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WEEKLY NEWS

Dear Parents, girls and boys

Do you remember that song "Don't worry - Be happy"? Indeed a very appealing little tune, much like the song "Fireflies" by Owl City that is being aired at the moment. What makes you smile? If you are down in the dumps, advice such as "put on a brave and happy face" is really a useless suggestion. It is difficult to mask deep sadness or sorrow. We have all heard the expression - "Cheer up, things could get worse". So you cheer up - and sure enough, things get worse!" What a dismal statement that is, but one that many people express. Everyone experiences down times, but if you are caught in the mire of depression for an extended time, professional help might get you on the road to recovery. Remember these scripture verses if you are experiencing the blues - "A happy heart makes the face cheerful, but heartache crushes the spirit" [Proverbs 15:13](#), and "A merry heart doeth good like medicine, but a broken spirit drieth the bones." Try to focus on the positive and God will put a song in your heart and a skip in your step!

In this short week we have played soccer and netball fixtures (see sports desk) and the finalists for 'Uplands Has Talent' have been announced. This event will take place at the Barnyard Theatre on the 12th of May. Next week will be a busy one with more sports fixtures, the Inter House Public Speaking Competition at 18:30 and a trip to Beaulieu Prep in Johannesburg.

Thank you for your kind donations last week for the White River SPCA. The collection has been even larger than last year and this will enable the animals to get through winter. The children learn very valuable lessons by giving! This brings a very big smile to my face when I see Uplands making a significant contribution to our community.

Green Tip of the Week: Find one item that you throw away often and find a way to recycle it or reuse it!

Have a fantastic weekend!

**Best regards,
Dave Ernstzen**

HAPPY BIRTHDAY....

Thomas Cooper 03/05, Danella Bray 03/05, Savannah Humphreys 03/05, Lara van Veyeren 04/05, Ntsako Ndhlovu 07/05, Emma Edmondson 08/05, **Staff:** Annaré Agenbag 09/05, Jane van der Merwe 09/05

MANY HAPPY RETURNS OF THE DAY!

Uplands Has Talent

The evening of the semi-finals was a lovely event and the audience (300 people!) agreed that Uplands HAS talent!

Congratulations to all the participants - you were great.

It was a difficult task to choose items for the final, but the judges and audience did an excellent job and chose the following items:

- Fatal Beatings
- Jessica Bakken
- Girls Marimba group
- Febe Tobing
- Kira Karantonis
- Tirhani Mkansi
-
- Junior Choir
- Joshua, Kira and Farrah
- Chenas Ayers
- Brittany Duke
- Lauren and Matthew
- Xenia Malaza

The finals will take place on Wednesday 12 May at the Barnyard Theatre. The show will start at 18:30. Bookings are essential and should be done directly with the Barnyard. Tickets are R50 per person.

We are looking forward to a vibrant show.

To all our Uplands parents and children, come and enjoy a very exciting evening and support our talented children.

Yours sincerely

Annelie Malherbe

News from the Sports Desk...

A few days ago Uplands nearly had a full fixture against Victory Park.

The highlight of the day for me was when my little U7 team played their very first game of soccer in their school career. The boys had copious amount of support from parents, Grand Parents, brothers, sisters and even the 1st XI boys showed their support to the grade1 boys. The boys won by four goals. Luke Mackay scoring his first of many "hat tricks" I hope.

The U8 boys played fantastic soccer and showed a level of maturity way beyond their years. Campbell Davies-Webb was outstanding in scoring four goals in only the first half of the game. Bafana Bafana, watchout!

U7	Won	6-2
U8	Won	11-0
U9A	Lost	2-0
U9B	Lost	2-0
U10A	Won	5-0
U10B	Drew	2-2
U11A	Won	3-2
U11B	Lost	2-0
2ndXI	Lost	2-1
1st XI	Lost	2-1

Ryan McCarthy
Sports Co-ordinator

UPLANDS MARIMABA FESTIVAL **21ST AND 22ND MAY**

As part of our Marimba Festival to be held here at Uplands we are offering workshops for beginners. Candidates who enter will be given a 40 minute marimba lesson followed by 40 minute African drumming lesson.

Parents and pupils are encouraged to take advantage of this exciting offer.

Entry fee will be R50.00 per person.

Bookings are now open with Lorraine Kirk and get your friends and families together and book a slot.

Forthcoming Attractions...

Sat 1 May		Workers' Day
Mon 3 May	18:00	Gavin Cocks Talk in the School Hall
Tues 4 May		Group assessment in Mathematics
Wed 5 May	14:00	Soccer vs Klipspringer (H) U11 & 1st XI
	18:30	Inter house Public Speaking (venue tba)
Thurs 6 May	14:00	Riverview Netball Festival (A) U8 & U9
Fri 7 May	07:45	Holy Communion
	08:00	Sports teams depart for Beaulieu Prep (JHB) 1st & U11 soccer, U11A & B, Open A & B netball and tennis
Sat 8 May		Beaulieu Prep Festival

Term Dates for 2011

First term: 12 January to 18 March

Second term: 5 April to 1 July

Exeat weekends:

Close 21 April

Open 3 May

Close 15 June

Open 20 June

Third term: 26 July to 23 September

Public holiday: 9 August

Fourth term: 11 October to 7 December

Also available on the school's website, www.uplands.co.za.

MOMS IN TOUCH

Isaiah 55 :6 (NIV)

"Seek the LORD while He may be found;
call on Him while He is near."

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 every Thursday morning from 7.30 - 8.30 in the **Prep Library**, to pray together and to enjoy a cup of coffee or tea. Compassion and confidentiality are required. You are most welcome to join us or to contact Linda Lagerwey on 0824412675 or by email lagerwey@iafrica.com for further details.