

# Hermes

26<sup>th</sup> January 2018

Spring Term

Issue No. 446

## “Sleepy Head”



Dear Parents

I begin my Thursday evening editorial rather later than usual having been a guest at the 38<sup>th</sup> Clayesmore Lecture given by Lord Robert Winston, of medical, TV, political and House of Lords fame. He spoke for two hours in great depth and detail, without notes, on all aspects of how and why the brain learns. It was all quite fascinating though much of it flew a long way above my head.

I do remember him telling us about the improvements to cognitive development that takes place when a child learns a musical instrument.

He also briefly touched on how the development of the brain relies on high quality food and how its development is aided by a vigorous exchange of oxygen that is facilitated during exercise. Interestingly and unsurprisingly we were told that sleep also plays a major role in learning.

He finished with a discussion on memory though I've forgotten what he said! He shared with us the benefits of laughter, how it releases endorphins, those feel good drugs

and how it is a great part of our social bonding.

There was quite a bit of that (laughter) in school yesterday.

It all started when I awoke feeling unusually refreshed with an almost Saturday feel about the day. A quick glance towards the curtain through barely open eyes, showed a bright shard of light shining through. How lovely I thought; a cold, dry winter's day; a long walk along the river with Molly; bacon and eggs; fresh coffee and a broadsheet newspaper. Bliss!

Then a bolt of lightning hit me right between the eyes! We had overslept and it was 7.45am. What a panic.

I arrived at school to find a large picture of one of the seven dwarfs pinned to my door. You guessed it - Sleepy! I'm a bit of a stickler for you all arriving late so had to take some of my own medicine.

It's a fair cop, gov!

Thankfully our Chairman of Governors is skiing in Wengen so we may have got away with it.

School has been full of the talk and sound and smell of pups this week.

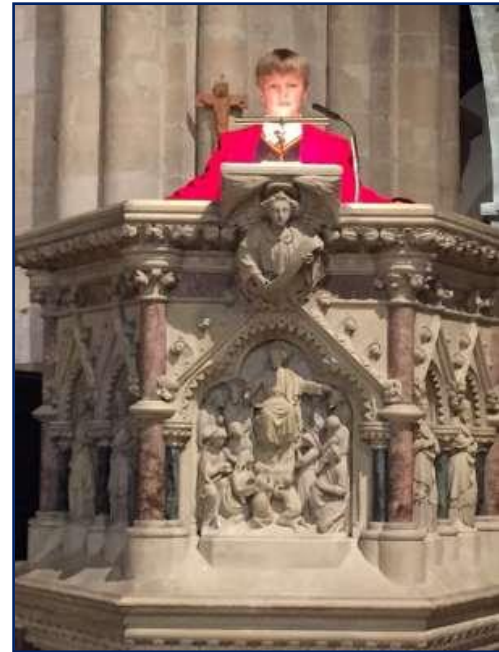
There's news of Hungarian Vitzlas, French Briards, Black Labs and Caverpoochons. It's obviously the season for getting a new dog and a fantastic way to avoid all those jobs you've been putting off.

In my Monday assembly I talked to the children about a passion I have had as a child that remains with me to this day.

I'm a twitcher. There, I've said it. It wasn't too hard and I feel much better now.

The reason for my discussion is that this weekend sees the start of the RSPB Big Bird Watch. We are all being encouraged to spend an hour surveying the bird life that we can see in our garden over the course of one hour. It is a survey that many thousands of bird lovers all across the country will join in with to give us a good idea of what is happening with common species that seem to be in decline.

Can I encourage you to have a go with your children? All the tick sheets and identification charts can be downloaded online.



On the topic of fundraising Pippa S continues to plough her fundraising furrow. I say Pippa, but much of the responsibility seems to have fallen on her patient dad who seems to have been holding the fort each time I have been in Compass Lobby.

There's one more survey Mandy and I would really would like your help with and that relates to our own survey on how well we communicate. It has been carefully designed to allow you to complete it in a couple of minutes and will really help us gauge where we can improve.

I would like to offer my congratulations to Kristie Scott and her new husband who tied the knot last week. I wish them many years of happiness together.

Tom C is very much into his wildlife and loves to be out on the farm. I think I've mentioned him before in Hermes as he keeps hens and sells the eggs with all proceeds going to the Joseph Weldmar Hospice.

The following photo shows Tom reading at Winchester Cathedral. What a great achievement and how well he did representing the school. He had a tough act to follow as the previous reading was delivered by Lord Fellows of Downton Abbey fame.



In today's assembly we were royally entertained by the amazing Form 1s who

delivered “Jack and the Beanstalk” to us. They had the most amazing costumes and even those sat right at the back could hear every word. There were no nerves and all seemed to really enjoy themselves.

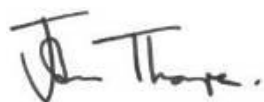
In an interesting twist to this traditional tale Mrs Jackson asked the audience who was the real baddy in the story.

Of course the nasty child eating Giant was named and shamed.

But wait, said a more thoughtful senior pupil. Wasn't it Jack who burgled the house and stole the hen that laid the golden egg?

Hhhmn!

Wishing a weekend full of winter sun



Mr John Thorpe  
Headmaster

### ***Fledglings***

This week Fledglings have been practising their numeracy skills. Amongst other activities we have been counting and threading, doing actions to number songs and have learnt to sign and say some numbers.



### ***Nursery***

The children really enjoyed their P.E lesson today!

Firstly, we practiced our ball skills by throwing, catching, rolling and kicking the tennis balls. We also moved them around without using our hands and feet and used our heads, tummies and other parts of our bodies instead!

For the most part of the lesson, we played 'cups and saucers'. The children had to split into two teams, with one team turning the cones upwards and the other team turning them face down. They had so much fun playing this game, and picked up the rules/instructions so quickly!





We found a number of things like Y shaped sticks, love heart shaped stones and a variety of leaves and berries. We have also made crowns and presents for the Queen.



The children all had an opportunity to taste some porridge with different toppings! They all seemed to really enjoy eating the various different 'samples' but I think the porridge mixture with jam came out as the winner!

## In other news.....

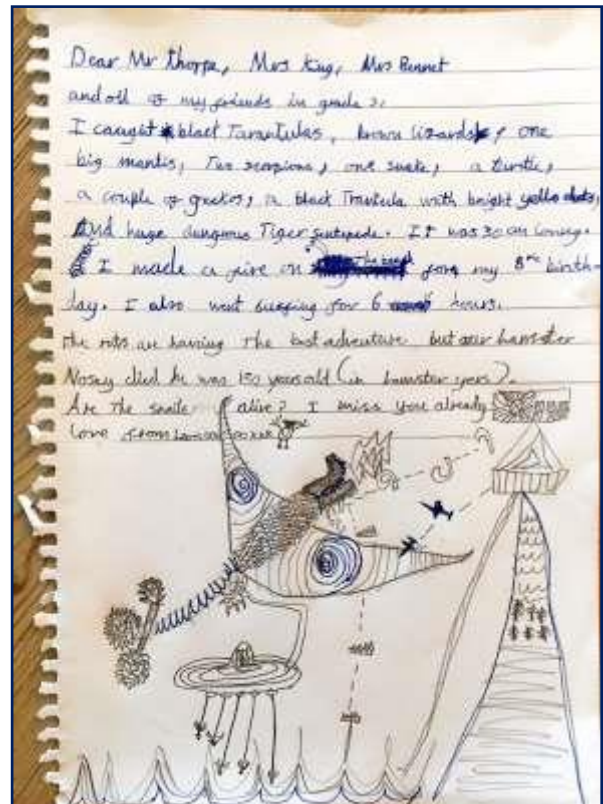
### Team James

It is wonderful to receive an update from the James family who are studying and travelling in Spain.



### Form 2

We have been busy taking on the challenges of the Queen's Quest in order to earn our Invitation to the Royal Banquet.







Dear year four,

I've caught lots of different species of bugs and animals, like a river snake, 2 scorpions, 3 turtles, four black tarantulas, <sup>and</sup> a very dangerous tiger centipede and a most beautiful praying mantis.

I'm really enjoying reading at the moment I'm on Harry Potter number three when professor Lupin turns into a werewolf at night midnight. I'm working really hard at maths and speaking Spanish every day. I've been riding with a crazy horse <sup>club</sup> and surfing on the whole family really enjoy it now everything is going well at Sinking Hill.

From Max

Dear year 5,

I hope that the weather is okay for you all. Has it snowed yet? I am in south Spain, I can see Morocco from where we are, it's only 30kms away by ferry. I have been learning alot more Spanish. And I have been homeschooling every day. One we went for 6 hours with my mum, we only had one orange to eat and finished it all!

I have read 4 books, I loved all of them, especially The Boy Who Harnessed the Wind, It's about a boy that builds a windmill and becomes famous. He is sent to a special school, he gets very homesick but in the end it is a happy story because he sends <sup>food</sup> money home to his mum and dad, he is an inventor.

please write back to me about how lessons are going.

I can't ~~wait~~ <sup>wait</sup> to see you in the end of february.

Love from Indy



### Holiday Club



## Easter Holiday Club

Dates have been confirmed for the Easter Holiday Club. We are offering almost 2 weeks during the Easter holidays that can now be booked via the website, link below.

If you have any queries please do not hesitate to contact us in school. Please also do not leave it too late to book, all forms need to be submitted by Friday 16<sup>th</sup> March to ensure that all days can run.

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

## ***PTFA - Notes from the Chair***

I'm kicking off with a thank you to all our PTFA Volunteers who helped to put on the School Disco: Karen Woollam, Amanda Farran, Sophia Radford-Wilson, Julie Cosgreave, Helen Corner Bryant, Kate Hopps, Emma O'Donnell and Tracey Sales. They expertly set up the rooms with bunting and balloons, kept the refreshments flowing and did the all important clearing up at the end. Thank you all.

A resounding thank you too to the form teachers and staff members who came along to help support and supervise the disco. I know this may not be the most appealing gig from a staff perspective so an extra special thanks to you.

No doubt many Parents will be reading this on Friday evening after the School Disco, I hope you've been listening to excited young voices telling you what a fun time they had. Do let me know any feedback you have to help us enhance and improve each event. We'll have some photos and a report on the best dance moves in next weeks' edition of Hermes.

On the subject of volunteers, I'm going to take this opportunity to put a call out for our next event, the Barn Dance on Friday 16 March. Pupils will have their own barn dance during enrichment in the afternoon with Parents and Teachers Barn Dance to follow in the evening from 7pm with live band.

We are looking for volunteers to help decorate the Community Hall at lunchtime on Friday 16 March, and for parent volunteers to help welcome guests, check

tickets and staff the bar during the evening. It would be great to get a team of us together so we can rotate and all get a chance to do some boot scooting. Let me know if you're interested...I've had some names come forward already (you know who you are, thank you!) and I'm keen to add to the list.

Here's to a fun, and hopefully drier, weekend

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

## ***Sports News***

***U8 Girls' High Five Netball v Knighton House***

***Results: Loss 1 - 3***

As this was the first match for year 3 girls there was much excitement on the journey.

We played 4 quarters of 5 minutes and Knighton House started incredibly strongly. They were faster and braver than SPS.

This was, however, a game of 2 halves as SPS learnt quickly and began to put passes together to move up the court and managed to get the ball in the shooting circle several times. They also found the ability to mark the players too.

In the final quarter, with the score 2-0, SPS got the ball and passed it nicely up the court to Mirabelle in the shooting circle and she scored a great goal. Unfortunately, SPS were in celebratory mood for too long and Knighton House got the ball into the shooting circle virtually unmarked and scored their final goal straight from the centre pass.

**Contribution Award: Lucy for some excellent passing.**



## ***U9 Girls' High Five Netball v Knighton House***

A very depleted team went to Knighton with only 3 players in school. The game was 4 quarters of 5 mins and two different Knighton players joined us each quarter. It was a lovely match, very even with the ball going from end to end. It was everyone's first match but all 3 girls played very well rotating positions and gaining some valuable game experience. The passing was good but the 'moving' needs more work. Moving into a space to receive the ball would improve the flow of the game and having the confidence to shoot. Plenty to practise but well done to Amelia, Isabel and Imogen.

**Contribution award:** The Knighton House players awarded Amelia for her contribution in the game.

## ***U12 Girls' Netball v Knighton House***

## ***U13 Girls' Netball v Knighton House***

## ***U10 Girls' Netball v Knighton House***

## ***U11 Girls' Netball v Knighton House***

***Results: cancelled by Knighton House due to illness***

## ***IAPS Swimming Regional Round***



Fourteen pupils travelled to Millfield on Thursday to represent the school in the IAPS regional swimming competition. Rounds are held all over the country and the races are all about times.

When they have all the results in from the various regions they select the top 16

swimmers in each event to compete in the national finals.

All our swimmers competed brilliantly and it is hard when you have to sit through all the relay events for your individual race. Congratulations to;

Poppy S	1 <sup>st</sup> U10 Girls 25m Backstroke
Holly K	1 <sup>st</sup> U10 Girls 25m Breaststroke
Freya B	1 <sup>st</sup> U11 Girls 50m Breaststroke

We had a mixture of places in all the other events; some personal bests and some great competitive races with close finishes. What a fantastic venue to experience.



I will give the children all their times when Millfield send them.

**Well done everyone.**

Sue Wilson

## ***U8 Boys' Hockey v Castle Court***

Castle Court descended on us with 23 players. We weren't sure if they were just worried and needed to come in numbers or had heard that the match tea was well worth travelling for. With no substitutes our players had to play three different games. In the first game the boys settled in well to the positions that they had been given and defended well but couldn't quite get it in the back of the net. In the second game we went a goal down before Max's determination paid off and scored the equaliser. By the third game the boys were

looking a little more tired and unfortunately the excellent defence was finally broken and Castle Court scored the only goal.

Overall the effort was superb with increasing confidence shown by all boys. The afternoon can be summed up as 7 against 23 and 1 goal to 2.

**A moral victory resulting in the contribution award to the whole team!**

### ***U9 Boys' Hockey v Castle Court Results: Draw 3 - 3***

The U9 boys played three mini matches against Castle Court.

In the first of the three matches Sunninghill started strong, dominating possession and controlling the ball beautifully. Overall carrying skills were much improved and the individual ball skills on display were excellent. James and Aaron were rock solid in defence, calmly controlling the ball and clearing any potential danger. Sunninghill won the first match 1-0.

In the second match, the players changed positions and were asked to put more pressure on Castle Court. Castle Court also improved their play and a tough battle commenced. Castle Court scored early on but Sunninghill fought hard in midfield with excellent interceptions and passes from Theo, Vishnu and William. Otis managed to score the equaliser 2 minutes before the end with a long range powerful hit.

In the final match Sunninghill did not start composed in defence and managed to concede two sloppy goals. Gradually momentum changed and the boys fought hard to get back into it. Sam, Ben and Thomas created wonderful opportunities which enabled Theo to score the 1-2. Excellent effort from all the players and much improved hockey skills. Well done!

**Contribution Award: Thomas E for displaying brilliant individual ball skills and control.**

### ***U12/13 Boys' Hockey v Sherborne Results: Win 1 - 0***



A wet afternoon saw Sunninghill take on Sherborne at home in what proved to be a tight affair. A first half goal arrowed into the bottom corner by Dylan after some lovely passing and moving showed the boys improvement and understanding of the game we are trying to play.

Both teams tried to move the ball around and without the excellent efforts of Lawrence in goal Sunninghill may have found themselves behind in the second half. Great defending by Douglas and Dominic who never stopped running allowed the team to spread the ball wide creating some good chances. Khalid was a constant threat as striker and linked with Dylan well. A thoroughly enjoyable match to watch and a well done to the whole team for a much improved performance.



**Contribution awards: Lawrence, Dylan and Dominic.**



**U11 Boys' Hockey v Sherborne**  
**Results: Win 5 - 7**



By Captain Tymon

We were caught unawares at not having goalies and soon found ourselves 5-1 down in the first five minutes. Our heads were beginning to droop and were losing confidence in our hockey skills but after two goals of our own we were back in the game. In fact as our self-belief grew we kept scoring and didn't let them into our own half. We had so many chances and finished deserved winners with our heads and confidence held high.

Archie set up two goals and scored goals as well. Henry ran their right back ragged and dominated the left field. Daniel adapted quickly from Goalie to Sweeper Keeper and stopped them scoring for the entire second half. We all played really well.

By Captain Tymon

**Contribution Award: Archie was the catalyst that sparked our recovery and with his assists and goals gave us our first win of the season.**

**U10 Boys' Hockey v Sherborne**  
**Results: Win 6 - 3**

The u10's started aggressively and were keen to put as many balls in the final third as possible. They controlled play and stormed to an early lead after Gethyn, Orlando and Harri smashed three goals in. In the second half Sherborne improved their

standard of play and also scored impressive goals. William displayed excellent carrying skills whilst Tom, Henry and Aidan were playing well in defence.

An excellent team performance and a well-deserved victory.

**Contribution Award: Theo for making excellent saves in goal!**

**School email addresses:**

Lydia: [lhampshire@sunninghill.dorset.sch.uk](mailto:lhampshire@sunninghill.dorset.sch.uk)  
Mandy: [registrar@sunninghill.dorset.sch.uk](mailto: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

**Hermes Editor: Mandy Jones**

*Our Contact Details:*  
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Prep Club Mobile: 07437 891994

# Weekly diary and communications

<b>WHOLE SCHOOL DIARY OF EVENTS</b>	Mon 29th	Horse riding Club
	Tues 30th	Form 2 Thorncombe Woods, 9 - 12 noon
		U8 & U9 High 5 Netball v Salisbury Cathedral @ Milton Abbey
		2. 15 pm - Milton Abbey Post code: DT11 0BZ
		U8 & U9 Hockey v Salisbury Cathedral (H) 2.15 pm
		Form 5 Parents' Evening 4.45 pm
	Wed 31st	Reception - Snow Drop Walk, Herrington House
		U13 & U12 Netball Tournament @ Dumpton 12 noon
		U11/U10 Netball Practice @ Redlands
		U13/12 Hockey Practice @ Milton Abbey
		U11 Hockey v Dumpton @ SPS 2.15 pm
		U10 Hockey v Dumpton @ SPS 3.00 pm
	Thur 1st Feb	Reception Swimming
		Form 3 & 4 After School Skiing
		PTFA Committee Meeting, 6.00 pm SPS
	Fri 2nd	Open Morning 9.30 - 12 noon
		Rec, Forms 1 & 2 Banquet Morning
		Parent & Toddler Group, 10 - 11.30 am
		Form 2 Skiing Enrichment, Warmwell
		3 x pupils Forms 7/8 Debating Competition, Milton Abbey
<b>LETTERS ON THE PORTAL</b>		Open Morning letter
		Week 5 Music Timetable
		Sports Fixtures and Team Sheets
		Menu
<b>Fledglings</b>		No letters
<b>Nursery</b>		No letters
<b>Reception</b>		Snowdrop Walk/Calendar letter from Mrs Thorpe
<b>Form 1</b>		Calendar letter from Mrs Thorpe
<b>Form 2</b>		Calendar letter from Mrs Thorpe
<b>Form 3</b>		No letters
<b>Form 4</b>		No letters
<b>Form 5</b>		Form 5 Parents' Evening
<b>Form 6</b>		No letters
<b>Form 7</b>		No letters
<b>Form 8</b>		No letters