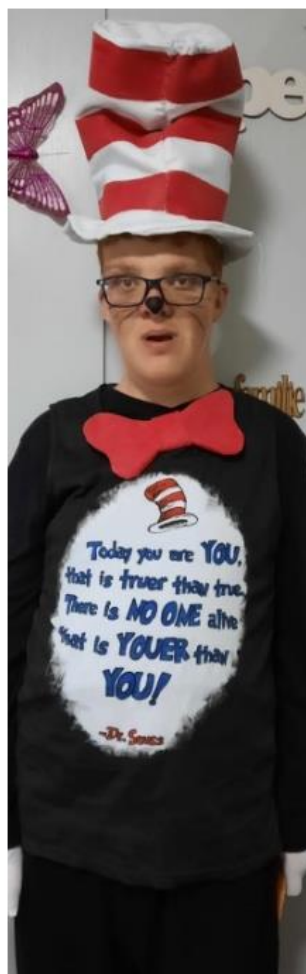


UWD Newsletter

Oh, the things we've done!



"Today you are you! That is truer than true! There is no one alive who is you-er than you!" Dr Seuss.

We had a fun filled dress up day for Book week, and the theme was Dr Seuss characters.

We had Thing 1 and Thing 2 x 2; so do they become Thing 3 and 4?
We had cats and hats a plenty. Some were wacky, some were wild.

Great fun was had by all.

SPECIAL EVENTS/ FUNDRAISERS COMING UP:

- Wine Auction – 22 May 2021
- Online boma raffle ends 31 May
- Cycle Tour dates TBC

Car Boot Sale #3 a great success

Our third Car Boot sale took place on the 6th of March.

Many of our previous Car Boot salesmen and ladies suggested we move the day for this fundraiser forward. Moving the event to the beginning of the year was a great decision seeing that the weather was great – no gale force winds or cold fronts to be seen.

Thank you to everyone who visited us on the day and supported this fundraiser.

School disco

On the 12th of February the school celebrated Valentine's day in a very colourful and fun way.

Our theme for the day was Rainbow - embracing and loving

everyone despite our differences.

We started the day by giving each other gifts and then had a great disco dance party during break.



On the right: Teacher Cady rocking away with a smiley face, wheelchair bound Hannes, and Sarah keeping an eye on business in the back.
Bottom right: Alet choosing a more chilled approach, taking a break from all the dancing with Thérèse.
On the left: Yuriël absolutely loving everything the Valentines disco had to offer - music, dancing and chillin' with his friends.



A great golf day

Our golf day on the 11th of March was a resounding success with a full field of players and sponsors on all 18 holes. Thanks to all who played a part in making this such a special day and to the George Golf Club for hosting us - it truly is a beautiful course!



On the left: Gregg Powell and his Four ball enjoying refreshments at the Up with Downs stall. The stall didn't just offer refreshments but also a chat with the birthday girl, or should we rather say, birthday princess judging by the tiara, Nicole.

Two Sports mornings ensure lots of fun



Far left: JJ, Jaco, Annika and Marne making a run for it.
Left: Nicole prepping for the sack race.
Above: The school learners taking part in their sport's day.

Sports Day was held on 11 February 2021 for the school learners.

The learners really enjoyed the sack race. They had fun balancing a ball on a tennis racquet and running with it.

They also enjoyed the obstacle course and running race. A good morning was had by all.

This year the Training Centre decided to change things a bit and had their sports day

at the park in Pieter Theron street.

There were running races, potato sack races as well as a bean bag challenge!

It is all about staying active and having fun at the same time.

Racing red picnic table

The school had to say farewell to our wooden horses on our playground – the elements just got the best of them. Instead of replacing these at an astronomical cost, the woodwork department at the Training Centre



offered to make something. It was put to the vote and a picnic bench came out tops. The school had an official 'Opening of the picnic bench' ceremony to thank the team.

On the left: Michel Seegmuller cutting the ribbon, accompanied by members of his woodwork team: Jaco, Troy, Ivan, Warrick and Nicole.

Training Centre Valentines dance



Above: Maria and Christi looking ravishing, accompanied by the handsome Mr. Vorster.



Above: Left, Wickus and Annika, and on the right Jens and Maria having a spin on the dance floor.

What a night! Our theme this year was DISCO! We danced the night away and sang our lungs out and to top it all off we had some delicious burgers for dinner.

Please let us know at upwithdowns@mweb.co.za or on 0725631983 if you no longer wish to receive this newsletter or never signed up to receive it in the first place. Thank you.

Redberry fun walk

The Redberry Farm hosted a very special fun run just for us on 13 February 2021. Even though the humidity almost got the better of us, it was a beautiful walk and some people even found the courage to run it! We cannot wait for the next one!

A walk on the wild side

On the 3rd of March we celebrated World Wildlife day. The generous management of Cango Wildlife Ranch blessed us with a sponsored visit to their awesome facility. First everyone enjoyed their picnic lunches sitting outside on the restaurant benches. After meeting the tour guide, we started our guided walk. There was a lot of wildlife to be seen. Amongst others we saw fish, tigers, crocodiles, tortoises, an otter, a lion, flamingoes, a hippo, and while the brave saw snakes, the not so brave visited the wild birds.



Left: Jani, aka Steve Irwin showing the rest how it is done.

Above: Lomari, Sarah-Lee and friends entering through the jaws of a beast!