Uphall

Whole School Newsletter

'Committed to Inclusion, passionate about learning'

18th September 2026



Dear Uphall Family,

It has been a whirlwind start to the new academic year and I would like to extend a special welcome to all the new parents and students that have joined the Uphall family. The children in Reception have settled extremely well and it has been wonderful to see quickly all the students have settled into our established Rights Respecting routines. We have all the building blocks in place for another successful year at Planet Uphall.

In this first whole school newsletter, I can share some excellent news. We are proud to share that we have achieved Parentkind Silver Award! Parent kind is the UK's largest parent charity. We have achieved Silver and are now going for Gold this year. If we do that, we will join only 8 other schools to achieve Gold.

What do we want to achieve?

Strengthen parental involvement and engagement across the federation. Increase confidence and understanding of learning at home and family learning.



Parentkind

- Provide consistent support to parents.
- Encourage parent volunteering.
- Improve communication and engagement with parents.
- Develop inclusive, flexible and accessible engagement approaches.

Please note another date in your diary - 1st October 2026. On this date our Uphall family will celebrate Cool Britannia Day. The Uphall family is such a diverse community representing so many different cultures. However, one thing we all have in common is our Britishness. As such, we will be celebrating British history and culture, including dressing up in red, white and blue for the day. We will share more details closer to the day.

Dr. K. Atwal
Principal Learning Leader



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RESPECT FOR CHILDREN'S VIEWS

Article 12 – respect for the views of the child - Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life.









EXPLORING ARTICLE 12

Why should you be able to share your views and opinions on matters that affect you?

Have a think and write down some answers.

RIGHTS RESPECTING SCHOOLS
unicef
UNITED KINGDOM



Dear Families,

We are excited to share some fantastic news with you. Uphall Primary School has been named Top Primary School in the United Kingdom 2026 by Education Insider magazine. This is an amazing achievement for all our children, staff and parents. Please take the opportunity to share this news with everyone in your community.

Dr. K. Atwal
Principal Learning Leader



Click below to read more:

https://uphallprimary.uk.schooltv.me/news/thinking-school-approach-education-london

This article can be translated in over 64 languages. To access this article, click on the link above, located on the top bar on the right side, click on 'English' which will provide a drop-down menu for translations.

Uphallprimary.co.uk

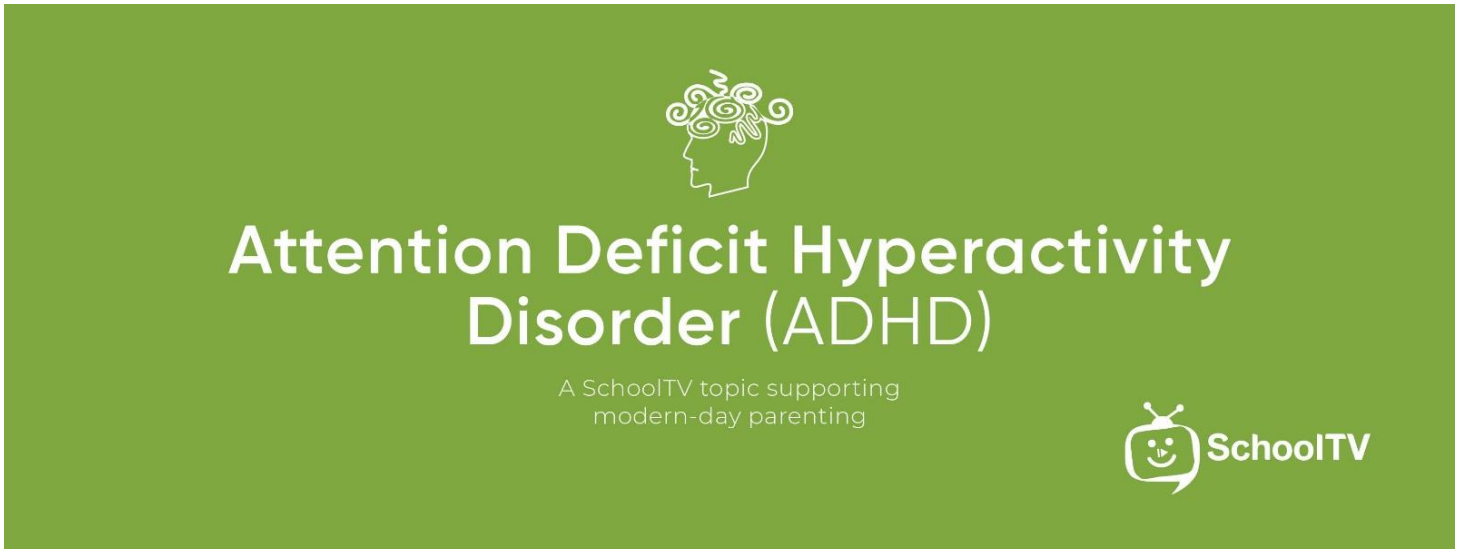
ADHD

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



It has been a lovely first week in Reception. The children have settled beautifully into their new classes, made new friends and are becoming familiar with the new routines and environment.









Year 2

This week in History Year two children have started learning about what London looked like in the past in comparison to the present day. Children discussed whether they prefer living in the present day or would they have preferred to live in the past. We are also excited as soon we're going to have a workshop telling us about the past and the Great Fire of London.



Year 3

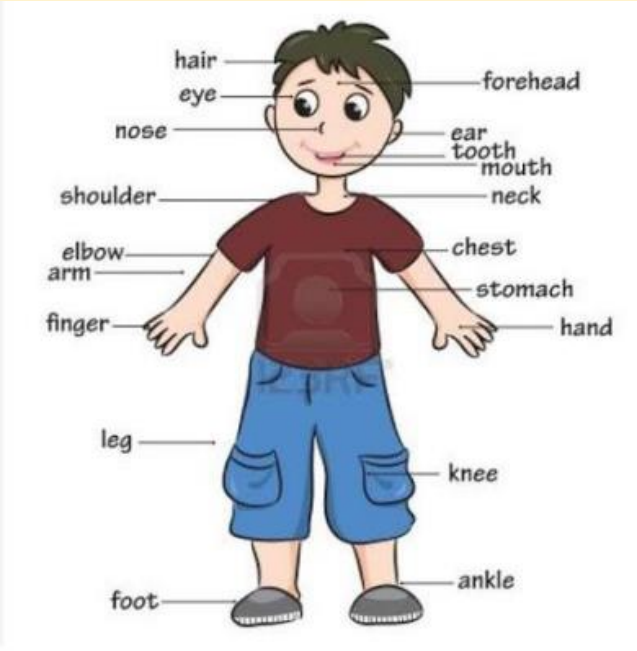
Year 3 have had a fantastic week of learning across the curriculum. In Science, the children have been learning about the different food groups and exploring the importance of eating a healthy, balanced diet. In Maths, they have been developing their understanding of addition, using different strategies to solve calculations and applying their skills to problem-solving activities. In PSHE, the children have been learning about family relationships, discussing the different types of families and what makes relationships positive, supportive and respectful. It has been wonderful to see the children engaging enthusiastically and sharing their ideas throughout the week



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

Year 5 have had incredibly amazing start of the year for the past two week. Our focus has been working towards developing positive attitude towards learning and helping our friends to make choices at school. We have created our class and talk charters to help us focus on behaviour and learning. Our teachers helped us to reflect on the right respecting values of the school by selecting a new value everyday to focus on. Also, we have voted on and selected children to monitor our reading corners, exercise books, PE and computing lessons.





Year 4

An electric buzz of anticipation filled the Year 4 classroom as the children lined up, brightly coloured swim bags gripped tightly in their hands. They had been counting down the days to their very first school swimming lesson, and the moment had finally arrived. The coach journey to the leisure centre was alive with a symphony of excited chatter. Stepping into the indoor pool area, the warm, distinctive smell of chlorine and the glittering blue reflection of the water only heightened their enthusiasm. As they lined up by the poolside, eagerly awaiting their instructor's whistle, their eyes shone with a mix of thrill and determination, ready to dive into a brand-new adventure. Children enjoyed every moment of their time in the pool!



Year 6

The students have been busy this week doing baseline assessments for maths, reading and grammar. The tests will give the year 6 teachers an idea of what level the students are working at.

The students are enjoying preparing for the handball tournament which will take place in Autumn 2 and each class is hoping to win the trophy. Handball is being taught in indoor PE and Tennis/Tag Rugby in outdoor PE. The students are enjoying learning the key skills both sports require. In Geography, pupils enjoyed taking part in a Market trade activity allowing them to move around the class in a carousel to find information about Brazil and South America.

The students are working well in all subject areas and should be commended on how well they are articulating their learning to their teachers. Well-done to the students of Year 6!

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 Shien	97.36%
1 Begum	96.35%
2 Saeed	98.13%
3 Begum	96.84%
4 Shankar	96.25%
5 Osei	96.55%
6 Rahman	95.35%



To all the children celebrating this week,

From 19th September to 27th September 2026

Have a great birthday!

