

Weekly Updates From Uplands



HEADTEACHER'S MESSAGE

We hope you all had an enjoyable and fun packed summer break. A special welcome to Merlins Class that started school yesterday, and to the new pupils that joined Uplands on Tuesday.

The children have settled back into the school routine already, and it is wonderful to have everyone back in school.

Remember if you have any queries or questions, please do not hesitate to get in contact with us.

HOLIDAYS OR ABSENCE DURING SCHOOL TIME

It is very important that your child is in school for every session. If your child misses out on lessons, learning is lost, as work is often built on from previous lessons and children then struggle to catch up.

Every lesson counts!

If your child is ill and unable to attend school, please let us know, or leave a message on the school's answer phone as soon as possible. We do chase up any child not in school from that morning because we need to know that they are safe and being looked after.

If you need to apply for leave of absence during term-time for extraordinary circumstances then there is a form to fill in from the office or to be downloaded from the school website. Please do not take time off without letting the school know as we will spend time trying to contact you unnecessarily. The school has discretion in 'exceptional circumstance' to authorise a leave of absence if we believe it is a genuine reason. Parents must also note that they can be given a Penalty Notice or prosecuted for periods of unauthorised holidays.

Further guidance regarding attendance will be issued next week.

Thank you for your continued support in this matter.

SCHOOL TRIPS



This academic year, Eagles Class will have the opportunity to travel to PGL, Devon from Monday 19th May - Wednesday 21st May 2025. A meeting has been arranged for Eagles parents to attend on Tuesday 17th September at 3:30pm, please come along to find out more about this exciting trip.

Due to many requests from parents, we will also be organising more trips for all the classes to take part in. We will keep you all informed when and where these events will take place, please be aware that the cost of these trips will need to be funded by the parent body.

ADMINISTRATION OF MEDICATION UPDATE

The school's Administration of Medication policy has recently been updated.

With immediate effect, staff will be unable to administer medication to any pupil unless it has been prescribed by a doctor, dentist, nurse/pharmacist prescriber.

Medication such as paracetamol or Piriton for allergies, cannot be administered by staff unless prescribed.

Parents/carers are very welcome to come into school to administer non-prescription medicines to their child if required.

Further details of the policy can be found at: [Policies](#)
[| Uplands Primary School Stroud](#)
 [\(uplandsprimarystroud.co.uk\)](http://uplandsprimarystroud.co.uk)

Thank you.

MEET THE SCHOOL

Thursday 19th September

This year we have decided to organise a 'Meet the School' this will take place on Thursday 19th September between 6pm and 7pm.

This event will provide the parent body with the opportunity to hear from the teaching staff, the Governors and the PTA members about how Uplands School operates. There will also be a chance to ask any questions.

Please do come along if you are able.

A RECORD NUMBER OF PUPILS IDENTIFIED FOR DISPLAYING THE CORE VALUES OF THE SCHOOL – COMMUNITY, UNIQUENESS AND KINDNESS

Well Done Everyone!

COMMUNITY

Owls: Rafe, Rowan, Oto, Atti, Theo, Poppy, Aidan, Jemylia-Jayne, Albert.

Kestrels: Jasmine-Rose, Riagan, George, Darcie, Caiomhe.

Eagles: Ben, Scout, Victoria, Daisy, Idris, Noah, Phoebe K, Etta.



TEACHSPORT AFTER SCHOOL CLUB AND SPORTS CLUBS (FOOTBALL AND DODGEBALL)

Teachsport After School Club, Extra Time, continues to run from 3:25pm to 5:30pm.

They are to run Football and Dodgeball clubs. Football (Years 3-6) will continue to be on Mondays and Dodgeball (Years 1-6) will be on Thursdays.

These sports clubs will be open to all pupils, will run from 3:25pm to 4:25pm and cost £5.25.

Children enrolled in the After School Club, Extra Time, can choose to join these sports clubs if they wish, at no extra cost, and then stay and play until 5:30pm.

During this time, they'll enjoy the usual activities such as art and crafts, games, creative play and assisted free play, along with a healthy snack.

For any inquiries, please contact Alex at southwest@teachsport.org or call 07530767190.



FOOTBALL (YEARS 3 - 6) AFTER SCHOOL CLUB

UPLANDS PRIMARY SCHOOL, STROUD.
TERM 6: MONDAYS 3.25 - 4.25PM

Children will develop their skills through fun and inclusive technical practices and games. If children attend Teachsport Extra Time - they can attend this Football club.

[Click here to book or scan the QR code](#)

w: www.teachsport.org e: southwest@teachsport.org t: 07530767190



DODGEBALL (YEARS 1 - 6) AFTER SCHOOL CLUB

UPLANDS PRIMARY SCHOOL, STROUD.
TERM 6: THURSDAYS 3.25 - 4.25PM

Children will play modified games and develop their skills through fun and inclusive technical practices. If children attend Teachsport Extra Time - they can attend this Dodgeball club.

[Click here to book or scan the QR code](#)

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AUTUMN LUNCH MENU

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 08/04/2024 29/04/2024 20/05/2024 17/06/2024 08/07/2024 02/09/2024 23/09/2024 14/10/2024	Option One	Macaroni Cheese	Beef Burger in a Bun with Potato Wedges	Roast Chicken with Roast Potatoes & Gravy	Minced Beef & Onion Pie with New Potatoes	Fishfingers with Chips & Tomato Ketchup
	Option Two	Vegan Meatballs with Tomato Sauce & Rice	Vegan Spaghetti Bolognese	Vegan Sausages, Roast Potatoes & Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Pizza with Chips & Tomato Ketchup
	Option Three	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket Potato with Baked Beans, Cheese or Salmon Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese 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 Sponge with Chocolate Sauce	Vanilla Shortbread	Strawberry Jelly with Mandarins	Sticky Toffee Apple Crumble with Custard	NEW Syrup Snap Biscuit
WEEK TWO 15/04/2024 06/05/2024 03/06/2024 24/06/2024 15/07/2024 09/09/2024 30/09/2024 21/10/2024	Option One	Summer Vegetable Risotto	Pork Sausage in a Bun With Potato Wedges	Roast Turkey with Roast Potatoes & Gravy	Chef's Special Chicken Korma with Rice	Fish Fingers with Chips & Tomato Ketchup
	Option Two	Cheese & Tomato Pinwheel with New Potatoes	Mexican Five Bean rice	Vegetable Wellington with Roast Potatoes & Gravy	Wholemeal Vegetable Pasta Bake	Vegan Sausages with Chips & Tomato Ketchup
	Option Three	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese 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	Ice Cream	Marble Sponge with Custard	Oaty Cookie with Apple Slices	Peach Crumble with Custard	Chocolate Shortbread
WEEK THREE 22/04/2024 13/05/2024 10/06/2024 01/07/2024 22/07/2024 16/09/2024 07/10/2024	Option One	NEW Vegetable Fajitas with Wedges	Spaghetti Bolognese	Roast Gammon with Roast Potatoes & Gravy	NEW Chicken Paella	Fish fingers with Chips & Tomato Ketchup
	Option Two	BBQ Quorn with Rice	Cheese & Tomato Pizza with Potato Wedges	Vegan Quorn with Roast Potatoes & Gravy	Spinach and Cheese Whirl with Potato Wedges	Cheese & Bean Pasty with Chips & Tomato Ketchup
	Option Three	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese or Tuna Mayonnaise	Jacket potato with Baked Beans, Cheese 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	Ice Cream	Pear & Chocolate Upside Down Cake with Custard	Apple Flapjack	Banana Sponge with Banana Slices and Custard	Fruity Shortbread
MENU KEY		Added Plant Power	Wholemeal	Vegan	Chef's Special	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.
Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection						
						caterlink feeding the imagination

CONGRATULATIONS!

The Attendance Cup for this week is awarded to Owls!

Team Points awarded to Folly!
Congratulations Everyone!

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

Yours sincerely,

Mr James Powell
Head Teacher

DIARY DATES - AUTUMN 2024

Thursday 19 th September	'Meet the School' 6pm
Tuesday 1 st October	Eagles Trip to We the Curious in Bristol
Wednesday 2 nd October	Flu Vaccinations
Thursday 24 th October	Whole School/Siblings Photos
Friday 25 th October	Last day of Term 1
Monday 29th October – Friday 1st November	Half Term Break
Monday 4 th November	Children return to school
Wednesday 13 November	Parents' Evening
Thursday 14 th November	Parents' Evening
Wednesday 18 th December	Whole School Trip to the Panto, Stroud Sub Rooms- 1.30pm Hood
Friday 20 th December	Last day of Term 2
Monday 23rd December – Friday 3rd January 2025	Christmas Holidays
Monday 6th January 2025	Inset Day
Tuesday 7 th January 2025	Children return to school



SESSION RETURNS!!
THURSDAY- 5-7 YEAR OLDS 5TH SEPT
FRIDAY- 8-11 YEAR OLDS 6TH SEPT
BOTH 5PM TO 6PM
RETURNING AND NEW PLAYERS OF ALL ABILITIES WELCOME.
ARCHWAY SPORT CENTRE, GREAT TO DEVELOP AND INCREASE ABILITY, NO BOOKING REQUIRED!
£4 PER PLAYER, £7 FOR TWO SIBLINGS