

Weekly Updates From Uplands



HEADTEACHER'S MESSAGE

It was lovely to see the enthusiasm displayed for the French Language last week, all the children were fully immersed in the French culture and hopefully were exposed to some new vocabulary, thank you to Miss Dempster for co-ordinating such a wonderful week. Finally, if I don't get chance to speak to you all in person, please can I take this opportunity to wish you all a happy and enjoyable Easter break.

WANTED

The Nursery would love donations of pots, pans and kitchen items for their sand and mud area and empty cardboard boxes for junk modelling. Also any spare clothing, 3-5 years, would be appreciated.
Thank you

EASTER EGG HUNT

We are planning an Easter egg hunt for the children on Thursday 10th April and would be grateful for any donations of small Easter eggs. Please hand into the school office.

Many thanks for your support.



Uplands PTA Easter Prize draw is now live! Please click on the link below to have a chance of winning some fantastic prizes and by purchasing a ticket you will be helping raise money to support Uplands Primary School.
Thank you for your support.

<https://www.crowdfunder.co.uk/p/uplands-easter-prize-draw-2025>

CRACKING NIGHT OF COUNTRY DANCING!

Last week Kestrels class danced their socks off (fuelled by a few sweet treats!) at the annual Stroud Country Dancing Festival! It was such a joy to see the children having so much fun performing the dances outside of school.

A MASSIVE thank you to everyone who came - you did more than just turn up; you did so with a smile of your face and gave your all, and that meant the world to Mrs Knight who had worked hard to teach the dances over the last few months.

And of course, a HUGE thank you to all the parents/carers who encouraged their child to take part (even though it was perhaps outside of a few of the children's comfort zones!) and for being such brilliant sports by joining in! You created a real Uplands community atmosphere and your support was truly appreciated by the Kestrels staff team.



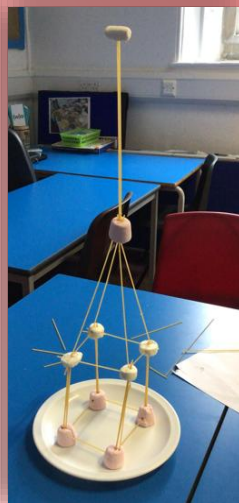


FRENCH WEEK



We had a lovely time during our French enrichment week last week. All the children created artwork based on Monet's work; created Eiffel Towers out of Lego, newspaper, straws and even spaghetti and marshmallows; sung French songs and learnt French stories; and we all got to taste some French food. We even baked our own delicious French bread!

Our Eiffel Towers turned out great!



EAGLES PGL RESIDENTIAL TRIP MEETING

REMINDER

There will be a meeting for Eagles Parents regarding the PGL residential trip on **Monday 7th April** afterschool 3.30pm.

CONGRATULATIONS!

The Attendance Cup for week ending Friday 4th April is awarded to Kestrels!

Team Points awarded to Thompson!



KS2 FUNDRAISING EVENT



Next Wednesday, Kestrels and Eagles will be taking part in a sponsored run to raise funds for a very exciting summer enrichment week. Please support your child to get sponsors for the event. We will also be baking and creating all week ready for our Easter sale on Thursday 10th April at 3pm.

We look forward to seeing you there!



Help Needed!

On Thursday 26th June, the whole school will be participating in an exciting maths problem solving day. We are asking for any builders or tradesmen in the parent body to volunteer to help us with the launch during an assembly. If you are able to help please contact Mrs Ponting or Mr Powell for more information.

Many thanks!

SPRING SUMMER LUNCH MENU BEGINNING TUESDAY 29TH APRIL 2025

Lunch menus can be found on our school website
<https://www.uplandsprimarystroud.co.uk/lunch-menus/>

GCC Spring Summer 2025	Meat Free	MONDAY	TUESDAY	Roast WEDNESDAY	THURSDAY	Fish FRIDAY
WEEK ONE 28 April 19 May 14 June 7 July 1 September 22 September 13 October	Option One Tomato Pasta	B&B Chicken Pizza With Herby New Potatoes	Roast Gammon, Roast Potatoes & Gravy	Spaghetti Bolognese with Garlic Bread	Fish Fingers with Chips & Tomato Ketchup	
Option Two Caribbean Stew with Rice	Mild Mexican Chili with Rice	Veg Wellington, Roast Potatoes & Gravy	Cheese & Bean Pasty with Herby New Potatoes	Summer Frittata with Chips and Tomato Ketchup		
Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Salmon Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise		
Vegetables Vegetables of the Day	Seasonal Salad Bar	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		
Dessert Apple Flapjack	Summer Lemon Cake with Custard	Ice Cream and Fresh Fruit	Marble Sponge with Chocolate Sauce	Strawberry Jelly with Peaches		
WEEK TWO 5 May 2 June 23 June 14 July 8 September 29 September 20 October	Option One Sweet Potato Curry with Rice	Hot Dog with Wedges & Tomato Ketchup	Roast Chicken, Roast Potatoes & Gravy	NEW Chefs Special Chicken Karma with Rice	Battered Fish with Chips & Tomato Ketchup	
Option Two Cheese and Tomato Pizza with Herby New Potatoes	Macaroni Cheese	Vegetable Roast, Roast Potatoes & Gravy	Vegan Hot Dog with Wedges & Tomato Ketchup	Mexican Bean Roll with Chips and Tomato Ketchup		
Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise		
Vegetables Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day		
Dessert Vanilla Shortbread	NEW Strawberry and Apple Crumble with Custard	Chocolate Brownie	Eves Pudding with Custard	Peaches and Ice Cream		
WEEK THREE 12 May 9 June 30 June 21 July 15 September 6 October	Option One NEW Bean Burger in a Bun with Herby New Potatoes	NEW Green Thai Chicken Curry with Rice	Roast Gammon, Roast Potatoes & Gravy	NEW Greek Chicken Pitta with Rice and Tzatziki	Battered Fish and Chips & Tomato Ketchup	
Option Two NEW Chefs Special Creamy Curry with Rice	Vegan Bolognese With Garlic Bread	Roast Quorn, Roast Potatoes, & Gravy	Vegan Meatballs and Rice	Spinach and Cheese Whirl with Chips and Tomato Ketchup		
Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise		
Vegetables Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Seasonal Salad Bar	Baked Beans and Peas		
Dessert NEW Rock Cake	Pear & Chocolate Cake with Custard	Iced Vanilla Sponge	Apple Cinnamon Sponge with Custard	Oaty Cookie		

MENU KEY

- Added Plant Protein
- Wholemeal
- Vegan
- Chef's Special

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings where available - Bread freshly baked on site daily - Daily salad selection - Fresh Fruit and Yoghurt

ALLERGY INFORMATION:
 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.

STAR OF THE FORTNIGHT

During Friday's assembly we celebrated the children's exceptional learning and they were presented with a Star Award that will be a reminder of their achievement.



This week's winners are:

Merlins: Aubree.

Owls: Albert V, Eden.

Kestrels: Riley, Alfie B.

Eagles: Nevaeh, Phoebe R, Scout, Corin.

Congratulations Everyone!

Keep Up the Good Work!

HOPE YOU ALL HAVE A LOVELY WEEKEND,
SEE YOU ALL NEXT WEEK!

Yours sincerely,

JPowell

Mr James Powell
Head Teacher



DIARY DATES - 2025

Monday 7 th April	Eagles PGL Meeting for parents – 3.30pm
Wednesday 9 th April	Sponsored Run – Yrs 3, 4, 5 & 6
Thursday 10 th April	Easter Sale School Hall – 3pm
Monday 14 th April – Friday 25 th April	Easter Holidays
Monday 28 th April	Inset Day
Tuesday 29 th April	Children return to school
Monday 5 th May	Bank Holiday (school closed)
Wednesday 7 th May	Eagles Trip to a Mosque in Gloucester (afternoon)
Monday 12 th May – Friday 16 th May	SATS Week
Monday 19 th May – Wednesday 21 st May	Eagles (Yr5 & Tr6) PGL Residential Trip
Monday 26 th May – Friday 30 th May	Half Term Break
Monday 2 nd June	Children return to school
Tuesday 3 rd June	Yr6 Photographs - 11am
Monday 9 th June	Eagles Trip to Skillszone, Gloucester
Friday 27 th June	PTA Summer Sizzle
Friday 18 th July	Last Day of Term
Monday 21 st July	Inset Day

