

Hermes

12th January 2018

Spring Term

Issue No. 444



“Seven puppies!”

Dear Parents

With Mandy enjoying a very well earned European break with Rob and their two girls, the compilation of Hermes rests on the broad shoulders of Lydia this week!

I write my usual weekly column accompanied by the gentle mewing of a whelping crate full of pups; seven to be precise. Ivy has had pups bang on schedule for her sixty-three days. Every now and then one gets rolled on by its very attentive mum and the mew becomes a very cross yelp, even at a day old. All seem to be doing very well though we won't completely relax until they're all feeding well and have got full tummies. More on their progress as they rapidly grow up.

It's all a bit confusing for Molly who really doesn't know what to make of it all. There are strange smells and sounds that remind her of something she can't quite remember. Does she have a good enough memory to recount her own pups? Can she recount all

the hard work it entails? I'm really not sure though I know she is fascinated.

I received a lovely letter this week from the Mosaic charity who sent their sincerest thanks for all the Christmas presents you kindly donated. I must in turn share this success with Karen Woollam whose brain child it was and who organised the whole thing.

Aren't letters a rarity and isn't it a pleasure every now and then to escape the immediacy and compelling nature of emails and texts for cutting open an envelope and reading what lies within. Posted on the staff notice board, they are always very well received.

Less good news arrived in the form of an early meeting with the Edward's boy and their dad Tim who had been trying to find me all week, eager to twist the knife a little deeper. As passionate Welshmen and more specifically Newport County fans, they were overcome with joy when their home team beat my beloved Leeds United 2-1 at Rodney Parade. What a great feat of dragon slaying for the Welsh minors (no sour grapes honest!) Their reward is a lucrative fourth round tie against Tottenham Hotspur. I think Leeds were saving themselves for their big promotion push to the Premiership!

The Ashes series that I have followed so closely via late night listening to TMS did not fare much better. At least LUFC took a 1-0 lead. Thrashed at the Gabba, England never recovered and did well to escape another complete whitewash. At least there's the Six Nations to look forward to!

Elsewhere in school we had our first PTFA meeting of the year. We were told of the excellent result from the Christmas Fayre which raised in excess of £1300. This is a first class effort and I thank all those who helped organise or support the event. I seem to remember the Worthington family won the top raffle prize of a catered meal for six by Brown Goose. I will try to find out how they got on for you.



We also plotted the events for the term ahead, which include a disco for the children, and a barn dance and hog roast for their parents one evening. I am sure the organising teams will give you more information in the next few weeks.

Talking of plotting ahead, the teachers have been trying to find a new challenge for the year ahead and have decided to attempt the Dorset Duddle in the May Spring bank holiday. A duddle it certainly won't be!

The route starts at Weymouth and finishes at Swanage, is 32 miles in length and has a total ascent of 3000m all in under twelve hours. I will keep you informed of how our training is going.



Finally, Form Three entertained us with their New Year assembly this morning. It

was delivered with great confidence and enthusiasm. Given there was just one week to get ready it was of a remarkably high standard. Congratulations to Mrs King for stepping forward to do the first assembly of the New Year and to Sam H for bravely playing us all out with his two piano pieces.

Wishing you a wonderful weekend ahead

A handwritten signature in black ink that reads "John Thorpe".

Mr John Thorpe
Headmaster

Fledglings

Fledglings have been exploring the cold, snow and ice this week, we are proud of our work.



Nursery

We are looking at the theme Jack and the Beanstalk. Raife liked the idea of planting a 'magic' bean and clearly likes using organic materials - initially wanting to use his hands to fill a pot with compost! After planting his bean, he then made a castle to attach to a stick that we put into his pot. He understood the idea that he could grow his very own beanstalk, up the stick to reach the castle, and seems very keen to see it grow!



We welcome Martha and Mabel into Nursery who have just moved up from Fledglings. They are continuing their friendship.



Form 3 - Wishes for the World

Stop poaching endangered animals.
Stop global warming.
Stop destroying the habitats of plants and animals.
Don't cut the rainforests down.
World Peace- No more wars and stop making nuclear missiles.
Treat everyone equally regardless of colour, race or religion. Treat others as you would want to be treated.
Every child should be able to go to school.
Clean up the pollution in our oceans, seas and rivers.
Recycle litter.
Don't over-fish our oceans.
Share the world's food equally so no one is starving.
Help the homeless people. Everyone should have shelter.
Use more solar, water and wind energy.
Use electric cars.
Clean water for everyone.
Everyone to be happy and laugh!!!



Form 4



We really need some large Lego base boards (and Lego) for our recreation of Dunkirk in our World War Two topic. If parents are happy to donate or lend any Lego and/or Lego base boards it would be hugely appreciated!

If anyone is lending them please let me know so I can ensure they get back to their rightful owner.

Thank you in advance

Lecca Moss

Domvs Story House Competition in Association with the Dorchester Literary Festival



Congratulations to Lily and Henry who were winners in the Story House writing competition organised as part of the Dorchester Literary Festival. The awards ceremony for this competition took place in the Dorchester Library on Wednesday evening. Lily's and Henry's stories were read by seven judges in total in the three stages of judging. The theme this year was "A New Beginning". Henry's story, read by the writer David Solomons, was dystopian

fiction with a good deal of humour. Lily's moving story was read by Julian Fellowes who appreciated the realistic style and believable characters and setting.

In other news.....

Skiing

Day 1 of Anglo-Scottish races and a delighted Atlanta (Form 7) has won bronze in slalom! The medal was presented by the legendary Alain Baxter.



Atlanta then won Silver in the giant slalom! Fingers crossed for more medals for the next few days and maybe a gold next.

Meeting an Olympic Swimmer

Poppy and Holly had the chance to attend a training day at Millfield School with Olympic swimmer James Guy. They had the opportunity to train with him in the pool, partake in some land training and listen to his motivational speaking. It was a fabulous worthwhile day which the girls really enjoyed and worked very hard to represent their school and club.



SPS Fitcamp

Run by First Class Fitness

Are you ready to lose your Christmas 'Overhang'?



Why not join us on Tuesdays (in the School Hall) and Thursdays (on the astro) from 8.15am to 9am. We're a fun, friendly bunch of ladies and gents who get together under the supervision of First Class Fitness. Marcus and Harry are our fantastic PT's who show us the ropes and keep an eye on our safety. If you're only free one of the days then that's no problem at all either, it's flexible too! All this for only £6 per session. Registration and payment is on line.

First Class Fitness has been running for over three years now and was founded by Marcus Biles and Jamie Heath, however, since then two more coaches Mesha Moinirad and Harry Reynolds have come onboard, and 'The Boys' as they are known, have formed a fantastic team of enthusiastic coaches, and together coach roughly one hundred and fifty men and women every week in group and 1-to-1 settings.

During the ten weeks (now 9 weeks as week 1 has taken place) you will likely meet all four coaches, however Marcus will be heading this programme, and Harry will be second in command. If you need to contact The Boys at any point please do not hesitate and use the contact details at the bottom of this info.

We will not run half-term week, as obviously you mums and dads are way too busy during this time; and this programme will take us up to the Easter holidays.

Any questions at all then please contact Marcus on 07817172002 or email firstclassfitnessmj@gmail.com or you can contact Jo Sloley 07768 800 358 or Kate Hopps 07970 878 130 or Karen Woollam 07881 950 369.

Notes from a small garden

The sun came out and dried up all the rain...

Well some of it, and we all got stuck in with planting some new things into our garden, two Rhubarb 'crowns' (who knew? Not me!) which despite looking a little dishevelled and unappealing our guru assured us they will sprout beautiful heads of delicious fruit come the spring. I think this will have to be the next food challenge as not one child said they like rhubarb!

We planted one in a pot and one in a well dug hole, the girls certainly know how to dig! It will be interesting to see which crown does best.

Next we sowed our sweet peas, we all enjoyed mixing up the colours and cannot wait to see what comes up!



Isadora did a great job of cleaning out the birdbath, tidying the hedgehog house, and a liberal sprinkling of birdseed meant all our winter visitors are well looked after for another week.



PTFA - Notes from the Chair

It's been a busy week behind the PTFA scenes with lots of preparatory activities going on. My continuing journey of digesting our constitutional requirements has brought GDPR (General Data Protection Requirements) to my attention and we will be doing our bit to ensure we are ready to meet requirements relevant to the PTFA by May 2018.

On Thursday evening, we had our first PTFA Committee meeting of the term with a packed agenda, enjoyed over a lovely cheese platter and choice libations, thank very much Kerry. Mmm!



We started with a look back to our Christmas activities and I am delighted to confirm that the final numbers from the Christmas Fayre show that this event raised over £1300! Thank you everyone for your support, what a result! Feedback on Santa's visit to Junior Prep was overwhelmingly positive so I will be looking to get a slot in his diary for a return visit in early December.

Moving on to this terms events, the School Disco on 26 January will rock and roll with Junior Prep years enjoying DJ Jamie's entertainments as their school day finishes from 3.30pm/4.00pm to 5pm and Senior Prep from 5pm to 7pm, entry £1 per child on the door.

A lively discussion then ensued on all possible aspects of the Barn Dance on 16 March with lots of rapid research to be done in the week ahead. I'll update you on the details once the various quotes are in and decisions made.

Earlier in the week, Steve Ray (Treasurer) and I made a visit to Athelhampton House to kick start our event planning discussions for our May Ball 2019. We will be having a dedicated PTFA meeting to discuss this event in more detail on Thursday 1 February, 6pm in the Drawing Room at school.

Phewy....roll on the weekend, wishing you fun family time together.

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

Nutritional Natter



I hope you all had a Great Merry Christmas, spent in peace and happiness with Family and Friends. We had a very good one since we managed to travel to Portugal and spend some quality time with our loved ones.

As it's the beginning of the year and although I don't really think this is the only time we should think about ourselves and our health, I have to agree for all of us it's probably the best time to evaluate what happen last year and to think about some changes.

So, I decided to only advise you to think about small and realistic steps and perhaps to try to break down any plans/changes into several steps and just embrace the changes. You can do it, all of us have the power to do it. Just think about what makes you happy and bright!! Then, think small and take one step at the time.

Using a daily diary to understand what we are eating or to check how much exercise

we are doing does help a lot. And if you are feeling a little bit depressed or down, this is also a good idea. Sometimes it's good as well for us to understand that often we have a lot to be grateful for in life but often we don't think about it until we see it written down.

Finishing today with some recipes for you to try and perhaps share with other families. Please tell me what you think. Why not cut down on meat and try a vegetarian meal twice a week? Or try to have fish once or twice a week?

<https://www.bbcgoodfood.com/recipes/collection/fish>

www.bbcgoodfood.com

Top up on Omega-3 and treat your tastebuds, with fishcakes, oriental-style soy-glazed tuna steaks and sea bass with sizzled ginger, chilli & spring onions.

Embrace the changes and have a fantastic 2018!

Marina

Sports News

The U10 and U11 netball matches v Bournemouth CS next Weds 17th have been cancelled. The Prep school can no longer play on their courts as they are unfit for use. They have moved their matches to the Senior School site over at Boscombe and this is too far for us to travel. The girls will have a practice at Redlands from 2pm - 4pm. Return to school by 4.30pm for pick up.

Mrs Wilson

Hermes Editor: Mandy Jones

Our Contact Details:

South Court, South Walks, Dorchester, DT1
1EB
Tel: 01305 262306
Prep Club Mobile: 07437 891994

School email addresses:

Lydia: lhampshire@sunninghill.dorset.sch.uk

Mandy: registrar@sunninghill.dorset.sch.uk

Form 8 responsibilities

Spring Term:

Head Boy:	Lucas Jones
Head Girl:	Isabella Hopps
Sports Captains:	Hannah Davis Khalid Miah
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 15th	U11 in2Hockey Tournament @ Castle Court 2.00 pm
	Tues 16th	U8 & U9 Tag Rugby v BCS (A) 2.15 pm
	Wed 17th	Class Rep Meeting 8.30 am
		U13 Bryanston Netball Tournament 11.00 - 5.00 pm
		U13/12 Hockey v Castle Court (A) 2.30 pm
		U10 Hockey v Castle Court (H) 2.15 pm
		U11 Hockey v Castle Court (H) 2.55 pm
	Thur 18th	Reception Swimming
		Form 3 & 4 After School Skiing
		Form 7 Youth Speaks United Church Dorchester 6.00 pm
	Fri 19th	Form 4 Assembly - all parents welcome, 8.30 am
		Parent & Toddler Group, 10 - 11.30 am
		Form 2 Skiing Enrichment, Warmwell
LETTERS ON THE PORTAL	Reception to Form 8 Spring Term Clubs	
	Week 3 Music Timetable	
	Menu	
Fledglings	No letters	
Nursery	No letters	
Reception	Spring Term Clubs	
Form 1	LAMDA & Spring Term Clubs	
Form 2	LAMDA & Spring Term Clubs	
Form 3	LAMDA & Spring Term Clubs	
Form 4	LAMDA & Spring Term Clubs	
Form 5	LAMDA & Spring Term Clubs	
Form 6	LAMDA & Spring Term Clubs	
Form 7	Letter about a French day & Youth Speaks	
	LAMDA & Spring Term Clubs	
Form 8	LAMDA & Spring Term Clubs	