

Headmaster: Gavin Sinclair
Deputy Headmaster: Dave Ernstzen
H.O.D. Foundation Phase: Alexa Frost
Bursar: Maeve Sidey
Headmaster's Secretary: Debbie van Rooyen
Marketing: Charmaine Mahlangu
Reception: Lynette Carlisle



Telephone: 013-751 3806/7
013-751 3929
Fax: 013-751 2765
E-Mail: admin@uplands.co.za
Website: www.uplands.co.za

23 July 2010
Number 23/07

WEEKLY NEWS

Dear Parents, girls and boys

There are some fascinating facts about the brain, believed to be the most complex system in the universe. It requires oxygen, glucose and physical exercise to function properly, it is flushed by 35 litres of blood per hour and uses 20% of our body's energy consumption. It contains more than 10 billion neurons that via various connections allow us to function and perceive our realities.

Children's brains need stimulation, exciting three dimensional environments and a range of activities to get them wired in order to cope with whatever the future holds. Professor Mike Burton believes that playing is probably the most important thing a child does. In our modern world we are all busy and faced with more and more digital media. The British Psychological Society recommends no more than an hour of television or computer exposure per day for children aged 4- 14. They believe that the consequences of excessive digital exposure is subtle but indeed detrimental to us (including adults). Food for thought...

The first of the Mountain Bike series was held here last Saturday and it was a fun filled afternoon of racing around the upgraded course. Our children dominated the podium in the Primary school section and they all enjoyed the challenge. Thank you to Neil Clarke and the team for a well organised event. The PTA also did a great job with the tuck shop- thank you to all the members for your help.

The Junior Choir had a small party this week to celebrate their excellent performance at Uplands Has Talent. And they now have new shirts to wear for their next routines. The children have also now written their "Climbing your own Everest" spelling tests. Thank you for your support in this endeavour. The pupils have been working hard on the sports fields as well. The cricket season is underway and we also look forward to our first hockey and tennis fixtures that will take place shortly.

The Tour de France has been a great substitute for the World Cup soccer and Louis Oosthuizen has put South Africa back on the golfing map. You certainly are spoilt for viewing options if you are a sports enthusiast.

Green Tip of the Week: To remove grease stains on fabric, it may be enough to sprinkle the spot with flour, leave it for a while to absorb the grease, shake the flour off and wash as usual. Alternatively, run very hot water through the stain, apply eucalyptus oil to absorb the grease, and wash as usual. (Friends of the Earth) Not so sure about the grass stains on the cricket clothing. Have a wonderful weekend!

**Kind regards,
Dave Ernstzen**

HAPPY BIRTHDAY....

James More 27/07, Shawn Black 27/07, Zandor Adams 28/07, Jayla-Jade Adams 28/07,
Thomas More 31/07, Julio Helena 01/08, Casey Mitchell 01/08, **Staff:** Anna-Marie Weir 28/07,
Board: Bruce Norris 29/07

MANY HAPPY RETURNS OF THE DAY!

First race in the Spur Mountain Bike school series

What an outstanding achievement for Uplands Prep. We have **256 points** in the series after the first race and this is due to the fantastic achievements on the podium and not just because of the numbers of Uplands pupils who arrived to compete in the event! Well done Uplands Prep!

In second place is Penryn Prep with 66 points and in third place is Lydenburg Laerskool with 37 points. Many thanks to Pullscar for their generous donations of wood, Misty Valley Lodge for their assistance with building the obstacles, the PTA, and the following parents for their assistance on the day – Fiona and Marcus Birch, Barbara Hare, Gill and Brad Shuttleworth, Bronwyn Nortje, Mickey Wood, Alison and Anthony Emery, Chris and Fiona Le Grange, Derek Putter and Lucinda Smart. Also a big thank you to George and his team of ground staff.

Uplands Podium positions-

Sub Nipper Boys

1st Beon Pienaar
2nd Oliver Gauntlett
3rd Jed Platt

Nippers Boys

1st Ross Gauntlett

Sprog Boys

1st Murray James
3rd Andreas Kuhn

Sub Junior Boys

3rd Joshua Birch

Nadine Clarke

Sub Nipper Girls

3rd Carolien Pienaar

Nipper Boys

1st Mariska Bam
2nd Katie Prior
3rd Marie Pienaar

Sprog Girls

3rd Makayla Nortje

Sub Junior Girls

1st Ashleigh Smart
3rd Lara Hare

Individual achievements

Grade winners: (Certificates) for General Knowledge for 2nd Term

Gr 4 Ross Gauntlett
Gr 5 Milan Venter
Gr 6 Murray James
Gr 7 Brandon Cordeiro

DAS AUTO MTB RACE 15 Km)

MURRAY JAMES
SKYE CLARKE

1st place overall
3rd place Sprogs

SWAZI MOTOCROSS CHAMPIONSHIP

JORDAN LEVENDALE raced in the Swazi Motocross Championship and came second in senior MX1 Open Class and first in Junior MX2 class.

Congratulations everyone!

News from the Sports Desk...

Our Winter sports program is now well underway. The last 10 days or so has seen a lot of cricket and hockey trials taking place. The boys cricket league kicked off on Tuesday the 20th of July. This year we have entered all of our senior teams in the 'big schools league'. Our first opponents in the opening round was Nelspruit Primary. The U10 boys travelled down to Nelspruit whilst the U11 boys had a home fixture. The U10 boys won convincingly 8 wickets. Uplands bowled first and bowled NPS out for a mere 63. Daniel Fry ended up with figures of 3 for 11 in 6 overs, Anthony More picked up 3 for 16 in 6 overs and Luke Edmondson picked up 2 for 16 in 6 overs. Uplands then went in to bat only requiring 64 to win off 30 overs. Anton Van Dyk top scored 22. Other contributors were Anthony More with 9. Luke Edmondson 6 not out and Rahul Mothilal 5 not out. Well done U10A boys!

The U11 boys were not as fortunate as they had much tougher opposition. Uplands lost the toss and were sent into the field first. NPS had a very strong top order who got stuck into the Uplands attack earlier on in the innings. Uplands got the better of the NPS tail and skittled the last 5 wickets out for a mere 20 runs. NPS set Uplands a tough task of 106 to win. Uplands top bowlers were Paulo De Leo with figures of 2 for 25 in 6, Timmy Prettejohn 1 for 14 in 4 and Caid Jacobsz 2 for 4 in 2. Uplands fought a brave battle and very nearly reached the target of 106 to win. Uplands for however bowled out for 95. Top scores were James Macgregor with 18 and Pierre Naude 13. Uplands lost by 11 runs. The U11 boys need cut down on extras that amounted to 28!

The hockey season is looming with our first festival happening at the end of the month in Lydenburg. It may seem as if the hockey girls and boys are not playing many games, but please note that the teams will be playing a number of games at each festival.

Ryan McCarthy
HOD
Sports

MONKEY APPLE

Now in stock:

Prep girls green skorts size S/M/L/XL
Grade 0/00 green tracksuit pants
Grade 0/00 green fleece tops
Grade 0/00 fleece beanies
Green scarves

Open Mon/Wed	07.30 - 09.00	11.00 - 16.30
Fri	07.30 - 09.00	11.00 - 15.00
Contact: Petra on	083 252 3438	

RECYCLING - Uplands Schools

We are pleased to announce that the Uplands Recycling Depot has reopened after the road revamp. We apologise for the inconvenience caused by our closure during the holidays, and look forward to welcoming you back.

Just a reminder list to help you sort your refuse:

We accept:

All paper and cardboard
All glass
Most plastic
All cans and tins

We can't accept:

Foil
Clingfilm
Stiff Plastic Packaging without a recycling symbol
Polystyrene
Tetra paks and similar waxed packaging
Light globes [of any kind]
Batteries
e-waste [old computers, calculators, kettles, toasters, TV's etc]
Garden waste
Building Waste
General and kitchen waste
NB! NB! NO Medical waste

Funds raised by the recycling initiative are ploughed back into the School Environmental Clubs for their projects. We invite all members of the public to bring their recycling waste along and make use of our facility. Thank you to our sponsors Remade as well as to the community for the generous support we have received to date.

MOMS IN TOUCH

Psalm 96:4

"For the Lord is great, and greatly to be praised".

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 will now meet every **Friday** morning from 7.30 - 8.30 in the **Prep Pavilion**, 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 lagenwey@lafrika.com for further details.