

Hermes

9th July 2018

Summer Term

Issue No. 464

“Moving on!”



(Form 8's head off on their bike ride to Weymouth)

Dear Parents

A very warm welcome to the final Hermes of the year.

For readers new to Hermes this year, we always send this ultimate edition out on the Monday following the Leavers' Service and Speech Day so we can include details of these final events in full.

As always, it is a very busy week, tinged with the sadness of saying goodbye to our Form 8's and their parents, some of whom have been at the school since Nursery. It will be by far the longest period of time they will spend in any school and we hope that their experiences and values will stay with them long into adulthood.

On Monday we welcomed parents to our end of term assembly for the very first time. They shared with us the joy of awarding endeavour awards and sporting and musical colours. They also listened to performances from the wind group, staff choir and junior choir who always seem to steal the show.



Tuesday was sports day for all the different age groups. Nursery and Reception had their own lovely events before it got too hot. I loved their “over under” hurdles race. Form 1 and 2 followed on after the break. My favourite event of theirs was the waiters' event, followed closely by the parents' egg and spoon race. There was lots of skulduggery at the start!

After lunch, Form 3 upwards took part in a superb afternoon of highly competitive sport. Mercifully, there was some cloud cover which kept temperatures bearable. With one event to go just seven points separated first and second placed house, with Maumbury the eventual deserved winners. I must thank the PTFA for manning the drinks and ice cream stall and apologise for “ice cream gate”!



On Wednesday, amidst all the noise and excitement of the last week, we also held ABRSM music exams. Chaperoned by Mr Vanburgh and Mrs Nolan-Stone, there was a lot of nervous tension from candidates who have been preparing for many months. We should get the results mid-way through the summer holidays.

I also announced Head Boys and Girls and Sports Captain for next year together with the prefect roles. This cohort will be the most amazing role models next year. They really will set the school on fire.

Thursday saw the Form 8s going to Thomas Hardy School for their Move Up Day. They all seemed to enjoy themselves and are very much looking forward to the challenges that lie ahead, together with an inevitable small degree of uncertainty that is always the case with all those moving on.

And so to the final day.

9am saw us all congregating in front of the school ready for a uniform check before parading two by two to St Peter's Church. We were welcomed by Canon John Wood who kindly presided over the ceremony.

The Leavers' Service is organised by the Form 8's and they take this responsibility very seriously. It is always an emotional start to the day and included songs written by the children, musical pieces and reflections on their time whilst at the school.

We then headed back to school for an 11am start to Speech Day and Prize Giving.



Retiring Chairman of Governors Mr Richard Miller opened the events and handed the baton of Chair to Mr Philip Fry of C. G Fry fame.

As you will remember from a previous Hermes, originally Mrs Penny Graham was due to take up this role but a "too good to miss" opportunity in London meant she was unable to take over.

Phil has had three children through school and been a governor for many years looking after the Finance and Business committee and also Health and Safety. He will be a very safe pair of hands and I very much look forward to working with him. He loves watching the Chiefs, playing cricket and demonstrating his excellent yoga skills.

The theme of my speech was all about dreams and allowed me to share with parents the exciting new changes taking place next year which include:

- A new Creative Curriculum
- DT lessons for F5s upwards
- A "high skills" sports afternoon on Friday for senior pupils
- A new play area for the EYFS
- Forest School entering the Junior Prep curriculum
- A complete refurbish of the boys' toilets (which got the biggest cheer of the day)

I was also able to thank retiring governors Richard Miller, John Chittenden and Rupert Turberville-Smith. All three have made massive contributions to school life over a significant number of years.

It was lovely that their wives were able to attend and our Form 8's presented bouquets to each as a thank you for their supporting roles. There was also a bouquet of flowers for the lovely Mrs Thorpe for all her support and encouragement behind the scenes.

I also shared hot off the press news that Mrs Brunt will step down as Deputy Head Academic and work three days a week in September teaching Science, STEM and Games. She will remain a member of SLT and help organise major events. Her

successor will come from within the school and be announced before I break for summer.



(Dreaming of finding one of the two lottery tickets suck under their chairs)

I then invited our guest speaker, Charles Jardine to hand out the prizes and address the audience, by then cooking on gas mark 5. Charles went “off piste” to use his own words. He dispensed with the lectern and used no notes. He was eager to impress on the children the privileges that they have and the responsibility that comes with that. He talked about his charitable work with Fishing 4 Schools which is a charity that we will continue to support next year. He also used his exceptional talent as a water-colour artist to produce a beautiful picture of a brown trout as a leaving present for Richard.



We then hastily exited the oven-like hall for drinks and canapés on the lawn followed by a sumptuous Leaver’s Lunch, lavishly and lovingly prepared by Kerry and her team.

It was a beautiful day in every sense of the word and I must thank all those who were involved in the organisation. It takes an army of helpers to get all these events to the standard we all aspire to.



Well, that’s it for the year. Can I take this opportunity to thank you all for the support and trust you have invested in us. I wish you a very happy summer with your families.



(Beautiful SPS serviettes hand crafted by Sharon)

Do remember that school begins on Thursday 6th September.

In the meantime, we have the small matter of a semi-final World Cup against Croatia to dream about.

Come on England!

Wishing you a wonderful summer ahead.

John Thorpe.

Mr John Thorpe
Headmaster

Fledglings

Fledglings have enjoyed searching for their potato crop in the soil. We even found a millipede or two!



After washing the potatoes we cooked them and had some for snack.



Have a wonderful summer break, enjoy the glorious weather, Nikki Carr and the Fledglings team.

Nursery

Nursery had a fantastic morning of fun and games for their sports day. Lots of fun was had by and the morning culminated in some very entertaining parents races. Well done all!



We would like to wish the Nursery leavers well in their schools and good luck to those children moving up to Reception at Sunninghill. We are really looking forward to welcoming our new children starting in Nursery in the Autumn Term. Have a wonderful summer everyone!

In other news.....

Orchestra

Orlando's (Form 5) bother (the organist in Friday's church service) is playing a short series of concerts later in July, with two in Dorchester (Fordington and Tincleton).

It would be great if some children can go along and see the big-scale percussion equipment! More information in the attached PDF.

Orienteering

Wimborne Orienteers invite you to try **Orienteering around Bridport @** Bridport Leisure Centre on Saturday 14th July from 2:00 - 3:00 pm



Courses for all - come and have a go!

Wayfarers course for beginners, families, runners and ramblers. Entry on the day at Bridport Leisure Centre pavilion - £5.00.

Technical courses for experienced orienteers.

For enquiries or to reserve a map, please email mike.kite@hotmail.co.uk or phone 01308 422455

Participation at own risk; high-viz clothing recommended; no dogs allowed.

Why is touch-typing such a useful skill for children?



The summer holiday is a great time to get your child typing. Here are 10 reasons why along with links to free websites which your child can access.

1. Touch-typing helps children work faster

Touch-typing means being able to type at speed and with accuracy, without needing to look down at your hands on the keyboard. If you keep switching between looking at the keyboard and the screen, you are wasting half your time because your brain is trying to focus on two different things at once.

2. Typing becomes more accurate

As well as being fast, touch-typing is accurate. Aim for children to type 30 words per minute (wpm) with over 90 per cent accuracy.

3. Primary age is the best time to learn to type

Age seven or thereabouts is the best time to learn because children's hands are the right size, they have the concentration span, and because they love being on the computer, they are motivated to learn. Like riding a bike, touch-typing is a skill that, once mastered, will last a lifetime.

4. It sets them up for secondary school and beyond

In secondary schools and beyond, most coursework is expected to be typed.

5. Typing helps children with dyslexia

Evidence shows that learning to touch-type can be a particular benefit for children with *dyslexia*. Some dyslexic children find typing easier than handwriting, as the tactile element of pressing the keyboard can help with managing difficult words. The multisensory aspect of typing can help the child with letter patterns. The computer is non-judgemental and doesn't get impatient, giving children confidence.

6. It is quick to learn

Most children can get to 30wpm in about 10 weeks, with two 10-minute practices per day. Little and often is more effective than doing a longer chunk, once a week.

7. If children can type, they can focus on content

Knowing how to touch-type improves the quality of work, too. It frees the attention to focus on content, so the quality of what's written usually goes up. It allows thoughts to be captured quicker, so they're less likely to forget a great idea.

8. It makes drafting and editing easier

The process of drafting and editing is made easier as children can play around with their work, moving paragraphs or deleting parts of text.

9. It helps reduce the risk of RSI

While it is important to take regular keyboard breaks, touch-typing should mean you are less prone to repetitive strain injury (RSI).

10. Typing can actually improve handwriting

Worried that learning to touch-type will mean your child neglects their handwriting? The increased muscle tone and dexterity that comes with learning to type can improve handwriting as a side effect.

BBC Dance Mat Typing

<http://www.bbc.co.uk/guides/z3c6tfr#z34thyc>



A free interactive website where you can improve your skills. Make your way through all 12 stages and to be a top typist!

Typeline.co

<http://www.typeonline.co.uk/index.html>

This is a structured touch typing course, probably more suitable for older children. After landing on the home page, navigate to 'typing lessons' and away you go!

Nancy Sewed

nsewed@sunninghill.dorset.sch.uk

PTFA Notes from the Chair

Well, here we are, at the end of the year. It's been a full and rewarding year for the PTFA - new events, regular meetings and lots of commitment from our community to bringing events that really connect and engage all our members. I hope you've enjoyed it all. I'd like to thank all the parent volunteers, staff, pupils and friends of Sunninghill who have taken time to support and help make our programme of events interesting, fun and fruitful.

Final numbers are in for our Summer Fayre and we raised £3055, thank you very much everyone!

Some news from me - I have decided to step down from the roll of Chairperson, Sunninghill Prep Parent, Teacher and Friends Association at the next AGM in early October 2018. A hard made decision I have to say, as I have really enjoyed my year. My return to working life is going from strength to strength and my time for the role of Chairperson has evaporated as the months have gone by. With the support of a fantastic committed committee, we are in great shape for the coming year. All the major events have their dates in place and the major bookings are in hand for the various suppliers we work with. I will chair one final PTFA Planning meeting on Thursday 13th September, 6pm in the Dining Room, all welcome, please let me know if you will be attending. At this meeting we will rubber stamp the plans for the whole year 2018/19.

Thursday 11th October 2018 - Wine Tasting
Stephen Spurrier, Master of Wine extraordinaire and initiator of the Judgement of Paris 1976, with Morrish and Banham - mark your diaries!

TBC October 2018 - Quiz

Quiz master will tease the brain cells as school and parents battle for the title

Thursday 6th December 2018 - Christmas Fayre

Start the season with a glass of mulled wine and shopping from high quality vendors

Thursday 13th December 2018 - Childrens' Christmas

A visit from Santa (he's booked in!), Christmas celebrations for the children

TBC January 2019 - School Disco

DJ Jamie from DNA Kids will be back to play the childrens' favourite tunes and orchestrate party games for the junior years

TBC March 2019 - Barn Dance

We will be bringing back The Black Sheep Band with caller to help us kick up our heels - a big hit in 2018!

Thursday 28th March 2019 - Easter Egg Hunt

A firm favourite for children from all the years

Saturday 6th July 2019 - Summer Fayre

A fiesta of entertainment, food, drink and sunny fun

So, we are on the lookout for a new Chairperson. Steve Ray will be continuing in the role of Treasurer which is a great support. A great foundation has been laid this year, organisational structures are in place to go forward to the next level. As a committee, we have written a complete reference of how to organise each event with checklists and contacts. And whilst I am stepping down, I am not going anywhere and I am very happy to work with the incoming Chair, sharing all knowledge and being a support.

If you ever had half a thought of doing a stint as Chair, now is a great time - call me!

Wishing you all a super summer break everyone, and good luck to all starting a new chapter next year.

Lynn Strover
PTFA Chair
07563 574 536

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AmazonSmile is a website operated by Amazon with the same products, prices and shopping features as [Amazon.co.uk](https://www.amazon.co.uk). The difference is that when you shop on AmazonSmile, Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) from your eligible AmazonSmile purchases.

Millions of products on AmazonSmile are eligible for donations to Sunninghill PTFA by Amazon. You will see eligible products marked "Eligible for smile.amazon.co.uk" on their product detail pages.

This is a great way to raise money for the PTFA with no effort on your part, just shop at Amazon as normal but use smile.amazon.co.uk instead of www.amazon.co.uk.

Notes from a Small Garden... Afternoon tea..

It was all very civilised in the garden this week. Liz stoked up her Kelly Kettle and we made a lovely pot of peppermint tea!



The children picked the leaves and we all sat down for a chat about all the things we had done this term and all things minty...



Potatoes and beans were harvested, with much excitement, we all love a good potato hunt! And autumn veg planted out, pumpkins and sweetcorn. Ready to greet us on our return in September.



Lastly the children packed up their bags with the few goodies that were left, some bunches of parsley, spinach and beans, all topped off with an aubergine plant to see what they can encourage it to produce over the summer.

Happy Holidays!

Jo Foote

Nutrition Natters



After so many people came to me asking if nuts are good for them, I decided to try and give them some extra information to help decide if they should or should not incorporate them in their diet.

Nuts are a very good source of energy but the key is really moderation! They contain a huge quantity of calories due to the essential unsaturated and monounsaturated fats - linoleic acid and linolenic acid (good fatty acids) but are also rich in proteins. They are also a good source of vitamins and essential minerals. They contain very important antioxidants called flavonoids, mainly in their skin.

But how many and how often can we have them? Portion is really the key! For the average adult a handful of nuts a day is the recommended quantity, between 10 to 28g. Another thing to look for is try to choose the unsalted, unsweetened and more natural forms - no roasting because quite often they are roasted at a high temperature and that

can destroy the good fatty acid they contain.

Nuts are a very good option for a middle morning snack or to add to your lunch salads. They are ideal to add to your meal plate - that way you are combining proteins, fibre and a small portion of good fatty acids, a magical combination according to so many researchers.

There have been quite a few findings from studies confirming that fatty acids, proteins, fibre and vitamins contained within nuts have quite important health benefits - heart protection, anti- cancerogenic and anti-inflammatory properties.

Here are a few examples of the good nutrients they contain:

- Almonds, very high in proteins, also have Vit E, manganese, magnesium, phosphorus, calcium and iron
- Peanuts, Vit A, E and C, Vit B1, calcium and iron, manganese, niacin, folates, phosphorus
- Cashews, Very high Proteins and also Vit A and C, Vit D, B6 and B12, copper, zinc, magnesium, iron, calcium and phosphorus
- Walnuts, Vit A and C, Vit D and B6, calcium and magnesium, manganese, copper and iron

Enjoy your food and the good weather!

Marina

Sports News

Junior Prep Sports Day





Prep Sports Day
Results: First Place Maumbury



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**The Trustees and CEO of the
Alcohol Education Trust
invite you to join them for a**

Vintage Fashion Show

Thursday 30th August 2018

Kindly hosted by Duke's, Brewery Square

6.00pm Reception and canapés

7.30pm Vintage Fashion Show

Tickets: £20

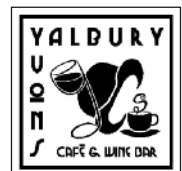


**Vintage accessories and clothes stalls from 4.00pm
cream teas provided by
Yalbury and Yvons Cafe
4.00pm to 5.30pm entrée libre**

**For more information and to book your ticket please contact Kate
kate@alcoholeducationtrust.org
01300 320869**



Duke's
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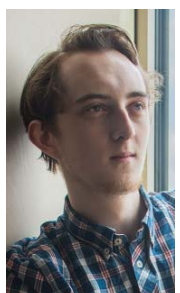
From the Royal Birmingham Conservatoire

Tzu-Jo Huang &
Alexander Henshaw



Tzu-Jo Huang is a percussionist born in Miaoli, Taiwan. She is currently studying towards a Master of Music in percussion performance at the Royal Birmingham Conservatoire. Before

university she was already successful in competitions in Taiwan, and while studying at the Taipei National University of the Arts, she was a member of the Ju Percussion Group and toured across China and Taiwan. Since 2015 she has been studying with Alexej Gerassimez and Marta Klimasara in Germany.



Alexander is a first year orchestral percussionist at the Conservatoire. His playing incorporates a wide range of styles and genres, from classical, funk, folk and jazz, to samba, and he enjoys them all!

Alex plays many different percussion instruments, including cajon, marimba, timpani, bodhran and bata. He is also a proficient keyboard player, and was junior organ scholar at Wells Cathedral before joining the Conservatoire as a percussionist.



Programme includes ● *Swerve* **Gene Koshinski** ● *Got a Match* **Chick Corea**
● *Texas Hoedown* **David Friedman** ● *Topf Tanz* **Eckhard Kopetzki** ● *Bad Touch* **Casey Cangelosi**

JURASSIC TOUR DATES & VENUES:

7.30pm, Tuesday 24th July 2018, **Durnovaria Hall, Fordington Dorchester**. £7.50 on the door or in advance
1.00pm Thursday 26th July 2018, **St John's Church, Glastonbury**. Free, with retiring collection
2.30pm, Friday 27th July 2018, **St Michael's Church, Lyme Regis**. Free, with retiring collection
7.30pm, Saturday 28th July 2018, **Tincleton Gallery, Tincleton**. £10.00 with wine, advance tickets only
Under 18s FREE at all venues ● More information: atob@atob.org.uk

Advance tickets: CREDIT CARD 01305 259998 PAYPAL www.atob.org.uk/tickets

Weekly Diary

WHOLE SCHOOL DIARY OF EVENTS	4 th Sept	Staff Inset day
	5 th Sept	Staff Inset day
	6 th Sept	Term Starts for all children at 8.10 am
LETTERS ON THE PORTAL	Menu - 6th September	
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	