

# Hermes

24<sup>th</sup> November 2017

Autumn Term

Issue No. 440

“A tempestuous week”



Dear Parents

It's been a week I have been looking forward to for some time. The rest of our household was safely tucked in bed on Wednesday evening as I eagerly awaited the first ball of the first Ashes test relayed by the inimitable TMS team from the Gabba, Brisbane. I've been doing (too much) late night and early morning listening much to Jo's nonplussed ire. Some traditions have to be upheld. It brings back very warm family memories as Jojo (my middle son and fellow cricket fanatic) and I were lucky enough to be at the Gabba to see Michael Vaughan score 187. Hopefully, this series will end better than the last time we were on Aussie shores.

Talking of Aussie shores, it's one place we'd rather the lovely Corbett family not be, but sadly they are heading “down under” at the end of this term. Whilst wishing their cricket team doom and misery we wish David, Emma and Neve a safe journey home and know they will keep in touch with us and us them as they have been fantastic company and great supporters of school.

The impact of the recent mild wild weather has wreaked havoc in the lower school this week with some unpleasant bugs spreading

across Junior Prep, leaving classes short of children and in several cases, teachers too. It has been a very busy time for Mrs Brunt. As Academic Deputy she is charged with making sure there is a teacher in every classroom. An early morning phone call spells a stressful half hour. I think Sue had five staff to replace on her busiest day. Like me, she'll be hoping that the predicted cold weather of the weekend arrives so some of the virulent germs can be killed off!

Sickness and diarrhoea (dash in a real rush, hurry or else accident) are not normally topics I frequently chat about but please do keep your children off school for 48 hrs if they have a “lurg”. We love sharing but have to draw a line here!

Thankfully, with the exception of Mrs Moss, the Form 8 production of Shakespeare's, *The Tempest* at the Weymouth Pavilion was largely unaffected.

On Thursday evening a very appreciative audience watched four very different schools perform their own play and how fantastically well they all did.

There is, without doubt an amazing depth of talent available in Form 8 and coupled with an amazing director in Mrs Fernley and ably supported by Mrs Sales and Mrs Moss, we can all be very proud of their achievements.

Not to be outdone, Mrs Wilson and her games teachers received their much deserved Sports Mark Gold this week. It is a kite mark quality award that we apply for and have our skills and performances audited. I happened to be in the vestibule when their coordinator arrived. Mrs Wilson and Mr Willemse were in the full throws of organising a big orienteering event so it was a perfect time to present the award. You'll notice a couple of photo bombers getting in on the celebratory act.



Elsewhere in school, our computer network has also caught a winter virus and has only worked intermittently for several days making email contact tricky. Thankfully, the problem has been identified as an issue with a piece of hardware and not some corruption of the system which might have been far more serious. I am very grateful to Mrs Sewed who sees this real nuisance of a problem as a fun challenge to test her programming skills and one she and Jon Stow (our technical backup) have just about solved.

Elsewhere, despite being in Australia on a business trip, Julie Hansen still managed to find time to send us lots of updates on the Christmas Fayre and I am grateful to those parents who have been selling tickets at the start and end of the school day.

It's a good point to correct a typo in my editorial last week. PTFA members were shocked to see that a May Ball was taking place in May 2018. The date is in fact twelve months later in 2019. My apologies for causing major panic!

Later in this edition of Hermes you will be able to read PTFA plans of the new events scheduled for the year ahead. It looks an exciting program.

One of our own challenges we set this year was to introduce Forest Schools into our program of studies. Mr Stazicker and I got involved in the act last week making twizzle bread with the senior pupils, taking learning into the outdoors.



Mme Shilliday has been even more adventurous and has sent a consultation letter to Form 6 parents regarding a really exciting idea she has for a new exped to France which will combine outdoor pursuits with French and Humanities work using Normandy as their base. Please can I urge Form 6 parents to read the letter on the portal and send your feedback to school for consideration.

Wishing you a lovely week ahead

Mr John Thorpe  
Headmaster

### ***Fledglings/ Nursery & Junior Prep***

Due to the bugs we've been experiencing this week (both technical and sickness!!) we apologise for not being able to bring you more new from them.



## Form 8

### Talk about Islam

On Tuesday the 7<sup>th</sup> of November my Father, Mr Miah, visited the class to give a talk on Islam to help us along with our R.S coursework; that counts for 25% of our overall common entrance grade for the year. And I am sure I speak for the class when I say it was very helpful, as we all had our books handy; and my dad also spelled things out, so we had the words correct and ready to go into our coursework.

We had an in depth talk, at the beginning, about the most important part of Islam: the 'Five Pillars of Islam'.

The five pillars are:

Shahada: Faith. There is only one god: Allah.

Salat: Prayer. You must pray five times a day.

Zakāt: Charity. It is customarily 2.5% of a Muslim's total savings, and assets. Although if you are wealthy you are encouraged to give more.

Sawm: Fasting.

Hajj: Pilgrimage to Mecca.

Many Muslims believe that the most important of the pillars is the fifth: the Hajj. According to the Iman all Muslims must partake in this journey at least once; but now a bit more light has been shed on the fact that it is depending on how much money you have. If you are very poor, then you do not need to go.

Then we did a Q and A. There was a lot of good questions asked, that really tried my dad's knowledge, and his memory! All in all I think that it really helped all of us, with the exception of the few that are doing other religions, and we all had the chance to ask the questions that we did need the answers to.

Khalid Form 8

## In other news.....

### Art



Vishnu brought in a selection of his families traditional costumes in art this week. We are looking at art from different cultures in both Forms 3 and 4 with a focus on Indian textiles. We enjoyed looking at the paisley design which appears as a repeat motif in many of the costumes and Form 4 will be making their own paisley shaped clay block for printing onto colour tissue paper.

Susan Saines Art Dept.

### Sibling Photos

The school photos have now been collected so if you have missed the Wednesday 22<sup>nd</sup> deadline, please order on-line.

With thanks Lydia Hampshire

### Lost Property

A Savva blazer is missing in action and has been since last Friday, please check that your child has the correct blazer.

Carolina has lost her jumper, could you please take a look at the name inside your child's jumper to ensure you have the correct one?



# Medical matters

and submit booking forms by Friday 1<sup>st</sup> December.

## 10 tips on dealing with the Sickness Bug:

1. Drink plenty of fluids to avoid dehydration, and even more than you usually do to replace fluids. Try something like **Dioralyte** to rehydrate.
2. If you are finding it difficult to drink fluids because you feel so sick, try just taking small frequent sips of either water, squash or a fruit juice.
3. Take paracetamol for fever and aching.
4. Stay at home until 48 hours after the symptoms have passed as you will still be infectious.
5. It's important not to prepare food or have direct contact with others for 48 hours, if possible.
6. Wash your hands frequently, don't share towels, and disinfect any surfaces you touch as the virus can lurk on these for several days.
7. Seek medical advice if babies, small children or the elderly are affected as they may need help being rehydrated.
8. Seek medical advice if you already have a serious illness, or if symptoms last more than three days.
9. Take a probiotic supplement as this offers some protection against diarrhea infections
10. If you are zinc-deficient then take supplements to up your levels - zinc supplements have been shown to reduce stool volume and duration of illness, too.

## Christmas Holiday club

The first week of the holiday club is getting booked up with only a few places left on most days. The second week we still have plenty of spaces. To secure your place please go to the link below on our website



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

## Notes from a small garden...

Down at the bottom of the garden... lived a lot of wiggly worms we discovered today!



When I suggested making a wormery little did I know what an enthusiastic bunch of worm hunters we would have.



Christmas) and now we have two boxes of the most well looked after worms in Dorset!

Jo Vaughan

## Nutrition Natters

Hello!



For once the girls even forgot to put on their gloves, usually a top priority. We filled two boxes with layers of soil, paper, straw and veg peelings from the kitchen, and topped them off with a large helping of wiggly little critters.

How are we getting on with the idea of having **probiotics** on a daily basis to improve our gut health and our general health? Have any of you had a look into that website I have mentioned last week and even perhaps press the button and ordered a few bottles?

Well, like I said I am very keen in trying it but I found out a few more local places. We have a few Mum's in Sunninghill that grow their own kefir grains, one is Fredrica Teale. It seems she has plenty to share with anyone who is willing to try it. Please contact Lydia or Mandy if you are interested. Also, it seems there is an amazing cafe in Godmanstone called "Feed the Soul" and they sell fresh kefir.



This week I would like to speak about **prebiotics** and the difference between **probiotics** and **prebiotics**.

Everyone was fascinated to learn all about the worm's digestive tract, and why we were feeding them delicacies from the kitchen i.e. the benefit of worm poop for the garden. It was lovely to see how everyone was keen to keep the worms fed and watered (a worm is for life not just for

In a simplistic way, **probiotics** are the live bacteria and **prebiotics** are the foods we can eat - carbs mainly fibre that we humans can't digest, and they help the bacteria to nourish, they really work as a fertilizer. When we combine **probiotics** and **prebiotics**, they interact together to benefit the gut health.





## PTFA - Notes from the Chair

So, the first PTFA Committee Meeting is under our belts and what a productive one it was! Thank you to all attendees for making it so - Laura Rowbotham, Sophia Radford, Tracey Sales, Emma O'Donnell, John Thorpe, Carol Krosnar, Steve Ray and myself. We kicked off with a run through our constitutional requirements and were delighted to receive a beautifully hand crafted request for funds from Year 4 to which we all agreed. Swift action this week will see the requested outdoor table tennis table for all pupils to enjoy being installed before your very eyes.



We then got straight down to the business of looking at future events. A lively discussion was had with many good and varied ideas being raised from around the table, some of which we have banked to return to at our next meeting. We formed the following outline plan together for the rest of this academic year:

February TBC - Disco for pupils  
 March 16<sup>th</sup> - Barn Dance for all  
 March 23<sup>rd</sup> - Easter Egg Hunt for pupils  
 May TBC - Wine tasting evening for the adults  
 June TBC - Summer Fayre for the whole community

Think about all the health benefits and if you want you and your child to feel better and have a healthier and happier life, because happiness comes from within you. Why not have a few more vegetables every day?

Enjoy your vegetables!!

Marina

We are starting work on the Sunninghill May Ball to be held in May 2019. We will be putting together a dedicated May Ball Committee to kick off preparations in the New Year, including an Auction of Promises for which we have some warm leads already in the bag. We are looking for enthusiastic volunteers to help make this event a big success, please be in touch.

Our next PTFA Committee Meeting will be held at 6pm on Thursday 12 January, in the Drawing Room. All welcome. We will continue our journey of constitutional lead improvements and will be forming an outline of the events calendar for 2018/9. Hopefully, we may have another pupil request for funding to consider!

Back to the weeks ahead, our PTFA Christmas Fayre is fast approaching on Thursday 30 November, 7pm. Tickets costing £3 are available in Compass Lobby during pick up, via teachers for Nursery to Reception families, from your Class Reps and from Lydia, Mandy and Eileen (please bring correct change). Do get your ticket as soon as you can, they are proving to be popular. On the night, you will be able to shop 'til you drop, with stall holders accepting payments in cash or by cheque. On Monday 20 November, a ticket was purchased and then found outside school - if it's yours, please be in touch with the ticket number, we have it safely tucked away ready to be claimed.



And thank you in advance to those who have volunteered to decorate the Entrance Hall and Compass Lobby in the festive spirit next week. We will meet at 2pm on Wednesday 29 November in the Entrance Hall. If any of you have any last minute urges to join the fun please do come along, the more the merrier!

## Second Hand Uniform Shop



Open to browse and buy Friday afternoons 3.30pm to 4.30pm

We have a well-stocked and affordable selection of day uniform and sports kit

Located on the first floor, opposite the Science Lab, access via the back stairs from the kitchen

Payments by cash or cheque and proceeds to PTFA Funds

Lynn Strover  
PTFA Chair  
[lynn@strover.biz](mailto:lynn@strover.biz)  
07563 574 536

## Concert

Rosemary, a former parent of Sunninghill is organising a concert in January and has asked that we tell you all about it in the event you would like to attend.



## Sports news

### U8/9 Hockey v The Park

The Park School brought 10 pupils for a fun hockey afternoon. We mixed everyone up so that we had 4 totally mixed teams. Each team played 3 matches and the three teachers coached throughout. It was a great learning experience for all! Mirabelle showed some strong tackles and Amelia tried hard to make space. It was notable that all players improved at passing the ball up the pitch and there were some exciting scraps in front of goal.

**Contribution Award - Lydia for her effort and concentration throughout the matches and Maggie for some excellent ball control.**

### U12/13A Hockey v Sandroyd

**Result: Loss 1 - 4**

A great game which was end to end with plenty of goal mouth action. Sandroyd attacked in numbers with some ferocious shots on goal. Amalia stood up to every shot and more. She saved with her feet, hand guards and even her chest at one point. Even the opposition's parents were applauding her. Maddie Hinch would have been very impressed Amalia. Sandroyd managed 2 quick goals before half time but Izzy got one back slotting past the keeper. We did have a lot of scoring chances in the game and came close on several occasions. Izzy held on to the ball up front and was well supported by Frida and Lily B. Everyone worked hard, tackled well and put pressure on the player with the ball. We looked to keep possession with some nice accurate passing and our positional play is much improved. It was disappointing to lose and the score should have been closer but some fantastic play and work rate to end the term.

**Contribution award - Amalia Solioti-Hinch! For some superb saves, standing up to every shot and loving every minute of it.**

### U12/13B Hockey v Sandroyd

**Result: Loss 1 - 3**

This game could have been closer as we had quite a few chances to score but we often got in each other's way in the D. Sandroyd scored first but not long after the ball was cleared from our defence and with some good passing Atlanta picked it up, carried it well and slotted in for a goal to make it 1 - 1. Giselle, Clara and Jessie were tackling strongly but Sandroyd managed to pinch 2 more goals when we were a little muddled in defence. Tilly, Hannah and Poppy all had some good chances and worked hard throughout the game. Hannah had a nice little foray on the left and nearly beat the GK but luck was not on our side. You have all improved during the term and although it was a shame we lost this last game, everyone worked well as a team.



**Contribution Award - Atlanta for running her socks off and scoring a good goal.**

### ***U11 v Hockey Sandroyd***

***Result: Loss 3 - 6***

A great match from start to end with both teams playing their hearts out and in all honesty the scoreboard probably did not reflect the true balance of the match.

Sunninghill were on fire from the start with 2 excellent breaks down the right wing and were unlucky not to score from both. A further break this time by Leni down the left, saw Freya score a fantastic edge of the D shot. They soon doubled the score from a short corner which Gemma stopped, sent back to Freya who slapped the ball past the stranded keeper. Against the run of play, Sandroyd sneaked a goal on the brink of half time.

I'm not sure what was in Sandroyd's water bottles, but they were a different team after the break scoring a further 4 unanswered goals in the same number of minutes!

A stunned Sunninghill team gradually recovered and began to hit back. A shot from Freya was stopped by the goalie and Gemma was the fastest to react to score their 3<sup>rd</sup>. Sandroyd scored a sixth and in the dying moments, Erin was unlucky not to score following an excellent drive from a long corner.

The enthusiastic supporters definitely had a match to entertain them!

**Contribution Award - Freya for fantastic enthusiasm and quite a bit of skill.**

### ***U10 v Hockey Sandroyd***

***Result: Loss 0 - 8***

Some spirited play from Sunninghill was unfortunately not good enough against an excellent Sandroyd team.

Sunninghill began brightly with Lola leading in attack, ably supported by Holly, Suzanna and Indie but were unable to convert any chances.

Meanwhile, Sandroyd continued to break out of defence with superb ball speed. Good tackling from Georgie and Mia in defence and some great saves from Molly in goal still could not stop the steady flow of goals.

Sometimes you just have to admit defeat from a better team and as Mr Metcalfe said 'they were the strongest team we had faced this year'.

**Contribution Award - Lola for relentless running and effort**

### ***U12/13 XII Rugby v Clayesmore***

***Result: Win 6 - 4***

A depleted U13 rugby team set off to DRUFC minus their esteemed coach and down to just eleven men. Thankfully our good friends from the Blackmore Vale brought across a big and eager squad and kindly lent us two players. There are few things worse for a serious rugby player than having to pull on an opposition shirt, but bravely did they acquit themselves.

We opened an early two lead but were pegged back and the game was squared at four tries apiece with just minutes to go. A breakaway try so us lead by a try with the opposition hammering at our line but a dropped ball so us scorch away to seal victory.

Mentions must go to Lawrence G for a great last-ditch try-saving tackle and to Dominic W for scoring two great tries. Tom S and Khalid M were also formidable opponents in every scrum, ruck and maul.

**Contribution Award - Dylan W for some super solo breaks and also for his great spirit in understanding the context of the game and how to be a great sportsman.**

### ***U11 Rugby v Clayesmore/Bournemouth CS***

The U11 boys played matches against Bournemouth Collegiate and Clayesmore. Sunninghill started both games slowly and did not commit enough to tackling their opponents. There were some excellent tackles but to compete against strong

teams, the entire team has to contribute. All in all the team needed to defend better but lovely runs from Henry, Stanley and Joshua which resulted in tries. Lots to work on next week.

**Contribution Award - Stanley for his excellent defending and running.**

### ***U10 Rugby v Clayesmore/Bournemouth CS Results:***

**Sunninghill 1 - 6 BCS (Theo)  
Sunninghill 0 - 4 Clayesmore**

We played against two very strong A teams in a triangular tournament. Harri recognised players from the Dorset County trials so that might give you an idea of the calibre we were up against.

And I have to say the boys done good. Although we lost both games (and by some margin) in terms of skill there was very little to separate all three teams. We had some fantastic runs notably by Harri, Gethyn and my highlight of the day was Theo the Terminator who chugged half the length of the pitch with, at various times, up to three Clayesmore players hanging off him. He powered on, unstoppable, to score our only try of the tournament. Crucially though we didn't tackle well and were too easily driven off the ball - giving away easy ball, easy ground and easy tries. I set them a tackle count to hit five tackles in each half and they responded well giving only one try away in the final half of the final game. Captained and led well by Henry both on the pitch and courteously off it too.

Good games, great progress and according to the boys an excellent match tea. They must have played hard and ate well because there were three boys snoring on the minibus back. I think Harri's snoring was most impressive - even in his sleep he's that competitive.

**Contribution Award - Gethyn - made run after run with dummies, sidesteps and rolls that was reminiscent of the great Barbarians v All Blacks Gareth Edwards' try but more impressively all on his own.**

### ***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

### **Hermes Editor: Mandy Jones**

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# Weekly diary and communications

<b>WHOLE SCHOOL DIARY OF EVENTS</b>	Mon 27th	
	Tues 28th	Form 7 & 8 Drug Education PHSCE
		U9/8 Tag Rugby v Leweston (H) 2.15 pm
	Wed 29th	Forms 5 - 8 Inter House Hockey (H) 2.15 pm
		Forms 5 – 8 Inter House Rugby @ Rugby Club 2.15 pm
	Thur 30th	Rec - Form 4 Swimming @ 1610
		Forms 3 & 4 Junior Inter House Tag Rugby 2.15 pm
		PTFA Christmas Fayre 7.00 pm
	Fri 1st Dec	Parent & Toddler Group, School Hall 10 - 11.30 am
<b>LETTERS ON THE PORTAL</b>	Team Sheets & Sports Fixtures	
	Menu	
	Music Timetable Week 11	
	9 Tips to Keep Your Child Safe Online at Christmas	
<b>Fledglings</b>	No letters	
<b>Nursery</b>	No letters	
<b>Reception</b>	No letters	
<b>Form 1</b>	No letters	
<b>Form 2</b>	No letters	
<b>Form 3</b>	No letters	
<b>Form 4</b>	No letters	
<b>Form 5</b>	No letters	
<b>Form 6</b>	Proposed Trip to Normandy	
<b>Form 7</b>	No letters	
<b>Form 8</b>	No letters	