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WEEKLY NEWS

Dear Parents, girls and boys

The August winds have bitten this week just to remind us that winter is still here. It is however comforting to hear the fire crackling in the front office of Webster House on a chilly morning. This newsletter is often dedicated to the achievements of our children, but this week I am going to highlight some of the parents' achievements. Congratulations to Dan Peoples, Cecil Corringham, Quinton Coetzee and Peter Warrener (all Uplands dads) on summiting Mt Elbrus (5642m) in Russia this past week. Mt Elbrus is Europe's highest mountain and as such is one of the world's seven summits. It is topped by one of the world's most beautiful volcanoes but is a 100% snow and ice mountain. The obstacles preventing a successful summit include Acute Mountain sickness, frostbite and hypothermia. The entire trip takes 13 days but 5 days to summit, weather permitting. Day 1: Hike through the alpine valleys with an ascent of Mt Cheget (3410m) for acclimatisation. Day 2: Ascend to 3800m and set up camp then hike up to the Priyut Ruins (4200m) for acclimatisation. Day 3: Hike up to 4300m and set up camp then continue to Pastukhov Rocks (4700m) for acclimatisation. Day 4: Ascend the western summit of Elbrus (5642m) which takes 9 - 14 hours to summit then return to Garabashi (3800m) for a well deserved rest. This is certainly a remarkable achievement and has turned out to be a service to the community as they also raised in the region of thirty thousand rand for the Uplands Outreach Programme. Thank you to all the generous sponsors for supporting this effort and well done to the "Dugga Boys".

Steve Cullen is presently in England playing in the British Senior Amateur Golf Open. He is representing South Africa as one of the top ten senior golfers in the country. What a wonderful achievement - well done Steve!

This evening the senior primary will enjoy the social in hall starting at 18h00. Tomorrow we host our first hockey festival of the season. Games will start at 08h00 and there will be lots of games on the go until lunch time. Next Wednesday the 18th August, Meg Fargher, co-author of the newly-released book "The Adolescent Storm – a handbook for parents" will be the guest speaker at the College at 18h30. The third mountain bike event takes place in Lydenburg next weekend. Do you have tickets for the PTA Donkey Derby yet? This fun event will start at 18h30 in the hall on the 21st of August.

Green Tip of the Week:

Start preparing the holes in your garden for Arbor week 1 - 7 September. It is a special time that is set aside for the planting and caring of trees. Every South African Arbor Week celebration highlights at least two specific trees – one common and one rare species. In 2010, the common tree is *Acacia xanthophloea* (Fever Tree, Koorsboom) and the rare or uncommon trees are *Rothmania capensis* (Cape gardenia, Kaapse Katjeepering); *Rothmannia globosa* (Bell gardenia, Klokkies-Katjeepering); and *Cladostemon kirkii* (Tonga-kerrie, Tongakerrie). (Wessa Share-net)

**Warm regards,
Dave Ernstzen**

News from the Sports Desk...

This week I have included the results of our youngest hard ball cricketers in school. The U9 boys have been doing really well since the start of the term. The results are fantastic as the change from Mini Cricket to proper cricket is huge. From a soft "slaz" ball to a proper 113g cricket ball. From 14 metre pitch to a 20.12 metre pitch. From every one facing eight balls and bowling 8 balls and the game all over in 50 minutes to a full 25 over match. From no kit at all to a full kit including a helmet, I do think that these boys are performing extremely well. Well done and keep the Uplands flag flying high boys!

U9B V Nelspruit Primary U9B

28/07/2010

UPS won the toss and elected to bat

Top Scores

C. Davies-Webb – 21

J. Ogenyemi 9*

J. Emery 4

UPS all out for 51

Top bowlers

K. Prior 5 for 12 in 4

C. Davies-Webb 4 for 3 in 4

NPS all for 15

UPS win by 36

UPS U9A V Laerskool Laeveld

28/07/2010

UPS batted first

Top Scores

D. Van Zyl 23 retired

M. Botha 22 retired

UPS 114 for 3 in 25

Top bowlers

N. Brotherton 2 for 1 in 5

M. Botha – 2 for 9 in 5

UPS win by 63 runs

Ryan McCarthy

Sports Co-ordinator

UPS U9A vs Barberton U9A

04/08/2010

UPS bowls first

Top bowlers

N. Brotherton 3 for 0 in 2

C. Archdeacon 2 for 1 in 2

Barberton all out for 15

Top Scores

L. Brain 12*

UPS win by 9 wickets

UPS U9A Laerskool NSP

11/08/2010

UPS bowls first

Top bowlers

D. van Zyl 4 for 8 in 5

C. Prettejohn 1 for 14 in 4

Laerskool NSP 76 for 8 in 25

Top Scores

M. Botha 21

A. Von Benecke-Jordaan 15

UPS Loses by 6 runs

HAPPY BIRTHDAY....

Marcé Cilliers 16/08, Joshua Dunmoye 16/08, Liam Glueck 16/08, Awethu Mlambo 17/08, Bella Kay 18/08, Andre Pienaar 19/08, Mfundi Leta 20/08, Christopher La Grange 21/08, Caleb Izeboud 22/08, **Staff:** Pat McCreedy 18/08

MANY HAPPY RETURNS OF THE DAY!

OUTREACH NEWS

Things are hotting up at the Outreach Centre, in spite of the weather.

- We are so proud of our four mountaineers, Peter Warrener, Dan Peoples, Quinton Coetzee and Cecil Corringham, who successfully summited Mount Elbrus in Russia on Monday, 9th August, after 14 hours of climbing in blizzard conditions. They are wonderful ambassadors for South Africa, Uplands and the Outreach Programme. Well done to all of them!
- The 52 Maths teachers who are part of our Teachers for Excellence Programme are making great strides. In the holidays, they attended lectures at Uplands presented by staff from the University of Johannesburg, towards their Advanced Certificate in Education in Maths. In addition to the part UJ plays in improving the content knowledge of their subject, each student attends workshops at Uplands once a week in term time, working from 2.00 p.m. until 7.00 p.m. under Sandra van Niekerk's tutelage. These workshops assist them in effectively transferring their knowledge and skills to their learners. Part of their portfolio of evidence is to introduce an extra lesson programme at their own schools (called STIM – Scientific Thinkers in the Making), with the aim of developing the learners' thinking skills and knowledge in order that they achieve good enough Maths marks at Matric to study for a scientific degree.

The T4E students have also benefited from a series of modules on leadership in the South African context, offered by UJ, which include practical sessions on case studies in Leadership and discussion groups. They are encouraged to become "change agents" in their own schools.

On the computer literacy side, each student now has an email address; they have all opened Facebook and Delicious accounts; they have all joined the T4E Facebook group; they can develop databases; they can set tests using special programmes for mathematical formulae; they can manage their learners' marks using Excel and they can use data to draw graphs. Beauty Mashego facilitates the use of the Readers are Leaders software programme to improve reading speed, comprehension, vocabulary and grammar. Trends are starting to emerge which will assist us in meeting the Maths teachers' needs and encouraging a teaching fraternity that is content with nothing less than excellence.

- We now have confirmation of funding to expand the T4E programme next year to 20 primary school Science teachers by offering them an ACE course with academic partner UNISA.
- Ayanda Raja from Maphakama Primary School in Kabokweni is the winner of the Kgwale le Mollo bursary foundation award to come to Uplands College in 2011. She comes to Uplands two afternoons a week until the end of this year to orientate herself with the campus and to attend bridging lessons to prepare her for coming here next year. We welcome her to the Uplands family.

Liz Mackintosh
Director: Uplands Outreach

Forthcoming Attractions...

Fri 13 Aug	18:00	Senior Primary Social Disco in the school hall
Sat 14 Aug	08:00	Hockey Festival at Uplands
Mon 16 Aug	14:00	Cricket vs Flamboyant U10B (H) U12B (A)
	14:00	Cricket vs White River 2nd XI (H)
Tues 17 Aug		Group assessment : Physical Science
	14:00	Cricket vs Penryn U10A (H) and U11A (A)
Wed 18 Aug	14:00	U12 girls' hockey trials at White River
	14:00	Boys hockey vs Penryn (A) teams tba
		Cricket vs White River U9A (A) and vs LS Nelspruit U9B (A)
Thurs 19 Aug	14:00	Cricket vs Penryn U12A and 1st XI (H)
Fri 20 Aug	07:45	Holy Communion
		Twilight Hockey U10 - 13 boys and girls at WRHC

Individual achievements

HOCKEY - MPUMALANGA HOCKEY WEEKEND

BEVAN CARLSE

played 5 games: won one, drew three and lost one.
Bevan was awarded the Man of the Match medal against North West!

Congratulations Bevan!

PARENT FORUM NEWS : Grade 6 & 7 parents

Please diarise the upcoming Parent Forum happening next week

Our Grade 6 and 7 parents (and anyone else!) are invited to attend the Parent Forum at Uplands College next Wednesday evening at 18:30 in the Uplands College School Hall. The speaker, Meg Fargher, will be speaking on relevant adolescent issues. She, together with a psychologist from Wits University have just brought out their new book, "The Adolescent Storm, a Handbook for parents."

MOMS IN TOUCH

Psalm 62:8 (New International Version - UK)

"Trust in him at all times, O people; pour out your hearts to Him, for God is our refuge."

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@iafrica.com for further details.