

# Hermes

8<sup>th</sup> June 2018

Summer Term

Issue No. 460

## “All Change!”



(Helping Louis get ready for his day)

Dear Parents

A very warm welcome to a summery Hermes.

The feature story of the week is undoubtedly the smooth completion of Common Entrance exams by Form 8 children. I am sure there were more than a few nervous moments as we all gathered on Monday after half term.

From chatting to the children, it seems most were reasonably pleased with their performances. My most worrying moments are when I hear, “It was really easy. I finished with twenty minutes to spare!”

The vast majority of the cohort have already secured their first choice school though we will have a nervous wait late next week to find out that we have been 100% successful.

The news will come whilst we are on Guernsey together celebrating a well-earned post CE exped/finishing party. With the Form 7s also away with Mr Stazicker and Mrs Fernley and the Form 6s on a mini exped with Mrs Wilson and Mr Adams the school will be a very quiet place with Form 5s

finding themselves “top dogs” for a brief moment.

In my absence, Mrs Brunt will be holding the fort.

It has been pyramids rather than forts that has begun to occupy our minds creatively. Joseph AHATDC is gearing up for two weeks of rehearsal when we all return. In readiness for the show, the much awaited tickets letter was finally published. Lydia and I weren’t surprised at how quickly the replies flew back in and we anticipate a busy few weeks dealing with requests. That’s the “royal” we I hasten to add. It’s no coincidence I am leaving these shores for a few days!

SUNNINGHILL PREP SCHOOL

PROUDLY PRESENTS



LYRICS BY TIM RICE    MUSIC BY ANDREW LLOYD WEBBER

Thursday 28th June @ 7pm

Friday 29th June @ 2.30pm

Friday 29th June @ 7pm

£5 per ticket

I must give you a “goatupdate” now. If you remember, I had set the children the challenge of finding as many one and two pence coins lying around the home with the aim of raising £60 to send two female goats

to a family in Africa. As always seems to be the case, our children have far exceeded expectations and managed to raise £240. This will send eight goats to worthy families. What has been most special has been to see the sheer joy of watching Form 1 and 2 children bringing a whole bag full of coins in and the thought of how much this would buy. Many thanks for your great support, we really are a giving school.

On Thursday I was delighted to welcome back to school some antipodean visitors in the shape of Heal major and minor. Alexandra has lost none of her zest and flair for life and fitted in as if she had never been away. That said, they do seem to be enjoying life in Canberra, and why wouldn't they!

We also had a first gala in our newly lined pool on Thursday evening against Sherborne School. A slight confusion with the arrangements meant we didn't quite have the right age groups swimming against each other. Thankfully, a generous set of parents from both schools happily enjoyed the gala without the need for an obligatory points score and win/lose scenario. It was quite refreshing and we may have stumbled upon something of interest, though I'm not sure Mrs Wilson will agree with this. I'm not sure she'll let the big boys make the arrangements again either.

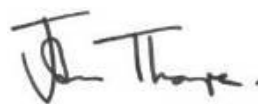
On the subject of swimming, I would like to send Erin P, Tallulah T and Poppy S off to the IAPS National Swimming finals tomorrow with the very best of luck ringing in their ears. They will be racing at the Olympic Pool in London and I know they will make us all proud. Their challenge - to swim a PB and really enjoy themselves.

Hot on the heels of the swimming gala was the PTFA meeting to put the finishing touches in place for the Summer Fayre to be held on Saturday 23<sup>rd</sup> June. Full details can be found later in this edition. Please do fix this date in your diary if you haven't already done so.

On Friday, we welcomed new children to school as part of Move up Day. Whilst not having major significance for the senior children, the junior prep children, and

indeed their parents, get the chance to team up with their new tutors. Perhaps the most eagerly awaited move up is current Form 4 children who leave Junior Prep behind and move up to Senior Prep to team up with Mr Willemse. I know they will have a great time together.

Wishing you a wonderful weekend ahead.



Mr John Thorpe  
Headmaster

### *Fledglings*

This week Fledglings have been very imaginative in their play. We have had some lovely new vocabulary related to our under the sea topic.





One young Fledgling found delight in playing “peepo” with the baby dolly.



Another PE session focussed on practicing for our sports day races!

We have been practising daily so that all the children understand what they need to do on the day. They are doing really well, enjoying themselves with lots of cheering!

### *Nursery*



Nursery children have loved exploring our new beach role play! They have access to 'real' resources, such as flip flops, sunglasses, swimwear, mini fans, buckets and spades and inflatables! They have been having so much fun pretending they are on a lovely, sunny holiday!



### *Form 1*

The children have drawn a map of the entire grounds and have been working around it making observational drawings. They are very detailed!



### *Form 3*

As part of their Math's topic on fractions, Form 3 visited Pizza Express! They all made pizzas and learnt about the ingredients that went into pizzas. Some brave children tried olives, onions, basil and mozzarella cheese, but others weren't so keen to try!



They have also been learning about endangered animals as part of their Geography project and produced these amazing posters!

### Form 8

**Simple as Science**



Simple as Science are selling science kits to raise money for Motor-Neuron Disease UK. Our materials have arrived and pre-orders can be taken throughout the school day. If you are not available at this time please email or speak to a member of our team! We are still in need of more plastic containers. Please have a look at home and keep them coming! The science kits will be on sale at the Summer Fayre on 23<sup>rd</sup> June. Big kits are £5 and small kits are £2. The experiments include; rock candy, lava in a cup, Mentos and Coke, Oobleck and Slime. Please speak to any of the group members or email Tilly or Ophelia.

[Emily.jones24@icloud.com](mailto:Emily.jones24@icloud.com)  
[Elfie05@outlook.com](mailto:Elfie05@outlook.com)

The children took their pizzas back to school, but were only allowed to eat them when they had answered various questions on pizza fractions correctly!

We have made a website to support our business. Please use this for more information on our projects and to send emails to pre-order our kits or to ask any questions about them:

<https://josephburdge.wixsite.com/simpleas-science>

Thank you once again for your help.

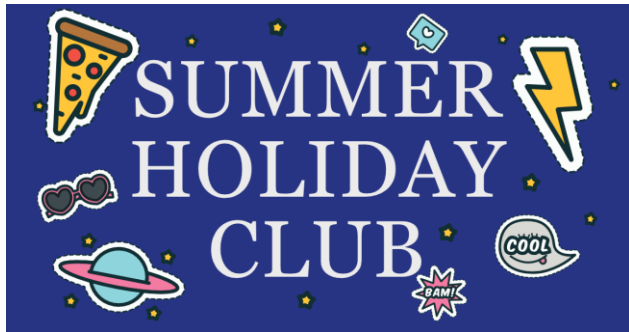
Erin, Tilly, Joseph, Lewis and Ophelia





# *In other news.....*

## *Holiday Club*



Booking forms and activities sheets for the Summer Holiday can be located on the website and we are now taking bookings.

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

## *Meeting the Olympic Hockey Goalkeeper*



On Saturday 2nd June Sofia (Form 6) attended the Maddie Hinch Goal Keepers Training Day.

Firstly it was a fantastic day, the sun shone all day, there was obviously a great turn out with many kids attending and plenty of coach's on site including Maddie's. Maddie Hinch herself was there ALL day and took a variety of sessions with all the kids, she was brilliant with them all.

They were in groups of 6-7 so the small groups worked well and so much was covered. Maddie also gave an inspirational talk to the kids and parents. It's good to hear her say she lets in more goals than she saves. It's tough being a goalie, especially when a child!

It was a positive, inspiring, motivational day and after this experience, Sofia will be attending a 10 week goal keeping course in Bournemouth which is run by the same company and coach's that were there on Saturday. As a result Sofia is going to be able to add a lot to the Form 7 hockey team next term.....watch this space!

## *Music News*

Mr Vincent will be teaching on Friday

Mrs Hawes will be teaching on Wednesday

## *Sue's Charity Bike Ride*



I completed my Ride the Night for Women's Cancer on the first Saturday of half term. We left Windsor Race course at 9.30pm and rode into the city. Buckingham Palace was our turn round feed station and we arrived back at Windsor at 5am.

Rode a total of 70 miles in horrendous thunderstorms and flash flooding but spirits remained high and 1.6 million pounds was raised from all those cycling. Many thanks to all of you for supporting my cake sale as a fund raiser for this event.

Sue Wilson

### *Half Term Running*



Amelia (Reception) supported by Tymon (Form 6) finished Westminster Mile fun run in 12.22. The run took place in St James Park, on Sunday 27th May. They were both impressed with the finish line situated just in front of Buckingham Palace and the big crowd cheering. Now they are proud owners of the medals.

### *Full House for SPS Fitcamp*



The morning SPS Fitcamp has proved popular this academic year. It runs during term time

on Tuesday and Thursday morning from 8.15 to 9am.

We're a fun, friendly bunch of ladies and gents who get together under the supervision of First Class Fitness. Would you like to join in, get fit and have fun at the same time, keep reading? If that's not your bag keep reading as you could share this info with friends and family who may be interested.

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 day's then that's no problem at all either, it's flexible too! Registration and payment is all done on line. As we pay upfront for the whole term FCF are able to offer affordable rates. For a 10 week term rates are £60 for 1 day a week or £120 for 2 days a week.

Any questions *at all then* please contact Marcus on his mobile **07817 172002** or email [firstclassfitnessmj@gmail.com](mailto:firstclassfitnessmj@gmail.com) or you can contact Jo Sloley 07768 800 358 or Kate Hopps 07970 878130 or Karen Woollam 07881 950369.

## *PTFA Notes from the Chair*

Welcome back! Hope you all had a very enjoyable half term break.

It's all systems go across school and that includes the PTFA and Class Rep committees who are racing to get everything in order for the Summer Fayre and for supporting welcoming drinks at Joseph performances and Junior and Senior Sports Days. Think we had our longest PTFA meeting yet last night, which also included a discussion on PTFA support to school initiatives. Many thanks to our dedicated team who gave their thoughts, time, input and support last night.

May I draw your attention to the **Summer Fayre 2018** letter which was loaded onto the Parent Portal on 24 May - please take a read for all your essential information on this event. I hope you're all gathering your

bottle donations (wine, beer and soft drinks), second hand books, second hand uniform, and jam jars for Jolly Jars. To add some further detail, we can now confirm that drop off for these items will be during the week before the Fayre, starting on Monday 18 June, we will have some crates ready in the Medical Room to receive your donations. Jolly Jars = jam jars filled with sweets (this was a new one on me last year and might be for others too :) It's a perfect one to get the children involved in at home and as a thank you for their efforts, we will have a 'home clothes' day on Friday 22 June.

We will be asking all to bring a cake for the cake stall into school on 22<sup>nd</sup> June. A paper plate and cellophane bag will be sent home via school bags a week before the Fayre. Please label with all the baking ingredients used.

Grand Draw tickets will be distributed via school bags next week, we are receiving prize donations all the way and keep them coming, thank you very much to those who have donated. Your help with selling tickets to your friends and family will help to make this a real success.

Mrs Thorpe will be running her WI style Make and Bake tent and a letter from her has been posted on the Parent Portal on 6 June with all the details. There are 17 fun categories for adults and children to enter your creations into, please take a look.

Volunteers are coming forward for help on Friday 22 June afternoon with setup preparations from the Summer Fayre, thank you for all the volunteers who have been in touch so far. We will also need help throughout the day on 23 June and, importantly, in breaking down the setup at the end of the Fayre, 4.30pm to 5pm approx. Please let me know if you can offer some time for this, it's often the task that gets forgotten. I have to say that the post Barn Dance clear up in March was done very efficiently in record time as we had a good number of volunteers who gave an extra 20 minutes or so. Let's aim to do that again for the Summer Fayre!

And if I may move on to Joseph and Sports Day now, dates and times as follows:

**Joseph Thursday 28 June**  
Performances start at 2.30pm & 7.00pm  
Hospitality from 2.00pm-2.30pm, 6.30pm-7.00pm

**Friday 29 June**  
Performance starts 7.00pm  
Hospitality from 6.30pm to 7.00pm

**Sports Day Tuesday 3 July**  
9.00am Nursery Sports Day  
11.00am Junior Prep Sports Day  
2.00pm Senior Sports Day

Hospitality throughout all events

PTFA will be supporting the 'hospitality tent' for these events and we are looking for volunteers to help run the drinks tables and serve refreshments. Please let me know if you can give some time to lend a hand during the events. For Sports Day, it would be great if we could have parents helping out at different timings to their children's events so all get to see their 'main attraction' of the day - Nursery parents helping whilst Juniors take part, Juniors helping whilst Seniors take part, Junior parents helping whilst Nursery take part and so forth. There are of course many ways to arrange this with many families taking part throughout the whole day too, all help will be greatly appreciated so please chip in.

Always on the PTFA Officers minds is how we make a difference at school with the funds that are raised through members' fantastic support of our events. At our meeting, we reviewed two initiatives with requests for funding and both received our PTFA Committee Members' support. We will be enabling the acquisition of a traditional first printing press purchase for use by Mrs Saines in the Art Room - so look forward to seeing creative lino prints and the like coming home for your enjoyment. And likely some muscle strength development as the presses roll through manual usage. PTFA is also in favour of supporting the use of technology in the classrooms through additional funding of hardware. A project that school will kick off in the new academic



year, understand and see how it best fits with the educational ethos and report back to PTFA in the Autumn with additional funding to follow into the New Year if all are agreed. A principle applied for PTFA funding is that all children will benefit from the support we give over time, something that we will be keen to see in practice. It was a good discussion last night, and good to receive two requests from the teaching body that cover the spectrum of traditional and up-to-the-minute technologies.

A full week and a bumper column! May I wish you all a restful weekend!  
Lynn

Lynn Strover  
PTFA Chair  
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07563 574 536

## Nutrition Natters



Hello!

How are you getting on with these glorious summer days? I expect too hot for some of us, unfortunately quite a few of my elderly patients are not really enjoying it....

This time I would like to share something very interesting I have learned in my health coaching course - being BAD!

We were discussing self - sabotage, the way people consciously or unconsciously stop doing what they want to be doing or aim to be doing to be able to achieve a better self,

and my tutor advised us to try to be BAD instead. What does that mean?

B stands for Break free from your routine  
A stands for Act naughty  
D stands for Do some fun crazy things

It's a very good way of rebelling against outside authority and day to day life responsibilities!!! Allowing yourself to be free, do something fun and let go your inner self - allow no judgment!!

So, I would like to challenge all adults to come up with a Be BAD list and try to incorporate that into your weekly to do list. Yes, I am inviting you to make it an important conscious task incorporated into your daily responsibilities! Because I really believe we owe it to ourselves as responsible adults to break through our routines and allow our free inner child to come to the surface and just have fun and joy without any judgment or feeling of being inadequate, stupid or any negative emotions.

And why not share it with all of us? I am really curious!!! I am looking forward to hearing your funny moments. Please do share, even if you just have the courage to think about them but not do them yet. My personal email is:

[marinaimendes@hotmail.com](mailto:marinaimendes@hotmail.com).

Here is a recent experience where I allowed myself to break free and of course some of the adults perhaps thought I was crazy!!! But to be honest I had so much fun that it didn't really bother me at all. A few weeks ago Carolina had a friend's birthday party and they went to a trampoline centre. I decided to join them having lots of fun jumping and moving around like a crazy chick. I am really happy and grateful to my personal inner self for allowing me to join in with the kids and just embrace fun.

Here are some of my BAD ideas that I can share here in Hermes:

- offer a friend a vanilla ice cream but instead give them a scoop of mashed potatoes on a cone
- wear a very short skirt



- go swimming in the sea without any clothes on
- call your mum or friends and pretend you are an admirer
- make up a personality and put on a wig and introduce yourself to a stranger
- draw a moustache on a poster or photo of a friend/family

Enjoy your week and allow your inner child to express itself!!

Thank you Marina Mendes

## Sports News

### *U8/U9 Girls' Rounders v Knighton House*

This turned out to be a very friendly afternoon with everyone mixing in to make 4 teams of 6 players.

Team 1 and 2 played the proper rounders rules and Team 3 and 4 counted every post as a point and were deducted 2 points for every player who was out.

Once again, our skills improved throughout the afternoon with some excellent throwing and catching and brilliant batting off the T.

We still need to work on the tactics of the game when fielding - Knighton House were very good at this side of the game - such as looking where to throw the ball in from a fielding position and when to run with the ball and when to throw it.

**Contribution Award - Imogen and Carolina were chosen by the other players.**

### *U13 Pairs Cricket v Sherborne Girls Results: Win 232 - 221*

On a beautiful British summer afternoon, the girls nervously took to the field for their first ever pairs cricket match.

Erin and Tilly opened the batting and made a steady start against some accurate Sherborne bowling. Izzy and Hannah batted next, confidently scoring 20 runs between them including a couple of boundaries. All the girls batted well and running between the wickets improved as they grew in confidence accumulating a credible total of 232 runs.

Our bowling was not as strong as our batting although again improved with confidence. However, some excellent fielding including a couple of really well taken catches resulted in 5 dismissals. Consequently, Sherborne were restricted to a total of 221 runs.

A successful game enabling all to 'have a go'!

**Contribution Awards: Batting - Izzy and fielding - Ophelia**

### *U12 Pairs Cricket v Sherborne Girls Results: Loss 216 - 217*

Nestled down windy lanes and in the Dorset countryside it was nice to see 2 games of ladies cricket taking place at Martinstown. Fantastic weather and the girls raring to play! We put Sherborne into bat and they made 217 runs with 6 wickets. Lily R took 2 great catches with Lily B and Poppy taking one a piece. There was some good accurate bowling from everyone and few no balls were bowled. We then went into bat with the pairings and scores below.

Lily R/Olivia - 7 runs 1 - out When a pair is out you deduct 5 runs.

Lily B/Verity - 10 runs 0 - out

Jessie/Leah - 2 runs 2 - out

Frida/Tallulah - 15 runs 1 - out Frida hit a boundary (4 runs)

Atlanta/Poppy - 6 runs 2 - out Poppy hit a boundary

Clara / Poppy - 11 runs 1 - out

There was some good calling but we did hit the ball into the air too much to give Sherborne a chance to catch us out, which they did. The game went down to the last over and we just fell short by 1 run but there was definite improvement from everyone. Well done.

**Contribution Award:** Clara for some sensible batting and running. Lily R for 2 great catches and good fielding.



### ***U11 and U10 Swimming Gala v Sherborne Prep***

On Thursday afternoon the U11/10 swimming gala v Sherborne took place in our pool. For some swimmers it was their first competitive swimming gala so a huge well done to them!

The attitude and team spirit of the swimmers on pool side was absolutely fantastic. They were focussed and complementing their team members.

Big thank you to all the parents for their support and to the Form 8's for their excellent time keeping.

Congratulations to all the swimmers who recorded a personal best.

### ***U9/U8 Boys' Tennis v Dumpton***

The U9's played doubles against Dumpton. Three matches were being played at a time. Sam and Max played some great matches but went slightly too big at times which was detrimental as the orange court is smaller than a full court.

Theo and Thomas played with less flair but were more solid and calculated. They won 3 tight battles. Otis and Felix played beautiful

rallies and were excellent team players, communicating clearly to each other. Well done to the boys, as the level of tennis produced has been superb!

**Contribution Award:** Otis for improving his tactical understanding of doubles.



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# Weekly Diary

<b>WHOLE SCHOOL DIARY OF EVENTS</b>	11th June	Form 7 & 8 Exped Week
		Form 6 Outdoor Ed Week - Swanage
		U8/9 Sainsbury's Tennis Festival - Dorchester 2.00 pm
	12th	Rec, Form 1 & 2 to Weymouth by train
		Form 6 Portland
	13th	Form 6 Bournemouth
		U10 Pairs Girls Cricket v Sandroyd @ Martinstown 2.30 pm
		U10 Football v The Park (H) 2.30 pm
	14th	Form 6 Portland - overnight camp
		Reception Forest Schools
		Forms 3 & 4 Paulton's Park
	15th	Form 6 Portland
		Form 5 Brownsea Island
		Forms 3 & 4 Forest Schools
		Form 7 return from exped
		Form 8 return from exped
	16th	Form 5 & 6 County Swimming Finals
<b>LETTERS ON THE PORTAL</b>		Menu - 11th June
		Music Timetable
		WI Tent - Summer Fayre
		Joseph Ticket information letter
		Sports Matches
<b>Fledglings</b>	No letters	
<b>Nursery</b>	No letters	
<b>Reception</b>	Weymouth by train letter	
<b>Form 1</b>	Weymouth by train letter	
<b>Form 2</b>	Weymouth by train letter	
<b>Form 3</b>	No letters	
<b>Form 4</b>	No letters	
<b>Form 5</b>	Timetable for the week inc Brownsea Island letter	
<b>Form 6</b>	No letters	
<b>Form 7</b>	No letters	
<b>Form 8</b>	No letters	