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WEEKLY NEWS

Dear Parents, girls and boys

The Proteas have restored some national pride again and in India of all places. Winning the first cricket test match by an innings against the number one ranked side is a remarkable feat. It is amazing to see what good can come out of adversity as a team works together. I had the pleasure of attending the Riverview gala last week to watch the Uplands team work together in the relay format. What a wonderful display and the children produced excellent results. On Wednesday the athletics team attended the Independent Schools meeting at Penryn. Although the official results have not arrived yet, we achieved some outstanding results. All the relay teams won their races (including the staff event at the end) and there were some exceptional individual achievements. Well done to all the athletes and coaches- practice does indeed pay dividends. Thank you to all the parents for their support.

The house spirit in the school has been building up this week ahead of Sports Day on Saturday. This is one of our major sporting events on the calendar and the children always rise to the occasion. I would like to remind you that the junior event will begin at **8h00** and the senior event at **10h00**. The children must wear their house shirts, a hat and sun block. The PTA will run the tuck shop with food and refreshments available. We look forward to seeing you all on Saturday!

The kidnapping incident reported in the Lowvelder last Friday sent cold shivers down my spine. And the number of missing children in South Africa is staggering. Please be aware that the safety of our children is of utmost concern. Uplands has numerous safety measures in place with our security company J&M. Please assist us by reporting anything at all suspicious so that we can respond accordingly. Children leaving school early must be signed out from the front office and children walking or cycling must have a permit.

The civvies day today is in support of Child Welfare with a Valentine's theme. Thank you for your support. William Shakespeare definitely has a way with words... Sonnet 18

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date:
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed,
And every fair from fair sometime declines,
By chance, or nature's changing course untrimmed:
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wand'rest in his shade,
When in eternal lines to time thou grow'st,
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.

The senior primary social will take place next Thursday 18 February at the pavilion and on Friday we will have the Inter house Relay gala. School will close after the gala at 12h00.

Have an exciting weekend!

**Best regards,
Dave Ernstzen**

HAPPY BIRTHDAY....

Jordan Levendale 10/02, Cameron Davis 15/02, Delsya Urmson 15/02, Torr Turner 18/02, Carla Neto 18/02, Olwethu Dube 18/02, Ethan Scorgie 19/02, Dylan Nortje 19/02, Vaughn van Reenen 20/02, Papito Mathebula 20/02

MANY HAPPY RETURNS OF THE DAY!

Individual Achievements...

MOUNTAIN BIKE NATIONALS

MURRAY JAMES

came 5th in the Mountain Bike Nationals in Johannesburg

SAFFRON VOSLOO

came 2nd in the U12 age group

TENNIS

AIDAN MAILEY

won the U14 Lowvelder Junior Tennis closed Tournament

Congratulations to you!

MOMS IN TOUCH

Psalm 147:5 (New Living)

*“How great is our Lord! His power is absolute!
His understanding is beyond comprehension.”*

A group of moms from both the Prep and the College have been meeting weekly to pray for matters concerning the Prep and College staff, children and families for over 10 years. We meet together on a Thursday morning from 7.30 - 8.30 at the **Prep Pavilion**, to pray together and to enjoy a cup of coffee or tea. Compassion and confidentiality is required. You are most welcome to join us or to contact Linda Lagerwey on 0824412675 or by email lagerwey@iafrica.com for further details

Grade 1 to 3 Families “Bring and Braai”.

Please do not forget the bring and braai social tonight at 6pm
at the pavilion.

We look forward to seeing as many of you as possible!

Lowveld schools are finding an increased incidence in the number of children who have head lice. We need to prevent the spread of lice in the school so please take this matter very seriously.

Examine your child's head for lice **today**. If they do have lice, there are various treatments available for lice and nits.

Treatment

1. Day one and two, wash hair with a lice shampoo like LiceBGone or Lycleer.
2. For the next five days wash with a natural anti-lice agent eg miracle tea tree oil shampoo or neat vinegar. Spray daily with Tea Tree Oil spray or vinegar
3. Day eight wash again with LiceBGone.
4. Repeat step 2
5. Repeat step 1
6. Check head regularly to ensure lice and nits have been removed
7. Comb nits out daily with a nit comb

Wash all linen and backs of couches and, car seats and chairs where heads might have rested against and anything else you think your child's head may have had contact with. Linen needs to be washed at least every two to three days until head lice is no longer apparent.

Remember, school caps also need to be washed. These caps often live in the children's desks and only come out at break. If your child does have lice, ask him/her to bring their cap home for washing.

Many thanks

Sharonn Allmark
Sick Bay Matron

Shoprite and Checkers stores are now stocking LiceBGone. It is currently being used around the world to help children to solve their lice and nit problems without the health risks normally associated with pesticidal lice treatments.

LiceBGone is preferred by families for lice because it is:

Non toxic. Consists of no harmful chemicals
Also safe for asthmatic children and pregnant/nursing women
Successfully used worldwide for over 10 years
Only one treatment is normally needed
Safe to use daily in case of reinfestation
Economically priced
Also effective against scabies, body lice, crab lice and ring worms
Acceptable to use prophylactically for prevention

For more details see www.licebgone.co.za or email info@licebgone.co.za.

Forthcoming Attractions...

Sat 13 Feb	08:00	Junior Primary Inter house Athletics
	10:00	Senior Primary Inter house Athletics
Thurs 18 Feb	18:00	Senior Primary Families Social in the pavilion
Fri 19 Feb	07:45	Holy Communion
	08:00	Junior Primary House Relay Gala
	09:30	Senior Primary House Relay Gala
	12:00	SCHOOL ENDS AT 12:00
Sat 20 Feb	08:00	Athletics meeting at Skukuza

UPLANDS CHRISTIAN CAMP

<u>WHEN?</u>	26 TH – 27 TH February
<u>WHO MAY COME?</u>	G4 , G5 , G6 , G7
<u>WHERE?</u>	Uplands Prep School
<u>COST?</u>	R150.00
<u>RSVP</u>	Rev Mitchell Lorraine Kirk 082 689 2707

Come and enjoy some fun and fellowship with your friends.

News from the Sports Desk

Inter House Athletics: 13 February 2010

Junior Inter house Athletics

Children to arrive at school between 07:30 and 07:45.

Juniors sports day will be finished by 09:30

Senior Inter house Athletics

Children to arrive at school between 09:30 and 09:45.

Sports to commence straight after the juniors.

Ryan McCarthy

Sports Co-ordinator