

# Hermes

29<sup>th</sup> September 2017

Autumn Term

Issue No. 434

“Och aye the noo!”



Dear Parents

I write my weekly editorial whilst at the IAPS Head's conference some 440 miles due north of our lovely town, amidst the splendour of the old city of Edinburgh.

Stay with me if you will for the first part of Hermes as it will appear to ramble more than the old road across Rannoch Moor and down through Glencoe into Fort William.

The headline picture normally belongs to a key event in school but today, lives closer to my heart. For obvious reasons you'll appreciate why my thoughts have strayed in this direction though I promise there is a lesson to be learnt for us all from it.

It's a photo I took of my lovely dad whilst we were doing what we have been doing together for just about all of our lives - fishing.

In actual fact we were in Southern Ireland salmon fishing an esteemed beat of the

River Blackwater, the daily cost of which would have been equal to the gross domestic product of a small county. It was the final day of a week's trip and the river had been flooded and unfishable all week.

This didn't deter us and despite the cold and rain we thoroughly enjoyed every day, despite failing to trouble the scorer.

During the final hour of the final day, a tap on the end of dad's rod and a tightening of the line signalled a bite, and lo and behold a fish was reeled in. Not the expected silver tourist we were looking for but the smallest imaginable flat fish that was over twenty miles from the sea.

It remains one of our favourite memories and one of my favourite photos. Dad's smile says it all. What should you take from this? It's very simple. Make the most of every moment in life whatever the circumstances; smile, be happy and be thankful for small mercies.

Before I left for conference I watched a senior class performing dissections on chicken legs, all that is apart from one of our young volunteers who realised he was rather squeamish and had to leave the room. The youth of today!



*The squeamish one has left the lab!*

I also had the chance to meet Mrs Julie Jackson who will be covering Mrs Sleightholme's maternity leave when she departs mid-way through the second half of this term. Julie will join us straight after half term so she and Emma will have time together to make sure there is a smooth transition. Julie is Claysmore Prep's ex-Head of Pre-Prep and is enormously experienced. I am incredibly pleased we have been able to tempt her to work with us. You'll have lots of time to get to know her before she takes over.

On Tuesday I was delighted to receive a letter from the Guide Dog Association who told us that our pup that we had raised funds for had been bought and delivered to his new home for initial training. I'm hoping that Sonny comes to visit us once he has settled down. I will also be able to keep you up to date with his adventures and progress.



*Our lovely Sonny*

I've had regular updates from the Form 3's in South Devon. They seem to be having a fantastic time with Mr Stazicker and Mrs King though I'm not sure how much sleep they're all getting!



I will finish my editorial with a brief overview of the lectures and seminars I have been attending.

Some have been inspiring rallying calls of how to improve leadership, others have looked at how to improve the culture in your school.

The older heads flocked in their droves to a key note speaker on pensions, AVC's and retirement plans!

My favourite lecture was delivered by Mungo Dunnett who warned about a chill headwind blowing in the face of the independent sector. Mungo spends much time working with schools and reminded us to focus on individualised learning, keeping close contact with our parent base, being prepared to listen and act upon concerns and yet remain resolutely focussed on vision and values. In very humorous terms he talked about the different profiles of parent and teacher groups and kept us all entertained.

I usually manage to escape appearing in a photo but I'll make an exception just this once. I'm pictured at our gala dinner at the National Museum of Scotland - quite an amazing place.



*The gala dinner*



Lastly, many thanks for your support and thoughts for next week and for our brilliant team back in school for making sure all's well.

John Thorpe.

Mr John Thorpe  
Headmaster

### *Fledglings News*

Fledglings enjoying the warm autumn afternoon in their outdoor space.



Fledglings joined the pre-school to plant onions and garlic, we loved the feel of the soil on our hands.



### *Nursery news*

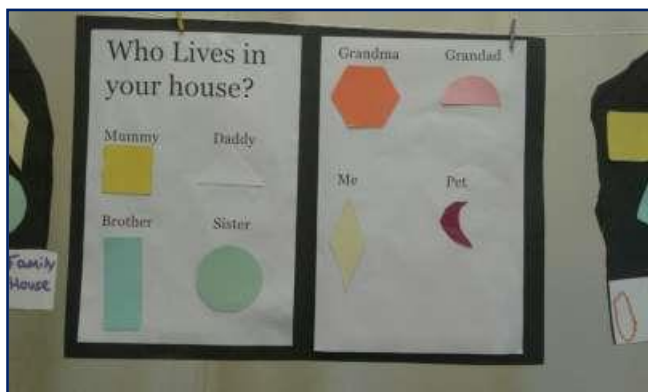
Thursday afternoon the children got out and about enjoying the lovely weather, for some of them it was a new experience to go to the library with Nursery, they all enjoyed looking at books and taking one away with them.



The children really enjoyed talking about their families and their houses this week.

We wanted to see if the children knew a range of colours and shapes that were used for sticking, and see if the children could use the scissors without support.

As you can see we had some lovely results.



*Let's just double check the results*

The class also enjoyed popcorn and a puppet show in their French class earlier this week.



*He's behind you!*

### **Form 1**

Form 1 have been measuring length in Maths this week and we decided it would be much more fun measuring outside in the warm weather.



*Getting the precise measurements!*

### **Form 2**

Form 2 had fun tasting a selection of delights inspired from the story 'The Baking Day Secret', in the Katie Morag Storybook.

We will be making graphs to show which cakes were our favourites.

Obviously the children had to try a large variety of delights to ensure the data gave a thorough and correct set of results!





*What shall we have next?*



*That one tastes great!*

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

### ***Year 9 update***

Since leaving Sunninghill in July at the end of Form 8, Carmen is settling in really well to Bryanston and making lots of new friends.



She's in the B team for hockey and on a winning streak, plus representing the school in horse-riding this weekend.

### ***Quiz & Fish and Chips Night***

Please come and join us for a fun and challenging quiz evening (Mr Thorpe will be setting the questions) followed by a fish and chip supper.



Tickets can be bought from Lydia for £10.00 per person.

### ***Committed Readers***

Joseph and Lola attended Cressida Cowell's inspirational book launch at the opening of Yeovil Literary Festival on Monday after school. In a lively talk, she showed how her childhood had prompted the ideas for her "How to Train a Dragon" series and revealed that in her new book, "The Wizards of Once", the fort is based on our very own Maiden Castle! More importantly, she emphasized the importance of reading (and being read to) in developing creativity, empathy and problem-solving skills. She also urged those present to BE CREATIVE and WRITE! She was clearly impressed with Joseph's question on Shakespearian names and has posted Lola's favourite author poster on her Twitter feed!



*A great photo for the album*

A huge thank you to Mrs O'Donnell for highlighting the event to the children.

Amberley Carter

### ***Construction Club***

The children had great fun at Construction Club this week!



*Piling them high*



*Please don't remove the middle section!*



*I used every tyre I could find*

### ***Fencing Club***

A reminder that fencing starts next week on the 3rd October. It will be a taster session for children to come a long and have a try.

More information is on the portal under each classes clubs.



## *Languages Day*

Last Friday we celebrated languages day. Here are some photos of the activities the children took part in.



*Singing Portuguese songs with Mrs Thorpe*

*Learning some Mandarin with Mrs Wright*



*Discovering Greece with Dr Katsiadaki*

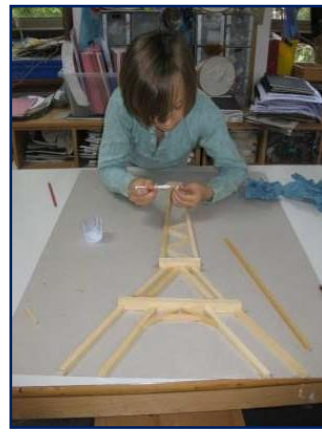


*Sampling some Dutch delicacies with Mr Willemse*





*Practising their “boules” skills for their next holidays in France!*



*Building Eiffel towers in design and technology*



*Cooking their own curry sauce with Mrs Stone and Kerry*



*Form 8 looking at Binary. The ‘modern’ language of maths and computers invented over 300 years ago*



It was a fun and enriching day. Thank you again for all involved!

Mme Shilliday

## *Notes from a Small Garden*

Sweet & Sour...



The last couple of weeks back in the garden have been a flurry of activities. Clearing away the detritus from over the holidays and harvesting the late summer crops. Enthusiasm has been delightful, and the children have wasted no time in getting stuck back in to the jobs. Charlie back to his watering cans and Pippa leading the picking groups, it was like we had never been away!



First on the agenda was tasting of everything edible, including some fresh and fairly hot garlic! I was surprised they were so keen... We all decided it was a little too fresh and needed to mellow a little! It produced some great expressions, but unfortunately left rather an interesting after taste all afternoon! Onions were harvested and hung to dry in our new greenhouse, and pumpkins and courgettes sought out and rescued from the rather determined super-size slugs!



One of the highlights of the garden are our mini weekly harvests where the children get to pick whatever they can find to take home, when we only had two courgettes left it was decided that I would take them home and make them into something that they could all share the following week. My suggestion of a courgette cake was not met with much enthusiasm, however when presented with chocolate cake that bore no resemblance to a green vegetable they were more impressed. Much tastier than the raw garlic, and a great way to get them enjoying courgettes!





We are hoping that with our lovely warm greenhouse, garden club may be able to continue long into the autumn, with some projects coming up to help our residents creatures, and some winter planting too!

Jo Vaughan



## ***Nutrition Natter***



Hello!

This week saw the appearance of a very sprightly frog, a resident of our little pond. He caused great hysteria in the girls and gave us all the run around, eventually we caught up with him for a better look, and after a huge leap onto Kitty, much to her surprise, he disappeared back into the murky depths.

Writing from London today since I have been here for 3 days doing a very interesting and challenging course about Children's health. Very good information following in the next weeks as I digest and try to learn more about what interferes with children's choices and how we can lead and help our children. Unfortunately nowadays and accordingly with the speakers, it seems we are coming



across too many children with Autism and similar spectrum diseases, ADHD, anxiety disorders, learning and mental health problems!! But there is very reassuring news, we can do something about it and change it!!

**How to deal with fussy eaters** or children who you think are heading that way? Right, that was one of the subjects we discuss. The first and probably most important step is for us to understand the importance of the parent sitting down and eating with the child and to eat what they are eating. There has been quite a lot of research and studies around this. Please don't try to rush, don't stay standing up next to your child when they eat and if possible don't have any distractions around, like TV. Allow quality time with your child and sit down next to them and eat what they are eating. Allow around 20 minutes for each meal. If you haven't tried it before, just try it for a few consecutive weeks and see.

So, how can we Promote Food Acceptance from a child? Here are some ideas:

- encourage your child to try food several times - not just a few times, research suggests they need between 8 to 15 exposures before they gain acceptance of that food. This because every child is different and quite often have different taste buds. That is something that doesn't come to our minds, right? - Taste buds....!

- Presentation - present vegetables in a visually appealing way - animal shapes, tree shape....

- Add something appealing - serve vegetables with a tasty dip

- Texture - try raw vegetables as well as cooked ones. I love my raw carrots!!! My work colleagues always laugh and joke with me because on a daily basis my middle snack is raw carrot with hummus or cheese and a digestive biscuit. Instead of their cake option.

- Offer a variety - serve several vegetables with the meal and let the child choose. Remember the Rainbow!!! Different colours have different Vitamins and Minerals

- Involve the child when preparing the food. Carolina loves going to the kitchen and helping me cutting the vegetables and pretending she is a "Chef"

- Ask them to help plan the meals so, they feel they can have some input.

- Try to grow some vegetables (if you have a garden....), even if you just start with a few initially. Let them help you grow them, taking care of them and picking them when ready to eat. They will love that and they will take ownership and quite easily will try that vegetable and hopefully like it!!! After 8 times or so..... Just see Jo's experience with the garden club at school. The children are so excited helping with the garden and learning how to grow things and definitely willing to try them!

Finally, I just wanted to say, although I understand nowadays we all have very busy lives and I am a very good example of a working Mum, preparing meals on a daily basis is very time consuming and tiring and probably the last thing you want to do when you arrive home at 6:30pm. Of course, it's much easier to choose the pizza option or some ready meal from Waitrose. But,..... I passionately believe we need to do it not just for ourselves, it's imperative we do it for our children. In my view, the most important thing we can do for our children, as important as learning how to read and communicate, I think is to show and teach them how important the food choices are and what you fuel your body with.

Always lead by example because children tend to copy us. Eat what you expect your child to eat!!

Don't Give Up!!!! They need you!!!

Enjoy your food!  
Marina

# Medical Matters

This week: nose bleeds.

This can be very distressing for children who experience their first nose bleed.

In the majority of cases, the nose bleed stops as suddenly as it starts. They can be caused by a blow to the nose, a sudden change in temperature or just because you are prone to nose bleeds!

It is always best to sit the child down, keep them calm and tell them not to worry.

To deal with a nose bleed: hold a tissue, or two, under the nose, tilt the head forward (not back!) and pinch the area of the nose just below the hard piece of cartilage. If the child is very hot (from a PE lesson), cooling them down with an ice pack is also useful. The nose bleed will normally stop within ten minutes.



In severe cases, if the nose bleed continues for more than twenty minutes, it may be necessary to take the child to hospital.

Additionally if the bleeding is very heavy and a large loss of blood has occurred or the patient is struggling to breathe a hospital visit may well be required.

Lydia

# Sports news

## Tennis

Milton Abbey's U18's tennis team visited Sunninghill on Tuesday afternoon for a training session on our Astro.

Here is a picture of the team after Mr. Willemse put them through their paces.



## Girls' Hockey U12/13A v Leweston Result: Win 4 - 0

A thoroughly deserved and convincing win with the whole team showing fantastic team spirit and attitude throughout the match.

I was particularly impressed with the way in which the whole squad worked hard on 'keeping possession' - the key skill we focused on in this week's Games lesson. Sunninghill attacked from the start with some excellent through balls from Erin to Issy and great use of space from the wings Lily R and Imogen. Two well taken goals from Erin and a superb short corner drill which saw Issy score from out wide, took them to a 3-0 lead at half time.

Leweston regrouped in the second half but tight defence from Olivia, Ophelia and Lily R denied them many scoring chances. Sunninghill continued to create their own opportunities but were unable to convert until Erin completed her hat trick after exchanging passes with Issy.



**Contribution award: Erin for her well earned hat trick!**

### **Girls' Hockey U12/13B v Leweston** **Result: Loss**

A disappointing match with Sunninghill completely outplayed and Leweston deservedly convincing winners.

Leweston attacked from the start and were quickly took a 3 - 0. Sunninghill's heads dropped and they seemed unable to recover. Despite courageous tackling from Jessie throughout the game, Leweston kept finding the back of the net.

Most disappointingly none of the team were able to 'keep possession' - the key skill practised in Monday's Games lesson.

Sunninghill did rally in the second half to put together some attacks but were unable to convert any. Meanwhile Leweston continued to score at the other end.

**Contribution award: Jessie for continued and determined defence**

### **Girls' Hockey U10 v Leweston** **Result: Loss 4 - 1**

I was very impressed with the U10s efforts in this gruelling game of hockey. All the girls showed sheer determination and unfortunately the score didn't reflect the game. Sunninghill had one or two big chances which could have easily been converted into goals. It was a very even game and I was extremely impressed by everyone's contribution.

**Contribution award: Georgina for her consistent hard work efforts as right midfield making a very large impact in both the attacking and defending play.**

### **Girls' Hockey U11 v Leweston** **Result: Win 3 - 2**

I'll start with that good old cliché 'this was a game of two halves'. We dominated the

first half scoring all three goals. The learning objective this week was keeping possession and there were some lovely passing moves from defence into attack. We used the roll out really well and had our eyes up to look for someone to pass.

Gemma ran her socks off and used her skill to beat players driving into the circle to make shots on goal. She scored 2 slotting one right into the corner. Eleni scored our other goal and also had several more chances throughout the game. Erin and Esme tackled well in defence and after winning the ball looked up to send some great passes to get the attack going. We weren't so dominant in the second half allowing Leweston to score two soft goals and although we had several good chances we just couldn't increase our lead.

**Contribution award: Gemma for her work rate and scoring two excellent goals**

### **Girls' Swimming Gala v Leweston** **Forms 5,6,7,8 (Selected swimmers)**



A great swim gala against Leweston on Thursday evening for the Year 5 - 8 girls.

Some very close races and some excellent swimming from the whole team.

A big thank you to those who stepped in to swim an extra race. The U11 final points were very close. In some U13 races we only had one swimmer due to absences.

U11 - Leweston - 63    Sunninghill - 57

U13 - Leweston - 76    Sunninghill - 41

Sofia nails it though for the most entertaining length of zig zag front crawl!!!

An enormous thank you to Hannah Kearns for donating the lovely smart swim shirts the girls are wearing in the photo. We certainly looked a team and now we can take photos.

### **Boys' U8 Football v Salisbury**

**Result: Win 3 - 1**

The U8's carried on their strong form from last week, displaying incredible energy and work ethic all over the park. Positioning slightly improved and a few more passes were made. Sunninghill scored 3 beautiful goals and won the match 3-1. Well done!

**Contribution award: Charlie for improving his passing and Felix for being an excellent team worker.**

### **Boys' U9A Football v Salisbury**

**Result: Draw 4 - 4**

The team started the game with more enthusiasm and defended more as a unit. Salisbury played well and dominated the play in the first half and pressed well to keep us away from their goal area. The first half ended 3-0 to Salisbury but the boys kept their heads up in the second half and continued to fight. Gradually more Sunninghill bodies found their way into the final third from Salisbury and Sunninghill started to dominate play and score excellent goals. A much improved performance and an exciting game to watch.

**Contribution awards go to Thomas for his Excellent goal keeping and Otis for improving his tactical awareness.**

### **Boys' Football U9B v Salisbury Cathedral**

**Result: loss 2 - 3**

Sunninghill worked hard and managed to keep their shape well in the first half. Josh made some excellent saves in goal. William Smith and William Benison passed well and were unfortunate not to score more for the team. Sunninghill conceded late on due to a loss of concentration and could not quite get

the equaliser after that. A much better performance with improved passing.

**Contribution award goes to Vishnu for his defending skills and Aaron for his improved passing.**

### **Boys' U13/12 Football v Castle Court & Farley**

**Result: Loss 0 - 3 Castle Court  
Draw 1 (Dylan) - 1 Farley**

In the first game we were overwhelmed by a very strong Castle Court team that literally ran rings around us. Our movement was very slow and laboured. However there was good defending from Kian, Douglas and our shot stopper supreme Tom S. It was down to them and good protection from midfield maestro Dylan that prevented a massacre. In the second half the team was looking to Dylan to win every ball, make and then receive every pass. At one point he decided to go in goal to save every shot.

In the second game against Farley, the manager made a very tactical substitution. Dylan off. Now the rest had to think and play for themselves. And it worked because they gelled as a team, took on more responsibility and played some proper football. When Dylan came back on we were firing on all cylinders. We stole a goal and held on for a draw against the team that went on to beat Castle Court! If only we had started with more belief and energy, this would be a very different match report.

**Contribution award goes to Nathan: Our super sub made a difference as soon as he came on with some excellent positioning and clinical tackling.**

### **Boys' U11/10A Football v St Mary's Swanage**

**Result: Draw 1 - 1**

Sunninghill expected a tough game today and a tough game they got! The team dominated the first half completely with solid defending from Valentine and Josh and brilliant combination play from Henry, Gethyn and Stanley. The pace of the game



was high with both teams trying to attack and win the ball back.

Sunninghill started the second half much the same and scored an early goal to go 1-0 up. Swanage fought very hard and equalised in the last minute of play. Well done!

**Contribution award goes to the whole team for their hard work and dedication.**

**Boys' U11/10B Football v St Mary's Swanage**  
**Result: Loss 0 - 4**

Sunninghill started the game well with good combinations from Harry and William who were unfortunate not to score early on. As the game progressed Sunninghill lost their shape in midfield and Tymon and Gabriel were put under a lot of pressure in defence. Harri made some excellent saves but the defence needed more support from the midfielders.

**Contribution award goes to Harry and Gabriel for their hard work and improved positioning.**

**School email addresses:**

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**Hermes Editor: Mandy Jones**

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***Form 8 responsibilities  
Autumn Term:***

Head Boy:	Douglas Bowering
Head Girl:	Imogen Douie
Sports Captains:	Erin Philips Tom Swanton
Prefects:	
Outdoor Ed:	William Hortin
English:	Lewis Rowbotham
Maths:	Douglas Bowering
Science:	Imogen Douie Khalid Miah
Humanities:	Tom Swanton Khalid Miah
Art:	Hannah Davis
ICT:	Lucas Jones Dominic Woollam Lewis Rowbotham
Music & Drama:	Joseph Burdge Katie Shovlar
Citizenship:	Rosie Reynolds &Tilly Jones Tom Swanton
MFL:	Sebastian Pas
Eco Schools:	Tilly Jones
Pupil Voice:	Tilly Jones Khalid Miah

# Weekly diary and communications

WHOLE SCHOOL DIARY OF EVENTS	Mon 2nd	
	Tues 3rd	Form 8 Mosque & Synagogue trip to Exeter 9.50 am
		Form 2 Portland trip 9.30 am
		SATIPs Orchestral Day (selected pupils) 9.00 am
		Form 3 & 4 Football practise 2.00 pm
		U8 & U9 Hockey v Knighton House 2.15 pm
		Form 6 Parents' Evening 4.45 pm
	Wed 4th	U12/13A Hockey v Dumpton (A) 2.00 pm
		U12/13B Hockey v Dumpton (A) 2.00 pm
		U11 Hockey v Dumpton (H) 2.00 pm
		Forms 5 - 8 Inter House Rugby @ Rugby Club 2.30 pm
		U10 Hockey v Dumpton (H) 2.45 pm
	Thur 5th	Form 7 & 8 Creative Writing Workshop @ SPS
		Rec - Form 4 Swimming @ 1611
		After School Sailing 4.45 pm
	Fri 6th	Open Morning 9.30 - 12 noon
		Form 3 & 4 Hooke Court Egyptian Day 9.30 - 4.30 pm
		Parent & Toddler Group, School Hall 10 - 11.30 am
		Form 6 - Sailing
		Form 7 - Windsurfing
		Form 8 - Shakespeare
LETTERS ON THE PORTAL	Letter from the Head Menu Sports Fixtures of the Week and Team Sheets - Form 3 - 8 Week 5 Music Timetable - Rec - Form 8	
Fledglings	No letters	
Nursery	No letters	
Reception	No letters	
Form 1	Junior Prep Parents' Evening	
Form 2	Junior Prep Parents' Evening	
Form 3	Junior Prep Parents' Evening Form 3 & 4 Autumn trips Please note Hooke Court trip returns to SPS at 4.30 pm	
Form 4	Junior Prep Parents' Evening Form 3 & 4 Autumn trips Please note Hooke Court trip returns to SPS at 4.30 pm	
Form 5	No letters	
Form 6	No letters	
Form 7	Form 7 Parents' Evening	
Form 8	No letters	