school, they advertised their cleverly named Fun Shop Friday and raised over £60 in just two break times!

Well done to all the pupils involved and also those who helped by donating goods.

The class have decided to put £50 towards their Adopt a Monkey Fund and with this fantastic boost, they are confident they will reach their target of £150 with today's cake sale. The remainder from the “pop up” shop will go towards the school's Guide Dog Fund.

Keep your ears to the ground and eyes out for new posters for the next “pop-up” shop; there are still many bargains to be had!

Amberley Carter

Easter Holiday Club



We are taking bookings for the Easter Holiday Club and running for almost 2 weeks from Tuesday 4th April until Thursday 13th April. Please go to the school website for all the information on activities, booking form, dates and prices.

<http://sunninghillprep.co.uk/information/holiday-club/>

Music news

Music time tables are on the school website under parent information.

Mrs Hawes will be teaching on Thursday and Mr Curlett will be teaching on Monday.

Art department news

Art Club Members enjoyed a tie dye workshop lead by Hannah and Rachel.



Art club members

The two girls are working towards their Bronze Arts Award.



In other news.....

Past Pupil

Hi everyone, it's Max. Hope you haven't forgotten me already. I was in Form 8 at Sunninghill last year and now I'm in Form 9 at Canford. Coming to Canford from Sunninghill is a massive change and I want to wish Orlagh, Jamie, Harry and Aman the best of luck.

Canford is a really fantastic school. It's such a huge change from Sunninghill, and Mrs Brunt isn't this crazy, at Canford I'm allowed to roll up my sleeves!!! There was a lot to take in in the first few weeks. Organisation is very important and many will understand why I struggled (complete contrast to my mother.) One morning I was late to lessons and so I packed my bag and then looked at my timetable and ran off to my lessons. I came in to the maths classroom hot and out of breath "sorry I'm late sir" I said and then realised my class was full of sixth formers.

Going from the top of the pecking order right back down to the bottom was definitely very hard. However all the older years give the shells 4 weeks grace, something we were all thankful for. I have many fond memories of Sunninghill and will always cherish them.

Guide Dog - 3 peaks Challenge

Three Peaks Invitation night walk

Dear parents

As you know, 10 of us are in training for The Three Peaks Challenge in May.

As part of the walk will be done in the dark, some of our training has been going out every Wednesday to do a night walk.

In order to raise the profile of our challenge and to hopefully raise some money too, we would like to invite you along to join us on the evening of Wednesday 29th March.

We will leave school at 6pm and return around 9pm. You will need good walking boots, a head torch and snacks. We hope to encourage a donation of £5 a head towards the guide dog training cause.

Unfortunately we can't take children as it is usually pitch black and we try and set a very brisk pace, so could be dangerous. Dogs are more than welcome though!

If you would like to join us, or require more information, please give your name to Lydia or come and see me down in Form 2.

We all love the night walks and hope that lots of you will come along and join the fun! Looking forward to seeing you there!

Jo Thorpe

https://www.justgiving.com/fundraising/GuideDogsChallengeSPS?utm_medium=email&utm_source=ExactTarget&utm_campaign=20170315_57012



Friday
24 March

Don't forget it's Red Nose Day on Friday 24th March. We would love everyone to wear red and bring in a donation for this charity.

Nutrition Natter

Eat a Rainbow!

Hello!

This week I would like to challenge our children to eat a rainbow!

How ...? By reshaping our children's plates.

According to the public health England 3/4 of our Eat Well Plate should include vegetables, wholegrain and pulses. And in a day we should aim to eat at **least 5 portions**, if not more, of vegetables and fruit, this to give us the nutrients we our body needs and to have enough fibre to help us to be healthier.

But how can we manage to do it? **5 Portions everyday...**? And how much is a portion?

Well, **One portion** is roughly 80g of fruit or vegetables.

Here are some examples of One Portion:

- 3 heaped tablespoons of vegetables, like carrots
- 3-4 heaped tablespoons of cooked pulses, like beans, peas or lentils
- 1 cereal bowl of salad leaves, like lettuce
- 1 medium whole fruit, like an apple or pear
- 2 small whole fruits, like plums
- 1 slice of large fruit, like melon
- 1-2 handfuls of berries

For me the secret is really **Variety**, think about the **Rainbow**!! Try to have different colour ones every day and if you think you will struggle to achieve it, why not try a bowl of squash soup for dinner? Or a vegetable casserole with lentils, sweet potatoes, carrots, squash and parsnips? Or perhaps mix some vegetables with the Bolognese sauce when baking Spaghetti Bolognese?

For some other ideas please visit www.wcrf-uk.org/recipes

I end this week with a **challenge** for our Children! Let's see who will win!

Who can eat a different fruit or vegetable every day of the Week? Can each child make a **5 a day diary** and record the name of the fruit/vegetable they tried and why is it important for us? Can they really eat a Rainbow?

Please bring the diaries to school on Monday and share with your friends and teachers.

Warm wishes, Marina



Marina

Friday house points

It is unusual for two houses to share first place in the weekly house points total. We had to celebrate both Maumbury and Ridegway by flying both flags this morning. As the editor is a member of Maumbury house that one went up first!



Flying the flags

Hot off the press.... Reception and Form 4's Cake Sale

This morning's cake sale exceeded all expectations of raising £150.00 to adopt an orangutan called Bula Mata at Monkey World. By raising well over £200.00 (final amount to be confirmed), the class have decided that the extra amount raised will be donated to the Guide Dogs school campaign.

Thank you to parents and children for all your contributions and baking efforts.

St Patrick's Day

Kerry and her team prepared us a wonderful St Patrick's Day menu today with Stout & Maple Glazed gammon, creamy colcannon and finished off with Irish shortbread.



Irish style piping!



Just delicious!

Sports News

Red Team U8 and U9 High Five Netball v Perrott Hill

Result: 2 - 3 Loss

SPS made an excellent start to this match and looked sharper than the other team. This led to a quick 1-0 lead. Perrott then started to play better and moved the ball up the court really well and we finished the first half 3-1 down.

Poppy and Lola showed excellent interception skills and Mia worked hard to get free of her opponent. Indy dodged well and made some super passes whilst Georgie is starting to make better and quicker choices. Mia changed position to Goal Attack and scored a lovely goal to make the final score 3 - 2 to Perrott.

We now need to work on the accuracy of passes and moving into space to receive the ball.

Contribution Award - Lola for whizzing around the court like a little whippet.

Yellow Team U8 and U9 High Five Netball v Perrott Hill

Result: 1 - 6 Loss

The Perrott Hill girls got off to a flying start and scored 4 goals in the first half. We weren't quite sure of positions and movement around the court but gained in confidence throughout the match. A quick change of positions at half time resulted in a far better second half with Perrott only scoring 2 more goals while we pulled one back with Zuzanna scoring with a few more chances going astray too.

The girls didn't give up and deserved their kit-kats.

Contribution to Betty for improved play.

U13 Port Regis 7 aside Football Tournament

What a great afternoon of sport and advert for girls' football. Forget the Olympics and the Women's World Cup, the Port Regis Soccer tournament was where the real action happened.

Sunninghill were off to a confident start with a win against Clayesmore - 1-0. They then followed this up with another win (1-0) against Port Regis. In both games the girls had a number of chances narrowly missing the goal. A compilation on Match of the Day would have had the audience gasping with hands on heads.

Life was a little tougher against All Hallows and Sandroyd with 1-1 draws. The girls did make a good recovery against All Hallows after allowing them to score first. They were then unlucky not to clinch a victory in the dying seconds.

Sadly we lost by 2 goals against Gillingham who went on to be runners up in the whole tournament.

Further showcasing of the Sunninghill Raging Bull team was not to be as the girls missed out on the finals on goal difference leaving a disappointment that only sausage and chips could relieve.

Overall it was a fantastic team performance. Goals were scored by Carmen and Olivia, however everyone played their part,

supporting each other with super team spirit and not one moan the whole afternoon.

Contribution award to the whole team😊

U12 Netball v Clayesmore

Result: 5 - 10 Loss

The U12's took on Clayesmore on Wednesday at Redlands. The Clayesmore side were strong and quick to intercept our loopy passes so they took the lead in the first quarter.

Izzy, Erin and Imogen did some great centre passes just as practised and showed great movement on the court but there wasn't enough dodging nor finding spaces and our passes were often going astray. Clayesmore continued to overpower us in the second quarter and despite great efforts by Rosie and Tilly in defence, were 8-3 ahead by half time.

After a few team changes at half time, we slowed their progress in the third quarter. Milly played with renewed energy as Centre and Izzy moved back to GD, really strengthening our defence. Unfortunately for us, a few missed shots on goal meant that while they didn't move forwards, neither did we. Katie made great effort at WD and intercepted lots of their passes and Tilly's marking really paid off.

The final quarter saw lots of good attacking play, with Hannah and Erin scoring 3 goals, to their 1, however it was too late to pull back and the game ended 10-5 to them.

Contribution awards go to both Rosie and Tilly for their great efforts in defence.

U10 Netball v Clayesmore

Result: 7 - 10 Loss

A very close game overall with Sunninghill having more of the play in the second half but not capitalising on their shooting opportunities. The score was 2 - 2 after the first quarter. 4 - 5 at half time. 7 - 7 after the third quarter and we lost it in the last

quarter when the Clayesmore GA shot 3 amazing goals from the edge of the circle.

We started well but needed to mark more closely and not ball watch. Eleni used the space well and was available for a lot of passes as WA to get the ball into our shooters. Nikita and Esme had a lot of shots and were unlucky at times. Esme must be careful not to throw loose passes. Freya and Erin made some good interceptions and had to battle hard to win the ball in defence. Gemma had to work hard at centre and Sofia contributed well as WD. It was a shame they lost this game but we must be more consistent with our shooting.

Contribution award: Eleni for some sensible play and some good movement on court.

U11 Netball v Clayesmore

Result: 7 - 10 Loss

A close game which we could have won. It was 3 - 5 after the first quarter with Clayesmore more determined to win the ball. Tallulah and Olivia are too nice in defence and need to scrap, jump and be more determined. We never quite caught up after this with a 4 - 7 score at half time. Again we had plenty of scoring opportunities but must be more consistent with our shooting. The last two quarters were a draw with both teams scoring 3 goals and we couldn't claw back the deficit.

Positives were the 'never give up' attitude and the enthusiasm. Everyone has improved their skills and their game play and we must build on this next season. Some had not played the game before and some had very little experience. You all need to be proud of what you have achieved.

U9 Hockey v Bournemouth CS

Result: 7 - 2 Win

This was a good open game of hockey with Sunninghill dominating play from the start.

The boys moved for each other and looked to pass which spread the game out. The opposition packed their D in the first half

making it difficult to get a clear shot at goal. Some very good passing play between Gethyn and Valentine resulted in a 3 -0 score at half time with Valentine scoring 2 and Gethyn 1. William was all over the pitch making some great tackles and clearing the ball forward. Henry, Eddie and Orlando all tackled well and passed to get the forwards on the attack. Leo showed some good close stick control and enthusiasm when he came on. Valentine and Gethyn scored 2 more goals each to make the final score 7. BCS managed 2 late goals. Well done to all the boys for their effort and enthusiasm.

Contribution award: Gethyn and Valentine for some accurate shooting and good inter play.

U8 Hockey v Bournemouth CS Result: 6 - 0 Win

The boys showed great energy and enthusiasm right from the start! Much improved passing and dribbling skills were displayed by all the players and they worked hard to defend when necessary. Although they need to use the width of the pitch more, they did have some lovely passing combinations which resulted in some beautiful goals. A fully deserved victory!

Contribution awards go to Aaron for his brilliant goal on his debut and Thomas for his ferocious attacking.

U12/13A Hockey v Clayesmore Result: 6 - 0 Win

Sunninghill looked sharp right from the start and took the game to Clayesmore with some excellent passing skills. The team were extremely quick on the attack and caused Clayesmore many troubles in defence.

James, Jamie and Kieran scored some beautiful goals which led to a 6-0 victory for Sunninghill. Great work from all involved.

Contribution award goes to Jamie for his excellent performance.

U12/13B Hockey v Clayesmore Result: 9 - 0 Win

On Wednesday Sunninghill played a weaker Clayesmore team. The boys displayed some excellent individual skill when in possession.

The team passed accurately and managed to score a lot of goals due to deadly finishing from Khalid, Dylan and Brooke. Thomas and Dominic were solid in defence which meant our goalkeeper Harvey did not have much work to do.

Contribution award goes to Lucas for his improved hockey skills and beautiful goal.

Dates for your Diaries - Mar 2017

All sports fixtures are on the school website

Mon 20th Form 6 Cake sale in aid of Guide Dogs
Tues 21st Forms 3&4 Inter house mixed hockey, parents welcome
Weds 22nd Flying Start Final @ Yeovilton
Thurs 23rd Forms 5 -8 Skiing Club
Fri 24th Red Nose Day
Parent and Toddler
Reception assembly and parents' breakfast
Form 2 Skiing
Form 4 Come and Sing @ Wellington College
Form 5 - 8 Cross Country - Parents welcome
Form 7 The Globe Theatre trip
Form 8 cake sale for Lion's Lair

Form 8 responsibilities Spring Term:

Head Boy:	Harry Young
Head Girl:	Meredith Perry
Sports:	Teisha Barrey & Kieran Williams
Outdoor Ed:	Bonnie Davenport & James Cook
English:	Brook Michael-Beale
Maths:	Elliot Raybould & Teisha Barrey
Science:	Jamie Barrington
Humanities:	Peter Message
Art:	Rachel Williams-Schoeller & Hannah Stanhope
IT:	Brook Michael-Beale, Jacob Horton, Charlie Blake & Xan Airy
Drama:	Joni Denne-Loader & Millie Durkin-Jones
Citizenship:	Oliver Shutt & Fifi Collet

Library: *Alexander Valadais
Marques*

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