



# Hermes

25<sup>th</sup> January 2019

Spring Term

Issue No. 480

*Lang may yer lum reek!*



*It's Harvest time in Fledglings*



Dear Parents

For those who hale from north of the border, a very happy Burns Night to you.

May the best ye hae iver seen be the warst ye'll iver see.

May the moose ne'er lea' yer giral wi a tear-drap in its ee.

May ye aye keep hail an hertie till ye'r auld eneuch tae dee.

May ye aye juist be sae happie as A wuss ye aye tae be.

Lydia was particularly well-dressed for the occasion, though (unusually) Kerry missed a trick to serve us all haggis today with the feeble excuse that the smell of it made one of her staff feel ill.

I have 3 kg of haggis to pick up from The Brace this evening in readiness for our own celebration tomorrow evening. Other fine butchers are available in the town!

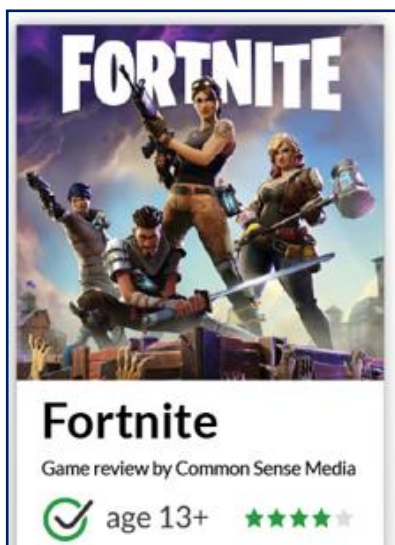
Whilst the welcome to this week's Hermes is warm, the weather has been decidedly chilly, though the frosty nights and clear skies have certainly rewarded those in search of the blood moon. Sadly, there seems still no prospect of the first snowflakes of winter falling just yet; we'll all keep our fingers crossed.



One advantage of the cold weather has been arriving at school early in the morning to find that Les has lit the fire in the main entrance. A gentle smell of wood smoke fills the area and those who have just finished their duties huddle round to warm their nether regions!

The atmosphere was at first equally frosty on Wednesday morning as the Chief Inspector of the Independent School's Inspectorate phoned me at 8.15 am to note that two inspectors would be arriving in fifteen minute's time to check that we had carried out our action plan following our inspection of May 2018. I am pleased to say they gave us a clean bill of health. I must say a big thank you to Mrs Akerman and Mrs Carr for the work they have done on the single central register of appointments and on updating the school's safeguarding policy. We will now expect an Educational Quality inspection in 2021.

On Thursday, Mandy and I welcomed the class reps for their half termly meeting. As always, I am certain that school and home find this meeting of great value and we are able to share essential news both on school issues and respond to queries that the reps bring us from yourselves. Nikki Carr attended the meeting to explain the intricacies of her new roles. The timing of her attending the meeting was most useful because a number of questions were raised on how we support wellbeing in school and what we do to help happiness and provide strategies to consolidate friendship bonds.



We also spent a considerable amount of time discussing how social media impacts on wellbeing and also what influence of online games such as Fortnite have on your children. Mrs Sewed has written great advice on this later in this addition of Hermes and I urge you to pay close attention to her wisdom.

The Junior Prep classes have been doing their bit to support wellbeing through integrating yoga into their classes. I am in great favour of this from the perspective of developing core stability, strength, controlled breathing and mental wellbeing.

There must be something in it, as our current Chair of Governors is also a very skilled proponent of yoga. His predecessor favoured Pilates, though there seems a common denominator amongst Managing Directors that enlightenment comes from mental and physical control. Many of our staff can also be found cleansing their minds and bodies after a long day at the chalk face.

Hobbies and recreational pursuits pay a significant part in developing wellbeing and I was delighted to see how many children have signed up to extra-curricular clubs and activities during and after the school day.

We all share our own passion as part of the extra-curricular program. My own club of climbing is a kind of yoga/pilates for those who enjoy a healthy dose of fear and adrenalin. It is certainly a sport that is gathering momentum right across the country.



Mr Stazicker and Mrs Sewed delivered an excellent assembly last week on the fifty things that should be in your bucket list, to escape ever increasing screen time issues and bouldering with your children is a great idea. Many of you have discovered the delights of the indoor climbing centre at Rockburn in Bridport. Do contact me if you'd like more information.

Finally, in this morning's assembly I talked to the children about an issue that is both worrying my teachers and yourselves and that is the increasingly gratuitous use of bad language in school. It is very tricky to pinpoint the origins of this bad language. Our own approach is that it is unacceptable and that we will share the profanities with you and sanction where appropriate.



I would ask for your support in monitoring your children's choice of television and internet viewing and to offer the very best advice to yourselves too. There used to be a nine o'clock threshold for programmes that ought not to be viewed by younger children, though that seems to have completely gone by the way side. I better stop before I sound like Mary Whitehouse.

I'll leave you with a memory that Jo and I have of early parenthood. We were visiting my parents in Anglesey when we heard a great commotion, with both our boys loudly shouting for our help. Rosie, aged three or four, had uttered something that had offended her gran, who had decided that the best course of action was to wash her mouth out with soap.

Please don't think it's a consequence that I'm advocating, more an example of how times have changed and what now seems acceptable, was once taboo.

Raise a glass and shout, "The Haggis!"

A handwritten signature in black ink that reads "John Thorpe".

Mr John Thorpe  
Headmaster

### *Fledglings*

We have had a very busy week promoting healthy living! All of the children participated in a range of activities, including fruit and vegetable printing, planting strawberries with Liz during gardening club, and also creating and exploring our very own vegetable patch tuff spot.



## Nursery

The children have made some wonderful gingerbread creations this week with the playdough! Each one was individual and it was really interesting to see their interpretations. This is one of the designs Heidi made.



In small groups the children baked a gingerbread man to go along with our story and were very excited to decorate them after they had cooled down. We hope the children enjoyed eating and sharing them with their families.



## Let's Explore

There was lots going on this week in Let's Explore! Children had a go at practicing their cutlery skills using playdough. The Reception children painted their Goldilocks bowls that they had previously made, mixing the primary colours and exploring the different colours they made. Some children also had a try at making a bird feeder, using coconut oil and a variety of seeds. The children also had a go at bubble painting-ready for a Display Board.



## Junior Prep Fairy Tale Workshop

The children watched a performance of Goldilocks and the Three Bears, with a visit from the big bad wolf and then took part in a drama workshop, which they really loved.



## Under Pressure in Science!

Form 7 were challenged to apply their learning of the Particle Theory to a range of exciting phenomena. Demonstrations included using boiling water to 'inflate' and then iced water to crush an empty plastic coke bottle. A hard-boiled egg was forced in and out of the neck of a conical flask without touching it; again simply using changes in pressure brought about by boiling and ice cold water.

Finally Josh volunteered to demonstrate the force of air pressure (after first assuring us he had a change of clothes!). Unfortunately for Josh, but to the delight of the class, there was some initial leakage. The technical fault was resolved, and the rest of the water managed to stay in the upturned glass with only the cardboard holding it there. Gravity defied!

## Fortnite News

At the class reps meeting this week, the game Fortnite was raised by parents as a growing cause for concern. Fortnite is a multiplayer action survival game where 100 players fight each other to be the final survivor. Whilst the game is violent, the animation is cartoon like and I would describe the main concerns are bad language and addiction (screen time).

### Features and risks

- Swearing happens. A third of teens (33 percent) say they've been exposed to inappropriate language or harassment while chatting with other players.
- Players can add friends in the mobile game if they have an account with Epic, the game's developer. Friends can be added by username in the game's main menu.
- There is a chat feature in the game that allows users to contact each other using voice or text. You can disable voice chat in the game by selecting the 3 lines in the top right of the screen, select the settings icon, choose the 'Audio' tab at the top of the screen and go to the

'Voice Chat' option, where you can select 'Off'.

- There is cartoon violence in the game. You can use a variety of weapons to kill other players, such as guns and axes.
- There are in-app purchases, which can become expensive.
- Players can be reported to the Player Support team if you are concerned about activity or behaviour.

#### Age ratings

The PEGI rating for this game is actually 12 years old. However, PEGI does not take chat features into consideration when rating games. You can find out more about age ratings here. The App Store says that users must be 12+ to play.

Limit by round or time, depending on type of play. In 'playground mode', friends play together in an open world without the usual constraints of a normal Battle Royale session. This means that if you have learned the trick of telling your child they can play a certain number of rounds (which can last anywhere from 1 to 20 minutes), this new type of play means this will no longer help. In "playground mode" children can endlessly "respawn" (or come back to life), which means if you want to set a limit, it needs to be based on time e.g. 30 mins.

Know how to use Fortnite settings. A big concern for parents, especially for younger children, is the ability to talk to strangers while playing Fortnite. There are a few very easy ways to deal with that. First, don't get your child a headset. Without a headset, children can still play but will not be able to talk to anyone (unless they simultaneously call their friends on their phones). Another option: Go to settings from within the game, click on 'Privacy: Public' and change to 'Privacy: Friends' or 'Privacy: Private'. Children will only play with people whose handles they know (and hopefully have met in real life). Lastly, turn off voice chat. Go to settings, click on the gear icon, and toggle voice chat to off.

Tips to help keep your child safe online when playing any online game:

1. Talk to your child regularly about what they are doing online and how

to stay safe. Let them know they can come to you or another trusted adult if they're feeling worried or upset by anything they have seen. You can use these conversation starters to support you when starting these conversations.

2. Explore your child's online activities with your child. Understand why they like using them and make sure they know what they can do to keep themselves safe.
3. Agree your own rules as a family when using sites, apps and games.
4. Manage screen time and use the game and devices settings to keep your child safe. Using parental controls you have a few options. Fortnite needs to be connected to the internet to work, any tool that will shut off internet access will allow you to shut off the game. If a child is playing on a console, set timings on your router (e.g. BT hub) to automatically turn off Wi-Fi for this device. If a child is playing on an iPhone or iPad, you can use the settings within the device to set limits (or disable access completely).

Want to find out if a game or app is suitable for your child?

Did you know you can look up any game or app on the Common Sense Media website. It provides brief factual advice and game reviews for parents:

<https://www.commonsensemedia.org/search/fortnite>

 common sense media

Do feel free to contact me with any questions you may have concerning online safety.

*Nancy Sewed*  
nsewed@sunninghill.dorset.sch.uk

## News from the PTFA

The PTFA School Disco is on Friday 1<sup>st</sup> February in the Dining Room. This was a highlight event amongst the children last year and we hope it will be this year too!

A call out for parent volunteers please - we are looking for 3 parents for Junior Prep Disco and 3 parents for Senior Prep Disco to help with decorating and setting up the dining room, welcoming the children to the disco and keeping the refreshments flowing.

Please consider giving a couple of hours or so, contact Lynn at [lynn@strover.biz](mailto:lynn@strover.biz) to let me know your interest.

Junior Prep Disco - 3pm to 5pm  
3.00pm Reception to join disco  
3.30pm Forms 1 & 2 to join disco  
4.00pm Forms 3 & 4 to join disco  
5.00pm Junior Prep disco finishes

Senior Prep Disco - 5pm to 7pm  
5.00pm Forms 5, 6, 7 & 8  
7.00pm Senior Prep disco finishes

£1 entry on the door per child, entry to the disco is through the inner dining room door.

Dress code: home clothes or disco gear.

All parents are welcome to join the disco. This was also popular last year, especially with the younger years' parents. We'll have some teas and coffees running throughout and refreshment and sustenance for the children too.

Looking forward to see you all there!

*SPS PTFA*

## Notes from a small garden

Finally a sunny-dry lunchtime to write about. A little chilly but we wrapped up warmly and set off to gather materials to build something special. Sticks, bark, fir cones and moss all made it into our collecting trays. What were we building? Take a look at the picture.



So maybe it doesn't look exactly as Liz and I had planned, but the children let their creativity run riot, and the resulting bug hotel will, I'm sure prove a regular destination hot spot for many mini beasts!

In other garden news, all our handmade bird feeders have been snaffled by seagulls! If anyone has any ideas about how we can feed our feathered friends but not the seagulls we would love to hear them.



Next week we start sowing for spring!

*Jo Vaughan*

## Music News

Mrs Hawes is teaching on Wednesday.

All entries for the Weymouth Music Festival have now been submitted, we will be in contact again once we have received class times from the organisers.

## Sports News

**Team:** U10 Netball v Leweston  
**Venue:** Leweston  
**Result:** 7 - 2 loss

It is always difficult to play netball with frozen hands but the U10/11s gave it a real go! Polina scored an excellent goal in the opening quarter but was a little underused in the next two. Positioning improved through the game and it was particularly pleasing to see the movement of Bea around the D and the subsequent movement of her and Imogen up the court when attacking. There was also some great defending by Isabel who at times was ferocious in disrupting the Leweston attack. In the last couple of minutes of the match the possession was all Sunninghill's but we just couldn't get it in the net!

**Contribution Awards:** *Bea who was voted by the Leweston girls to no one's surprise as player of the match and also to Imogen.*

A big thank you and well done to Miss Sewed for umpiring!

*Mr Stazicker*

**Team:** U11 Netball v Leweston  
**Venue:** Leweston  
**Result:** 3 - 3 draw

A very cold but sunny afternoon for our first fixture of the term. After a really good warm up everyone was ready to play. Leweston put out two teams and they swapped every quarter to allow them all to play. With this in mind our girls had to work

hard and they all rose to the occasion improving in every quarter. There were no goals in the first half and although we got the ball into our attack we often failed with that last pass into our shooters. Zuzanna and Holly were too static but with movement their target they began to receive more passes from lola and Georgie. Zuzanna scored all 3 goals, one from the edge of the circle where she surprised herself. Katie must be congratulated on a good first netball game for the school. Poppy improved her defensive work as the game progressed with some great interceptions and jumping to get the ball. lola and Georgie worked hard in the centre court and Mia was fantastic at GD. Time and time again she made great interceptions and I must congratulate her on her improved footwork. A very good start girls, well done.

**Contribution Award:** *Mia for her excellent work in defence. Katie for her first game and Zuzanna for her shooting.*

*Mrs Wilson*

**Team:** U8 Hockey v Castle Court  
**Venue:** SPS

In lessons the Form 3 boys have been training hard and skill levels have increased enormously with passing and stopping the ball far more fluid. Putting it into practice isn't quite as easy as the boys found out against Castle Court who brought two teams. This at least gave us time on the court. A few more goals went against us rather than for us although possession statistics wouldn't have shown this. We just didn't seem to be able to get the ball over the line which had an invisible barrier in place. Overall, there were many positives such as attitude, plus a few things to work on next week.

**Contribution Awards:** *Charlie for always looking for space and some determined advances on goal and to Alex for excellent defensive work.*

*Mr Stazicker*



**Team:** U9 Hockey v Castle Court  
**Venue:** Castle Court  
**Result:** 6 - 1 loss

The match started quite tight with both teams trying to find a foothold in the match. Castle Court punched first as Sunninghill were not able to clear out wide. The U9's worked extremely hard and remained positive even though they faced adverse weather conditions. Castle Court were more clinical in the final two thirds of the pitch as they used more space. Freddie played well in goals whilst Felix, Alexander, Oscar and Max displayed good individual carrying skills. Mark worked hard in defence and made it difficult for his opponents. A great first game but we need to work on using the space of the pitch.

**Contribution Award: Alexander for his hard work.**

*Mr Willemse*

**Team:** U10/11 Hockey v Yarrells  
**Venue:** Upton Rec  
**Result:** 7 - 5 loss

A very entertaining afternoon with plenty of goals! Sunninghill played against two BCS teams. A common trend throughout the afternoon was that BCS took a quick lead after which Sunninghill performed much better under pressure. There was a lot of end to end play and Gethyn scored fantastic goals. Stick skills continue to improve although we made some defensive mistakes.

**Contribution Awards: Theo for excellent goal keeping and William for constant running and covering.**

*Mr Metcalfe*

## **Dorset Squash**

Dorset Squash are encouraging all females, of all abilities and all ages, to come together at Ferndown Leisure Centre to play squash on the following dates:

Saturday 2nd February 12.30 - 2.30 pm

Saturday 9th March 12.30 - 2.30 pm

Saturday 27th April 12.30 - 2.30 pm

The cost is just £3. Please support this #squashgirlscan initiative, bring a friend, young or old, and introduce someone to our fabulous game of squash. Mums, bring your daughters!

We do need to know how many to expect on each date, so please do email if you are able to join us on one or all of the dates. (katrina.sco@btinternet.com).

Please see the attached flyer for more information.

## **Hockey Festival**

Freya, Megan and Sofia played in a hockey festival together for Weymouth on Sunday 20th in Poole they played Wimborne, Blandford, and Poole and won all their matches first time they had played all together as a girls' only team. Simon, Megan's dad did a great day as their coach!



## Open Morning

If you would like to visit us on our next Open Morning, please register with Mandy; and spread the word to family and friends.



## Form 8 Responsibilities for the Spring Term

|                 |                     |
|-----------------|---------------------|
| Head Boy        | Tom                 |
| Head Girl       | Poppy               |
| Sports Captains | Lawrence & Tallulah |

|            |                   |
|------------|-------------------|
| Prefects:  |                   |
| ICT        | Lawrence & Olivia |
| Art        | Jessie            |
| M&D        | Clara & Lily      |
| Outdoor Ed | Atlanta & Frida   |
| STEM       | Verity & Poppy    |
| Languages  | Lea & Amalia      |
| Humanities | Olivia            |
| Eco        | Jessie & Verity   |
| Publicity  | Clara             |



Lydia: [secretary@sunninghill.dorset.sch.uk](mailto:secretary@sunninghill.dorset.sch.uk)  
Mandy: [registrar@sunninghill.dorset.sch.uk](mailto:registrar@sunninghill.dorset.sch.uk)  
Megan: [receptionist@sunninghill.dorset.sch.uk](mailto:receptionist@sunninghill.dorset.sch.uk)

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

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## SQUASH GIRLS CAN in Dorset

BRING FRIENDS &  
LEARN TOGETHER

#SquashGirlsCan

England Squash and Dorset are very keen to introduce girls and ladies to the game of **Squash** in a relaxed and friendly setting. We in Dorset can offer you the opportunity to play locally on a social basis or competitively. Whatever your preferences we can cater for everyone, from those just wishing to play with friends to those with greater ambitions to become champions. All ages are encouraged to take part from under 11's to Masters (over 50's).

**MONTHLY GET TOGETHER:** Ferndown Leisure Centre Saturday: 12.30-2.30pm

An all ladies/girls get together; current and new players. Meet like minded females, all ages, from other clubs. Coaching, game play and match experience plus much more!

**Initial dates for 2019:** Come and join us on Sat 2 February, Sat 9 March, Sat 27 April

More dates to follow on Squash Girls Can at Ferndown Facebook page

### JOIN JUNIOR OR LADIES REGULAR COACHING SESSIONS:

#### Ferndown Leisure Centre

Saturdays: 9.10 beg, 9.50 imp, 10.30 adv

Wednesdays: Term time 1.15 - 2.30 (ladies)

#### Bournemouth Squash Club

Saturdays: 10.30-11.30 all levels

#### Canford Squash Club

Saturdays: 9.30 beg, 10.20 imp, 11.10 adv

#### 2 Riversmeet Leisure Centre

Monday and Tuesday 4-5

Saturdays: 9 beg, 10 imp

#### West Hants Club

Saturdays: 9 beg, 9.45 imp, 10.30 adv,

2.30-3.20 Adult Squash beg/imp

Mondays: 7.15-8 Ladies Racketball Course

Fridays: 11.30-12.30 Ladies Racketball

#### David Lloyd Ringwood

Thursdays: 3.30 beg, 4.30 imp

#### Dorchester Squash Club

Saturdays: 10 beg, 11 imp

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GIRL  
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& RACKETBALL

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### LEARN MORE ABOUT SQUASH

Go to the England Squash Website

[www.englishsquash.com](http://www.englishsquash.com)

### GOT QUESTIONS? CONTACT US

[Samara.stewart@dorsetsquash.org.uk](mailto:Samara.stewart@dorsetsquash.org.uk)

or [Bev.vatcher@dorsetsquash.org.uk](mailto:Bev.vatcher@dorsetsquash.org.uk)

# Weekly Diary

|   |  |  |
|---|--|--|
| <b>WHOLE SCHOOL<br/>DIARY OF EVENTS</b> | 28th   | Form 8 Creative Curriculum 9.40 am                         |
|   |  | Forms 5 & 6 Girls Netball Practice - Milton Abbey 11.00 am |
|   |  | Forms 7 & 8 Girls Netball Practice - Milton Abbey 2.30 pm  |
|   |  | U11 BackIn2 Hockey Tournament @ Castle Court 2.00 pm       |
|   | 29th   | U8 & U9 High 5 Netball v Salisbury Cathedral 2.15 pm       |
|   |  | U8 & U9 Hockey v Salisbury Cathedral 2.00 pm               |
|   | 30th   | Form 1 Forest School 8.30 - 10.15 am                       |
|   |  | Form 3 Forest School 10.45 - 12.25 pm                      |
|   |  | U13/12 A & B Netball v Knighton House (A) 2.30 pm          |
|   |  | U10 Netball v Knighton House @ Redlands 2.00 pm            |
|   |  | U11 Netball v Knighton House @ Redlands 2.45 pm            |
|   |  | U13/12/11/10 Hockey v Leweston 2.30 pm                     |
|   | 31st   | Reception & Form 1 Swimming @ 1611                         |
|   |  | Form 6 Science Lecture @ Sherborne Girls 10.00 am          |
|   |  | Form 1 Assembly - all parents welcome 8.30 am              |
|   |  | Parent & Toddler Group 10.00 - 11.30 am                    |
|   |  | Reception Forest School 10.00 - 12.15 pm                   |
|   |  | Form 2 Skiing 1.30 pm                                      |
|   |  | PTFA School Disco from 2.00 pm                             |
|   |  | Form 7 debate at Milton Abbey School 2.00 pm               |
|   | Forms 5 - 8 Sports Afternoon                   |  |
| <b>LETTERS ON THE<br/>PORTAL</b>        | Music Timetable- Week 4                        |  |
|   | Menu - Week 4                                  |  |
|   | Curriculum Maps -<br>Nursery to Form 8         |  |
|   | Fixtures of the Week and Team Sheets           |  |
| <b>Fledglings</b>                       | No letters                                     |  |
| <b>Nursery</b>                          | No letters                                     |  |
| <b>Reception</b>                        | No letters                                     |  |
| <b>Form 1</b>                           | No letters                                     |  |
| <b>Form 2</b>                           | No letters                                     |  |
| <b>Form 3</b>                           | No letters                                     |  |
| <b>Form 4</b>                           | No letters                                     |  |
| <b>Form 5</b>                           | Form 5 Parents' evening                        |  |
| <b>Form 6</b>                           | French Trip/Gases in the Air                   |  |
| <b>Form 7</b>                           | No letters                                     |  |
| <b>Form 8</b>                           | Form 8 Parents' evening/Flying Start Challenge |  |