

# Hermes

23<sup>rd</sup> March 2018

Spring Term

Issue No. 453

“Spring has sprung”



Dear Parents

I'll start this week's round up with a show down hoe down thigh slapping boot tapping report from last Friday's most excellent PTFA barn dance.

Here's the recipe for a perfect evening:

- bring in a live band and experienced caller
- fill your guests with a tasty hog roast with lashings of apple sauce and crackling
- liberally supply the bar with lovely libation
- invite a very enthusiastic clientele

In all over eighty adults attended including our best staff turn out to an event that I can remember. I really hope it's an event that we can replay next year as it was such great fun. All that was missing is a rodeo bull in the corner and we're there. I'll keep working on it!

I must thank the PTFA for their fantastic idea and superb organisation. Full steam ahead to the Summer Fayre now.

On Monday, snow returned to Dorchester for a second time this year. It gave us all the opportunity for an extended playtime and a whole school snowball fight. The only casualty of the day was the senior house cross country which had to be postponed, much to the delight of more than a few children who were dreading the event. I carefully used the word “postponed” as I hope we will be able to reschedule after Easter.

On Wednesday we had one of those moments in school you dread, when a serious accident happened on the astro during house hockey. An accidentally lifted hockey ball made contact with Harri W's wrist causing a bone to break and leaving poor Harri in terrible pain. He was incredibly brave and we were delighted to welcome him back to school the following day. He wasn't keen to miss school and was just as concerned about the fate of his skiing holiday. We wish him a very speedy recovery.

We were delighted to find out from Mrs Wilson that we had retained our small school swimming title despite fierce competition from local schools. A number of individual

and relay teams secured their place in the county finals later this year.

On the subject of Mrs Wilson, I have accepted Sue's request to reduce her hours to four days a week starting after Easter. Mr Willemse will pick up a small amount of extra PE and Games to make sure we continue to offer the highest standards of coaching. On the day Mrs Wilson is not here it will be still be "white socks or no socks!"

Staying on sport, some refurbishments are taking place in the changing rooms over Easter. We are replacing fourteen ceiling lights with bright LED alternatives and replacing three wall fans with more powerful units that will replace the aroma of smelly socks and wet kit more quickly! It does also show the great benefit of the class reps to the school. At our "site" meeting a few weeks ago they were very anxious for the school to act quickly on this matter and we have done so. More improvements will follow over the summer break.

By the time we return from Easter, the pool will have had a new liner fitted and we'll be ready for the off once more.

On Thursday we had our end of term assembly with music, sport and academic awards. A selected few children managed to get an award in all three disciplines which is an amazing testimony to their skill and determination.



At the end of the assembly, the self-proclaimed "mummy bunnies" had hidden hundreds of golf tees around the school and asked the children to each find two in return for a chocolate Easter bunny. There were also eight special black and white tees

which earned the lucky finders a special Easter egg.



By the time you read this there will be a detailed letter for Form 7 and 8 parents on the portal relating to changes to their curriculum next year.

We are all incredibly excited with our new Creative Curriculum that will supersede Friday enrichments and be embedded in the weekly timetable. Cross curricular modules studied will include STEM projects, a business and marketing project called Lion's Lair, Shakespeare in School Festival and much more.

In a Ronseal moment, it says "Inspiring Learning" on the tin and we are determined to seek new ways to achieve this in the class.

On top of this, Design Technology will become part of the curriculum for Forms 5 to 8 pupils and Form 8 will also have specific Food Technology lessons.

Forms 5 to 8 will also have a new sports afternoon every Friday that will focus on three new components of outdoor pursuits, highly skilled individual sports and fun and fitness sports.

We are all incredibly excited at these changes which we are certain will further enhance our reputation for delivering the highest standards of teaching and learning to the loveliest of children.

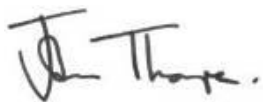
The other change that I would like to bring to your attention concerns our admin

department. By May half term we hope to have appointed a full time receptionist on the front desk. After nineteen years of dedicated service Lydia plans to reduce her hours down to three days a week. She will be office based working as our school secretary looking after Hermes, the school calendars, the booking of facilities and remain as our lead medic. We wish Lydia every success in her new role!

Les Senter is due to celebrate a 'big birthday' over the Easter holidays and we had a lovely gathering this morning in the staff room to wish him well. Happy Birthday!

Finally, our Easter Service was a wonderfully moving service. I do enjoy our whole community finishing each term together and thank the Reverend Claire McClelland for welcoming us so warmly to St. Peter's Church.

May I take this opportunity to wish you all a wonderful Easter break with your families and we look forward to seeing you all again on Monday 16<sup>th</sup> April.



Mr John Thorpe  
Headmaster

### *Fledglings*

We made Easter cakes as part of our Easter celebrations. We all took turns to smell and stir the ingredients and then chose different colour mini eggs to decorate. We melted our chocolate in the microwave and joined in with the countdown from 10 to 1.



Have a wonderful Easter break from Nikki,  
Laura and Ella

### *Nursery*



We just had to take a picture of the girls this week, experimenting with our new toys in the Easter tuff spot! Some lovely hair accessories girls!!



### *Form 1 & 2*

We enjoyed sharing our very creative Easter bonnets and had a parade where we showed them off. Great fun and very colourful!



### *Form 3 & 4*

The results of Monday's Form 3 and 4 snowman competition!

The children enjoyed making some Easter biscuits this week to take home during the week. They were good at measuring and stirring the mixture! After they had cooked, they could choose what colour icing and which sprinkles they would like to put on to decorate their biscuits. They look great, well done everybody!



The children have also loved making Easter baskets this week! Filling them with lots of lovely treats to take home for the holidays.



Form 3 and 4 had an extremely busy week last week with trips to Nothe Fort, Tank Museum and Charmouth Heritage Centre! They are now all experts at the Home Front in World War II with a specialism in Life as an Evacuee! They were also very lucky to have an expert telling them about the Tiger tanks and learnt to do a drill and march in uniform at the Tank Museum.

At Charmouth they saw David Attenborough's sea dragon and went fossil hunting on the beach, finding mainly belemnites and ammonites as well as copious amounts of sea glass!



## *In other news.....*

### *Senior Gardening Club*

On Thursday the club created coriander in moss balls to hang in their kitchens for Easter.



### *Music news*

Instrumental lessons will start the first week back. The timetables will go onto the school portal next week.

# PTFA

Last Friday, some 80 or so of us gathered soon after 7pm in the Hall to show off our best checks, Stetsons and cowboy heels at the PTFA Barn Dance. The Black Sheep Band were warming up and the aromas of a delicious hog roast from Posh Pigs filled the air. Laughter, hilarity and much joviality ensued as we all do-si-doed our way through the night. A great atmosphere, lots of smiles and we left wanting to do it all again. Thank you to everyone that came along and made the evening one of our best socials in recent memory. Thanks must go to those who helped out on the night. Thanks to Kerry for the yummy side dishes and to Rob Scott of Brown Goose for unctuous chocolate brownies. To Marina Mendes and Carolina for laying out the tableware beautifully, to Kirsty Humphreys and Laura Rowbotham for their excellent welcomes on the door and helpfulness throughout the evening. Alex Hooper Greenwood and Victoria Edwards, and David Frake and Sue for all keeping us well supplied with cooling refreshments. And the wonderful late night crew - Sophia and David Radford Wilson, Emma O'Donnell (who returned to school specially to join us at this crucial point in the evening), Georgina Taschner and Denise Bevan, the Thorpe's and more who played their part in sprucing up the hall and leaving it spick and span for the weekend. Thank you all.

Amanda Farran and Julie Cosgreave for expertly hiding the tees and guiding our egg hunters through a challenge to remember.



Looking forward to next term, we will hold our termly PTFA Committee meeting on Thursday 26 April at 6pm in the Drawing Room. On the agenda will be discussions of our Committee structure and constitutional requirements around GDPR. PTFA Planning meetings focussing on our summer and autumn events organisation will follow on Thursday 3 May and Thursday 7 June.

And just like that....it's the end of term!!  
Happy Easter everyone, have a super break.

Lynn Stover  
PTFA Chair

[ptfa@sunninghill.dorset.sch.uk](mailto:ptfa@sunninghill.dorset.sch.uk)

07563 574 536



Thursday's Easter Egg Hunt was enjoyed by all the school, and beautifully supported by Karen Woollam, thank you Karen for organising a lovely event to round off the term. And thank you to Claire Flower,

# Notes from a small garden....

We all really enjoyed choosing our flowers and potting them up into lovely spring coloured pots, tucking them in safely with lots of compost and nestling in some obligatory Easter chicks, the results were so pretty, I hope they bring as much joy to all the lucky recipients!



Still no sign of the frog spawn I'm afraid, I fear the frequent passing ducks may have a taste for frog sushi... Moving on quickly, it was a gorgeously sunny lunch time and we brightened the day further still with our Easter flower activities!



It would seem our gang of gardeners are becoming super-efficient at potting up plants so Easter activities were completed in approximately 24 seconds, leaving us roughly 29 minutes to water plants, they were all thoroughly watered! We did also sow some radish seeds, in a drainpipe, much to everyone's amusement, but why not?



Wishing you all a very lovely Easter break!

Jo Foote

# Nutrition Natters



Hello!

Today and because Easter is at our door step, I would like to advise us all to enjoy our food and chocolates!! With moderation of course, but primarily with the purpose of improving your eating experience.

Researchers discovered that the way to improve our health, it's not just about what we are eating, but also, and equally important is **How we are Eating**. What do they mean by that?

There have been some studies around how we eat and the conclusion is that we, on a regular basis, eat too quickly and therefore what happens is we are not allowing time for our body signals (hormones) to go from our gut to our brain. That way our brain doesn't have time to receive the messages from our stomach to first say we are eating and then to let our brain understand we are starting to be full or not. The result is we then end up eating too much!

Here are some tools we can use to improve this:

- Firstly try to allow time to sit down calmly and eat - its advisable to allow at least around 20 minutes to eat

- Put your fork down between bites for at least 3 times.

- Breath between bites, at least 3 times, to allow more oxygen to go to your lungs and then your gut - this will improve absorption of food nutrients

- Chew your food and use your senses to smell it and taste it

Thank you.

Enjoy your Easter and your chocolate cakes!

Marina Mendes

## Sports News

### *West Dorset Primary Swimming Gala Forms 5 & 6*

Full results are detailed at the back of Hermes.

### *Senior Inter-house Netball Results:*

1 <sup>st</sup>	Frome
2 <sup>nd</sup>	Maumbury
3 <sup>rd</sup>	Purbeck
4 <sup>th</sup>	Ridgeway





## Inter-house Hockey



On Wednesday the boys played Inter-house Hockey matches. Competition was fierce and every single player fought hard for their house.

Hockey skills have much improved this term and many players would be welcomed at any hockey club!



The final match of the day was between Maumbury and Purbeck, with Maumbury needing a win to clinch the Inter-House cup. The match was tight all the way through with Purbeck hanging on to claim a draw which clinched the title for them.

### Overall Result:

- 1<sup>st</sup> Purbeck
- 2<sup>nd</sup> Maumbury
- 3<sup>rd</sup> Ridgeway
- 4<sup>th</sup> Frome

### Match results:

- 0-Frome v Maumbury-3
- 0-Ridgeway v Purbeck -2

- 1-Frome v Purbeck -3
- 1-Maumbury v Ridgeway -1
- 1-Frome v Ridgeway-0
- 0-Maumbury v Purbeck -1

## Inter-house Cross Country



The year 3-4 Inter-house Cross-Country event took place on Tuesday afternoon. The children gave absolutely everything knowing that every position counted towards the final score of their house.

Carolina and Lucy were the fastest year 3-4 girls with times of 22.52 and 23.08. Lucy caught up beautifully but Carolina managed to hang on.

In the boys Theo and Ben had an epic battle all the way through. From the start they pulled away and Ben was on Theo's heels ever since. Theo managed to hang on and win with a time of 16.33 whilst Ben came in after 16.45. Alexander was the fastest boy in year 3 with 19.12.



Huge well done to all the participants for their fantastic determination and effort!

1<sup>st</sup> Ridgeway  
2<sup>nd</sup> Maumbury  
3<sup>rd</sup> Purbeck  
4<sup>th</sup> Frome

### *Junior Inter-house Netball*



### 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)

### Hermes Editor: Mandy Jones

#### *Our Contact Details:*

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

Frome 1<sup>st</sup> with 6 points  
Maumbury: 2<sup>nd</sup> with 4 points  
Ridgeway: 2<sup>nd</sup> with 4 point  
Purbeck: 4<sup>th</sup> with 2 points

Time for Interhouse-Netball! The Form 3 & 4 students were ready to battle it out in the last inter-house competition of the term.

Competition was fierce and the performance improved as matches progressed. There was excellent team-work all round and lovely goals were scored.

The score was tight all the way through but Frome prevailed and were crowned Inter-house Netball Champions!

Well done to all the students for their excellent team work and encouragement to each other.

## WEST DORSET PRIMARY SWIMMING GALA RESULTS

<u>EVENT</u>	<u>SEX &amp; AGE GROUP</u>	<u>EVENT TITLE</u>	<u>SWIMMERS NAME</u>	<u>TIME</u>	<u>WINING TIME</u>	<u>POSITI ON</u>
1	GIRLS YR 6	50m Backcrawl	Erin	<b>49.69</b>	<b>37.73</b>	<b>3RD</b>
2	BOYS YR 6	50m Backcrawl	Tymon	<b>51.42</b>	<b>39.19</b>	<b>4TH</b>
3	GIRLS YR 5	50m Backcrawl	Poppy	<b>40.99</b>	<b>39.82</b>	<b>2ND</b>
4	BOYS YR 5	50m Backcrawl	Gethyn	<b>56.96</b>	<b>45.43</b>	<b>3RD</b>
5	GIRLS YR 6	50m Breaststroke	Freya	<b>DQ</b>		<b>1ST</b>
6	BOYS YR 6	50m Breaststroke	Ben	<b>59.08</b>	<b>49.19</b>	<b>3RD</b>
7	GIRLS YR 5	50m Breaststroke	Holly	<b>54.15</b>	<b>54.15</b>	<b>1ST</b>
8	BOYS YR 5	50m Breaststroke	William	<b>62.02</b>	<b>52.81</b>	<b>3RD</b>
9	GIRLS YR 6	25m Butterfly	Erin	<b>21.51</b>	<b>21.16</b>	<b>2ND</b>
10	BOYS YR 6	25m Butterfly	Archie	<b>26.21</b>	<b>20.94</b>	<b>3RD</b>
11	GIRLS YR 5	25m Butterfly	Poppy	<b>19.68</b>	<b>19.13</b>	<b>2ND</b>
12	BOYS YR 5	25m Butterfly	Harri	<b>24.86</b>	<b>20.69</b>	<b>4TH</b>
13	GIRLS YR 6 ONLY	100M Freestyle	Freya	<b>85.39</b>	<b>77.34</b>	<b>2ND</b>
14	BOYS YR 6 ONLY	100M Freestyle	Archie	<b>96.50</b>	<b>83.12</b>	<b>3RD</b>
15	GIRLS YR 6	4 X 25m Mixed stroke Relay (Bk,brst,fly or brst,frst)	1. Eleni 2. Erin 3. Freya 4. Esme	<b>88.38</b>		<b>1<sup>ST</sup></b>
16	BOYS YR 6	4 X 25m Mixed stroke Relay (Bk,brst,fly or brst,frst)	1. Tymon 2. Ben 3. Archie 4. Henry	<b>97.17</b>	<b>87.50</b>	<b>2<sup>ND</sup></b>
17	GIRLS YR 5	4 X 25m Mixed stroke Relay (Bk,brst,fly or brst,frst)	1. Molly 2.Holly 3.Mia 4. Poppy	<b>1.02.42</b>		<b>1ST</b>
18	BOYS YR 5	4 X 25m Mixed Stroke Relay (Bk,brst,fly or brst,frst)	1. Gethyn 2.William 3.Harri 4.Valentine	<b>96.33</b>	<b>93.57</b>	<b>2ND</b>

## WEST DORSET PRIMARY SWIMMING GALA RESULTS

19	GIRLS YR 6	50m Freestyle	Esme	<b>42.91</b>	<b>42.91</b>	<b>1st</b>
20	BOYS YR 6	50m Freestyle	Tymon	<b>43.12</b>	<b>38.81</b>	<b>2nd</b>
21	GIRLS YR 5	50m Freestyle	Holly	<b>46.59</b>	<b>46.59</b>	<b>1st</b>
22	BOYS YR 5	50m Freestyle	Valentine	<b>42.80</b>	<b>40.80</b>	<b>3rd</b>
23	GIRLS YR 6	4 X 25m Freestyle Relay	1. Erin 2. Eleni 3. Esme 4. Freya	<b>76.65</b>		<b>1st</b>
24	BOYS YR 6	4 X 25m Freestyle Relay	1. Henry 2. Ben 3. Tymon 4. Archie	<b>79.72</b>	<b>79.44</b>	<b>2nd</b>
25	GIRLS YR 5	4 X 25m Freestyle Relay	1. Holly 2. Mia 3. Molly B 4. Poppy	<b>89.27</b>		<b>1st</b>
26	BOYS YR 5	4 X 25m Freestyle Relay	1. Harri 2. William 3. Gethyn 4. Valentine	<b>79.18</b>		<b>1st</b>

**WINNERS OF THE SMALL SCHOOL'S TROPHY**

**SUNNINGHILL 2018**

**CONGRATULATIONS TO EVERYONE**

**YOU WERE A BRILLIANT TEAM**

**ALL 1ST PLACES INCLUDING RELAYS REPRESENT  
WEST DORSET IN THE COUNTY FINALS IN JUNE**



supporting

**Julia's House & Dorset Reading Partners**

**An Illustrated Talk by**

**Sir Jonathan Marsden, KCVVO, FSA**

on

**'Victoria & Albert: Art & Love'**

at

**Came House, Dorchester DT2 8NU**

by kind permission of Rags MacGregor

on

**Friday 27<sup>th</sup> April 2018**

**Drinks & Canapes 6.30 - 8.30**

**Tickets £25.00**

**Sir Jonathan Marsden, KCVO, FSA**, was Director of the Royal Collection and Surveyor of The Queen's Works of Art from 2010 until 2017.

He worked for the National Trust in North Wales and Oxfordshire for twelve years before joining the Royal Household as Deputy Surveyor of The Queen's Works of Art in 1996. A specialist in sculpture and the decorative arts, he was editor of *Furniture History* from 2006 to 2011 and is currently working on a complete catalogue of sculpture in the Royal Collection. His previous publications include the catalogue of the exhibition, *Victoria & Albert: Art & Love* at The Queen's Gallery, Buckingham Palace (2010).

**Ripples** raises funds for start-up youth projects in Dorset. We will consider any project which keeps teenagers occupied & off the streets or any project which would benefit Dorset youth in a particular and lasting way.  
Reg. Charity 27692

**Julia's House** is Dorset's only Children's Hospice with additional outreach facilities dedicated to life limiting or life threatening illness of a child whose life may be maximized and enriched in a given time. Government funding has been cut and the Hospice relies heavily on the Dorset Community. Reg. Charity 1067125

**Dorset Reading Partners** recruits, trains and equips volunteers to inspire and improve children's literacy skills on a one to one basis throughout Dorset. Reg. Charity 1116404

**Ripples Committee:** Caro D'Oyly, Charlotte Gerard, Sue Orr, Penny Rogers, Bella Spurrier, Alexandra Sterck, Katharine Thimbleby



**TICKET APPLICATION**

**An Illustrated Talk by Sir Jonathan Marsden , KCVO, FSA  
on  
'Victoria & Albert: Art & Love'**

**Friday 27<sup>th</sup> April 2018**

Name .....

Address .....

.....

Post Code.....Telephone .....

Email .....

I would like ..... tickets @ £25.00 Total £.....

Please send Cheque payable to Ripples to:  
Mrs Nigel Thimbleby, Wolfeton House, Dorchester DT2 9QN

Alternatively tickets may be reserved by e mail to:  
[kthimbleby.wolfeton@gmail.com](mailto:kthimbleby.wolfeton@gmail.com) and a BACS payment made to Ripples, a/c no.  
38204932 Sort code: 60-07-01. No tickets will be issued, a list will be at the door.

I cannot attend but would like to make a donation\* to RIPPLES of £ .....

- I confirm that I am a UK tax payer and would like my donation to be treated as Gift Aid. I confirm that I pay sufficient income tax or capital gains tax to cover this amount (Gift Aid is applicable only on donations not tickets) ( )

Signed

Date

# Weekly diary and communications

<b>WHOLE SCHOOL DIARY OF EVENTS</b>	Mon 16th	Term commences
	Tues 17th	
	Wed 18th	
	Thurs 19th	Reception Forest Schools
		Form 5 & 6 Training & Stadium Tour - Bournemouth FC
		After School Sailing
	Fri 20th	Parent & Toddler Group
		Forms 3 & 4 Sailing Enrichment
		Forms 5 & 6 Warminster on tour
<b>LETTERS ON THE PORTAL</b>		Menu
		Music Timetable - will be on portal next week
		Autumn Term 2018 Fees letter
<b>Fledglings</b>		No letter
<b>Nursery</b>		No letter
<b>Reception</b>		Summer Term Sports Letter/ Tennis Letter
<b>Form 1</b>		Summer Term Sports Letter/ Tennis Letter
<b>Form 2</b>		Summer Term Sports Letter/ Tennis Letter
<b>Form 3</b>		Summer Term Sports Letter/Effort Grades/Sailing Enrichment
		After School Sailing Club/Parking Permits/Tennis letter
<b>Form 4</b>		Summer Term Sports Letter/Effort Grades/Sailing Enrichment
		After School Sailing Club/Parking Permits/Tennis letter
<b>Form 5</b>		Summer Term Sports Letter/Effort Grades/After School Sailing
		After School Sailing Club/Parking Permits/Tennis letter
<b>Form 6</b>		Summer Term Sports Letter/Effort Grades/After School Sailing
		Parking Permits/ Curriculum Changes/Tennis Letter
<b>Form 7</b>		Summer Term Sports Letter/Effort Grades/After School Sailing
		Parking Permits/ Curriculum Changes/Tennis Letter
<b>Form 8</b>		Summer Term Sports Letter/Effort Grades/After School Sailing
		Parking Permits/Tennis letter