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WEEKLY NEWS

Dear Parents, girls and boys

What a wonderfully busy weekend we had last weekend! The mini cricket was an exciting affair and your boys dominated the afternoon on Friday. It is very exciting to see such talent developing in our children. The hockey in Lydenburg was also great fun and I am very impressed with the skills I saw on Saturday. Thank you to all the parents who joined us up the hill. It made for a quite a social fixture. Added to that, many of our pupils entered the second mountain bike race at Penryn. Once again we dominated in the Primary schools section and we retain the lead in this four series event.

The overall standings after two races:	1 st Uplands Prep	395 points
(19 junior schools)	2 nd Penryn Prep	177 points
	3 rd Summer Hill	72 points

We have also had a busy week on the cricket fields with some tough fixtures against White River Primary. The U12 and U13 boys enjoyed a full afternoon of hockey on Wednesday as part of the regional trials. The U11 girls will have their turn next week.

A reminder that we will close at 12h00 today for the long weekend and school will resume on Tuesday the 10 August.

It is remarkable how different girls are to boys! The 1st team girls gave us a report back from their hockey tour in assembly this week and we enjoyed every bit of detail they gave us. Women pay attention to detail in ways that men is yet to discover. Their general appearance always outdoes men and when it comes to marking books the girls always fare better simply because they are neater. I have always enjoyed teaching in a co-educational environment because the girls add an interesting dynamic to any classroom. So let's celebrate the astonishing virtues of women on Friday 9th August. South Africa is yet to have a lady president despite the good representation woman have in parliament. Perhaps it is time that we had a more nurturing leader to help grow our country.

If you are travelling this weekend - drive carefully and enjoy your time with your family.

Tip of the Week:

Salads are full of essential vitamins, iron, anti-oxidants, protein and good lipids, essential for maintaining a good nutritional constitution and alkalinity. Salads are a great way to get the required nutrition into your body that helps prevent hay fever. Hay fever sufferers are almost always very acidic and research has shown that by alkalizing your body with raw, healthy salads that have a great variety of ingredients, will help alleviate the symptoms

Put your feet up for a while and have a great long weekend!

Kind regards,
Dave Ernstzen

Individual achievements

TENNIS

Aidan Mailey

won the U14 Girls Lowveld Closed Tennis
Tournament in Nelspruit

Congratulations Aidan!

SPUR SCHOOLS MTB SERIES

Flat, fast and furious. The 221 riders that entered the second race of four in the SPUR schools MTB series had hot dusty conditions to contend with around a 1.6 km single-track at Penryn College this weekend. The total number of entrants were up from 130 at last years race and pleasingly the largest categories were the 5 to 10 year olds. (Sub-Nippers and Nippers). The fast flowing single track challenged riders of all age groups with a tricky rocky section which they had to traverse followed by a narrow wooden bridge. As usual both the Sprog and Youth categories offered great spectator value with close racing up front as leaders tussled for position up until the final sprint. A surprise highlight for all our young keen MTB'ers, was when our own "home-grown" professional mountain biker Max Knox of DCM Chrome stepped up to the podium to hand out the medals at the prize giving and sign autographs.

Results

Sub Nippers Boys

2nd Oliver Gauntlett

Sub Nippers Girls

Tayla Nortje

Nippers Boys

1st Ross Gauntlett

3rd Randy Khoza

Sprogs Boys

1st Murray James

Sub Junior Boys

3rd Joshua Birch

Sub Junior Girls

2nd Ashleigh Smart

3rd Tamsin Creecy

Neil Clarke

0834140228 / 0137512342

News from the Sports Desk...

At last the hockey season gets underway!

Saturday the 31st of July saw 10 teams travel to Lydenburg for the first of four festivals of the year. Parents, players and teachers were all up at the crack of dawn to make the trip to Lydenburg where teams were greeted by the fresh weather. The Uplands teams performed well on the day and achieved some fantastic results. The stand out performance on the day was that of the U8 girls against White River Primary's' B-team. The final score was 15 – 0 to Uplands...The table below is a quick summary of the day's events.

	Played	Lost	Won	Drew
U8 Girls	3	1	2	
U9 Girls	3	2	1	0
U10 Girls	3	0	2	1
U11 Girls	4	1	0	3
U12 Girls	2	0	2	0
1st XI Girls	3	0	3	0
U10 Boys	2	2	0	0
U11 Boys	3	0	3	0
U12 Boys	2	0	2	0
1st XI Boys	2	1	0	1
Total	27	7	15	5

Ryan McCarthy
HOD
Sports

Important Notice

There is great demand for spaces in the Grade 000 and Grade 00 classes for 2012 and beyond! The Wait Lists are filling up very quickly so please, if you do have children due to start school in the next couple of years, we encourage you to register them as soon as you possibly can.

Forthcoming Attractions...

Fri 6 Aug	12:00	School ends at 12 noon - Exeat weekend
Mon 9 Aug		Public Holiday - National Women's Day
Tues 10 Aug	07:45	School starts
	14:00	Cricket vs Laerskool Laevelde U10A (A) and U11A (H)
		tbc
Wed 11 Aug	13:00	U11 Girls Hockey Trials at Penryn
Thurs 12 Aug		Cricket vs Laerskool Laevelde U12A (H), 1st XI (A)
Fri 13 Aug	07:45	Holy Communion
	18:00	Senior Primary Social Disco in the school hall

SPEECH AND DRAMA EISTEDDFOD coming soon....

Please ensure that **all** your children are organised for the upcoming Eisteddfod. Everyone needs to be fully prepared to have the necessary self confidence. I am available during breaks from Monday to Thursday in my classroom. I am also in my classroom on Monday afternoons and in the IT Centre on a Thursday afternoon until 16:30. I strongly recommend a visit! A copy of the programme is outside my classroom and on the notice boards.

Please come and see me - I would love to help!

Yours in organising

Sue Kloeck (Eisteddfod co-ordinator)

HAPPY BIRTHDAY....

Hannah Loudon 09/08, Lean Nagel 09/08, Mark Brennan 10/08, Tanner Abell 11/08, Mbali Mahlangu 15/08, Luke Manana 15/08, **Staff:** Dave Ernstzen 11/08, **Board:** Richard Elphick 14/08

MANY HAPPY RETURNS OF THE DAY!

The "Dugga Boys" Dan Peoples, Cecil Corringham, Quinton Coetzee and Peter Warrener are now at the base of Mount Elbrus in Russia. They are in good spirits at an altitude of 3410 m and have completed their first acclimatisation climb. If all goes well they will summit the 5642 m Elbrus on Monday. We wish them well!

MOMS IN TOUCH

Hebrews 4:16 (NIV)

"Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

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 lagerwey@afrika.com for further details.