Issue no.4
23rd October 2026

Weekly Updates From Uplands

HEADTEACHER'S MESSAGE

As we reach the end of our first half term, I would like to say a huge thank you to all our children and staff for making Uplands such a fantastic place to learn.

We hope you all have a wonderful, restful half-term break, and we look forward to welcoming everyone back on Monday 2nd November.

VACANCIES

We currently have a vacancy for a part-time KS2 teacher from January 2027. For further details, please visit the school website:
www.uplandsprimarystroud.co.uk

We also have a vacancy for a full time teaching assistant working primarily in Key Stage 2 with pupils on a 1-1 basis and in small groups.
If you or someone you know is interested in this position, please contact the school office.

POPPY APPEAL

As from Monday 2nd November the School Office will be selling the following in aid of The Royal British Legion.
Stickers , Poppy Reflectors, Wristbands & Snap Bands, Pencils and poppies.
Suggested donation - £1
If you wish to purchase any of the merchandise to support The Royal British Legion, please send your child to school with the correct money in an envelope with their name and choice.

Thank you for your support.





UPLANDS COMMUNITY HUB HARVEST FESTIVAL

Thanks to everyone who participated in the vegetable creature competition.
There were some excellent creations and the Vicar had great fun judging them!
Thanks very much for the food donations, they were added to the church collection at the festival and after distributed to the local food hubs around Stroud.





CAKE SALE

This morning, we held a Halloween Cake Sale before school, and what a delicious way to start the day!

A huge thank you to Mr Miller, Mrs Moore and the Cookery Club for baking such a wonderful selection of cakes.

Thank you also to everyone who came along and supported the event.







PARENTS' EVENING

Tuesday 10th November from 3.30pm
Thursday 11th November from 3.30pm

After half term we will send out a link so you will be able to book a parents evening appointment.

New lunch menu beginning after half term Monday 2nd November.

AUTUMN WINTER 2026/2027

caterlink
feeding the imagination

		Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 02/11/26 23/11/26 14/12/26 18/01/27 08/02/27 08/03/27	Option One	Rainbow Vegetable Pasta Bake (V)	Nature Ranger Sausage with Potato Wedges and Tomato Ketchup (VE)	British Roasted Quorn, Roast Potatoes, & Gravy (VE)	Macaroni Cheese (V)	Flaky Cheese Whirl with Chips & Tomato Ketchup (V)
	Option Two	Classic Cheese and Tomato Pizza with New Potatoes (V)	Beef Meatballs in Tomato Sauce with Rice	Roast Gammon, Roast Potatoes & Gravy	Chicken and Sweetcorn Pie with New Potatoes	Fish Fingers with Chips & Tomato Ketchup
	Option Three	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling including Salmon Mayonnaise
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Chocolate Shortbread(VE)	Pineapple Upside Down Cake with Custard (V)	Fresh Fruit(VE)	Syrup Sponge(V)	Ice Cream and Peaches (V)
WEEK TWO 09/11/26 30/11/26 04/01/27 25/01/27 22/02/27 15/03/27	Option One	Lentil & Sweet Potato Curry with Rice (VE)	Mild Mexican Campfire Chilli with Rice (VE)	Lentil Wellington, Roast Potatoes & Gravy (VE)	Roasted Vegetable Pizza with New Potatoes (V)	Red Pepper Frittata with Chips & Tomato Ketchup (V)
	Option Two	Planet Friendly Balls in Tomato Sauce with Spaghetti (VE)	Sausage and Mash with Gravy	Roasted Chicken, Stuffing, Roast Potatoes & Gravy	Beef Lasagne	Fish Fingers with Chips & Tomato Sauce
	Option Three	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Gingerbread Cookie(VE)	Chocolate Brownie(V)	Fruit & Yoghurt with Crumble Topping (V)	Strawberry Jelly with Peaches (VE)	Vanilla Shortbread (VE)
WEEK THREE 16/11/26 07/12/26 11/01/27 01/02/27 01/03/27 22/03/27	Option One	Saucy Tomato Pasta (VE)	Creamy Coconut Curry with Rice (VE)	Nature Ranger Sausage, Roast Potatoes & Gravy (VE)	Hearty Bolognaise with Pasta (VE)	Mexican Bean Roll with Chips & Tomato Ketchup (VE)
	Option Two	Golden Cheese & Bean Pasty with New Potatoes (V)	Beef Burger with Cheese, Potato Wedges & Tomato Ketchup	Roast Chicken, Roast Potatoes & Gravy	Chef Special Chicken Korma with Rice	Battered Fish with Chips & Tomato Ketchup
	Option Three	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Oaty Cookie (VE)	Jam and Coconut Sponge(V)	Fresh Fruit (VE)	Eves Pudding with Custard(V)	Melting Moments Biscuit (V)

MENU KEY:

- Whole grain
- Plant based
- Added plant protein

AVAILABLE DAILY: Jacket Potatoes with a choice of fillings (V/VE), Salad Bar (V/VE), Freshly Baked Bread (VE), Fresh Fruit (VE), Yoghurt (V)

(V) Vegetarian (VE) Vegan

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

HOPE YOU ALL HAVE A LOVELY HALF TERM BREAK! SEE YOU ALL ON MONDAY 2nd NOVEMBER





Yours sincerely,

Mr James Powell
Head Teacher

Diary Dates	
Monday 26th October – Friday 30th October	Half Term Break
Monday 2nd November	Children return to school and nursery
Thursday 5th November	Stroud Book Festival Eagles & Kestrels 1.30pm – 2.30pm
Friday 6th November	Stroud Book Festival Owls 1.30pm – 2.30pm
Friday 6th November	We the Curious Trip - Eagles
Tuesday 10th November	Parents Evening
Wednesday 11th November	Parents Evening
Wednesday 9th December	KS1 Nativity 2.30pm & 5.30pm
Thursday 10th December	Christmas Jumper Day
Tuesday 15 December	KS2 Performance 2.30pm & 6pm
Wednesday 16th December	Christmas Lunch
Thursday 17th December	Whole School Trip to the Panto Stroud Sub Rooms - 1pm Beauty & the Beast
Friday 19th December	Last Day of Term
Monday 21st December – Friday 1st January	Christmas Break
Monday 4th January 2027	Children return to school and nursery
Wednesday 6th January 2027	Kestrels Swimming lessons begin – 2pm
Monday 24th May – Wednesday 26th May	Eagles PGL Residential Trip to Liddington