Uphall

Whole School Newsletter

'Committed to Inclusion, passionate about learning'

25th September 2026

YOUNGMINDS

Hello Yellow

Dear Uphall Family,

It has been another successful week at Uphall as the children have continued to settle in well with their new classes. Our children are very aware of the established practices at our school:

- We are a UNICEF Rights Respecting School
- Our children learn through dialogic teaching
- We are an inclusive school in which every child is valued and included
- We work closely in partnership with our parents



Next week, we will be hosting many visitors to our school and they are very interested in learning about these established practices. If you see them on Tuesday and Friday, please stop and say hello. It means a lot to our children and our staff team when so many people visit to see what we do in the Uphall Family.

Finally, don't forget 'Cool Britannia Day' on Thursday 1st October, where we will be celebrating our shared British heritage. We want all our staff, children and parents to be dressed in Red, White and Blue to commemorate the occasion.



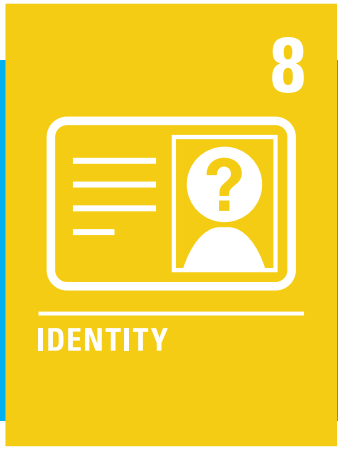
No act of kindness, no matter how small, is ever wasted.



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 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.

SchoolTV | Wellbeing for School Communities

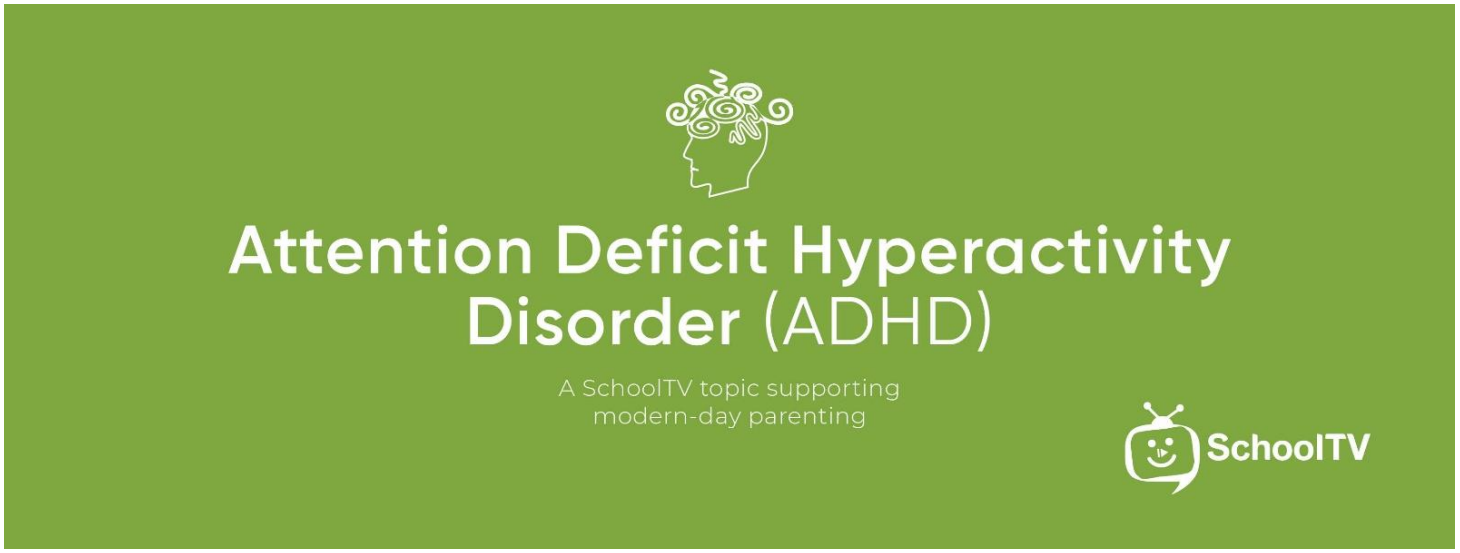
ADHD

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 because soon we're going to have a workshop telling us about the past and the Great Fire of London.



Year 3

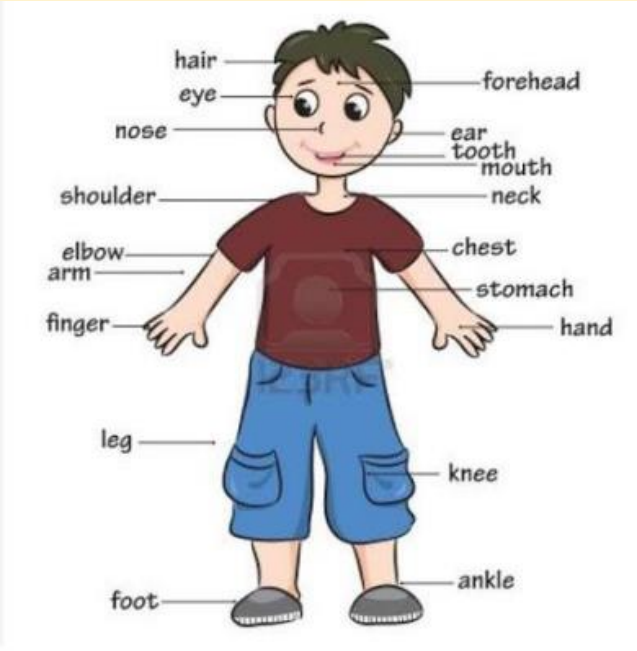
Year 3 have had a fantastic week of learning across the curriculum. In Science, the children have been learning about the different food groups and exploring the importance of eating a healthy, balanced diet. In Maths, they have been developing their understanding of addition, using different strategies 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 weeks. 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 every day to focus on. Also, we have voted on and selected children to monitor our reading corners, exercise books, PE and computing lessons.





Year 4

In Art, Year 4 are learning about a British architectural artist Stephen Wiltshire and his interests. We focussed on his interest in drawing buildings, and we used something artists have been using for generations, grids, to produce more accurate drawings. Children looked at a range of London Landmarks and in the next lesson, they will draw a few of them using grids.





Year 6

The year 6 children have been busy learning about the circulatory system and how different organism's circulatory systems work. Next week, the students will be looking at health and unhealthy diets and how that can impact the heart and body. The students are enjoying learning about the causes of WW1 and have been looking at different sources of evidence in History and English. In DT, they have been looking at the history of the pencil case and are looking forward to designing their pencil cases. 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.





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 Begum	97.36%
1 Duggan	97.25%
2 Rahman	96.43%
3 Taylor	96.84%
4 Khanom	97.25%
5 Osei	98.55%
6 Hera	99.05%



To all the children celebrating this week,

From 28th September to 3rd October 2026

Have a great birthday!

