

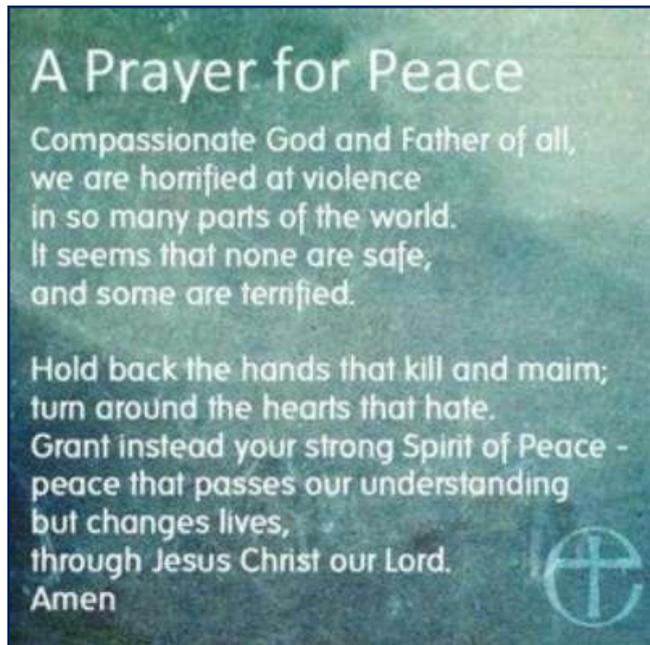
# Hermes

26<sup>th</sup> May 2017

Summer Term

Issue No. 425

“Peace, perfect peace”



Dear Parents

On Thursday we observed a minute's silence and listened to a prayer for peace which I'd like to share with you.

Inevitably our thoughts this week have been consumed by events in Manchester. Any kind of loss of life is terrible, but when young children with their whole life ahead are targeted it is totally heart breaking. The tragedy has overshadowed some great achievements in school.

In all my discussions with your children I stress the need for them to have tolerance and respect for all faiths and people of the world; to find peaceful solutions to situations when anger is at the front of your mind and to open your hearts and minds to find a way forward.

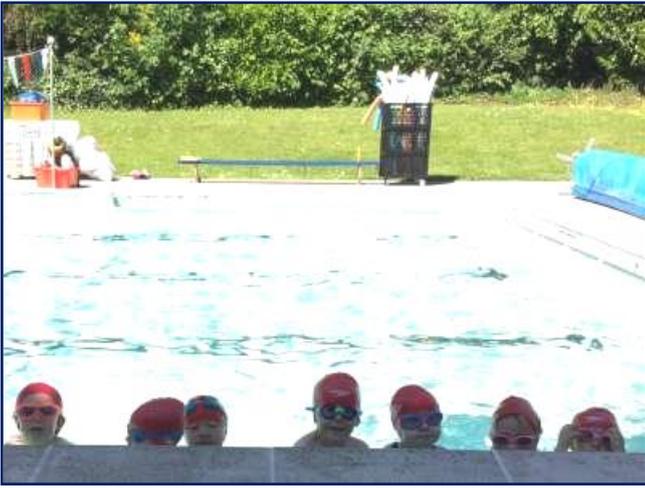
I'm sure I'm not the only person to think how lucky we are to live in relative isolation in beautiful rural Dorset.

Back in school, the week began with our termly Health and Safety meeting, chaired by Mrs Akerman. Security around the site was an issue that a group of concerned parents had asked us to review. We have come up with the solution of putting a small picket fence around the low ropes course, making sure that children can only access the area in the presence of a member of staff or a parent if after school. We are also going to put a key pad on the gate leading across to the rugby pitch.

Mrs Sleightholme and Junior Prep teachers will also keep reminding the children about Stranger Danger. I know you will also reinforce this at home.

The beautiful weather in school gave us a wonderful Wednesday afternoon of sport with cricket, tennis and rounders taking place around the county. In Monday's assembly I was asked by teachers to talk to the senior pupils about their behaviour on mini-buses. Recently teachers have had to stop buses to ask children to quieten down. As I am sure you will agree, any kind of driver distraction is unacceptable and the consequences unthinkable. An immediate Friday detention will be handed out for failing to follow this most important rule and that pupil or pupils will not be able to travel in the bus on the very next occasion. Please do reinforce this at home as prevention is much better than cure.

The beautiful weather has also given the temperature in the swimming pool a significant boost. Yesterday it was a shade below 30°C which is much more like the norm we expect at this time of the year. I know the younger children have really enjoyed this.



*Reception enjoying their swimming lesson*

Whilst the cricket, tennis and rounders players were out and about, the junior sailors were competing in the IAPS Sailing Championships at WPNSA. I arrived late back to my office (having taken the U12 cricketers to Clayesmore) to find a very large wooden trophy on my desk. Further enquiries revealed that the amazing team of Erin P, Archie M-P, Gabriel O'D and Nathan S had returned to school as national U11 champions. Mr Stazicker, as you will no doubt imagine, was absolutely delighted. This group of sailors have benefitted from Friday afternoon sailing enrichments in Form 3 and 4 and Thursday evenings sessions for as long as I can remember. I must pay great tribute to Ian's dedication to the cause and also to the many extra hours you as parents have invested in helping your children pursue their dreams.



*Our U11 IAPS National Sailing Champions*

On the subject of pursuing dreams, our team of seven super-fit walkers and a support team of two, departs for Scotland at midnight on Sunday. We will head 600 miles north to Mallaig on the west coast of Scotland and spend a night in a bunkhouse on the Knoydart peninsula, before setting off on our Three Peaks Challenge at 4pm on Tuesday. It should take five hours to get up and down Ben Nevis followed by a six hour drive south to Wasdale Head. A four hour dash up Scafell Pike should see us leaving the Lake District by 7.00am followed by a five hour drive to Pen y Pass in Snowdonia and a dash up the PYG track to the summit of Snowdon and back, all hopefully within 24 hrs. A sumptuous banquet in the iconic Pen y Gwyrd hotel awaits. Whatever the outcome, I am certain few groups have put in more miles of training or given the challenge more thought and attention.

If you would like to support our great cause here is the Just Giving link.

<https://www.justgiving.com/GuideDogsChallengeSPS>

I know you will join with me in wishing them the very best of luck. A full report will be written on our return from half term though I will try to send a post-mortem next Friday.

The latest effort grades were placed on the parent portal this week. It is reassuring to see how many parents are now regularly using this access to pupil information.

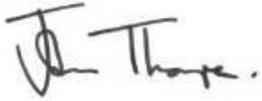
When we return from half term, senior pupils all have exam week, with Form 8's completing their Prep school "finals" in the shape of Common Entrance. Forms 5 and 7 have end of year exams and Form 6 have their 11+ English, Maths and Science exams awaiting them.

Lots of revision and preparation has been done in lessons though some private study at home is also essential. Little and often is the key, with no electronic distractions getting in the way.

A lovely treat awaits the end of exam week with Forms 6, 7 and 8 all heading away on exped for a well-earned week of outdoor pursuits. I can't wait, though we must get the "hard yards" done first.

Finally, Form 5 heralded the onset with half term with a lovely class assembly telling us all about their own exped. It was clear they had a brilliant time and learned so many things about themselves and each other.

Wishing you a great half term together.



Mr John Thorpe  
Headmaster

### *Fledglings News*

This week Fledglings have been enjoying the story of Handa's Surprise.



*What shall I buy from the shop?*

We investigated the animals of Africa, played Djembe drums and bought food for Akeyo from Handa's fruit shop.



*Setting up the shop*



*Playing with the animals is always fun*

To top it off the sun came out. Enjoy your half term break!

### *Nursery News*

This week we concentrated on spiders for our minibeast topic. We have been enjoying the story The Very Busy Spider and singing the Incey Wincey Spider song.

The children made a marble painting web and then a detailed drawing of a spider.



*Lots of legs!!*

The children are off watering the plants.



*Hi Ho Hi Ho it's off to work I go*



*Future world leaders?*

### **Form 4**

Year 4 have come up with a World Peace Treaty to mark the end of their topic on World War II. A wonderful idea!

- Reduce global warming by using your car less
- Stop unsustainable fishing- stop using drag nets and trapping dolphins, whales, sharks and turtles
- Everyone should have a home to live in
- Use alternative energy- solar, wind, water. (stop using fossil fuels)
- Stop environmental destruction- keep our seas clean, stop killing endangered animals
- Respect other peoples' differences- religion, culture, skin colour and beliefs
- Use paper from more sustainable sources- stop cutting the rainforest down
- Recycle waste- stop littering
- Make sure everyone has enough to eat- share food around the world
- Keep peace in the world- no more wars

I told them they should all run for prime ministers of the future.

Karen King

## **In other news.....**

### **Lost Property**

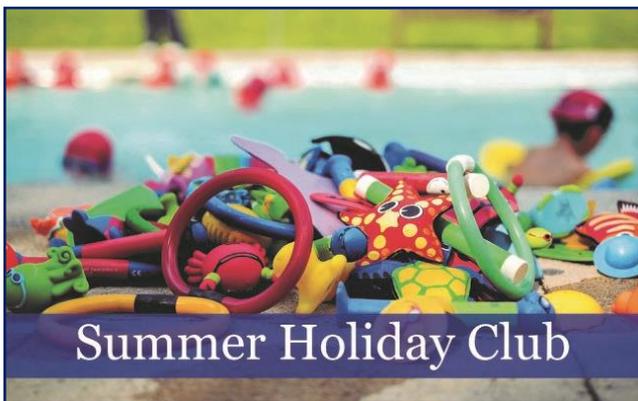
Kian (Form 6) has lost his named swimming kit including bag, trunks, hat, towel and goggles. Please can you look out for it?

### **PTFA**

With the PTFA Summer Fayre and Dog Show on the 1<sup>st</sup> July, we are requesting raffle prizes for our Grand Raffle and bottles of wine (not empties!) for our wine and water stall. Please can you give any items to Lydia or Mrs Akerman. And they will be stored safely for the big day.



## Summer Holiday Club



Bookings are now being taken for the Summer Holiday club. Please follow the link below for dates, times and booking forms. We look forward to entertaining your children with lots of activities.

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

## Music

### BSO Secrets and Codes Concert

Forms 2, 3 and 4 were taken on a musical journey on Tuesday!

We went to share in a BSO concert all about 'secrets and codes'. We sang and played body percussion and learnt a lot about hidden meanings in music.

We even saw Kate Hawes, our violin teacher perform on stage.



*Enjoying the concert in full swing*

## Whole School Photo

Your child has been given the whole school photo envelope, and a link to view it on line can be found on the school portal.

Please return completed order forms to me by Wednesday 7<sup>th</sup> June.

Your child had their class photo taken today - the order forms for this photo will be coming home with your child after Half term.

With thanks Lydia

## Race for Life

Team 'Booby McBoobface team'!! - 5K Race for life



On Sunday about two hundred people participated in the Dorchester Race for Life 2017 at Kingston Maurward. This is a five kilometre run to help people with cancer. You can sprint, jog or walk it. Before the run some people got up on to the stage in front of everyone and did a short presentation on who they were running for.

The charity was hoping to raise £44,000 on Sunday and so they were delighted when they actually raised £48,000.

There were no winners on Sunday because everyone who ran or walked was a winner as far as I was concerned, and at the end of the race everyone received the same medal. I ran the race for my mum because she was diagnosed with breast cancer last summer; she has recovered now but she scared us all.

In total, six families ran for my mum. When we crossed the finish line my mum felt very proud of us all. Even my three year old cousin and brother ran the final stretch. Five people who ran for my mum came in the top fifteen.

Thank you everybody who ran for my mum.

By Tom S (Form 7)

### *Christmas Raffle Prize Update*



As part of the Christmas Raffle Rob Scott (Pippa's father Form 2) who owns Brown Goose Catering, offered a Canape Party for 8 as a prize. It was won by Sue Corner (Albi's Grandma) who, along with her husband and 6 other guests, enjoyed a fabulous evening of Prosecco and Canapes.

Rob had the pleasure of going to their house and spending a few hours feeding them a 12 course canape selection. It was a thoroughly enjoyable evening for all including the prize winners.



*Delicious delights*

### *Charity Bike Ride*

Molly's (Form 4) and Charlie's (Form 8) Nanna and Aunty are taking part in the London to Brighton 54 mile bike ride to raise funds for pancreatic cancer. Please come along and support the fish and chip fundraiser.



### *South West Schools Biathlon Championships*

A few Sunninghill pupils entered this event last Sunday at Leweston. For some it was their first ever competition so it was a great experience of a run, swim, run against some tough opposition.

Freya and Nikita had a big field of 33 girls in year 5 - Freya worked really hard and after her run she was 3<sup>rd</sup> jumping into the pool and came 11<sup>th</sup> in 3.56.5 - she should have been 10<sup>th</sup> but slowed up too close to the line! Nikita finished 23<sup>rd</sup> in 4.11.9 not that far behind Freya. It was a shame we didn't have another competitor to make up a team.

Khalid had a great race finishing 9<sup>th</sup> but improving his best performance by 34 secs which is highly commendable.

Jamie came 9<sup>th</sup> out of 14 in 3.47.8 on a longer course.

Four of our Form 4 girls entered and all did well considering this was their first competitive biathlon.

Holly K finished	13 <sup>th</sup> - 4.20.9
Zuzanna B finished	21 <sup>st</sup> - 4.50.5
Georgie S finished	23 <sup>rd</sup> - 4.57.8
Iola C-K finished	25 <sup>th</sup> - 5.03.7

Well done to you all for entering and representing the school so well.

## Nutrition Natter

Hello!



Paleo diet

The paleo diet also known as caveman diet or hunter-gatherer diet is getting more and more popular these days. It's based on what our ancestors would eat - mainly vegetables, fruit, nuts and meat.

Is that the ideal diet for us nowadays? Who knows? Certainly it is full of antioxidants, fibre and good nutrients and of course is lower in saturated and trans fatty acids. We know our ancestors ate this way and didn't have many of the chronic diseases we do this days, but, unfortunately research has not proven yet the health benefits of this kind of diet compared to others.

For those more adventurous who want to try something different please go ahead and try the paleo recipes below. These are really suitable for anybody, vegetarians or anybody who loves vegetables! You can also try the cakes with fish or meat and the Zucchini

bread, I think it's a good alternative to regular bread. Very nice, I have tried it myself.

Ginger zucchini bread

<https://ultimatepaleoguide.com/recipe/ginger-zucchini-bread/>

Crispy vegetable cakes

<https://ultimatepaleoguide.com/recipe/crispy-vegetable-cakes/>

Green bean casserole

<https://ultimatepaleoguide.com/recipe/green-bean-casserole/>

Enjoy your short Half term break and continue trying new recipes and enjoying food!

Marina Mendes

## "Notes from a small garden"

What a glorious day to be in our little garden! (Although I am not going to mention the weather too much because last time I publicly commented on the dry spell, it proceeded to rain for three consecutive days... sorry...) everything is coming up roses, the peas and beans are now so tall we lost Mia behind them for a while!



*Is Mia behind there?*

All our herbs are thriving, in good time for the Summer Fayre, where we will be selling bunches of fresh and potted herbs.

We planted up some of our larger pots with summer flowers to add to the gardens blooming ambience, and the year six girls got to work prettying up the boarder by the front entrance.



*Planting the large pots*



*Lots of helpers*

Bags of yet more spinach were harvested to take home and even a few young carrots.

The children's enthusiasm for eating everything that grows in the garden is a joy, we may even need another raised bed just to keep their spinach habit satisfied!



*They just cannot get enough of the spinach!*

## **Sports News**

*All Tuesday's sports fixtures were cancelled due to school trips.*

### ***U12/13 Tennis v Leweston & Knighton House***

On Wednesday we took the U12 & U13 to play some tennis doubles at Leweston in the lovely weather.

Some had not played in quite a while so our tennis was quite rusty.

But we still all gave it a go everyone won a few games and managed to get their serves in the box and get a nice rally going.

We all played about 3 other pairs and everyone was relaxed in the lovely hot weather.

Everyone played really well and had lots of fun in the sun- having a game of tennis. We did not keep score as it was just a fun game getting everyone back into tennis and enjoying the sun.

Then to end the day the food was lovely!

So overall the U12 & U13 had a lovely hot day of tennis in the sun.

Oliva M (Form 8)

### ***U10 v Rounders v Knighton House*** ***Results: 18 ½ - 16 win***

This was a game of 2 innings. Knighton batted first and scored 10 with some good hitting and running. We were a little nervous in the field and some of our decision making was a little wayward! Elenni bowled very well and Gemma stopped several good strikes at third post and stumped quite a few out. She held an amazing strike which came hard and straight to her and did brilliantly to take the catch.

We scored 8 ½ in our first innings so all to play for. Poppy bowled well to keep Knighton down to 6 rounders. We certainly galvanised into action in the 2<sup>nd</sup> innings and scored 10 with some much better hitting and running.

Nikita & Gemma - 3 ½ Elenni - 3 Poppy & Sofia - 1 Jessie, Freya, Esme & Meena - ½.

This meant everyone in the team scored. Brilliant.

**Contribution award: The opposition chose Nikita for her batting and Gemma for her fielding.**

### ***U11 v Rounders v Knighton House*** ***Results: 16 - 16 Draw***

A scorcher of an afternoon saw a hotly contested rounders match!

Knighton House batted first and took advantage of home soil and the steep gradient to score 7 rounders. Sunninghill were slightly nervous in the field and this continued into their batting. Fortunately they were aided by some inaccurate bowling which took their score to 6 rounders.

In the second innings, Sunninghill were asked to be more accurate in the field and more attacking in their batting. This they did. The fielding stepped up with some excellent stops in the deep on the tricky slope and some intelligent throws to posts. Despite this Knighton managed to score an impressive 9 rounders.

So it all came down to the last innings. Sunninghill batted with far more confidence, especially Amalia and Verity, and some really determined running soon saw them creeping back into the game. The pressure began to tell and Knighton buckled slightly under the pressure. Sunninghill capitalised on this scoring a further 10 rounders. Honours shared seemed a fair result.

**Contribution Award: Verity for some great fielding including an excellent catch and some really determined batting.**

### ***U13/12 A Cricket V Beaminster*** ***Result: Loss***

The joys of cricket were encompassed on one scene yesterday, with excellent play in beautiful surroundings with sun and a clear sky. What more could one want? Well, a win ideally but that was not to be.

Beaminster batted first and their opening batsman finally retired at 61 not out. An excellent innings. Some smart wicket keeping by Kieran stumped the other opener before his score got too great and Cal removed the next with a super catch on the boundary. Beaminster finally got to 190 helped by a few too many wides from our bowlers.

The batting started very positively and the score rate was such that at around half way it was looking promising until a couple of overs let the run rate slide. Aman scored a decent 19, while James' score reflects his style. 23 runs with 1 x 6 and 4x4s before being bowled out. An all or nothing approach. Elliot held his end for a while to make 3 then Kieran and Ben made an excellent stand with Kieran 19 not out and Ben a super 36 until being bowled while trying to increase the run rate. Harry ended 1 not out as the last over was bowled.

We finished just behind Beaminster on 159 with contribution award to Ben for his batting.

Mr Stazicker

## *U13/12 B Cricket V Clayesmore*

On a glorious sunny afternoon our under 12/13 cricketers, led by Douglas “Jardine” Bowering were involved in a tight game.

Batting first, Clayesmore posted a creditable total of 108 runs from their twenty overs. Extras were perhaps the highest scoring contributor of runs to their total. One or two catches did not go to hand and others were agonisingly so near and yet so far. Vice-captain Tom S was very brave behind the stumps with few balls passing by for a bye.

Lucas J got our innings off to a great start with a quick fire 24 runs with one huge heave over cow corner for a maximum six runs. Khalid M kept him company at the crease for more than a few overs.

We then found ourselves in the doldrums for three or four overs in the middle of the innings and this was to cost us dearly, ultimately falling thirty runs short of their total.

Oliver S won the TMS Champagne moment for a brave catch in the gully. Dylan W bowled a great spell up the hill with the ball seaming from outside off stump to outside leg. Quite unplayable!

**Contribution award goes to Douglas B for his skilled captaincy and great spin bowling.**

## *Form 8 responsibilities Summer Term:*

Head Boy:	<i>Cal Chibnall</i>
Head Girl:	<i>Carmen Krosnar</i>
Sports:	<i>Olivia Mallows &amp; Ben Fry</i>
Outdoor Ed:	<i>Bonnie Davenport &amp; James Cook</i>
English:	<i>Brook Michael-Beale</i>
Maths:	<i>Elliot Raybould &amp; Teisha Barrey</i>
Science:	<i>Jamie Barrington</i>
Humanities:	<i>Peter Message</i>
Art:	<i>Rachel Williams-Schoeller &amp; Hannah Stanhope</i>
IT:	<i>Brook Michael-Beale, Jacob Horton, Charlie Blake &amp; Xan Airy</i>
Drama:	<i>Joni Denne-Loader &amp; Millie Durkin-Jones</i>
Citizenship:	<i>Oliver Shutt &amp; Fifi Collett</i>
Library:	<i>Alexander Valadas Marques</i>

*Hermes Editor: Mandy Jones*

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