Uphall

Whole School Newsletter

'Committed to Inclusion, passionate about learning'

16th October 2026



Dear Uphall Family,

As we approach the end of our first half-term, I need to remind all parents of the importance of regular school attendance for our children.

Every day at school matters because it helps our children feel part of our school community, build strong friendships, and grow in confidence. Research shows that regular school attendance is one of the most powerful ways parents can support their child's education, personal development, and emotional wellbeing. While we know minor illnesses happen, consistent attendance ensures children benefit from daily learning routines, hands-on classroom experiences, and school activities that simply cannot be replicated at home.



This also means that we cannot authorise term time travel abroad so please consider this when you are making your requests. Thank you for your continued partnership in helping us provide a stable, supportive environment where your child can thrive every single day.

Dr. K. Atwal
Principal Learning Leader



Every day COUNTS!







Article 2 (non-discrimination)

The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

Article 30 (children from minority or indigenous groups)

Every child has the right to learn and use the language, customs and religion of their family, whether or not these are shared by the majority of the people in the country where they live.



EXPLORING BLACK HISTORY MONTH

Why do you think celebrating Black History Month is **important**?

Have a think and write down some answers.

RIGHTS RESPECTING SCHOOLS
unicef
UNITED KINGDOM

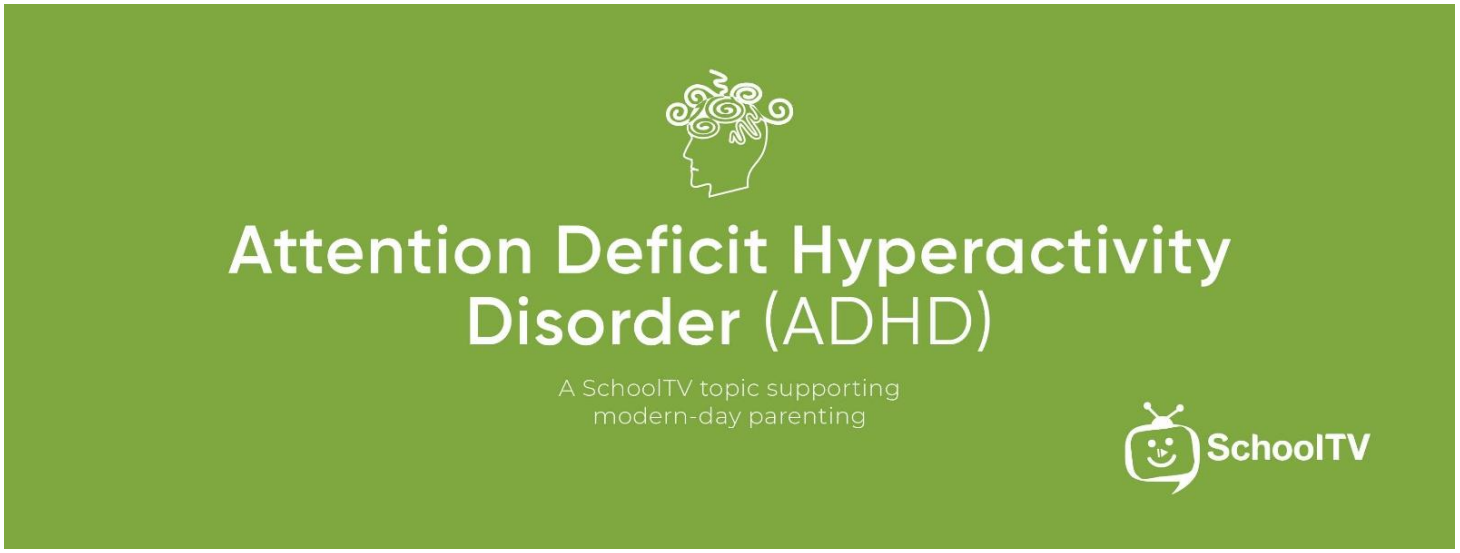
ADHD

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 making our own mini-me, celebrating what makes us special. We will use these in small world play, such as farms, dollhouses and sensory trays. We will also use our mini me's to act out familiar stories, helping us develop our imagination, creativity and communication skills.



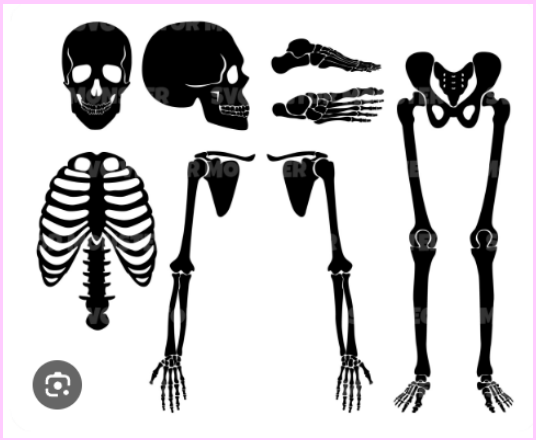
Year 2

This week Year two children had the opportunity to watch the Road Safety Awareness workshop. Children took part in understanding the rules of the Road and being vigilant: Revising standard road rules and learning to stay constantly vigilant of surroundings, particularly as older primary pupils prepare for independent travel or secondary school transitions. Children also explored The Green Cross Code and crossings: How to stop, look, and listen properly at the kerb, and how to safely use different types of pedestrian crossings (such as Pelican, Puffin, and Toucan crossings).



Year 3

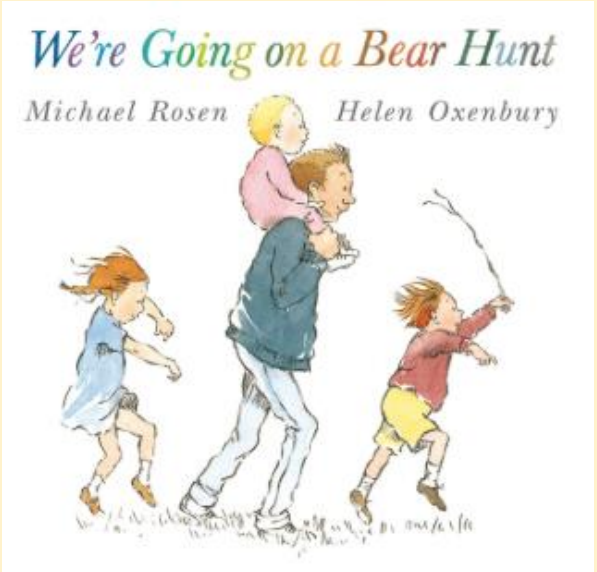
Year 3 have been learning about the human skeleton in science, exploring the different bones in the body and their functions. In maths, the children have been practicing addition using the column method to improve their accuracy and confidence. In geography, they have been learning to locate and identify cities across the UK, developing their map reading skills and knowledge of the country, colour, texture and detail.



Year 1

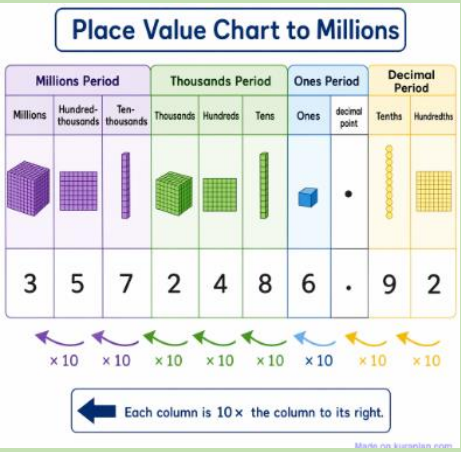
We enjoyed a fantastic Road Safety workshop early on in the week with the Smart Brothers. Their interactive show made learning about road safety fun and memorable, equipping children with essential, life-long skills to survive and thrive.

In English, children have been exploring how to use adjectives and similes in the construct of a troll. They will prepare to write their innovated story based on the book 'We're Going on A Bear Hunt'. We learned how to use the Part Whole model and building on this to write number sentences, using 1 digit er square in our Maths workbooks.



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

Y4 participated in African Drumming workshop on Monday, 12th Oct. Children explored the rich sounds and musical traditions of Africa which was linked to Black History Month through the interactive drumming sessions. Every child not only learnt how to play the djembe, but also gained a sense of unity and cultural appreciation as they became part of a dynamic drum circle



Year 6

Thirty lucky students from year 6 were chosen to visit Redbridge Town Hall and see how the local council is run. The visit took place on Thursday 15th October and the students met Councillor Kam Rai who asked the children what they liked about living in Redbridge and what they would like to change about Redbridge.

The students were given a task of working in small groups, and using the current Redbridge crest as a guide, to design a new badge for Redbridge. The group were also shown around the mayor's parlour and the council chamber which they enjoyed.



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 18th October to 24th October 2026

Have a great birthday!

