Uphall

Whole School Newsletter

'Committed to Inclusion, passionate about learning'

9th October 2026



Dear Uphall Family,

Today we celebrated Hello Yellow Day to raise awareness and funds for **YoungMinds**, the UK's leading charity for young people's mental health.

Many young people are struggling with their mental health right now and that's why days like Hello Yellow matter. By teaching young people to explore their feelings, how to talk about them and who to reach out to for help, we're giving them the tools they need.



And by raising funds for **YoungMinds**, we're making sure that they have access to support when it matters most.

We'll be taking part by wearing something yellow and donating £1.

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice.

This includes:

Online resources **(www.youngminds.org.uk/parent)**

A phoneline service for parents and carers to speak to trained professionals if you're concerned about your children's mental health: **0808 802 5544 (Open 9.30am-4pm)**

As well as an online chat and email service

YOUNGMINDS Hello Yellow

Dr. K. Atwal
Principal Learning Leader





Article 28 – (right to education)

Article 28 says that all children across the world have the right to access primary education for free, and secondary education must be available to every child.

But, just as important is the quality of the education that is received – just being in a school is not enough. Article 28 also speaks of the importance of children being treated with dignity in their school setting. Also, it places additional responsibility for global education on richer countries, as it makes clear that they must help poorer countries to ensure that all children can access their right to education.



EXPLORING ARTICLE 28

Give yourself one minute to think of as many reasons as you can **why education is so important** for children and young people.

Have a think and write down some answers.

RIGHTS RESPECTING SCHOOLS
unicef
UNITED KINGDOM


UPHALL PRIMARY SCHOOL
YOUNGMINDS
Hello Yellow
MENTAL HEALTH DAY
9TH OCTOBER 2026




























CHASE
PAW PATROL



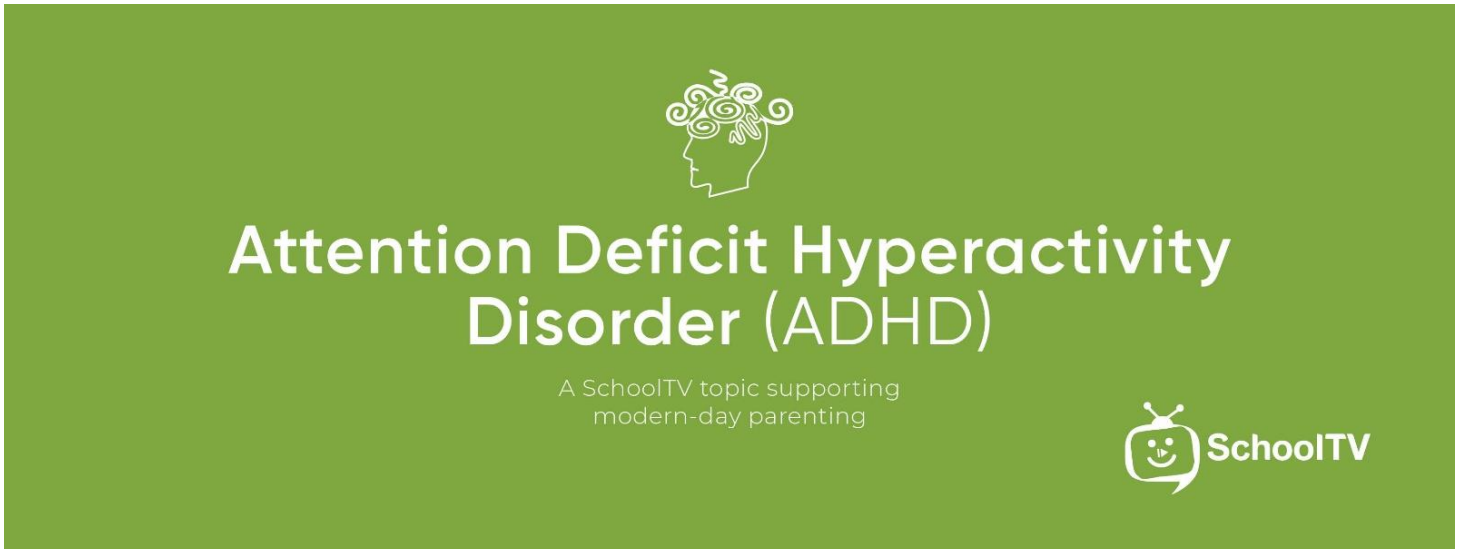
ADHD

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.

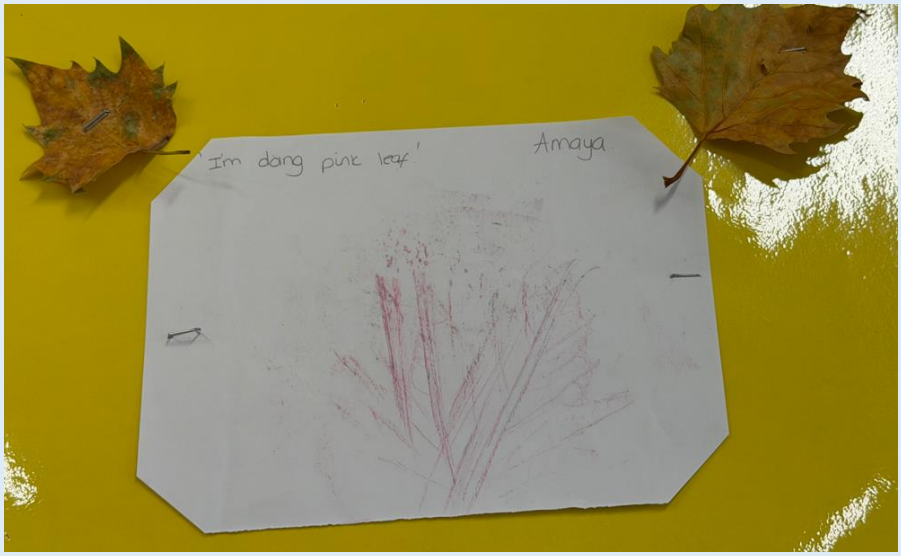
Maintaining a healthy lifestyle that includes sufficient sleep, a balanced diet, and consistent physical activity are indispensable elements that will significantly impact your child's ability to study effectively. Fostering these healthy habits is one of the most valuable gifts we can offer children,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



LOOK what we're LEARNING!

At **uphall** this week . . .

Reception



We have been learning about Rosa Parks. She believed that everyone is equal no matter their skin colour.

We re-enacted the bus scene where Rosa refused to give up her seat to a white man. We found out that after that, everybody could sit wherever they liked!

We also, collected leaves from the playground and used them for leaf printing.





Year 2

Year two children have been learning to retell the story of 'Jack and the Beanstalk' using actions. Children are now very confident in retelling the story and are planning their own version by using different characters and settings. Children have been using amazing adjectives and phrases. Next week children will be writing their own version of the story using this week's planning.



Year 3

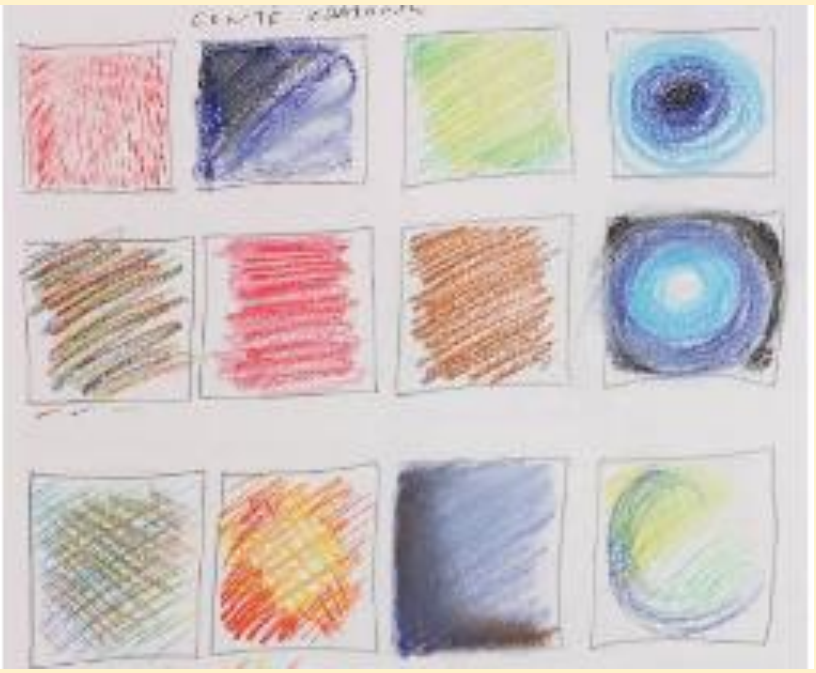
This week, Year 3 have been exploring the prehistoric world, with a particular focus on the Stone Age. They have learned about how people lived, hunted and survived during this fascinating period of history, developing their understanding of how life has changed over time. In RHE, pupils have explored the importance of families by creating and discussing family trees, recognising that every family is unique. In Art, they have been inspired by the work of Japanese artist Hokusai, creating their own drawings of mountains and developing their painting techniques by using watercolours to add



Year 1

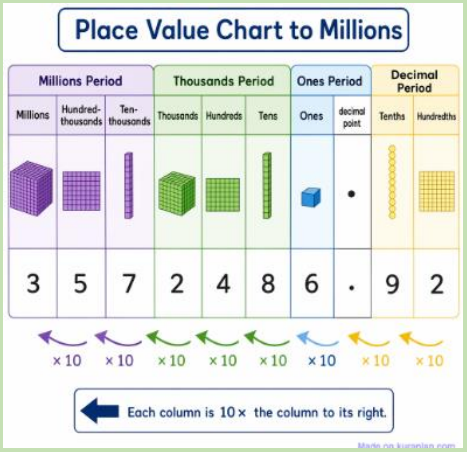
In Art, children have been exploring different mark-making techniques using pencil media in the style of Artists John Nash and Renoir.





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 thousands 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

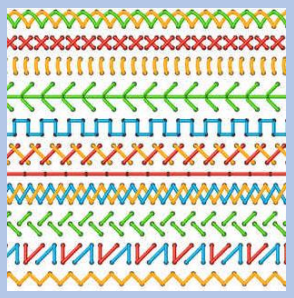
This week, our young writers in Year4 are exploring spine poems—a fantastic poetry style invented by educator Pie Corbett! Children used powerful adjectives, similes and metaphors to describe a door and a handle. They will use these verses in their narrative writing next week, where they will be describing what they can see as they open a magical door that leads to an enchanting place/imaginary world. Children enjoy sharing their amazing ideas and building on each other's



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 Maths, 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 Shein	95.26%
1 Duggan	96.25%
2 Hussain	93.23%
3 Begum	98.14%
4 Shankar	95.25%
5 Osei	96.45%
6 Rahman	96.25%



To all the children celebrating this week,

From 11th October to 17th October 2026

Have a great birthday!

