Uphall

Whole School Newsletter

'Committed to Inclusion, passionate about learning'

23rd October 2026



Dear Uphall Family,

As we approach the end of our first half term of the school year, it is a good opportunity to reflect on all that our children have achieved this year. We held our Rights Respecting assemblies this week and it was lovely to hear how well our children understood and appreciate our school values, as well as the articles within the United Nations convention on the Rights of the child. As adults, we are aware that we are the role models and mood makers for our children – we need to ensure that we are showing kindness, friendship, perseverance, respect, responsibility, empathy and justice. By doing this, we see these values reflected in our children. I wish all our families a happy and restful half-term break and look forward to seeing you in the new half term.



Dr. K. Atwal
Principal Learning Leader











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

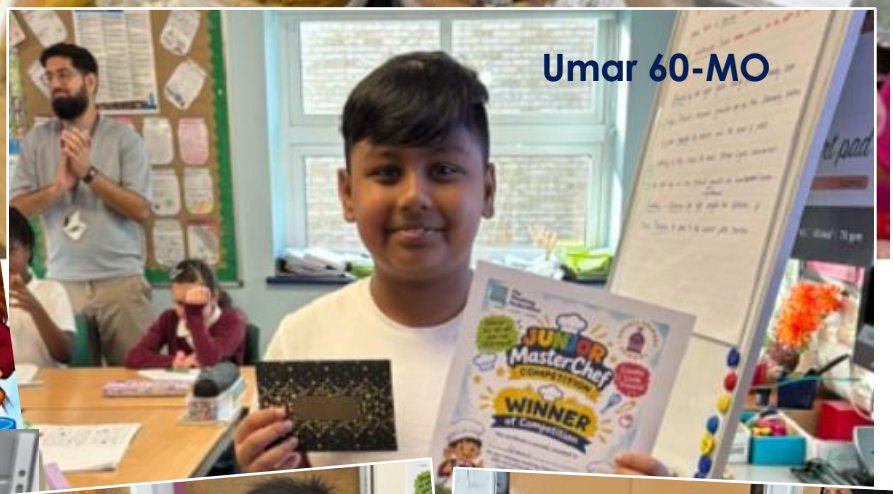
Why do you think celebrating Black History Month is **important**?

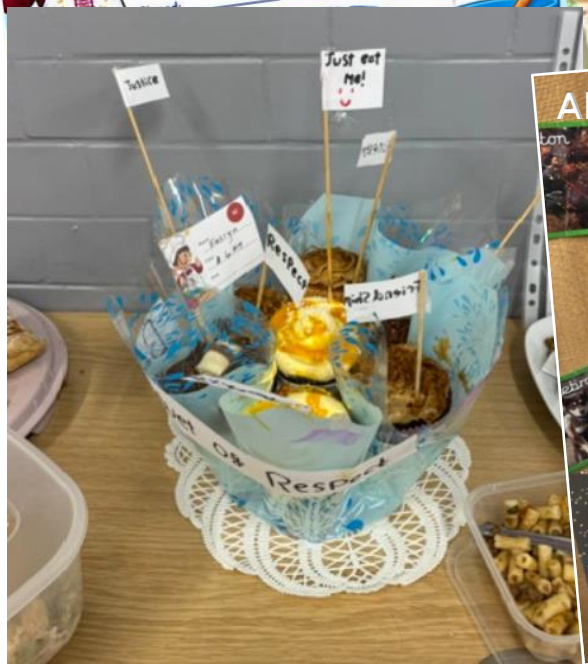
Have a think and write down some answers.

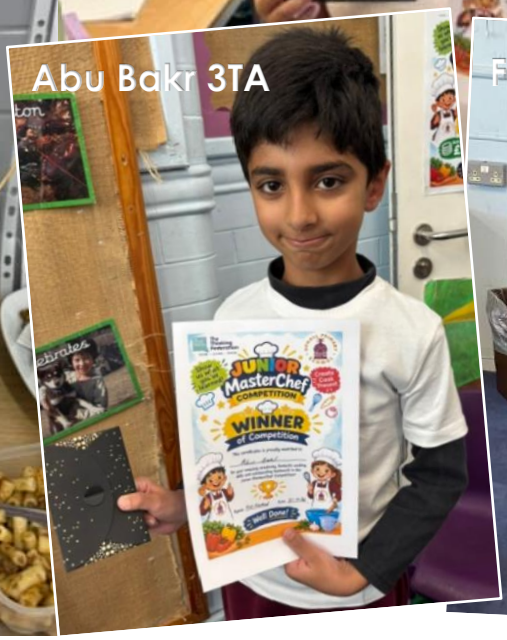
RIGHTS RESPECTING SCHOOLS
unicef
UNITED KINGDOM

Fantastic Event enjoyed bty contestants and judges alike. We had such delcious entries but sadly we were only able to choose 3 winners.












Toy
Amnesty
Please donate 1 good quality
toy/book
for the toy fair.
Please donate by the
6th November.
Read
Imagine
Grow
Together

YOUNGMINDS

Hello Yellow
FRIDAY 9 OCT

You're inspiring!

This is to certify that

Uphall Primary School

has helped show young people they're not alone with their mental health by raising:

£ 204.32

Date:

[20/10/2026]

Celebrating 10 YEARS

Nas Morley, Director of Income Generation

YoungMinds, registered charity in England (1016968) and Scotland (SCO39700).

M&S | YOUNGMINDS

Thank You All

Dear Parents/ Carers & Students,

Uphall Primary school took part in Hello Yellow on Friday 9th October 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.

Thank you all for taking part by wearing yellow and raising money for YoungMinds charity, making sure young people have access to support when it matters most.

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 (www.youngminds.org.uk/parents-helpline







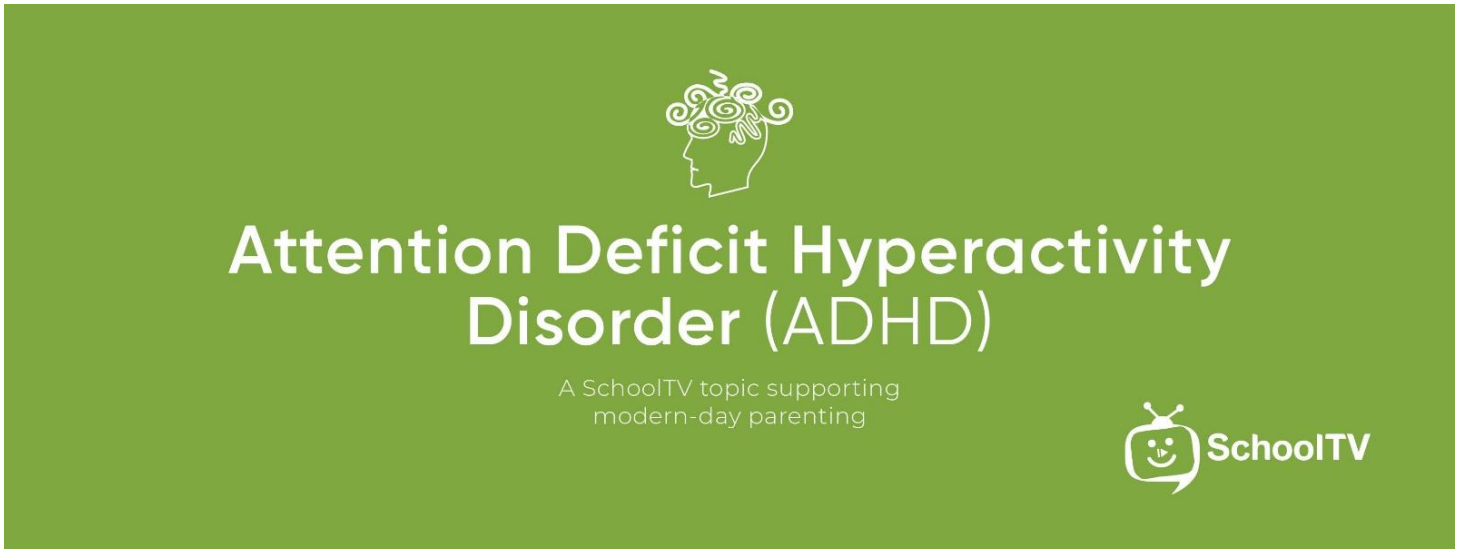
ADHD

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.





At **uphall** this week . . .

Reception



In Reception, we have been learning about cultures around the world. We talked about the food people eat, the clothes they wear and the special days they celebrate. We made colourful flags to show where we come from. We learned that we are all different and we are all special in our own way!



Year 2

Year two children had a fabulous movie afternoon after school. Children were able to bring in a comfort toy with a blanket and a snack. This session encouraged children to socialise with their peers out of school hours and build better friendship within their class. The children Enjoyed it so much that they didn't want to go home after the session. Thank you to parents for letting their child stay after school as this supports their child's well-being in school



Year 3

Year 3 have had a busy and exciting week of learning! They proudly published their pirate writing pieces, showcasing their creativity, descriptive language and storytelling skills. In science and history, the children completed test papers to demonstrate their understanding of the topics they have been learning, including the Stone Age. They also developed their geography skills by working with maps of the UK and identifying different countries and locations. In PE, the children enjoyed practising their ball-handling skills, focusing on control, coordination, passing and teamwork. It has been wonderful to see their enthusiasm and effort across all areas of the curriculum.

Year 1

We have been thoroughly enjoying developing our skills as a reader early on in the week with our model text, We're Going on a Bear Hunt. Children have memorised retelling the story map using words and actions and will be moving on to writing their innovated stories of We're Going on a Troll Hunt.

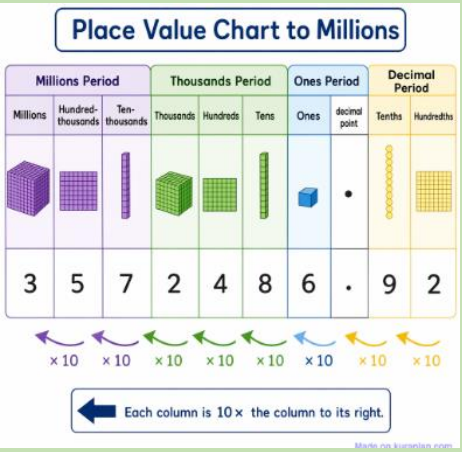
In Math, children have been practising Part Whole models using number bonds to 10. They have been writing number sentences of fact families to support their understanding of the Part Whole models. Art has been experimental in using a variety of media to explore different mark making techniques. Children experimented with using media such as willow charcoal, oil pastels as well as crayons.





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

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

Year 6 have been busy this week learning about WW1 and creating their own trenches in the classroom to make the learning real for them and allow them to experience how a soldier would have felt in a cramped trench.

Students are looking forward to continuing their learning of Brazil next half-term and creating their own Pencil cases in DT. The children should be congratulated on their efforts and hard work in the classroom. Please encourage your child to read at home around the topics being covered in class.



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 25h October to 1st November 2026

Have a great birthday!

