

Weekly Updates From Uplands



HEADTEACHER'S MESSAGE

Uplands is always full of excitement and engaging activities. Next week the school will embrace the French culture and we look forward to communicating in this language.

FRENCH

ENRICHMENT WEEK

(24th - 28th March)



Next week, we will be having a fun-filled French enrichment week. During the afternoons, the children will be working in their house groups taking part in a range of activities organised by the teachers. These will include a French café for some food tasting; creating art based on the work of famous French artists; playing traditional French playground games and creating French puppet shows. There will also be some Eiffel Tower model building, some French cooking and lots of singing and talking in French happening across the week.

The children are invited to come to school dressed in the colours of the French tricolour on the Wednesday of next week.

We are really looking forward to it!

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 continued support.



School Lunch- Price Increase

We have been informed that as from 1st April 2025 the cost of a school lunch will be £2.85.

UPLANDS NURSERY

As you are all aware, Uplands Nursery was officially opened this month - welcome to Miss Rebecca Greenow, Senior Early Years Practitioner and Mrs Priyanka Saha, Early Years Practitioner. Both members of staff are experienced and have become valuable members of our team. The nursery has been welcoming new children to the setting for the past couple of weeks. It is great to see a busy, happy learning environment being created and lots of fun being had!



SUPER SWIMMERS!

Yesterday we took a team to take part in the Stroud Small Schools' Swimming Gala at Stratford Park Leisure Centre.

The children all swam out of their skin and put in some brilliant performances; with Scout making the final of the Girls Front Crawl and the Girls Relay Team winning their heat!

A special mention also must go to George & Alfie F who represented the school in a Year 5/6 event, even though they are in Year 4 - thank you so much for being part of the Uplands team boys, you were fantastic! And a massive well done to the whole team, you were all amazing ☺.

And finally thank you to all the parents who came along to support the children - it was great to have you there!



CROSS COUNTRY QUEEN!

A huge well done to Ariella from Year 5 who took part in the County Cross Country Finals on Sunday 10th March!

Her mum said; 'she did really well, running her own race and working her way through the group to finish 33rd out of 90 Year 5 girls. It was a tough 1.2 mile course with some big ups and downs, some mud and some rough terrain. She ran it all with a smile on her face and full of determination.

The amazing Stroud team came 3rd overall so she also came home with a bronze medal!

This a fantastic achievement Ari!

Everyone at Uplands is really proud of you - well done!



SPORTS HALL HEROES!

Last week we took a Y4-6 team to take part in this year's Sports Hall Athletics event at Stratford Park Leisure Centre.

The children took part in throwing and jumping activities, as well as some sprints, and also some fun obstacle and 'over/under' relays. It was a fast-paced, fun-packed morning and we all had a brilliant time! Each person earned points for the Uplands team and we finished in a rather fantastic 5th place! Well done to everyone for giving your all throughout the morning - Mrs Knight was really proud!



School Uniform Discount Code with MyClothing

NEW discount code for parents to use when shopping with MyClothing.
It gives everyone a **10% discount** until the end of March.

Code = **UNIFORM10%**

Expires = 31/03/2025

WORLD BOOK DAY

Thank you to everyone who joined us for our World Book Day breakfast - it was lovely to see so many children reading (and eating!) with their parents. We also had a class swap around for story time with every class having a story with a different teacher. Our new nursery children even joined in with the fun! Lastly, we were incredibly lucky to have the very talented Mrs Lightfoot share the books she has illustrated with groups of children and lead some lovely illustration sessions which the children raved about. A lovely book-filled day was had by all! Please visit our Whole School Bog to see more pictures from the day.



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: Milly & Zayn

Owls: Minnie, Gideon & Rafe

Kestrels: Aubrey & Jayden

Eagles: Sunny-Ann, Phoebe K & Raffy

Congratulations Everyone!

Keep Up the Good Work!





CONGRATULATIONS!

*The Attendance Cup for week ending
21/03/25 is awarded to Merlins!*

Team Points awarded to Springfield!

PE STARS OF THE FORTNIGHT



*PE Star of the fortnight
is awarded to:*

Leo (Merlins)

Nevaeh (Merlins)

WANTED

*Kestrels are in need of newspapers for an activity during French Week
(w/c 24th March).*

If you have any newspapers please hand into school. Thanks

COMIC RELIEF...RED NOSE DAY

The total amount collected for Red Nose Day
was an amazing £69.50

Thank you all for your generosity.

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



Yours sincerely,

JPowell

Mr James Powell
Head Teacher

DIARY DATES - 2025

Monday 24 th March – Friday 28 th March	Enrichment Week – French Week
Wednesday 26 th March	Kestrels Swimming (5) - 10.30am -11am
Friday 28 th March	Merlins Trip to the Local Church
Wednesday 2 nd April	Kestrels Swimming (6) - 10.30am -11am
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)
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

SPRING SUMMER LUNCH MENU BEGINNING TUESDAY 29TH APRIL 2025

GCC Spring Summer 2025	Meat Free MONDAY	TUESDAY	Roast WEDNESDAY	THURSDAY	Fish FRIDAY
WEEK ONE 28 April 19 May 16 June 7 July 1 September 22 September 13 October	Option One Tomato Pasta Option Two Caribbean Stew with Rice Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Apple Flapjack	Option One BBQ Chicken Pizza With Herby New Potatoes Option Two Mild Mexican Chili with Rice Jacket Potato Jacket Potato with Cheese, Baked Beans or Salmon Mayonnaise Vegetables Seasonal Salad Bar Dessert Summer Lemon Cake with Custard	Option One Roast Gammon, Roast Potatoes & Gravy Option Two Veg Wellington, Roast Potatoes & Gravy Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Ice Cream and Fresh Fruit	Option One Spaghetti Bolognese with Garlic Bread Option Two Cheese & Bean Pasty with Herby New Potatoes Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Marble Sponge with Chocolate Sauce	Option One Fish Fingers with Chips & Tomato Ketchup Option Two Summer Frittata with Chips and Tomato Ketchup Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Baked Beans and Peas Dessert 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 Option Two Cheese and Tomato Pizza with Herby New Potatoes Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Vanilla Shortbread	Option One Hot Dog with Wedges & Tomato Ketchup Option Two Macaroni Cheese Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert NEW Strawberry and Apple Crumble with Custard	Option One Roast Chicken, Roast Potatoes & Gravy Option Two Vegetable Roast, Roast Potatoes & Gravy Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Chocolate Brownie	Option One NEW Chefs Special Chicken Korma with Rice Option Two Vegan Hot Dog with Wedges & Tomato Ketchup Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Eves Pudding with Custard	Option One Battered Fish with Chips & Tomato Ketchup Option Two Mexican Bean Roll with Chips and Tomato Ketchup Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Baked Beans and Peas Dessert 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 Option Two NEW Chefs Special Creamy Curry with Rice Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert NEW Rock Cake	Option One NEW Green Thai Chicken Curry with Rice Option Two Vegan Bolognese With Garlic Bread Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Pear & Chocolate Cake with Custard	Option One Roast Gammon, Roast Potatoes & Gravy Option Two Roast Quorn, Roast Potatoes, & Gravy Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Vegetables of the Day Dessert Iced Vanilla Sponge	Option One NEW Greek Chicken Pitta with Rice and Tzatziki Option Two Vegan Meatballs and Rice Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Seasonal Salad Bar Dessert Apple Cinnamon Sponge with Custard	Option One Battered Fish and Chips & Tomato Ketchup Option Two Spinach and Cheese Whirl with Chips and Tomato Ketchup Jacket Potato Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Vegetables Baked Beans and Peas Dessert 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.

