

# Hermes

15<sup>th</sup> June 2018

Summer Term

Issue No. 461

## “Exhilarating Times on Exped!”



Dear Parents

I think this edition of Hermes is always one of my favourites.

I write it on our final night of the Form 8 exped, this year from the beautiful island of Guernsey.

It is the first time I've been to the Channel Islands and what a gorgeous place it is. It feels very much like a Scottish island with a Mediterranean climate. A brief foray on Google tonight showed them to be the sunniest place in the UK with 2100 hours of sunshine last year. That certainly seems to have been true this week.

Form 8 exped is a time of mixed emotions for us all.

Today I heard that all our pupils have now secured a place at their first choice school. I congratulated all their achievements. At the same time, I'd like to share this success with all the teachers who have worked so hard to make this annual objective become reality. It's not just the senior teachers but those in Junior Prep who also worked so hard to

embed a deep understanding of phonics and a love of maths.

Having spent a week with Form 8s, Mrs Sewed and I are certain this cohort has the life skills to set out into a world beyond our small bubble.



That said, I'm not sure about all of their housekeeping skills. It took certain members of the group no more than ten minutes of arriving to completely devastate their dorm. Some of them are going to be boarders (which narrows the field considerably) and their new house parents may have a shock in store if they don't shape up quickly.

Hands up if you think that might be your son? Note the fixed gender!

That said, and not wanting to tell tales, the boys have gone to bed like angels all week. At lights out we haven't heard a twitch from any of them. They've gone straight to sleep and have had to be woken up in the morning. That certainly cannot be said of the girls who have been very reluctant bed goers. They are certainly night owls and have been much keener to party into the night.

Like mother like daughter?

I've heard from Mr Stazicker and Mrs Fernley who are on exped with Form 7s in the Brecon Beacons. They also seem to have been blessed with great weather, though a certain member of their team managed to maintain the family tradition of visiting hospital whilst on exped. By all accounts, the staff who took her can't recommend Merthyr Tydfil A & E at 2am!



The Form 6's also seemed to have sneaked a wonderful week of trips. Having read the exciting details of their forthcoming Form 7 trip to Normandy in September I had thought they might just be having a couple of days of fun this week, but none of it. They seem to have had a full program of events including climbing, coasteering, surfing and a night camping in The Bowl on Portland.



Elsewhere in school, Form 1 and 2 have been on one of their favourite trips of the year

heading to Weymouth by train to spend a day on the beach.



Not to be outdone Form 3 and 4 have been to Paultons Park and Form 5 have had a wonderful day on Brownsea Island with Mrs Brunt and Mr Willemse. It's all good practice for our youngest member of the teaching staff as Mr Willemse prepares to take on the big challenge of helping Form 4 make the big transition into Senior Prep in September. I know the parents enjoyed his presentation to them at last Friday's "Move Up Day" last week and that he is eager to get going.



Whilst we have all been expeditioning, Mrs Livesey has been busy organising and delivering more Forest School events. Catherine is championing this new initiative and is taking a dozen staff off on a bush craft INSET when we have broken up for summer.

I hope the Junior Prep children have been holding the fort in our absence and getting their part of Joseph nailed. I imagine that Lydia has also been at the grindstone trying



to work out all your ticket demands. I'm rather glad I sidestepped that issue this week!

I haven't managed to escape our much esteemed Registrar though as she has sent me a daily update of the "who's who" of new parent interest, those requesting leave of absence and what's happening in the world of marketing.

This attention to detail has made such a massive difference to this all important aspect of school. Making sure I adhere to this mantra and to help the marketing department, we managed to create a school crest whilst on a remote beach on the north shore of Guernsey. The slightest sight of the old dots next to our hallowed three letters is like a red rag to a bull and I got a "steam coming out of my ears" reply. It's akin to wearing blue socks with your sports kit in front of Mrs Wilson!!



The Bursar has also managed to send a daily "what's what" that mostly concerns either the new part of the Art room to house DT or another quote for the boys' toilets. Having been to visit the loos with the class reps we all decided it was time to refurbish, so we have had three quotes all which run comfortably into five digits. It's a job that has to be done, despite the hefty price tag.

I'm really excited about spending a similar sum of money to introduce DT formally into the curriculum for Forms 5 and above. I can't remember if I've shared this with you already but I've found a wonderfully experienced teacher who will spend a day a week with us next year. It was one of those amazing Karma moments. A local artist

answered an advert for the school's kiln that we were looking to rehome so we could tidy up the area outside of Compass Lobby. The kiln had no cost. In return for its permanent borrowing we asked the new owner to fire our pottery as and when and to also come into school to deliver some master classes in making pottery. It turned out that the potter was also a semi-retired DT teacher with an enormous breadth of experience who'd love to work with us. I'll formally introduce you to Stephen Yates in September.

The other two parts of curriculum change for September continue to go ahead at full steam. The Creative Curriculum modules for the September term for Forms 7 and 8 are taking shape and will include the Shakespeare in School festival production and a STEM module too.

I have also met with Mrs Wilson, Mr Adams and Mr Willemse to start planning the Friday afternoon games slot for Forms 5 to 8. This really excites us all as it will add a third games slot into the timetable that really moves in a different direction which includes outdoor pursuits, individual sports and fun team sports. The children will get a menu to choose from. On the menu will be three sections with three or four sports in each category to pick from. As an example, the outdoor pursuits slot might include sailing, rock climbing or orienteering and the individual category might include golf, tennis, archery and fencing. Fun sports might be volley ball, lacrosse and softball.

I will try to cover the vast majority of the costs from within our own budgets and truly believe it will make a big difference to our sports program.

Finally, I continue to talk to parents who remain "out of love" with the school portal. The more proactive have offered their thoughts and ideas and it is clear we need to come up with alternative solutions that include an app on your smart phone as well as a more permanent copy too. I've got a feeling we might be going back to the future and having copies emailed to your phone and also added on to the portal. I'll then get groans about no more "head lice" emails please and the circle of life will continue.

Now that's a Lion King song.

Can't have that!

Today it nearly rained and I nearly had to wear my coat of (not) many colours.

Wishing you a wonderful weekend ahead.

John Thorpe.

Mr John Thorpe  
Headmaster

### *Fledglings*



This week Fledglings have been concentrating on their sensations through our feet. We explored the feeling of cool water and soft sand.



We picked our first crop of peas with Liz they were "yummy and sweet".

### *Nursery*

Some Nursery children were lucky enough to enjoy a trip down to the river last Friday. We saw some beautiful ducklings and cygnets which the children loved!



On Wednesday afternoon, Nursery and Reception sat outside had a lovely ice cream for their snack. They went down a treat!





Below are Yasmin, Daisy, and Tabitha looking wonderful in our sunglasses from the beach role play! Everyone has thoroughly enjoyed having the 'beach' in Nursery for the last two weeks, and we're sure they'll love the new Pirate role play that will be out for them next week!



### **Reception, Form 1 & Form 2**

On Tuesday the three classes went via train to Weymouth beach for the day. They had a fabulous time playing in the sand and sea, a packed lunch on the beach and then back to Dorchester on the train. Lots of tired little ones fell asleep on the journey back!



### **Form 1**



Monday afternoon's Show and Tell took place outside in the shade of the walnut tree. There was a lot to chat about and catch up on and obviously plenty of questions.

They even had a visit from 'Jack' the jackdaw, brought in by Hamish, and he explained how it is being rehabilitated back to, hopefully, full health.



### **Form 5**

Tuesday's French class took place in the kitchen for Form 5. They had to translate a recipe into English and then make crepes to the translated version.

There was differing success but all edible!



Erin, Tilly, Joseph, Lewis and Ophelia

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

### ***Music News***

Mr Vanburgh will fetch pupils for lessons around Joseph rehearsals so could his pupils please keep their music in school.

Due to Joseph rehearsals Mrs Nolan-Stone will only be teaching pupils taking exams this term, if those pupils could bring in their instruments and music on Tuesday, Thursday and Friday she will collect them for lessons.

Mrs Hawes will be teaching on Thursday and Friday.

### ***Tennis Tournament***

Otis, Theo, Sam and Thomas were part of the Dorchester U9 squad who became County winners at Southbourne Tennis Club at the weekend. They played against different clubs from all around Dorset and won the Tournament. Well done to all the players.



### ***Form 8***



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.

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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.



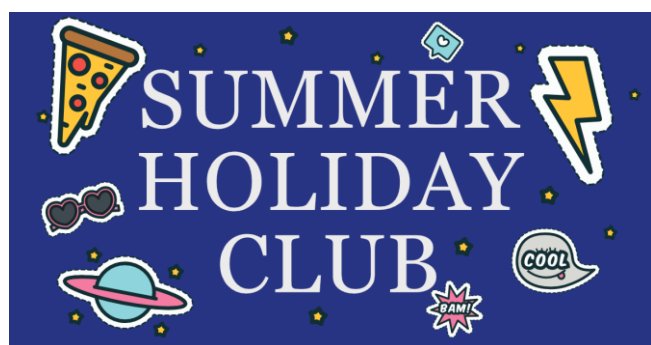
Big Thank you to Captain Michael Willemse who supported them on the day and guided them to victory.

### *Taekwondo Success*



Congratulations to Carolina (Form 3) who recently passed another Taekwondo grading and achieved her green belt.

### *Holiday Club*



Bookings are coming in thick and fast for the Summer Holiday Club. Check the activities and to reserve your place please follow the link below. Booking to be submitted by Friday 22<sup>nd</sup> June 2018.

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

### *Joseph Tickets*



Don't forget reserved tickets for the Joseph performance will be issued next week. Once the 3 per family have been allocated we will be able to issue any additional requirements.

### *Pupil Stationery*



Mrs Baker has reviewed the school's stationery items and their prices and is pleased to announce that some are now cheaper than they were (due to changing suppliers).

The order forms are on the windowsill outside the Science lab if anyone would like to place an order. Any items ordered will be added to next terms bill.

Many thanks  
Mrs Baker



Arthur (Form 1) along, with his mummy, daddy and both big brothers will be taking part in Run for Rowan at this Saturday's Weymouth parkrun (free to participate, 9am Lodmoor Country Park, timed 5km run).

Many of you will have heard in the news about the tragic loss of Rowan Lloyd, 14, an All Saints School student killed in an accident last week in Weymouth. Arthur's big brother Joe, 14, went to school with Rowan. Joe, who is a regular parkrunner at both senior and junior parkrun has arranged for the 250th Weymouth parkrun to be a 'Run for Rowan'. Joe currently has a broken right shoulder and a broken left wrist so has recently been volunteering instead of running. But he wanted to do something to try and help Rowan's family and decided that this week he should run the parkrun with his broken arms, asking people to support him by running for Rowan and donating to the fund set up to support Rowan's family at:

<https://www.crowdfunder.co.uk/rowan-lloyd>

If anyone can come along for a run/jog/walk and make a donation, to support Joe and Arthur's efforts to raise money for Rowan's family, we'd be very grateful. For those who don't wish to run the post run cake sale might tempt you along, the proceeds will also be donated.

More details can be found on Weymouth Parkrun's Facebook page.

Thank you from Arthur and his family

## *Notes from a small garden....*

It's been a busy couple of weeks, blessed by sunshine, and finally our labours are paying off. Spinach, peas and lettuce were all harvested in abundance. Along with fat juicy strawberries, I think next year we may have to plant twice as many strawberry plants, as nothing beats the excitement of the hunt for their hidden juicy jewels!



Courgette plants were settled in to their new spots outside, and we eagerly await their tender offspring so we can feast on courgette cake again, such a favourite of last year!



The flower boarder at the top of the steps was beautifully replanted with an array of delicate summer flowers. This border always makes me smile, Liz has a way of creating such welcoming and natural displays of colour to greet you as you enter the gate.





Liz is also using her magic touch to help the children create some really different hanging baskets to go on sale at next weekend's Summer Fayre. We have been quite busy rustling up all kinds of garden specialities for next weekend, there will be lots of lovely things grown by the children to buy, come and have a look, we will be somewhere near to the Pimms tent!!



Quick frog update, lots of froglets spotted and both newts seen, caught, replaced, caught again, replaced again and doing well.

Jo Foote

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

Countdown has started to our Sunninghill PTFA Summer Fayre on 23<sup>rd</sup> June, 12.30-4.30pm. And thank you to all who are in full flow pulling things together for this. Raffle tickets have been making their way out

steadily this week and the final round of delivery will be in school bags on Monday following this week's expeds. More will be available from the Bursar's office for those of you who can sell more to friends and family. Thank you in advance to our generous donors who have put in prizes so far and to those who are sending in more in the week ahead - Poundbury Wealth, CG Fry, Symonds and Sampson, SPS Fitness Club and more. Remember to return ticket stubs and monies in the envelope provided to the Bursar's office by Thursday 21<sup>st</sup> June with a prize being offered for the family that sells the most in assembly on Friday morning.

From Monday 18<sup>th</sup> June, your bottle donations (wine, beer and soft drinks dropped into the Bursar's Office), second hand books, second hand uniform, and Jolly Jars etc. are to be brought in to school and dropped off in the Medical Room. 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 on Monday/Tuesday before the Fayre. Please label with all the baking ingredients used.

A further call for Volunteers please, especially for the day of the Fayre, 23<sup>rd</sup> June. Please reach out to your Class Rep if you can give an hour or two to help on your class stall (congrats and thanks to Form 4 parents with their completed schedule in place) or to Carol/me/Julie if you can help with set up on the morning and break down and clear up at the end of the afternoon.

Volunteers are rolling in for Sports Day and Joseph hospitality support, thank you very much, I'll report back on this next week. Some slots are still available if you fancy joining the team, just drop me an email.

Here's to a great weekend!

Lynn Strover

PTFA Chair

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# Nutrition Natters

Hello!



How to reshape your carbs snacks!

Today to make sure we think about being healthy I thought about reviewing the carbohydrates groups.

Carbohydrates are a group of essential nutrients we all need on a daily basis to be able to survive. But which ones do we need more of and which ones to avoid?

There are two categories:

- 1) simple
- 2) complex

Simple carbohydrates are refined sugars, things like jelly beans, chocolate cakes, chocolate, fizzy drinks whereas complex carbohydrates consist mainly of starch and dietary fibre. Carbohydrate provides 4 kcal per gram and therefore are a very good source of energy that is used first to fuel our muscles and the brain activity.

Good examples of starch are pasta, rice, bread and potatoes.

As Fibre we have: Peas, lentils, beans, nuts, seeds, broccoli and brussel sprouts.

Fibre is divided into two groups, soluble and insoluble. Soluble fibre (fruits, legumes, nuts, seeds, brown rice, and oat) lowers blood cholesterol and helps to control blood sugar levels while providing very little energy.

Insoluble fibre (wheat and corn bran, whole-grain breads and cereals, vegetables, fruit skins, nuts) goes through our digestive system intact and reaches the large bowel without suffering any breakdown and feeds our good bacteria - helps them grow and boosts our immune system and prevents digestive disorders like constipation, IBS and it seems it may help prevent colon cancer.

So, what to choose? A good App, to have a look at and find out how many cubes of sugar our food contains, is Be Sugar Smart App (NHS change for life).

Examples and very good at "opening our eyes" as parents:

- a bowl of strawberries - an unbelievable 2 cubes only!
- a bowl of carrot sticks - only ONE cube!
- one banana - 4 cubes
- one slice of watermelon - 4 cubes
- one glass of orange juice - 6 cubes
- mini wheats cereals - 3 cubes
- skittles - a HUGE 12 cubes!!
- Starbucks - 8 HUGE cubes!!

According to the NHS the average number of cubes a child can eat on a daily basis, depending on their age, is around 5 cubes.

Enjoy your week and your seasonal fruits like strawberries and watermelon!

Marina Mendes

## Sports News

### U8/9 Sainsbury's Games Tennis Festival

Sunninghill entered two teams into the Sainsbury's Games Tennis Qualifier which was held at Dorchester Tennis Club.



Competition was fierce and Sunninghill came 2<sup>nd</sup> and 3<sup>rd</sup> out of 6 schools. Each player improved throughout the afternoon and enjoyed playing in extremely warm conditions!

One team has qualified for the finals at Bryanston.

Huge well done to Maggie and Iris for participating in their first competitive tennis matches.

***U10 Football v The Park School***  
***Results: Win 4 - 2***

The U10's managed to remove the football rust quickly on Wednesday as The Park pressed high early on. Superb defending from Harri, Henry and Theo enabled the team to start to control play from the midfield. Orlando and William were excellent on the wing being a constant option for Valentine to pass to. Sunninghill conceded two sloppy goals, both through sloppy concentration, but were ruthless in attack. Valentine used his wingers well who passed to Gethyn. Gethyn was as sharp as Harry Kane and scored lovely goals.

**Contribution Award: Gethyn for displaying beautiful skill and scoring goals.**

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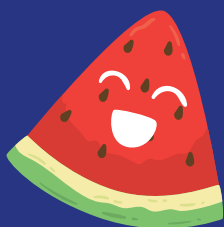
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# Sunninghill PTFA Summer Fayre



Saturday 23rd June 2018  
12.30pm to 4.30pm



Sunninghill Prep School, South Walks, Dorchester



# Weekly Diary

WHOLE SCHOOL DIARY OF EVENTS	18th	Joseph Rehearsals all week
	19th	
	20th	U13 Rounders/Cricket Mixed v Hanford (H) 2.30 pm
		U13 Cricket v DMS (A) 2.15 pm
		Form 8 Lions' Lair Presentation evening. 6.30 pm SCH
	21st	U8/9 Swimming Gala v Leweston (H) 4.00 pm
		Board of Governors' Meeting 6.45 pm
	22nd	
	23rd	Summer Fayre 12.30 - 4.30 pm
LETTERS ON THE PORTAL	Menu - 18th June	
	Music Timetable	
	Sports Matches	
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	No letters	
Form 6	No letters	
Form 7	No letters	
Form 8	No letters	