

Hermes

1st December 2017

Autumn Term

Issue No. 441

“A Pinch and a punch!”



Dear Parents

The first day of the new month finds the school at fever pitch with just a week to go before we break up for Christmas.

Junior Prep children and their teachers are busy getting their blockbuster festive Nativity show ready for us all. Christmas doesn't officially begin for us until we've enjoyed one of our favourite shows of the year. I know you will all be there in great numbers to support the event. It hasn't been an ideal time for Mrs Thorpe to lose her voice as she has been directing the show.

Her “lurg” has also jumped across to me though I did eat some Christmas decorations yesterday and may have tinselitis.

On Monday we welcomed Callum Foad to school to deliver a drugs awareness seminar to the Form 7 and 8 pupils. This visit has been organised by Mrs Wilson and Mr

Stazicker who are in charge of delivering the PSHE scheme of work.



Fresh from the success of the Form 8 production of the Tempest we received some fantastic news from Mr and Mrs Burdge this week. Joseph (elder of the three children and in Form 8) was one of some five hundred pupils who recently auditioned hoping for one of the forty places on offer at Tring Park School for the Performing Arts. Not surprising to those who know him well (think Scar in Lion King) Joseph has successfully achieved his aim. On behalf of the whole community I would like to congratulate this quite unique young man and also pay tribute to the inspiration he has received from the peerless Mrs Moss.



Joseph was magnanimous enough to note he also gained much belief and tuition from listening to me singing in weekly assemblies. If only Mr Vanburgh was as kind and would let me into the choir. My fragile ego won't stand another failed audition.

The new PTFA had their first big event of the year on Thursday. Many weeks of preparation had gone into making the event one of the highest quality. The stall holders really enjoyed themselves and the school was resplendent in its winter attire and the shoppers feasted on Kerry's potent gluhwien (vin chaud to appease Les Francais) and wonderful nibbles. If you weren't there you missed the most amazing mini toad in the hole.



The winners of the amazing raffle prizes are noted below, congratulations.

Jane Fox Worthington - Brown Goose dinner party for 6

Mrs Flux - PTFA hamper

Mariel Hemingway - Seafood platter

The PTFA have two main intentions. The first is to bring the community together with events that we can all enjoy and the second is to fund raise to purchase items that may be beyond our reach or not part of our current expenditure program. A great example came this week with the purchase of an outdoor table tennis table that has proved incredibly popular. To make its use fair we have set up a system of winner stays

on with a new team challenging each three points. It has rather backfired because the amazing Walters boys (Dylan and Harri) have remained undefeated, such is their skill. Hopefully we're raising a staff team to knock them (gently) off their perch. Rumour has it that Mrs King is an ex-champion.

We have finally been able to enjoy some cold weather in school. My early morning dog walks have been under clear skies with a crisp underfoot. Thankfully Betty has long-since hibernated and is tucked deep in the contents of several bags of dry potting compost in a big plastic box at the bottom of my man-shed. The internet says the very safest way to hibernate your tortoise is to put it in a plastic container and then in the fridge at a steady temperature but I can't bring myself to do this and prefer to offer her a more natural alternative. Like all tortoise lovers I'll be anxiously waiting for that day in early spring when she awakens from her slumber.



Looking ahead to next week it's a very busy time with lots to draw to your attention.

Because of ongoing problems with our network, reports may not get to you until Wednesday, though we'll do our best to hit our Tuesday deadline. As always they will be on the parent portal.

We all try to be life-long learners in school and Kerry and her team are no exceptions. Pictured is Kerry receiving her NCFE Cache Level 3 Certificate in Supporting Teaching and Learning to enable her to teach Food Tech to the senior pupils.



Last Friday evening, Mandy, Rob and I accepted an invitation to the Headmaster's Lecture at Milton Abbey School. The guest speaker was Nick Wheeler who is the school's entrepreneur in residence. Nick is the founder of Charles Tyrwhitt, the ties and shirt impresario. His lecture was both humorous, self-deprecating and fantastically funny. We all left feeling very inspired (and very sated having enjoyed some wonderful hospitality too).



To make sure your children aren't just thinking of themselves this Christmas we have been making Christingles with all Junior Prep. All the components are provided by The Children's Society charity. They also provide each child with a candle money box which we hope you will be able to fill with 1p, 2p and 5p coins; small worth

but when collectively gathered around the country amount to tens of thousands of pounds that go to those not as fortunate as ourselves. Many thanks in anticipation of your support of this very worthy cause.



Please do put the Junior Prep Nativity Show in your diary for 9.15am on Wednesday 6th December. There'll be a breakfast in the Drawing Room for you to enjoy before the show. Be warned, the hall doors won't open until just before the show so please come and join us.

Thursday is "Carols Under the Stairs" at 11am. You're all very welcome to come and sing with us. Christmas parties will take place in the afternoon. F1-F6 will have their own Christmas fayre to enjoy. Children can wear non-uniform for the day with particular emphasis on a cheesy Christmas jumper. This does show how you must choose your words carefully as a teacher as one girl in Form 2 was close to tears noting she had lots of jumpers but none with cheese on!

This takes us to our final day with our Carol Service taking place at 2.30pm at St. Peter's Church. Can I urge as many of you as possible to join us so we can raise the roof with glad tidings.

Do remember school finishes at 4pm on this day and that there is no after-care provision.

Staff then have a rather lovely black tie/ball gown bash at Athelhampton House to look forward to the following week. I'll try to get a few snaps to share with you in the first Hermes magazine of the New Year.

Wishing you a long frosty walk in the woods with your family!

John Thorpe.

Mr John Thorpe
Headmaster

Fledglings

Fledglings were intrepid investigators going on a bug hunt



Enjoying the ball pool in the sensory room



You are never too young to write to Father Christmas

Nursery

Some of the children enjoyed making penguins for our winter display board in nursery.



Last week we continued with our space theme as well as Christmas. The space outfit was a definite hit with them all wanting to dress up in it! Daisy role modelled with her friends, sitting on a space rocket and counting to blast off!



Everyone enjoyed a count and classify activity where they had to recognise the number and put the right amount of objects to the numeral. This was lovely Christmas activity to do with them.



Last week and this week we have been starting the children's Christmas cards. All of Nursery children have practiced writing their own names in their cards ready to give them to their parents.



During let's explore last week with Reception, some of the children made space rock buns. Daisy enjoyed getting her hands into the mixture and sharing her experience with Reception children.

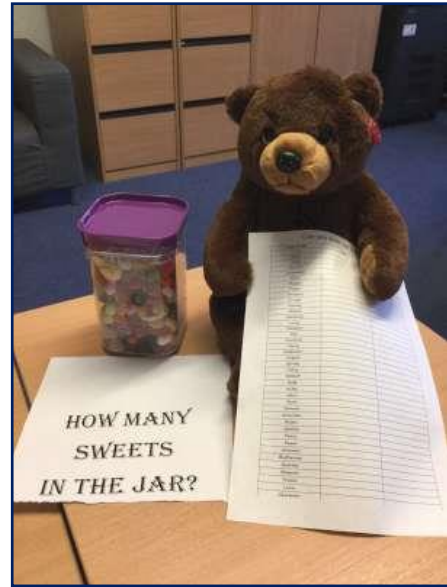


The boys enjoyed gardening with Mrs Stein, planting their bulbs out into pots.



Reception

The children in Reception have been making their Christmas cards and Louis was particularly proud of his glittery creation with beautiful writing.



Form 8

Form 3

Pippa and her grandma have been making cakes, teddy bear biscuits and other delicious goodies to raise money for Julia's House, they held a sale on Thursday after school and raised £68!!



This week Pippa is continuing to raise money for Julia's House whereby you can try and guess the name of the bear and the number of sweets in the jar. The draw will take place on Friday and the winners announced in Hermes.



On the 14th of November Form 8 had a Jewish visitor come in to help us progress with our coursework. We started off with a song which repeated the word 'Shalom' many times. This is a homonym and is Hebrew. It has three meanings Hello, Goodbye and Peace. After we had finished the song she explained some of the other words to us. She then showed us a big table of relics that she had brought in. She showed us a ram's horn she had brought in. She told us that this was to be blown during Passover. She then showed us some matzah, it is a dry, flavourless bread. During the time that the first star on Friday night appears to when the first star on Saturday appears. It is a sign of dedication to God. Also during the weekends Jews are not allowed to create or destroy anything. [Not even cook]. She then let us try on some clothes that were worn during a Jewish wedding. She then gave us some apples

soaked in honey, this is consumed during the Jewish New Year. The New Year changes every year according to the lunar calendar. The apple symbolises the round earth and the honey symbolises a sweet year.

Tom Form 8

In other news.....

Mosaic Charity News



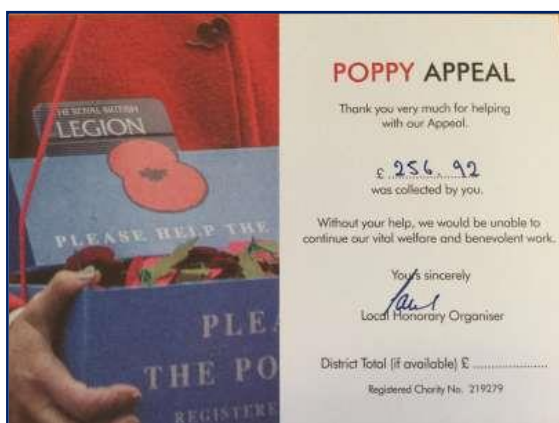
Following the distribution of the gift tag last Friday we would like to thank those of you who have already donated your gift for the Mosaic charity. Please can you ensure all gifts are new, wrapped up with the tag attached and delivered to the Medical Room (near Lydia) no later than Monday 4th December. Many thanks in advance.

Music News

Please refer to the portal for changes to the music timetable for the final week of term.

Poppy Appeal

Thank you so much for all your contributions for the poppy appeal. We have had a final total and a lovely card detailed below.



IT Message from the Director of Studies

10 Tips for Staying Safe Online at Christmas



Thinking of buying your child a phone or PlayStation or iPad for Christmas? Here are a few top tips to help keep your household safe online over the holidays.

The Tech:

1. Learn your way around

Most devices have controls to ensure that kids can't access content you don't want them to. Make sure your "in-app" purchases are disabled to avoid a nightmare surprise in the New Year:

www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology

2. Tablets

When it comes to using tablets, start slowly, only download games and apps you have checked out carefully (sites such as www.net-aware.org.uk, or www.common sense media.org) and steer them towards age targeted content such as www.bbc.co.uk/iplayer/cbeebies/feature/s/iplayer-kids or the new YouTube Kids where children cannot upload videos and content is filtered.

3. Mobile devices

Remember phones are mobile computers and have the power of most traditional desktop PCs. Not recommended for primary age.

4. Set boundaries

Best advice is to set some ground rules, and ensure they understand them. For example:

5. Screen Time

Agree a time limit or number of games beforehand, to avoid repeated disagreements around how long they can spend online.

6. Sleep comes first

It is advisable that the phone stays out of the bedroom to avoid those night time interruptions.

7. Request access

If you're genuinely concerned about them, ask them to allow you access to the phone.

8. Monitoring vs having a conversation

It is possible to install software onto devices that monitors online activity, alerts you to inappropriate behaviour, and can block access to certain content. While this might sound tempting, it could have an impact upon your relationship with them. The best advice is to talk to your child regularly about behaviour and risk. See Parenting in a Digital Age article: [‘It’s good to talk’](#).

9. Whole home approach

Consider setting parental controls on your Wi-Fi - you can block access to inappropriate or adult content, and set time limits which may help rein in those excessive Minecraft sessions. The UK Safer Internet Centre has [advice on this here](#).

10. Gaming

I would not recommend games that allow a child to link with an online community. Make sure games are age appropriate. For

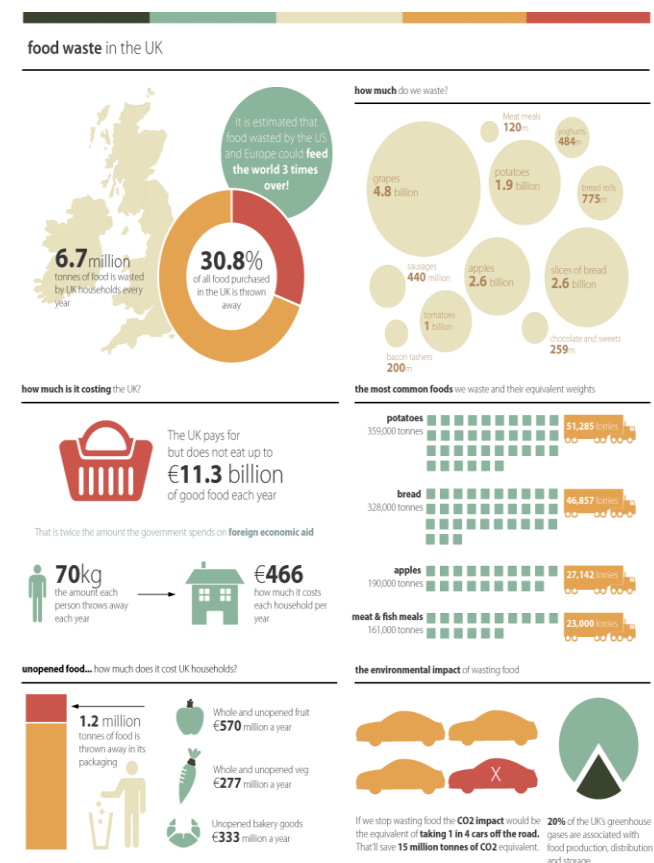
more advice on this visit www.pegi.info or www.askaboutgames.com.

Mrs Sewed

nsewed@sunninghill.dorset.sch.uk

Nutrition Natters

Hello!



These are figures from 2016 but it seems we are still wasting quite a lot of food nowadays. According to some studies and interviews, we are still wasting a lot of food due to lack of food labelling knowledge, supermarket marketing and promotions and because we are not planning our meals. I fully understand this can be very challenging but why not do a list when you go shopping to make sure you are not buying more than you really need and try to plan your meals?

The most important issue when buying and eating food it's to understand the difference between **use by date** and **best before date**.

By date it's about safety and we shouldn't eat it after this date but we can freeze it to eat on later date. The best before date is really related to quality rather than safety. What it means is you can eat it but it's not at its best, taste and texture related.

The use by date in my opinion is more important for foods like fish, meat and eggs that deteriorate quicker and easier and, for vegetables and fruit I quite often try to trust "my eyes and nose" like my grandmother and great grandmother. Because often you can still eat your apple and broccoli after the use by date.

When you decide to freeze food please do be careful when you defrost it, you should fully defrost it and cook and eat it within 24 hours.

I will leave you this week with a few tips from FDA to help us all as busy parents to get the best of our food and reduce waste.

1. Plan your meals ahead

Try and get into the habit of checking what you already have in the fridge and freezer before you go shopping. Use up foods that are approaching their use-by date and other fresh foods like fruit and vegetables, meat, fish, cheese or milk first as these can go off over time.

2. Don't trust the sniff test!

Food can look and smell fine even after its use by date, but that doesn't mean it's safe to eat. It could still be contaminated. You cannot see, smell or taste the bugs that cause food poisoning.

3. Batch cook and freeze multi buys

If you are taking advantage of multi buys or larger pack sizes (e.g. chicken breasts) you can freeze them individually in smaller bags. You can also cook enough for two (or more!) meals, or batch cook, and eat one and freeze some for later - this avoids waste and minimises the effort of cooking.

4. Freeze food up to the use by date

Many people believe food can only be frozen on the day of purchase, however, you can safely freeze most foods right up to the use by date. Although it would be good to freeze it as soon as you know you aren't going to use it before its use-by date expires.

5. Wrap up

It is best to place food in an air tight container or wrap food well in freezer bags, freezer wrap or cling film before placing in the freezer otherwise the cold air will dry it out. Try to expel any air from freezer bags.

6. Freeze both raw and cooked meats

You can safely freeze raw and cooked meats and even cook defrosted meat into a new meal and freeze for use on another day. Simply defrost overnight in the fridge (be careful that raw meat doesn't drip on any other foods in the fridge and check it is thoroughly defrosted), use within 24 hours and cook till steaming hot.

7. Eat frozen food within 3 to 6 months

Foods can be stored in a correctly functioning freezer for a long time without going off, but it's the quality that deteriorates over time. So it's best to eat your frozen food within 3 to 6 months (but do check for any freezing instructions on the packaging). If your meat is frozen for longer - marinate it before cooking to improve texture or use herbs and spices to add flavour.

8. Defrost overnight in the fridge

You can defrost frozen food overnight in the fridge but check to make sure it is thoroughly defrosted. Once defrosted use within 24 hours and cook until steaming hot. If you need it quickly, food can be defrosted safely in the microwave, but check that there are no frozen lumps or cold spots in the middle.

Enjoy your food!

Marina

PTFA - Notes from the Chair



'Tis the season to be jolly...I think I'll reword that though... 'tis the season to be thankful....for so many things. This week, I'd like to say my thanks to all the volunteers, both named here and beyond, who have given time and energy to bringing Christmas to Sunninghill.

May I start with a big thank you to all our Christmas decorating and gift wrapping volunteers - Jo Vaughan, Liz Mears, Emma Corbett, Deirdre Hume, Helen Corner-Bryant, Sophia Radford, Laura & Mathew Rowbotham, Carol Krosnar, Heather Ray; and thank you John for your tree erecting expertise. A very productive and efficient Wednesday saw school transform into a Christmas marvel. Special thanks to the talents of Jo and Liz for bringing beautiful greenery in from their gardens and from the school grounds to adorn our mantelpieces and stairs. How beautiful it all looks.

The pinnacle of our week - the Sunninghill PTFA Christmas Fayre - has been masterfully overseen by Julie Hansen, thank you very much Julie. From juggling all the stall holders' arrangements (interest was coming through to the very last moment) and school and PTFA support, you have done a great job. A sparkly Christmas thanks to Sophia Radford, Kate Hopps and Carol Krosnar for

manning the tickets at the entrance and the Second Hand Uniform shop.

So many helpers came forward to promote and sell Christmas Fayre tickets, thank you all, especially the Class Reps including Claire Flower, Carol Krosnar, Samantha Barrington, Deirdre Hume, Diane Frake, Sophia Radford, Jo Vaughan and Jane Henshaw. Karen Woollam and the Reception and Nursery teachers get a special mention for additional ticket plugs at pick up and drop off. And of course such an event would not be possible without the help of school too - Kerry Davies and her marvellous team producing and serving delicious canapés, Les and Ray in helping set up the rooms and lighting our pathways (lights arranged by David Frake, thank you David) and Lydia Hampshire, Mandy Jones and Eileen Akerman who went beyond their usual high level of support this year to include being point of call for external ticket sales. The Christmas Fayre is happening after I pen this post so I will share more in next weeks' edition of Hermes.

You may remember in my first Hermes post of 10 November, I wrote that we were hot on Santa's heels looking to secure a date for a personal visit to Junior Prep. Well, I have good news to report....a date and time has been secured; Santa will be coming into school on the morning of Thursday 7 December! A sincere thank you to Claire Flower for being our super star Santa liaison.

Along with Santa's visit we have Junior Prep Nativity in the Hall (Wednesday 6 December at 9.15am), Carols under the Stairs (Thursday 7 December at 11am) and all school Carol Service (Friday 8 December at 2.30pm), it's shaping up to be a fun festive final week of term.

Lynn Strover
PTFA Chair
lynn@strover.biz
07563 574 536

Sports news

U13/12/11/10 Inter-house Hockey Results:

- 1st - Ridgeway
- 2nd - Frome
- 3rd - Maumbury
- 4th - Purbeck



U9 Tag Rugby v Leweston Result: Win 19 - 12



Kerry and her team laid on a delicious match tea including these cheese scones with cream cheese and smoked salmon!

Sunninghill started the match with great enthusiasm and scored lightning fast tries. The boys were encouraging each other and played as a real team. They did not get frustrated with the referee (Mr. Willemse) as he made some dubious decisions throughout the afternoon. All the boys scored tries and the entire team managed to take tags from their opponents. A well-deserved victory and a great end to our rugby season.

Contribution award goes to William for improving his movement and Max for scoring many excellent tries.

Junior Prep Inter-house Rugby & Hockey Results:



Rugby:
1st Ridgeway
2nd Frome
3rd Maumbury
4th Purbeck

Hockey:
1st: Ridgeway
2nd Maumbury
3rd Purbeck
4th Frome



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

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Weekly diary and communications

WHOLE SCHOOL DIARY OF EVENTS	Mon 4th	
	Tues 5th	Carol service rehearsal 9.00 - 12 noon
		Nativity Dress Rehearsal 2.15 pm
	Wed 6th	All reports on the Portal
		Junior Prep Pre Nativity Refreshments 8.30 am
		Junior Pre Nativity 9.15 am, School Hall
		Forms 5 - 8 boys games practice Redlands 1.45 - 4.30 pm
	Thur 7th	Christmas Jumper Day
		Carols Around the Christmas Tree 11.00 am
		Forms 1 - 4 Christmas Party 2.15 - 3.15 pm
		Forms 5 - 6 Christmas Party 3.15 - 4.15 pm
		Form 7 Paddington 2 @ The Plaza
		Form 8 Bowling, Weymouth, 2.00 - 4.30 pm
	Fri 8th	Last day of term
		Church service rehearsal 9.15 am - 12 noon
		Carol Service @ St Peter's Church 2.30 pm All Welcome
		Refreshments in the Drawing Room after the Service
		Term finishes at 4.00 pm with no Prep Club provision
	Wed 3rd Jan	Spring Term commences at 8.10 am
	LETTERS ON THE PORTAL	
		Menu
		Music Timetable Week 12
		Geographical link from Mr Stazicker
Fledglings		No letters
Nursery		No letters
Reception		No letters
Form 1		Form 1 Skiing Enrichment
Form 2		Form 2 Skiing Enrichment
Form 3		Form 3 & 4 Skiing After School
Form 4		Form 3 & 4 Skiing After School
Form 5		No letters
Form 6		Proposed Trip to Normandy
Form 7		Paddington 2
Form 8		Bowling