

Hermes

2nd February 2018

Spring Term

Issue No. 447

“A bacteria cafeteria? ”



Dear Parents

I'll start this week's Hermes with a tempting prize for you.

On offer is a special “Friday Card” for your son or daughter, normally reserved for our celebration assemblies.

You can chose from one of the following three options:

- A “get out of trouble free” card
- A “choose the lunch” card
- A “get out of homework free” card

All you have to do is be the first person to email me the name of the group who sang the following lyrics:

“January, sick and tired you been hanging on me

You've been sad with your eyes, you're telling me lies.... ”

Its relevance is hopefully self-explanatory as I am really glad to see the back of this wet and miserable month. Let's hope the lengthening days of February offer that cold

dry winter weather that we all long for and that spring is just around the corner.

To cap it all off, a rather virulent “lurgy” seems to have parachuted into school this week with significant numbers of children and staff phoning in sick. Poor Lydia and Mrs Brunt have been run ragged with organising cover and updating registers. Mrs Wilson and Mr Willemse have also been struggling to put our full quota of teams out.

For the first time that I can remember, we also had to cancel a parents' evening on Tuesday due to staff illness. I hope Form 5 parents have got the message that it has been rescheduled for next Tuesday 6th February, same time and place.

Thankfully, there are still some hardy souls about and it didn't stop Form 2 from visiting Thorncombe Woods as part of their Traditional Tales topic. They also had an amazing banquet in school this morning.



In my Monday assembly I chatted to the school about how their RSPB Big Bird Watch had gone. Despite Saturday being a total wash out I was pleasantly surprised how many families took the time to complete the survey.

Despite seeing many different species of birds in my own garden on a regular basis, my regular visitors were very conspicuous by their absence with the exception of a large flock of collard doves.

Elsewhere in school, Mandy tells me we have had an excellent response to requests for your thoughts via our communication survey. We will sit down and digest the comments that you have sent in, and share with you our thoughts and responses.

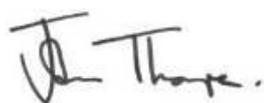
On Thursday evening the PTFA met for a planning meeting. It was agreed that the disco had been very successful and was enjoyed by over 100 children. I must thank all the parents and staff helpers who helped it run so smoothly.

We also looked at more details for the Barn Dance to be held on Friday 16th March and added more “meat on the bone” for the 2019 Ball and Auction of Promises. I’m sure our excellent Chair Lynn will share more details with you in due course.

Finally, we were very pleased with the turn out for Open Morning today. In all we had a dozen families join us, many with children lower down the school. We also enjoyed the company of two St Genevieve’s alumni who really enjoyed their visit, sharing some of their daring exploits with Holly and Poppy!

Our Form 5 and Form 7 children were superb tour guides and loved the opportunity to show off their school to prospective parents. As we have all come to expect, it was organised superbly by Mandy our Registrar accompanied by wonderful catering from Kerry and her team in the kitchen.

Wishing you a wonderful weekend together



Mr John Thorpe
Headmaster

Fledglings

This week Fledglings have been enjoying the story of The Very Hungry Caterpillar, we especially liked feeding him.



We have been exploring different ways to mark make by painting on film vertically, it was fun to see our friends painting on the other side



Nursery

It is Shrove Tuesday over the February half term so Nursery decided to get in on the act early.

The children were given the opportunity to add their own topping to a pancake during snack time today!



Most of them chose to use golden syrup - whereas Raphael and Yasmin had sugar but all agreed that they were delicious when it came to eating them! It was an opportunity for the children to tell us what they liked about the pancakes, how they tasted and to explore their senses with smell and taste.

Mrs Beasley thinks they may want to have them again judging by their responses!



Reception



Reception went to visit Herrington house with Liz. She showed us around the grounds and we found lots of snowdrops. Thank you to the Williams family for letting us visit.



Form 2

Form 2 had a wonderful time playing at Thorncombe Woods this morning, as a reward for reaching the top of their smiley mountain.



They used their imaginations to create a number of games and worked together building dens and enjoying some amazing dens that had been left by others. They also used the cover of the trees to try to sneak up on The Wolf (A.K.A. Mrs. Thorpe), but she was too quick for most of them!

All of that fun was so tiring that we needed to stop for a piece of fruit and a biscuit.



Junior Prep

To round off our traditional tales topic, Junior Prep held a huge banquet. Everybody came dressed as fairy tale characters. We had princesses, princes and knights. There was even a wolf and a dragon who promised to behave!

Form 2 provided entertainment with jokes and tricks and a fantastic country dancing troop from across the age groups performed

in front of the crowds. A fantastic time was had by all.



In other news.....

Music news

All music timetables have been uploaded to the parent portal.

Mrs Hawes will be teaching on Friday.

Mr Garden will not be teaching this week.

There is an Informal music concert on Tuesday at 4pm in the music room, all welcome to come and play please sign up on the music room board.

Lost Property

Iola's (Form 5) named sports jacket has been missing since last week. It has her gum shield in the pocket. Can you please look out for it and return if found

Rotary Young Writers 2018

From the five Dorchester schools who entered this year's competition, winners have been chosen by Robert Potter, a retired head teacher.

The results are:

JUNIOR (7-10 yrs)

First: Gabriel Form 6

Runner-up: Eleni Form 6

INTERMEDIATE (11 - 13 Yrs)

Runner-up: Ophelia Form 8

Congratulations!

Wear a hat day



Wear a Hat Day - for brain tumour research

- Brain tumours kill more children and adults under the age of 40 than any other cancer
- Just 1% of the national spend on cancer research has been allocated to this disease
- Up to 40% of all cancers spread to the brain

- 16,000 people are diagnosed with a brain tumour every year

Please come to school on Friday 9th February in home clothes and wear a hat! And donate towards this worthy charity.

Ice Hockey

We've heard from Harvey (Form 1) currently living and studying in France and he's been having a fabulous afternoon of ice hockey!



Dorchester Library

Children's and Young People's Survey

The Library want to find out what children and young people think of the library service provided for them, and any suggestions they have as to how the service can be improved.

All Dorset Libraries and Community Managed Libraries will run the survey for two weeks from 12-24 February (one week during term time and one week during a half-term) in the library.

All children and young people up to 16 years of age will be asked to complete a simple questionnaire asking them about their use of the library and their satisfaction with core services.

Parents or carers of children aged 0 - 7 will be asked to complete the survey on behalf of their children.

Children aged 7 and over will be asked to complete their own survey.

Nutrition Natters



” I believe the greatest gift you can give your family and the world is a healthy you” - Joyce Meyer

Hello!

This week I thought we could speak about vegetables again, and why not one which is getting more popular **Squash!** In my view, although this veggie is getting a little bit more popular people are still unsure about it, either due to lack of knowledge and misconceptions or just because they haven't tried it before. But let me tell you, try it, you don't really know what you are missing. It's such a tasty veggie!!

The squashes belong to the cucurbits (cucurbitaceae) family and that includes cucumbers, squash, pumpkins, courgettes, watermelon, and melons. Pumpkin and butternut squash are two types of squash but there are four species of genus cucurbita.

Here in the UK we tend to see in the shops and use the butternut squash more but other countries like Portugal, Spain and Canada, the pumpkin is more popular.

The nutrition value of this vegetable is huge! Full of vitamins and antioxidants! It's a very good source of Fibre, Vitamin A, Vitamin C, Potassium and Manganese. It's very low in

saturated fat, cholesterol and sodium. So, you could almost say it's a fat-free natural product like the majority of the vegetables. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Calcium, Iron and Magnesium. Therefore it's very beneficial to anybody with CVD like diabetes, heart conditions and high blood pressure and of course, to maintain your cholesterol levels at bay. And for our children it's a very good option because it has a sweet and nutty taste and also, will give them the calories they need from the carbohydrates it contains but with no extra fat.

The difference between the squash is really not massive but some species can have more vitamins and antioxidants than others.

So, for some of us who aren't really familiar with this veggie why not try a few recipes?

Here are a few recipe ideas:

Pumpkin pancakes

<https://www.marthastewart.com/1154656/pumpkin-pancakes>



<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2648/22>

http://www.bbc.co.uk/food/butternut_squash



A very popular recipe in Portugal
<http://www.foodfromportugal.com/recipe/pumpkin-jam/>



Enjoy your food!

Marina Mendes

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 16th March to ensure that all days can run.

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

PTFA - Notes from the Chair

What an afternoon we had on Friday 26 January at the School Disco. Lots of smiles and laughter to accompany the enthusiastic shapes being thrown and lyrics sung. Thanks for the feedback I've received on the event - it was well attended, well behaved and well enjoyed!

Some of the Form 5's have requested a disco every week please...there was a sharp intake of breath around the group in our PTFA Planning Meeting last night, perhaps ear defenders are on the 'must have' list for the adults in the room at our next one 😊 I am going to say thanks again to the parents and staff members who made it all possible, your time and efforts are appreciated by all of us. And Kerry, thanks for supplying the refreshments and fruit and thanks to Mr Thorpe for the pizzas for the Senior Prep Disco - all went down a treat.



Last week I put a call out through this Hermes column for volunteers to help with the Barn Dance on 16 March. Thanks to those who have put their names in the ring, we are building up a team to help with bar, door entry and clearing up for the evening so that's looking good.

An area where we are a little short on helping hands is for decorating for the Barn Dance so I going to give that another plug here. We will be accessing the Hall during

lunchtime on 16 March to decorate with bunting, checked table cloths and lighting...this will be right after Toddler Club so if there any parents out there who are coming to Toddler Club and could offer 30-40 minutes to help that would be great. Extra small helping hands welcome too.

Ticket details for the Barn Dance will follow next week and will be on sale after half term.

Happy weekend everyone!

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

Sports News

U8 High Five Netball v Salisbury Cathedral
Result: Loss 0 - 1

The Under 8 netball team played Salisbury Cathedral at Milton Abbey School. There were four quarters of 5 minutes with each player changing positions after each quarter so that they had the opportunity to play in attack and defence positions. The teams were very evenly matched with the ball going up to both goals, but no goals being scored in the first half. Pippa did some good passes and Mirabelle intercepted the ball well. Carolina ran all over the court and Lucy and Isadora tried hard in defence. In the third quarter Salisbury scored a lucky goal.

The girls need to work on accurate passes up the court and must remember to mark their opponents.

Contribution Award: Maggie for very good positioning on the court.

U9 High Five Netball v Salisbury Cathedral
Result: Loss 0 - 10

This was always going to be a difficult game with Salisbury as they brought 18 girls to play us. However, I could definitely see that we were beginning to think about getting into space and marking, which are 2 aspects of the game we have worked on over the past few weeks.

Isabel tried really hard to score and Imogen learnt how to intercept in the shooting circle. Lydia also did some excellent dodges to become free.

Unfortunately, Salisbury were just too strong for SPS but the girls came away very happy because they got sausage, beans and chips for tea!!

Contribution Award: Isabel and Lydia for trying really hard and giving it their all. Well done!

U12 Dumpton Netball Tournament

A cold afternoon greeted us on arrival (those of us that had escaped the lurgy) at the Dumpton tournament but at least it was dry. With only 6 minutes per game it didn't leave time for mistakes, injuries or substitutions. In the first game Sherborne Prep scored in the first move after the whistle. After that our girls had most possession and a few shots but sadly couldn't get it in the net.

Second game and fully motivated they took on Twyford with confidence. Better movement and getting into space lead to a 2-1 win.

Next up were the group runners up Talbot Heath and we had difficulty gaining possession. Talbot had a shooter that took every chance and we joined the list of those they beat.

Sherborne Girls was a closer game and could have gone either way, but unfortunately for us not our direction and Sherborne narrowly won by a goal.

In the final game we had hopes dashed by group final winners Durlston. They were a well drilled attacking side and we were no match so followed this game quickly with hot chocolate and chocolate rolls. The tournament was a great experience for a team lacking in game time and some key players.

Contribution award: Clara for getting stuck in.

U13 Dumpton Netball Tournament

Results: V Sandroyd 1 - 2 (L)
V Twyford 0 - 2 (L)
V FSM 2 - 2 (D)
V Walhampton 2 - 2 (D)
V Dumpton 1 - 0 (W)

With 4 Year 8 girls away from school we went to Dumpton with quite a few changes. Many thanks to Gemma and Eleni from Form 6 who stepped in to play and fitted into the team extremely well. We were unlucky to lose the first game as we had as much of the play and quite a few opportunities to score. We lost our next game to a strong Twyford team but rallied to produce 2 draws and a win. The games were only 6 mins one way which meant pressure on the shooters as every goal was valuable. Rosie, Erin and Eleni moved well to gain shooting chances and there was some good passing into the attacking circle. Gemma had a stormer at GD and Tilly grew in determination as GK to win the ball. Everyone did really well to keep going in quite cold conditions and it was a good experience to play lots of short matches.

Contribution award: Gemma for stepping 2 age groups up and making such a valuable contribution.

U8 Boys' Hockey v Salisbury Cathedral

Result:

A mixed U9/8 team played first against Salisbury's second team. In the first game the umpire was quite generous towards misuse of sticks and kicking of the ball, however, as the game wore on it became increasingly biased towards Salisbury. When he then allowed a dubious goal to Salisbury I

was worried about the outcome of the match. Sunninghill became increasingly dominant with goals scored by Vishnu and Alex. Josh showed excellent desire and skills through the match including an excellent solo effort from his own D to score one of his 2 goals. Contribution award to Josh. It ended in a well-deserved 5-1 win for Sunninghill.

Next all the U8s played Salisbury's third team and again were dominant. With no goal keepers there was some frantic goal mouth action and Sunninghill started to rack up the goals. Charlie was on fire and not content with one goal added another to get his name on the contribution award. Final score officially a super 5-0, however afterwards Max, Alex and Oscar all claimed goals so I might have lost count! Well done boys, another great team effort.

A final mention to the umpire. Thank you very much for blowing your whistle for us Mr Thorpe☺

U9 Boys' Hockey v Salisbury Cathedral

Result: Loss 2 - 4

Our opponents started the game well by passing the ball around and Sunninghill did not start quick enough. Energy was slightly lacking and Salisbury scored some goals early on. The boys were slightly more timid than usual but started to pass the ball around more and press higher as the match went on. Aaron and James were absolutely outstanding in defence again, blocking and clearing the ball beautifully. Thomas managed to get into the D more and scored a stunning goal.

Contribution award: Theo for always chasing the ball and giving his all for the team.

U11 Boys' Hockey v Dumpton

Result: Loss 1 - 2

The match started really well with a 'tap-in' goal for Tymon (from a lovely cross in from Gethyn on the left wing) in the first few minutes. Really powerful pressing and attacking on the left wing! Valentine

suffered slightly after a very powerful ball hit by a Dumptonian and he was replaced by a very rushed Harri. But was soon back defending in no more than 30 seconds! Soon after, another Dumptonian had a shot very near the edge of the box and almost hit Henry. It went in and was a debatable goal.

With the score a level 1-1 at half time, we were all very excited to get back on the pitch despite the showers. We kept passing around the mid-field and Harry was as ever a very reliable goalie. With a few chances, Tymon was very unlucky to not score again; but the Dumpton defence was just too good.

By Captain Gabriel

Contribution award: Valentine for brick-wall-defending and Henry for brilliant attacking and not giving up. The whole team played enthusiastically and well.

U10 Boys' Hockey v Dumpton ***Result: Loss 5 - 0***

The Sunninghill team played exceptionally well against very strong opposition from Dumpton. Our defence was the weak link in our team and shipped far too many goals far too easily. Theo tried really hard to stop the flow in goal. William and Harry were a constant threat in attack but didn't get the ball often enough and their goalie was amazing and so were never able to break their last line of defence. I think this was a good lesson to learn and we need to practise our defending - both positioning and tackling and then playing the ball away safely.

By Captain Toby

Contribution award: Will for his superb determination and driving the team forward in every counter attack.

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 ***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 5th	Horseriding Club
		Forms 7 & 8 Rock climbing
	Tues 6th	Form 8 Geography CE Field Trip, 9.00 am
		Rec, Form 1 & 2 Corfe Castle, 10.00 - 3.00 pm
		U8 & U9 Football v Sandroyd (A) 2.15 pm
		Informal Music Concert, Music Room, 4.00 pm
		Form 6 French Residential, French Room, 4.30 pm
		Form 5 Parents' Evening, 4.45 pm
	Wed 7th	Form 4 Storywalks Literacy Worskshop, all day
		Form 8 Flying Start Regional Finals, Yeovilton, 9.30 am
		U11 & U10 Netball v Leweston/Clayesmore (A) 2.15 pm
		U11/12/13 Hockey Training @ Milton Abbey, 2.15 pm
		U13 & U12 Netball v Hanford (A) 2.30 pm
		U11 Hockey v Perrott Hill (H) 2.30 pm
		U13/12 Hockey v Perrott Hill, (H) 3.10 pm
	Thur 8th	Reception Swimming, 915 am
		Form 3 & 4 After School Skiing, 4.30 pm
		Youth Speaks Semi Final, Shepton Mallet, 4.30 pm
	Fri 9th	Wear a Hat Day for Brain Tumour Research
		Parent & Toddler Group, 10 - 11.30 am
	Form 6 Sailing Centre Enrichment	
	Form 2 Skiing Enrichment, Warmwell	
LETTERS ON THE PORTAL		Dorset Police Online Safety Newsletter
		Week 6 Music Timetable
		Sports Fixtures and Team Sheets
		Menu
Fledglings		No letters
Nursery		No letters
Reception		No letters
Form 1		No letters
Form 2		No letters
Form 3		No letters
Form 4		No letters
Form 5		Update on Form 5 Parents' evening
Form 6		French Trip Letter
Form 7		No letters
Form 8		No letters