

Hermes

23rd June 2017

Summer Term

Issue No. 428

“Back to the chalk face!”



Form 4s rainforest themed assembly

Dear Parents

I'm back to my familiar writing territory this week, though I've had enough of politics for the moment and have switched off David Dimbleby for the first time in a long while.

“Whoever you seem to vote for, the government always seems to get in”!

I loved my week away on exped but I'm happiest back in school, particularly with all our teams having returned safely. I'd like to pay tribute to the brilliant way in which all the children represented their parents and our school and in the dedication shown by all those staff who went on the trip. It's a 24/7 job and you certainly need a few days to recover.

If you're brave enough, ask Mrs Wilson or Mrs Sewed about the spatula and late night visit, though make sure it's not before a tasty meal as it will spoil your appetite.

With no time to relax, we all dived headlong into Creative Arts Week on our return.

Form 8s blasted ahead with their Lions' Lair projects, though some of the groups have a

lot to do to be ready for next Thursday's showdown.



Dip Dye hanging their T-shirts out to dry

Form 7s began their preparations for their autumn term Shakespeare performance at the Weymouth Pavilion. I know Mrs Fernley and Mrs Moss were eager to get started, though me thinketh i'twer a tad on the warmeth side in yonder hall.”

On re-reading that is sounds more Yorkshire than Bardshire but I'll let it roll.

The Form 5s and 6s were upcycling every single item they possibly could, courtesy of Michelle Duncan and the Dorset Curiosity Centre. They very kindly allowed us to rummage through items that could be restored and we were off.

The mission of, “take something old and make it bold” didn't quite hit the heights with every group. We (the royal - don't want to attribute blame) turned our backs for five minutes on a group of boys who were dangerously armed with paint and brushes and before we knew it a beautifully prepared table was - how can I put it - butchered!

Bursar not happy. Teachers in the dog house. Lesson learnt!



One of the up-cycling teams hard at work!

All this amidst sweltering temperatures that were last exceeded in the drought year of 1976. School has been breathless.

The solution simple - Ringstead.

Take a picnic, pay £2 after 4pm, park up, jump in and keep swimming until your teeth start to chatter. Come out to a nice sandwich and a cold one and life is sweet once again.

On Wednesday of this week Eileen, Mandy and I met the class reps for the second time. Top of the agenda was the Summer Fayre which seems to be nearly organised. Even if you can't make it next Saturday, do please remember to support via buying some raffle tickets or sending in a bottle for the wine stall, jolly jars and cakes. In exchange, your children have a non-uniform day next Friday. They will also be getting their own stalls ready that day.

Second on the agenda was the quiet dislike of just using the portal as a means of communicating. We agreed that we would back up the information in Hermes and on the portal with a parents' "Week to view" that will be Clarioned separately to you each Friday afternoon.

I have found the meetings with the reps to be really useful. Don't forget to raise any issues with them ahead of our next meeting on Wednesday 20th September.

On Thursday, an intrepid team of choral stars set off to Cornwall for a couple of days of high excitement. A full report will appear in this magazine next week, though from

what I hear they have been having an amazing time. It's fantastic that some parents also made the journey to The Minack Theatre to enjoy the event.



Fabulous views for our Cornwall Choir Tour

Form 4 delivered the most amazing Friday assembly. They told us a rainforest the size of a football pitch is cut down every second. It left us all wanting to go and plant a tree. As a school we planted 420 trees around the grounds so we are trying to do our bit.

Finally, I must share an amusing little story with you.

Mrs Thorpe popped into my office to see me this week.

Rather pleased with me she was!

In fact, delighted.

Yes, she'd love to accept.

Not the usual situation I find myself in - normally quite the opposite!

I think the blank expression on my face gave the game away and I had to admit I didn't know what she was talking about.

"You know, the invite to a romantic meal." I can be accused of being many things (and often am) but romantic - now hang on a minute.

Anyway, to cut a long story short I'd written to Jo asking her to put on her best dress and meet me at a romantic location at 7.30pm on Friday. Things smelled fishier than Grimsby when it turned out the restaurant I

had chosen was Pizza Express. That could never have been me. It would have to be a curry house!

One of the little minxes in her class had set us up.

Fantastic, though as my Form 8 expeditioners know only too well, revenge is a dish best served cold, watch out. I'll be back!

Hasta la vista

John Thorpe.

Mr John Thorpe
Headmaster

Fledglings News



Enjoying books



It is always more fun to knock down a sandcastle than make it!

Nursery News

Every day this week we have been practising for sports day.



So fast they've left their lanes!

The children have been painting pebbles they had choice of painting under the sea creatures, or just patterns using fine brushes to support their fine motor skills.



Drying very promptly in the hot weather

The children have loved the hot weather, and have been washing the babies and their clothes.

Reminder: Nursery finishes at 12.30pm on the last day of term (7th July). We are planning on having a picnic at 11.30am onwards. All parents are welcome to join us.



Completing the household chores



Creative Arts News

This week Forms 5 and 6 have learnt how to prepare a piece of furniture for up cycling.



One of the benches is like new!

A big thank you to Michelle Duncan from The Curiosity Centre for allowing us to visit and select items of furniture to take back to school.



A modernist approach

We researched modern artists and worked along that theme to plan and paint our pieces. The old bookshelf was crying out for a makeover and the result has exceeded expectations.



An eclectic mix of designs

A big thank you to those pupils who put in a big effort in such a short period of time. Mrs Saines

Form 6 News

At 9:30 am on the 12th June 2017, Form 6 of Sunninghill School set off on their yearly expedition to Exmoor. At 8:00 am we arrived all packed and ready at school and at 9:00 am we set off on the minibus. In about 3 hours we arrived at Wimbleball Lake and we set up camp for the next two nights.

Our first meal was spaghetti bolognese. Also on the first day we all went for an hour and a half walk round the lake and to the dam. At 9:00 pm we all went to bed. We all chatted for so long some of us didn't get to sleep until 00:00 am.

On day two we went raft building in the morning. Our raft collapsed but it was still fun anyway.

In the afternoon we split into two groups and went canoeing and stand up paddle boarding. It was fun but, very tiring in the hot sun!



Before the raft collapsed

On day three we went for a 12 mile walk! We drove to Withypool and walked to the iconic tourist attraction Tarr Steps a Viking (hand-made) bridge. It took us about 6 hours in total. When we arrived at Tarr Steps we had a well-earned break for lunch then had a walk over the bridge and back to Withypool. On this night we slept at the Rock and Rapid bunkhouse.



Got to be brave to jump

On Friday we did low ropes, zip wire and climbing. I got really high on the climbing and really enjoyed it. It was quite scary though as there was an overhang and it was quite tricky to climb. The low ropes course was also really fun and the zip wire was amazing. It was high and very long. At lunch time we went home.

Report by Poppy - Form 6

In other news.....

Class Photos

A reminder to all parents to please return class photo order forms by Monday morning 8.30am at the latest as they are being collected Monday morning. Many thanks Lydia

National Schools Biathle

Last Sunday Nikita, Freya, Khalid and Robert C competed at the national schools biathle champs representing Sunninghill.

There were many schools taking part on a very hot day at Leweston.

There were about 30 entrants in the year 5 girls' race. Freya and Nikita both had new personal best times. Khalid scooped a new PB in the year 7 boys too.



Briefing before they hit the water

On Thursday we went coasteering and surfing. In the morning we went to Saunton Sands to go coasteering. When we arrived we walked down to the rocks and got in. Then we swam round the rocks, jumped off etc...until it was time to stop. I jumped off a really high rock and I was really scared but, I managed to do it in the end. Then we got changed and had lunch on the beach, got changed again and went surfing. It was absolutely exhilarating!!! I had never surfed before but, when you got riding the waves it was such fun. I enjoyed it massively.

Freya managed to take 6th place and won a medal (top 6 get medals!) for Sunninghill.

So a great weekend of sport!

Congratulations to all the athletes who took part.



Freya proudly showing off her medal

Summer Holiday Club

We are still taking bookings for our Summer Holiday club, please take a look at the link below for all the booking details. The activities plan, which contains lots of trips, crafts and sports has been uploaded to the website. Bookings need to be confirmed by Friday 30th June, if there are not enough bookings by then, the holiday club may not be able to run!

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



PTFA News

This week we had a huge donation of jolly jars from Neve in Form 2, we couldn't resist taking a picture of her with all of her sweet filled jars. Thank you Neve, great job.



We've been trying to resist eating them in the Bursar's office

Bursar's Bytes



Last week I was reminded how careful we need to be with our children in school who have nut allergies and realised how fortunate, that earlier this term, with my Health & Safety hat on, I had arranged for staff to have their update on the use of Epipens. We now have many more staff who are qualified to use them in an emergency.

It led me to think, how many parents are aware that we have a number of children in school who are allergic to nuts and whether you check to see what is contained in the snacks that you give your children to bring in to school every day? It has become a way of life for the Catering staff as we are a nut free school and we realise the serious

consequences of introducing nuts, or food that may contain nuts, into the school.

Food for thought for everyone.

Mrs Akerman

Music News

Music timetables can be found on the parent portal.

Mrs Hawes will be teaching on Monday, Tuesday and Friday.

String group will be rehearsing on Monday and Tuesday at first break and will performing in Friday's assembly.

“Notes from a small garden”

There was a lot of excitement in our oasis today! There was a bountiful crop of veggies to pick, and our first pot of potatoes to dig out! The joy from our mini gardeners was just fantastic as potato after potato was plucked from the mud. They separated into teams of pickers, and we had quite a lot to feel proud of by the end of our session! I cannot wait to hear how they all enjoyed their spoils..



A fantastic crop has been harvested

Some beautiful hanging baskets were also planted up, to adorn the front porch I believe, along with some lovely pots of herbs that have been grown from seed by the children. They will be available to buy from the summer fair.

Jo Vaughan



Planting up the hanging baskets

Nutrition Natter



Ola!

This week due to the fantastic summer holidays and all those very hot days which I am sure we all associate with an enjoyable barbecue, I thought I could speak about red meat and processed meat.

Red meats include beef, pork and lamb and, although very nutritious as they are rich in proteins, iron and B Vitamins, lately there is quite a lot of research and the

recommendation that we should really reduce the amount of red meat in our diets as it increases our risk of bowel cancer later on in life. Therefore the recommendations are that we should be eating less than 500g on a weekly basis (500g cooked and around 725g raw).

How can we achieve this? Either by reducing the portions and/or replacing the meat with fish or plant based proteins like lentils, beans, chia seeds and nuts.

Here are some examples of medium sized portions of red meat:

- Spaghetti bolognese with minced beef (140g)
- Medium steak equals 145g cooked meat (210g raw)
- Our very traditional and tasteful Sunday Roast, should only eat around 3 thin slices = 90g

Regarding processed meat, such as bacon, salami, chorizo, hot dogs, etc., we should avoid as much as we can! ohhhh.... I am sure all of us are now asking, what about our so deserved cooked weekend breakfast? Although very tasteful and quite appealing to all and especially children, it's full of salt, fat and is not very nutritious. Also, there is strong evidence it can cause bowel and stomach cancer, obviously studies done with adults. But, on the other hand, personally I am a strong believer it all comes down to portions, moderation and variety. Don't eat just red meat, why not try a few dishes with roasted or grilled fish or las I mentioned before some lentils, beans or chick peas?

We need to educate our children from a young age to learn about the different protein source foods and how to choose them and mix them and of course, be careful with portions! That way they can create healthy habits that they will carry on to their adult life!!

Enjoy your food!

Marina Mendes

Sports News

Swimming gala

Congratulations to these children who represented West Dorset in the County finals at 1610 this week. Many, many congratulations to Poppy for achieving second place in the 25m backstroke final. Holly came second in her heat in the 25m breaststroke.

All our relay teams swam brilliantly against some tough opposition.



Our nine strong team

U8/U9 mixed Rounders v Knighton house Result Red Team: 58 - 73 loss

On Tuesday the Form 3 and 4 girls went to play rounders at Knighton House. The red team played the rule that if you get to a post you score a point.

The weather was extremely hot but we all persevered!

At half time the score was 29 all. However in the second half Sunninghill wilted and the final score was a loss at 73 to 58! The girls were then treated to a delicious tea.

Contribution award: Mia for fantastic bowling and catching.

U8/U9 mixed Rounders v Knighton house Result Yellow Team: 36 - 53 loss

We were all very excited to be playing our first rounders match of the season but it was incredibly hot. Knighton House had lots of girls and were able to lend us 2 to make things a little more even.

In the first innings we were very slow to get going and only managed 15 points and Knighton House batted really well and scored 32 points. After a crucial team talk SPS second innings batting was much better with the girls thinking about where to hit the ball to enable them to get more points. We scored 21 points and also improved our fielding to prevent as many rounders being scored.

Contribution award: Amelia for working really hard and thinking about how to stump out on second post.

U10 Rounders v Hanford Result: 16 ½ - 13 win

An extremely consistent performance from the U10s scoring 8 in the first innings and 8 ½ in the second. Everyone in the team made a score with Nikita top, scoring 5 rounders.

Esme - 3, Elenni- 2 ½, Gemma-2,
Erin and Sophia - 1 ½, Freya - 1 and Meena - ½.

Freya took a great catch and Esme scored every time she came in in the second innings. Some really good fielding with quicker decision making and accurate throwing in. Erin bowled accurately keeping the Hanford score down. An excellent way to finish off the term, well done everyone.

Contribution awards: The opposition chose Nikita for her batting and Erin for fielding. Freya for a superb catch and Esme for her batting.

U12 Rounders v Hanford Result: 12 - 18 loss

What a glorious afternoon for a game of rounders. Hanford batted first and produced a steady stream of half rounders with girls just getting to second base. Our

close quarter fielding wasn't good enough to stop these scores. Batting started off very promising with Issy scoring two and Erin one rounder. After the first innings it was even with 6 and a half rounders each. The sun however, I think got to us in the second half and fielding fell apart with some poor decision making and Hanford scored 11 and a half rounders.

Unfortunately, we didn't match our first innings score although Rosie twice scored half a rounder. Well done! Imogen repeated her first innings mad dash for fourth post which again found her second best. Nearly but not quite, but I did like her attitude.

Contribution award: The Hanford girls chose Issy as best fielder and Erin as best batter.

U13 Rounders v Hanford Result: 12 ½ - 24 ½ loss

The Hanford girls were on fire especially in their first innings where they scored 14 ½ rounders. We were not so dynamic and although some of our fielding was very good it was just not sharp enough. We only managed to score 4 in our first innings so it was a mountain to climb. We certainly improved and managed 8 ½ to Hanford's 10. If we had started better it could have been a different story.

Merry was our top scorer with 4, Bonnie was moving well and doing stirring work at 2nd post. Hannah made an amazing catch, Teisha was busy as backstop and Olivia was bowling accurately. It was a good performance overall but needed more energy from everyone.

Contribution awards: Teisha for her all round performance. Merry for her batting and Hannah for a great catch.

U11 Rounders v Hanford Result: 11 ½ - 11 win

This was certainly a game of two innings. We bossed the first one with some excellent fielding and decision making keeping Hanford's score to 3.

We hit well scoring 7 ½ so a good lead to take into the 2nd innings. Not sure if it was over confidence but we made some bad decisions and panicked when throwing in and gave away quite a few rounders to edge Hanford ever closer to our total score. A nail biting finish but we hung on to win by half a rounder! Lily R - 3 Lily B - 2 Olivia - 1 ½ Amalia - 1 Giselle - ½.

Unlike the South African cricketer dropping a boundary catch in the T20 match, Lily B had a solid pair of hands taking 2 catches hit from a height. Also brilliant catches from Lily R, Tallulah and Poppy.

Contribution awards: The opposition chose Lily R for her batting and Verity for fielding. Lily B, Tallulah and Poppy for some great catches.

School email addresses:

Lydia: lhampshire@sunninghill.dorset.sch.uk

Mandy: registrar@sunninghill.dorset.sch.uk

Hermes Editor: Mandy Jones

Our Contact Details:

South Court, South Walks, Dorchester, DT1
1EB

Tel: 01305 262306

Prep Club Mobile: 07437 891994

Form 8 responsibilities Summer Term:

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

Weekly diary and communications

WHOLE SCHOOL DIARY OF EVENTS	Mon 26th	Class photos collected today
		Form 4 Durlleston Country Park
		Form 8 Dance Workshop @ Thomas Hardy
		Form 2 Portland trip
	Tue 27th	Rec - Form 4 Swimming Gala - 11.00 am
		Forms 3 & 4 Inter House Mixed Cricket - 2.15 pm
		U10 Boys Tennis v Millfield - 3.30 pm
	Wed 28th	Rec - Form 6 Move-Up morning
		Form 7 Leaders' Morning
		Form 8 Lions' Lair planning
		Senior Inter House Swimming Gala - 2.00 pm
		New Parents' Tea - 3.30 pm, Drawing Room
	Thur 29th	After School Sailing & Golf
		Lions' Lair Presentation - 6.30 pm, School Hall
	Fri 30th	Non-uniform Day - cakes, jolly jars, bottles of wine
		Form 7 First Aid Enrichment - 2.00 pm
		U8 & U9 Swimming Gala v Clayesmore - 2.30 pm, SPS
	Sat 1st	Summer Fayre - 12.30 - 4.30 pm
LETTERS ON THE PORTAL	Reception to Form 8 Music Timetable School Menu Summer Fayre - all you need to know Forms 3 - 8 Team Sheets and Fixtures	
Fledglings	No letters	
Nursery	No letters	
Reception	No letters	
Form 1	No letters	
Form 2	Portland Trip	
Form 3	No letters	
Form 4	No letters	
Form 5	No letters	
Form 6	No letters	
Form 7	No letters	
Form 8	Last three weeks information letter Exped Photos	