

Hermes

23rd February 2018

Spring Term

Issue No. 449

“We’ve all gone Dippy!!”



Dear Parents

It has been a quiet week in school with much focus being placed on the Form 8 pupils, who had their final parents’ evening this week ahead of scholarship and Common Entrance exams.

I am really pleased that they have finally got the bit between the teeth and caught a whiff of the finishing line. It’s full throttle ahead from here onwards.

Not only have they got their exams to focus on but they also have Lion’s Lair and Joseph and His Amazing Technicolour Dream Coat production to think about. Its conception is becoming much more of a reality in our minds now the huge pyramid is taking shape on the main stage in the hall. It is a constructional masterpiece built by Les and Ray. It has to be seen to be believed. It is no more or less a design than we would all expect from a Moss Production and we will all have great expectations. I have already had parents talking to me about their

excitement and their early requests for tickets.



Throughout this week Mr Stazicker has been on secondment to the Dorset Museum where he has been a volunteer curator helping many school groups around the county enjoy the arrival of Dippy the Diplodocus. I must thank Mr Stazicker for representing the school so successfully. I know he has certainly enjoyed himself enormously though the range of ages visiting has certainly stretched his imagination!

I would like to take a moment to thank the eighty plus parents who took the time to answer our survey on school communication. On the whole we were very pleased with the positive feedback we received, though this wasn’t the aim of the survey. We really wanted to receive useful constructive criticism to enable us to rethink how, why and when we do things.



From my own perspective I received some valuable feedback about what might/might not find its way into Hermes and what readers would like to hear about. We'll try our very best to accommodate these additions/omissions in the coming weeks to keep on improving its delivery and content.

There was definitely mixed feelings about the new portal from those who thought it great, to others who found it very awkward. It is clear that many of you miss receiving information via email and we will seek to have this as an "opt in" as soon as possible.

The online calendar also seemed to have escaped the attentions of more than a few of you. We will keep adding this calendar to the portal but are also working on developing a way of downloading the calendar on to your smart phone as an app. We hope this will be ready by the Autumn Term.

It was also clear that we don't always give busy working parents enough notice of key events which has caused some families to miss them. We will do our very best to make sure notice of a week in advance is given where and when possible.

We also keep working hard to improve our front of house contact with you. This is perhaps the toughest task of all to get absolutely right, as the nature of the tasks involved are so varied and many require immediate action. A team of two would find themselves very busily engaged particularly at key pinch points.



Rest assured we will keep working hard to improve all aspects of communication. We

will re-issue the same survey in the Autumn Term to check we have made improvements.

Elsewhere, we welcomed Mr Steven Yates to school this week. Steven is a specialist Design Technology advisor and spent a day with us as we continue to make plans for the introduction of this vital subject into the senior curriculum from September. A more detailed letter will be sent out later this term bringing you up to speed with exciting curriculum changes for the next academic year.

We have also gone out to tender for phase one of developments to the Nursery and Reception classrooms. Our plan is to increase the size of both classrooms by approximately 15m². Plans can be seen on the notice board in Compass Lobby. Phase 2 will involve improvements to the outside play areas which the teachers have Grand Designs for. Kevin McCloud may be needed!

Whilst I'm discussing the EYFS I must also bring you up to date with the training Miss Livesey is doing at the moment. She is leading the way with Forest School training and disseminating the information to all junior staff. We hope that this exciting development will become an integral part of their topic work from September.

Finally, a parent wrote to me this week to bring to my (your) attention of the dangers of the magnetic putty that many children play with. It transpires that there may be excessive levels of arsenic in the putty and it has been removed from sale. If you have any at home and haven't read the article, please do go on line to get more information.



Signing off for a weekend of international rugby!

John Thorpe.

Mr John Thorpe
Headmaster

Fledglings

Fledglings enjoying music circle time.



As part of our Chinese New Year of the Dog celebrations, we enjoyed taking toy dogs for a walk through the mud then washing them off.



Did somebody say bubbles!



Nursery

This week we have been very busy with our dinosaur topic! The children have shown such an interest in this which has been great. There has been a vast range of activities on offer for them, which they have all thoroughly enjoyed and been engaged in!

We enjoyed feeling some frozen 'dinosaur eggs' and thought they were very, very cold! When we came back from lunch, some of the ice had melted, allowing the dinosaurs to 'hatch'!



Finlay, Oliver and Mabel had great fun making a 'dinosaur swamp' using mud, grass, water, leaves, logs, bark and sticks.



We experimented with some colour mixing. Here is Edward making his brilliant paper plate dinosaur, which we used on our new display board!



We all planted some bluebells along the edge of our octagon structure at gardening club.



Reception

The children have been learning about the lifecycle of a frog and closely monitoring the frogspawn's progress!



Form 2

We have been enjoying our new Florence Nightingale topic this week. We appear to have a number of very competent First Aiders in our midst!



Form 3 & 4

For the enrichment before half term Form 3 and 4 had a countries celebration. They participated in a variety of activities for Malaysia, New Zealand and African countries.

For Malaysia they learnt some Malay phrases, learnt about traditional dress and customs and had a discussion about the

animals and fruit living in the rainforest. They then each made a tropical fruit drink, some having 3 capfuls!



For Africa the children made a musical instrument using card and hairgrips and for New Zealand they learnt about the traditional Maori haka, the war dance of the Maori people. Haka is a fierce display of a tribe's pride, strength and unity. A fantastic time was had by everyone!



Form 7

On Tuesday 20th February, Form 7 had the opportunity to watch a comedy called, “Mes Chers Voisins”, performed entirely in French by the Onatti Company at Leweston School. It was an excellent opportunity for the pupils to listen to native actors and test their comprehension skills in an interactive and enjoyable way.

The actors worked hard to make sure the language in the play was pitched correctly to complement the learning and level of the audience. The actors used a lot of mime and repetition and certain tricks to enhance pupils’ enjoyment. The aim of the show was to boost the pupils’ confidence, so they could leave, having watched a play in a foreign language, been able to follow the story, recognised many words and phrases, as well as enjoyed and related to the story.



The play also contained some participation with the audience but this was carefully devised and brought a humorous and enjoyable element to the performance.



Prior to the performance, they also took part in a workshop which gave them the opportunity to work with pupils from other schools on creating an extra scene for the play.

In other news.....

Grandparents' & Alumni Afternoon

Calling all SPS Grandparents and Alumni. Please save the following date for your diary. Thursday 24th May from 2pm until 3.30pm we would like to invite you to tour the school and then join us for tea and scones on the lawn (weather permitting). You will be entertained by musical accompaniment. If you would like to register (to ensure we have enough tour guides and scones!) please let Mandy know on registrar@sunninghill.dorset.sch.uk

Form 8

Form 8 have taken inspiration from the artist Jon Burgerman and created some colourful characters as part of their Independent Learning Challenge in art.

They have identified a mini monster from their visual research to create a story or comic book page giving us an insight into a day in the life of their mini monster.



Wear a Hat Day Update



We are very pleased to confirm that the money raised from wearing hats (for brain tumour research) on the last day of term, combined with the cake sale, raised a fantastic £493.34.

Thank you for all the positive feedback and generous donations to such a worthwhile cause and to Mrs Theobald for organising the event.

World Book Day



We will be celebrating World Book Day next Thursday 1st March. Please can children come to school dressed in their favourite book character and if possible bring in their book and share their story with their friends.

Form 8 will be sharing their favourite stories with Junior Prep. Your child will also be given a book token which they will be able to use against the purchase of a book from their favourite book shop.

Holiday Club



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/>

Music News

There will be an informal music concert on Monday 5th March in the Drawing Room from 4pm. Please note the change of date. There is also a formal music concert at 7pm in the Drawing Room on Thursday 8th March.

Prize Winner

You may well remember that Jane Fox won a catered dinner party provided by Brown Goose Catering at the PTFA Christmas Raffle. They recently had their special evening and were treated to leek and cheddar soufflé, cod, spinach and confit tomatoes, followed by ginger panna cotta with poached pear. It sounds delicious and we understand they all had a wonderful evening.



Nutrition Natters



Hello!

This week I would like to celebrate the **uniqueness of our children**, their different and colourful souls!!! Let's all celebrate the variety of characters we have in our school - children coming from different parts of the world, sharing their cultures and traditions. We are very fortunate in Sunninghill, we should really be grateful!

Before half term it was the **Children Mental Health** awareness week and therefore I thought we could speak about this important topic. According to the UK Association around 1 in 10 children experience problems like depression and anxiety disorders and they have not had appropriate interventions at a sufficiently early age.

A survey done at the end of last year discovered that:

- "Funding continues to be the most common barrier to providing pupils with support, cited by schools and therapists alike. We believe all schools should have access to **dedicated funding** to support a specialist mental health expert or service, such as a counsellor or psychotherapist - as part of a 'whole school' approach to mental health.
- Many School Leaders rely on word of mouth in order to find services locally. We believe schools could also

benefit from **practical examples** of what effective therapeutic support in the school context looks like, based on evidence, and how it can be successfully implemented. "

In my opinion, and I am sure we all agree, for a child to grow up **happy** and with good **self-esteem** we need to focus not just on their physical health but also their emotional wellbeing and their relationship with others.

We as parents and also the school have a big role to play, making sure they feel loved, understood, valued and safe! We need to encourage them to be interested and excited in life, connected to their environment and to try to organize activities for them to enjoy themselves.

Good mental health allows children to develop the skills they need to cope with all the experiences life brings us, socially and emotional and most important to have the **confidence and courage to be themselves** - to develop their **uniqueness**.

Although we all know, here are some good tips I read and would like to share with you, to help support our children mentally:

- Improving their physical health, by eating a balanced diet and getting regular exercise (yes, the vegetables and the 7 a day again.... 😊)
- Teaching them to allow time to eat, not to do it on the go, like so often adults do
- Organising time for them to play, indoors but also very important, outdoors to connect with nature
- having a sense of belonging not just in their family, but in school and the community
- Being part of a school that looks after the wellbeing of all its pupils and encourages them to be their best
- Encouraging them to take part in local activities and do it with them if needed

Change, it's a huge trigger! As we adults know, coping with different situations or environments it's always difficult. Situations like moving home or having a new brother or

sister, can quite easily trigger some anxiety in children and the feeling of not belonging. Some children who start school or change school feel excited about making new friends, but others may feel anxious about entering a new environment. All depends on the child and if they are used to changes and how to cope with them.

There is a variety of factors that can increase the risk of mental health problems, as we all know.

Here are just some:

- having a long-term physical illness
- having a parent who has had or have a mental health problem, problems with alcohol or drugs
- experiencing the death of someone close to them
- having parents who separate or divorce
- having been severely bullied or physically or sexually abused
- experiencing discrimination, because of their race, sexuality or religion
- having educational difficulties.

Of course as parents we try to do our best on a daily basis to help our children to grow in a healthy environment and develop into a mentally balanced adult. But is there anything else we can do? I quite often ask myself that question. Am I doing a good job as a parent? Is there anything else I can do to help my child? I think there is always some doubts in our mind. And if you think about it, of course there is always something we can learn. We are not perfect!! Yes, we can try our best as parents but quite often it's difficult for ourselves to be balanced every day. So, can we do it all by ourselves? Quite often we also realise, and this is for parents who have 2 or 3 children, that what strategy we use for one child it doesn't really work for our other child!! Again, because they are different and unique and also, have had been through different experiences in their short life.

Research says if children have a warm, open relationship with their parents, they will usually feel able to tell them why they are sad. One of the most important ways parents can make a difference is by **listening** to them and **take their feelings**

seriously. Sometimes they just want a hug or they may want you to help them to change something or for you just to listen to them.

Another good way of helping them and, in my view a very important tool, is to encourage them to have **positive thoughts and a positive attitude towards life!** As they grow to encourage them to always think about the positive things they have and should be grateful for. And life will send them back the same kind of **positive energy!** This is definitely something I truly believe!

There has been quite a lot of research around medication and alternative therapies and the conclusion is the most effective treatments are really counselling therapies and activities like meditation and yoga.

Some Mental health Institutions like Shaw Mind Foundation and Dorset Mind are already in negotiations with the Local MPs and Government to encourage mental health education compulsory in all UK schools.

Don't forget to smile and always be grateful for the things you have.

Marina Mendes

Notes from a small garden....

What a lovely sunny time we had in the garden today!

We used our detective skills and some clever little tree ID wheels downloaded from <https://www.woodlandtrust.org.uk/naturedetectives/> (Thanks for the tip Kitty!) to identify the trees around the school garden. More tricky than it sounds! At this time of year telling one twig from another is challenging!

Sports News

U11 Cross Country @ Milton Abbey



Amidst a beautiful mid-winter sun with amazing natural light, the Form 6 runners all pushed themselves really hard over the annual Milton Abbey Prep School race. At a distance of 2.1km it was more a sprint than an endurance race and all our finishers came in with little left in the tank.

First home for the girls was Gemma FW with Gabriel O leading the boys home.

Of worthy note was Toby J who ran his first race for the school, pushing really hard all the way and finding from the depths of fatigue, a sprint uphill and over the finishing line.

Sausage, egg and chips was our worthy reward for all our efforts.

What a treat!

U8 High Five Netball v Leweston Result: Loss 0 - 1

The under 8 team played High Five netball at Leweston. The teams were fairly even and in the first quarter no goals were scored. In the second quarter Leweston got a goal, but no further goals were scored by either team, making the final score a loss at 0-1. The team's play definitely improved as they got more into the game and the girls tried hard to mark their opponents.



Still, we had Liz, and her limitless knowledge, and a surprising super detective in Natty, whose keen eye spotted beech nut shells and horse chestnut buds before anyone else! We all learnt a few interesting things about the trees that live all around us.



I was delighted to learn of a 'strawberry tree' a new one on me, with pretty flaky bark in a multitude of rusty colours. It's in the school grounds, and worth hunting out if you have not seen one before!

Jo Foote

They must now remember to spread out and get into spaces as well. Mirabelle was chosen by Leweston as girl of the match and shares the contribution award with Pippa, who played a strong game, using her initiative and getting the ball down to our shooting circle. The match was followed by a delicious tea of sausage rolls, chips and flapjack!

Contribution Award: Pippa and Mirabelle

U9 High Five Netball v Leweston

Result: Loss 8 - 2

It was a perfect day for Netball. The sun was shining and the sky was blue.

Lweston started very strongly and caught SPS off guard a little and the half time score was 5 - 0.

However, this was definitely a game of 2 halves as the girls started to mark tighter and to think about making good passes. Leweston were very strong when moving the ball up the court and it was difficult to intercept them but Imogen and Polina managed to disrupt their play with some good interceptions. Isabel made some good passes out of the circle and Amelia's shooting was spot on.

We need to work on making space to pass and trying to dodge to get free but it was a super game that was enjoyed by all.

Contribution Award: Imogen for her fighting spirit!

U12 Netball v Sandroyd

Result: Loss 6 - 12

Sunninghill under 12 played Sandroyd at Redland's indoor court. The teams were evenly matched and after the first quarter the score was 2 goals each. Our shooters were strong and passing up the court was impressive. Tallulah did an excellent job in defence and Lily B was everywhere on the court getting the ball down to our shooting circle and Amalia intercepted many passes. In the second quarter Sandroyd edged into

the lead at 7-5 and unfortunately we couldn't catch them up again. The final score was a 6-12 loss.

Contribution Award: Tallulah for fantastic determination and effort in defence.

U13 Netball v Sandroyd

Result: Win 13 - 12

The Under 13's played Sandroyd at Redlands and what a fantastic nail-biting match it was! Both teams were evenly matched and clearly out to win at all costs. The pace was frenetic and there wasn't room for any slip ups. Passing was accurate and likewise the shooting, with Hannah and Erin scoring some superb goals. After the first quarter the score was 3-1 to Sandroyd, but in the second quarter we zoomed into the lead at 7-5. In the third quarter we held on to our lead at 10-8. The fourth quarter was adrenalin pumping with us just hanging on to our lead with the final score a win at 13-12. I needed a strong cup of tea after that!

Contribution Award: Hannah for amazing shooting under pressure.

U11 Netball v Sandroyd

Result: Loss 3 - 1

The match stats showed that we had 75% of the possession and 20 shots on goal and played most of the game in the opponents half.

Our girls defended superbly and quickly moved the ball towards the opponents D. From here onwards some magnetic force field prevented the ball from dropping into the Sandroyd net. At one stage I counted 7 consecutive shots at goal all of which narrowly missed. Eleni did manage our only successful attempt and deserves a mention in dispatches. Despite the result it was a great match to watch with all the girls playing well.

Contribution Award: Erin P for her tenacious work in midfield, disrupting many attacks and speeding the ball forward to her GA.

U10 Netball v Sandroyd **Result: Loss 0 - 11**

This was the U10's first match this term so everyone was a little unsure and we took a while to concentrate and keep up with the pace of the game. In her excitement Holly managed to trip over her own foot and cut her knee - and that was before the game started!! We had worked on defending and marking and as the game went on we certainly were much closer to our opponent and made some good interceptions. Lola marked her GS very well in the first half and Holly made her shooter work hard to get free. Zuzanna was unlucky not to get to the ball several times; just missing out on a bit of height! Mia ran all over the court but must remember to keep one foot still when she has the ball. Georgie had a red face at the end and was unlucky not to score a couple of goals as GA. Poppy managed some good dodges to receive the ball in space and there were one or two accurate passing sequences.

Contribution Award: Holly for some good defending and marking the ball.

U8 Boys' Hockey v Sherborne **Result: Won 4 - 1**

The match started tight with both teams trying to find a foothold in the match. It was Max who punched first who felt euphoric after scoring his goal. The boys started to dominate the match and moved the ball around much better. The team worked hard and are displaying better awareness on the pitch.

Contribution Award: Felix for his outstanding tackling skills.

U9/8 B v Sherborne **Result: 6-0 Win**

Sunninghill raced to an early lead with fantastic determination from William and Vishnu who both scored. Sherborne tried to get back into the game via the left wing but Mark and Charlie were relentless and cleared any possible danger. In the second

half passing improved and the boys started to spread out a little further. Sunninghill finished the half strong with excellent goals from Enzo, Mark and Charlie.

Contribution Award: Enzo for his improved hockey skills.

U9 Boys' Hockey v Sherborne **Result: Loss 2 - 0**

The U9's played on the full pitch for the first time which took some getting used to. The boys displayed improved passing skills but were giving Sherborne too much time on the ball throughout the match.

It was pleasing to see the boys remain positive and encouraging even after going down 2-0.

Contribution Award: Theo for working hard and chasing every ball down.

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

SUNNINGHILL PTFA BARN DANCE



ROOTIN' TOOTIN' BARN DANCE

Join us for amazing music, a delicious Western Hog Roast, fabulous accompaniments and bar

WHERE & WHEN

Sunninghill Community Hall, Friday 16th March 2018 from 7pm
- 11pm

ENTERTAINMENT

Live Music By The Black Sheep Band so wear your best boot
scootin' gear

TICKETS

Tickets available from Lydia, Class Reps, PTFA committee
members, from ptfa@sunninghill.dorset.sch.uk and in Compass
Lobby at pick up

ONLY
£15



Weekly diary and communications

WHOLE SCHOOL DIARY OF EVENTS	Mon 26th	Nursery to Form 2 Parents' Evening
		Form 3 & 4 Dinosaur Week
		Horseriding Club
		Forms 7 & 8 Rock climbing
	Tues 27th	Form 8 Geography Field trip, Dorchester
		U8 & U9 High 5 Netball v Castle Court 2.15 pm (A)
		U8 & U9 Hockey v Sandroyd 2.15 pm (H)
		Form 5 Parents' Evening from 4.45 pm
	Wed 28th	Rec - Form 4 Dippy the Dinosaur at the Museum
		U11 Hockey v St Mary's Swanage 2.15 pm (H)
		U13 Netball v Castle Court 2.30 pm (A)
		U10 Netball v Castle Court 2.30 pm @ Redlands
		U11 Netball v Castle Court 3.15 pm @ Redlands
		U10 Hockey v St Mary's Swanage 2.45 pm (H)
		U12 Netball v Castle Court 2.30 pm v Castle Court
		ABRSM Theory Exams 5.00 pm @ Thomas Hardy School
	Thur 1st	World Book Day - dress as your favourite book character
		Reception Swimming @ 1610 9.15 am
		Form 5 & 6 Dippy the Dinosaur at the Museum
		Form 5-8 After School Skiing 4.30 pm
	Fri 2nd	Form 3 & 4 Nothe Forte 9.15 am
		Parent & Toddler Group 10 - 11.30 am
		Form 1 Skiing Enrichment @ Warmwell
		U11 Hockey v Warminster 2.30 pm (H)
		U11 Netball v Warminster 2.30 pm @ Redlands
LETTERS ON THE PORTAL		Menu
		Sports Fixtures and Team Sheets
		Music Timetable Week 8
Fledglings	No letters	
Nursery	Parents' evening information	
Reception	Parents' evening information/Dippy Letter/Cinema trip	
Form 1	Parents' evening information/Dippy letter	
Form 2	Parents' evening information/Dippy Letter/Cinema trip	
Form 3	Dippy Letter	
Form 4	Dippy Letter	
Form 5	Form 5 Parents' Evening/Dippy Letter	
Form 6	Form 6 Parents' Evening/Dippy Letter	
Form 7	Much Ado About Nothing	
Form 8	Girls - HPV leaflet and form	