Uphall

Whole School Newsletter

'Committed to Inclusion, passionate about learning'

2nd October 2026







Dear Uphall Family,

It has been a very exciting week at Planet Uphall with loads going on. We hosted two learning walks on Tuesday and today for leading educators from across the country. You may wonder why they all want to visit us and what they want to learn about. There are three key areas that visitors are interested in:

Our status as a **Gold Level Rights Respecting School**, as well as our values of Friendship, Respect, Responsibility, Kindness, Perseverance, Empathy and Justice.

Our teacher style of '**Dialogic Teaching**' where we focus on developing our children's thinking and talk for learning.

Our focus on staff wellbeing and distributed leadership. At Uphall, we see every member of staff as a leader.

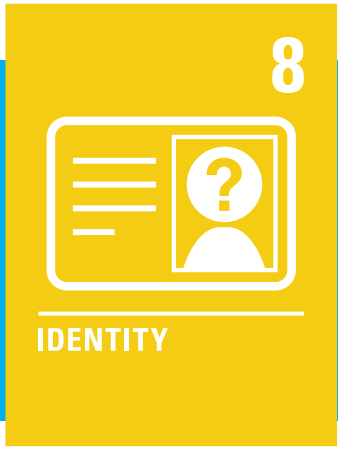
In addition, Planet Uphall was a sea of Red, White and Blue on Thursday as we celebrated **Cool Britannia Day!**



Dr. K. Atwal
Principal Learning Leader







Article 7 – birth registration, name, nationality, care

Every child has the right to be registered at birth, to have a name and nationality, and, as far as possible, to know and be cared for by their parents.

Article 8 – Protection and Preservation of Identity

Every child has the right to an identity. Governments must respect and protect that right, and prevent the child's name, nationality or family relationships from being changed unlawfully.



EXPLORING ARTICLES 7 & 8

List as many things as you can think of that help to make you a unique and wonderful person!

Have a think and write down some answers.

RIGHTS RESPECTING SCHOOLS
unicef
UNITED KINGDOM

Uphall Family celebrate

Cool Britannia















Uphall Primary School

#HelloYellow







Friday 9th October

Non-uniform Day

Wear Yellow and Say Hello



Please Donate £1. Thank you.

Join us in celebrating 10 years of Hello Yellow! Wear yellow and say hello, start a conversation about mental health and raise money for YoungMinds Charity.

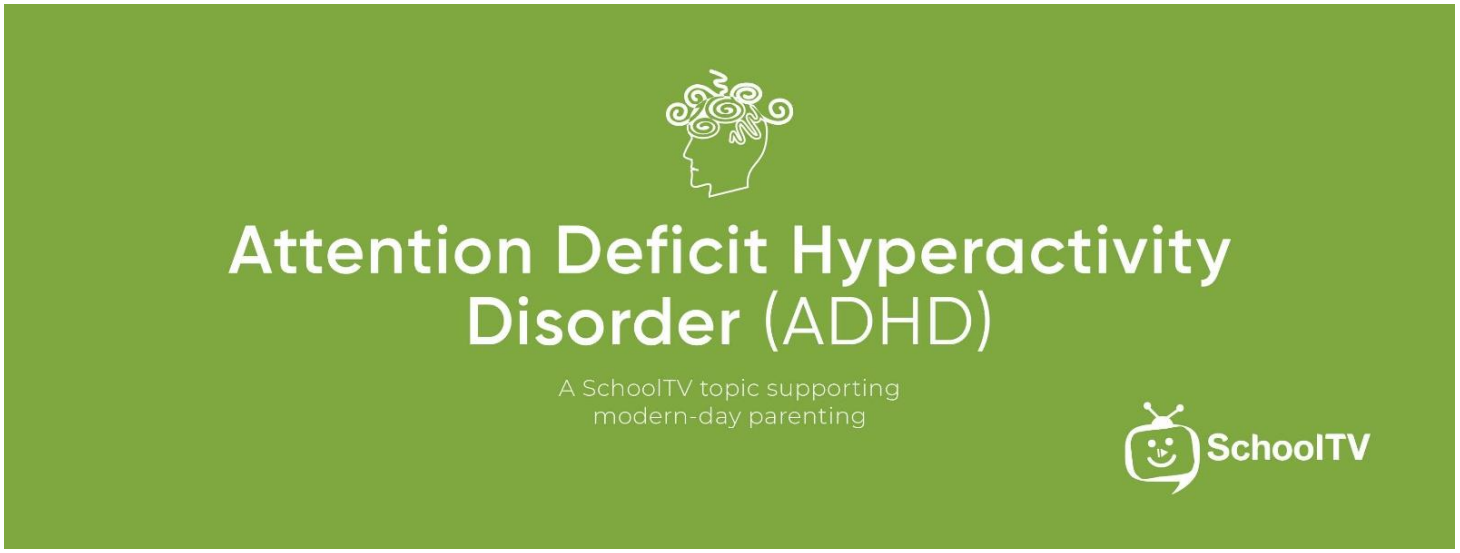
ADHD

Here is the link to this topic https://uphallprimary.uk.schooltv.me/newsletter/adhd

Attention Deficit Hyperactivity Disorder (**ADHD**) is a commonly diagnosed neurodevelopmental condition that affects how children regulate attention, impulses and activity levels. While many children can appear restless, distracted or forgetful at times, **ADHD** involves ongoing patterns that may impact learning, behaviour, organisation and relationships. These challenges can sometimes lead to frustration at home and school, particularly when a child is trying hard but struggling to meet expectations.

For families, understanding **ADHD** means recognising that these behaviours are not simply a matter of effort or discipline. **ADHD** is influenced by a combination of neurological, biological and environmental factors that affect how a child's brain processes information and manages self-control. With the right support, structure and strategies, children with ADHD can develop the skills they need to succeed and thrive.

This edition of SchoolTV explores how families can better understand ADHD and support children to build confidence, strengthen emotional regulation and navigate everyday challenges more successfully.



SPECIAL REPORT: Healthy Study Habits

This Special Report will help you support your child person as they embark on studying for exams and assessments.

Here is the link to this Special Report https://uphallprimary.uk.schooltv.me/wellbeing_news/special-report-healthy-study-habits

In today's world, where distractions are abundant and the pressure to excel is high, guiding children to develop healthy study habits is more important than ever. As students aspire to achieve academic success, the cornerstone of that achievement lies not just in their intelligence or drive, but in the study habits they cultivate.

It's essential for students to recognise that good study habits aren't merely about spending extra hours hitting the books. It's more about quality over quantity and having a more balanced approach. Emphasising the value of a routine is essential. Consistent study times establish a sense of structure and discipline, turning studying into a natural part of their daily routine rather than a burdensome task.

Additionally, how students approach their study sessions is equally important. Taking regular breaks is a crucial part of this process in maintaining focus and preventing burnout.

Maintaining a healthy lifestyle that includes sufficient sleep, a balanced diet, and consistent physical activity are indispensable elements that will significantly impact your child's ability to study effectively. Fostering these healthy habits is one of the most valuable gifts we can offer children, paving the way for a lifetime of learning and achievement.



LOOK what we're LEARNING!

At **uphall** this week . . .

Reception



In Reception this week we have been developing our subitising skills. We recognised amounts up to 3 without counting each object individually.

Our teachers introduced us to our new story, Monkey Puzzle. We had lots of fun exploring the story with a range of resources. We also brought the story to life by acting it out and using masks to play the different characters.

To celebrate Cool Britannia Day, we decorated our own British flags and enjoyed tasting delicious scones with jam.

Year 2

Year two children had the Great Fire of London workshop this week and it was absolutely amazing. Children were able to imagine what it felt like living in the year 1666. Children learnt and reflected on the events that took place during the fire and explored who was Samuel Pepys



Year 3

Year 3 have had a fantastic learning week. In Maths, the children have been developing their understanding of addition, using a range of methods and practical resources to solve calculations accurately and explain their reasoning. In Art, the children have been exploring the work of the famous Japanese artist Hokusai, studying his use of line, colour and movement before creating their own artwork inspired by his style. In PE, the children have been developing their ball-handling skills, focusing on control, coordination, passing and teamwork through a range of fun and engaging activities.



Year 1

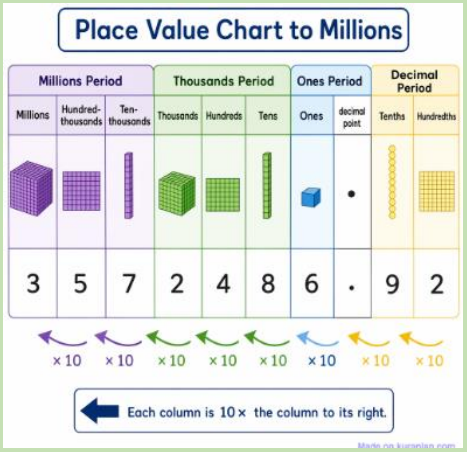
This week in year 1, we have been learning about our bodies in science. We have been naming and identifying body parts that help us move, sense and explore the world around us.

In Art, we have been comparing the work of different artists. Discussing and comparing the colours, shapes, patterns and techniques used by expressing and sharing our thoughts in how they are similar or different.



Year 5

This week year 5 have been learning about place- value in Maths. We have learned to read and write whole numbers to one million, the biggest number we have ever learned read and write. We used the place value counters and chart to make different 5 and 6-digit numbers, represented them using diagrams and pictorials and wrote them in numerals and words. We have followed the concrete, pictorial and abstract approach for learning Maths and compared numbers to one million. We have learned that 600, 000 can be written as 6 hundred thousand and six hundred thousand. We are very excited about Maths No Problem and are ready to learn more new methods in Maths., PE and computing lessons.



Year 4

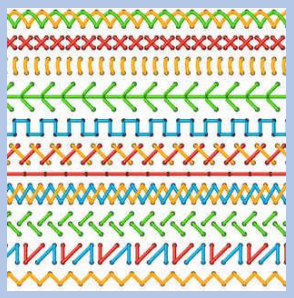
Year 4 spent a memorable morning at the British Museum exploring the ancient and enchanting Egyptian exhibits. They discovered traditions around Egyptian culture, food and clothing, to social customs and religious practices. The children were especially excited to see real mummies, which brought history to life in an unforgettable way. It was an educational experience that deepened pupils' understanding of the ancient world and sparked much curiosity! Walking through the galleries, they were instantly captivated by the remnants of a world that existed thousands of years ago, from towering marble busts of emperors to intricate mosaics that once adorned ancient floors. They crowded around glass cases displaying gladiator armour, rusted legionary swords, and delicate clay pottery, imagining the daily lives of Roman citizens and soldiers.



Year 6

In year 6, the students are enjoying learning about the causes of WW1 and have been looking at different sources of evidence in History. In DT, they have been looking at the different types of stitching and will be using these to make their own pencil cases using felt. In math, the students are looking at Place Value and are learning to read, write and order numbers up to a million. The teachers are also doing daily arithmetic with their classes to help the students with applying the four operations.





In English, they have been using the story of Red Riding Hood to create short bursts of writing using figurative language, warning sentences, contrast sentences and senses poems.

MOMENTS MATTER, ATTENDANCE COUNTS.

Please remember that the government expected level of attendance is 96%. The overall attendance level for last week was 93.82% outside of school time - please help us to improve that by ensuring

that your child only stays at home if s/he is very unwell. A mild cough or cold is not a reason for them to stay at home. Please also ensure that your child arrives punctually in the mornings – school begins at 8.50 a.m., the gates close at 8.55, and if your child arrives after that time, they will be marked as late.

Nursery 30	87.98%
R Hussain	96.26%
1 Kasim	95.15%
2 Saeed	95.23%
3 Begum	98.14%
4 Shankar	95.25%
5 Osei	96.45%
6 Rahman	96.25%



To all the children celebrating this week,

From 4th October to 10th October 2026

Have a great birthday!

