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WEEKLY NEWS

Dear Parents, girls and boys

The struggle of a butterfly

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and it could go no further. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, but it had a swollen body and small, shrivelled wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shrivelled wings. It never was able to fly. What the man, in his kindness and haste did not understand, was that the restricting cocoon and the struggle required to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings. It would then be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our lives.

I asked for Strength.....and God gave me Difficulties to make me strong.
I asked for Wisdom.....and God gave me Problems to solve.
I asked for Prosperity.....and God gave me Brain and Brawn to work.
I asked for Courage.....and God gave me Danger to overcome.
I asked for Love.....and God gave me Troubled people to help.
I asked for Favours.....and God gave me Opportunities.
I received nothing I wanted.....I received everything I needed.

Well done to all the cyclists who completed the Lydenburg event last weekend. Ross Gauntlett, Mariska Bam and Saffron Vosloo won their respective races on a challenging mountain bike track. The last event in the series takes place on the 4th September. Please also note that the Uplands Hockey Festival will now be held on Friday 3rd September (due to the cycling event and regional cricket trials). We enjoyed a number of fixtures against Penryn over the past two weeks. Our young pupils really did us proud in these contests.

We celebrate Arbor week and Casual Day next week. Friday is a civvies day and the funds will go towards the Lowveld Association for the Disabled.

Have a great weekend!

**Kind regards,
Dave Ernstzen**

HAPPY BIRTHDAY....

Refiloe Mashego 31/08, Steven Savage 31/08, Keegan Fouché 01/09, Jade Tinker 01/09, Byron Bakker 02/09, Werno de Kock 02/09, Sanele Banda 04/09, Saskia Bouwer 04/09

MANY HAPPY RETURNS OF THE DAY!

Lydenburg schools MTB race results

Lydenburg pulled out all the stops when they hosted race number three in the Mpumalanga SPUR schools MTB series this Saturday. Arrie Roos of Longtom cycles along with Francois McGill of Lydenburg Hoerskool prepared five top class cross-country courses at the Gustav Klingbiel nature reserve. This was a first for our school series where each age category had their own personalized single track to race on, ranging from a flat 1 km course for the sub-nippers to a monstrous 5 km world class technical course for the Juniors and Youth Men. A race highlight was “Oom Hennies” black powder “voor laaier” as the traditional start gun which boomed across the valley promptly at 13h00.

A total of 203 riders were put through their paces in hot, dry and dusty conditions. Rough jeep track climbs sorted the riders into single file before dropping into a 3 km screaming, rocky, downhill with some exciting 4 meter drop-offs through drainage lines. The riders performed admirably as they coped with the demanding climbs and intense descents. There was some great spectator value with close racing in most of the categories but the afternoons accolades must be awarded to P J Luus of Rob Ferreira putting in a stellar performance when he won the Youth category (15 - 16) as well as decimating the Junior men (17 -18) in the same race. Emily Clarke of Uplands college riding for Commercial Bikes and currently ranked 1st in the Junior women tamed this testing course to come home a winner after having been chased down hard by her school colleagues Savannah and Simone Vosloo from the Ghost Bike Team.

We look forward to the regional finals which will be held at Mankele Mountain biking, Sudwala, on the 4th September. The best of Mpumalanga’s mountain biking is left for the last race. There will be some exciting racing and VIPs attending where trophies will be awarded to the series winners. Don’t miss it...

Regards

Neil Clarke

INDIVIDUAL RESULTS

Schools Points Standings

JUNIOR SCHOOLS

	<i>Uplands</i>	<i>Penryn</i>	<i>Lydenburg</i>	<i>Mankele</i>	<i>Overall</i>
Uplands Prep	253	139	170		562
Penryn prep	56	111	94		261
Lydenburg Laerskool	43	31	90		164

Sub Nipper Boys

2nd Jed Plath
3rd Beon Pienaar

Nipper Boys

1st Ross Gauntlett

Sprog Boys

2nd Murray James

Sub Junior Male

2nd Joshua Birch

Sub Nipper Girls

2nd Tayla Nortje

Nipper Girls

1st Mariska Bam

Sprog Girls

1st Saffron Vosloo

INDIVIDUAL ACHIEVEMENTS

GOLF

LOUISE TOMBS

won 1st place in the Mpumalanga Junior Golf Foundation (U13 mixed) at the Sabie River Golf Course in Hazyview on 22nd Aug.

CONGRATULATIONS LOUISE!

UPS Hockey Festival – 14 August 2010

What a wonderful day! Great fun was had by all in an action packed day where a total of 58 games were played by the Uplands teams. The 1st teams were treated with the privilege of playing all of their matches on the Astro at Uplands College. I have put together a table with all the teams' achievements of the day. Well done to all the players involved and big thanks to all our supporters on the day.

	Played	Won	Drew	Lost
U8 Boys	2	0	2	0
U8 Girls	4	4	0	0
U9 Boys	2	0	2	0
U9 Girls	3	1	1	1
U9B Girls	3	1	0	2
U10 Boys	3	0	1	2
U10 Girls	8	3	2	3
U11 Boys	3	3	0	0
U11 Girls	8	6	2	0
U11B Girls	8	0	2	6
U12 Boys	2	2	0	0
U12 Girls	5	2	1	2
1st XI Boys	3	3	0	0
1st XI Girls	4	3	0	1
2nd XI Boys	2	1	0	1
2nd XI Girls	4	0	0	4
	58	25	11	22

This past 10 days saw our annual cricket and hockey games against Penryn. The table below is a quick summary of the results.

Cricket V Penryn	Girls hockey	Boys hockey
U9 boys -won	U9 - draw	U10 - drew
U10 boys - lost	U10 - won	U11 -drew
U11 boys - won	U11 - won	U11B - lost
U12 boys - won	U12 - won	U12 -won
1st XI boys - lost	1st XI - attended MP play offs	1st XI - lost
Total games 14		
UPS 7		
Penryn 4		
Drew 3		

Rivalry is great! What really stood out for me was the way in which each of these games was played. All within the spirit of the game. All the games were hard fought, clean and fair. We often see in the press the way some spectators and players behave at "derby days"; totally unacceptable. In the small Lowveld, we as private primary schools need to work with each other to be able to survive and take a stand in society. Well done to all the children involved in the different matches that took place.

Ryan McCarthy

Sports Co-ordinator