

# Uphall

## Whole School Newsletter

'Committed to Inclusion, passionate about learning'

28<sup>th</sup> March 2024



Dear Uphall Family,

We would like to wish all of our families a wonderful Easter break and look forward to hearing about the celebrations that will be taking place for our families celebrating Easter, Eid and Vaisakhi.

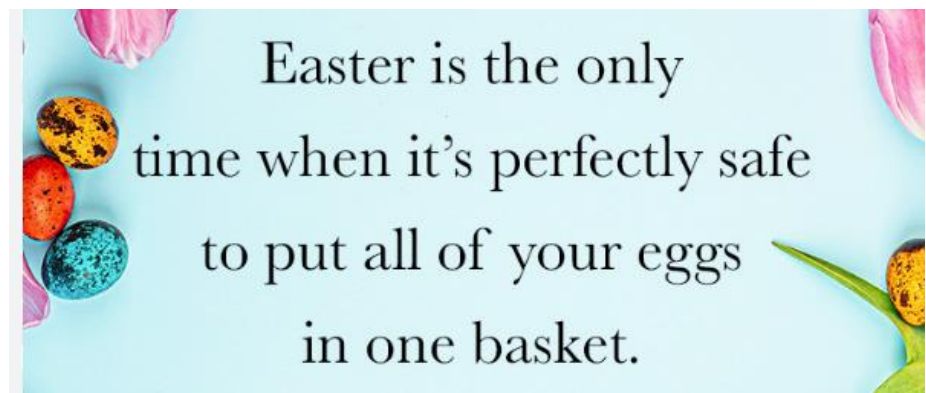
It's been another exciting week at Planet Uphall. As many of you will be aware, we hosted a number of visitors to our school on Tuesday. They came from the London Boroughs of Lewisham, Southwark, Sutton, Bexley and Waltham Forest and they visited classes to look at dialogic teaching. Dialogic teaching is where we focus on developing quality talk with our students to develop their critical thinking skills and support them in all areas of their learning. They were very impressed with all of the students, staff and parents that they spoke to and described our school as such a "happy place". I was in Year 2 this morning and was so impressed with the quality of children's writing – the teacher explained that this was to do with the quality of talk that had been taking place.

We will be looking forward to welcoming some other visitors next term – from Ofsted! I'm sure that our wonderful students, staff and parents will impress them too!

Have a lovely Easter break and see you all on the 15<sup>th</sup>.

**Dr. K. Atwal**

**Principal Leader of Learning**





ARTICLE OF THE WEEK

24

HEALTH,  
WATER, FOOD,  
ENVIRONMENT

27

FOOD, CLOTHING,  
A SAFE HOME

**Article 24 (health and health services)**

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

**Article 27 (adequate standard of living)**

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.



**REFLECTION**

Think about dropping a pebble into a pond. Imagine the ripples gently spreading outwards through the water.



Now imagine that your action to raise awareness of the importance of the right to clean water is that pebble and the ripples are the positive effects of your action.

Think about what your action might be...



# Happy Easter



Easter Sunday is an important festival for Christians. It culminates the holy week.

Easter Sunday is celebrated with joy and delight across the Christian community. It commemorates the resurrection of Jesus Christ. Churches are filled with flowers, and there are special hymns and songs. But not all Easter customs are Christian; some, such as the Easter Bunny, are pagan in origin.

## History of Easter

Easter commemorates the resurrection of Jesus Christ. It is the last day of the Holy Week, consisting of several days — each with its significance. These include:

Palm Sunday: commemorating when Jesus entered Jerusalem

Holy Thursday: commemorating the Last Supper and washing of feet

Good Friday: commemorating Jesus' crucifixion and death

Easter Sunday: commemorating the resurrection of Jesus

The colorful Easter eggs you might decorate with your family are actually symbols of new life and rebirth. Ancient Christian communities in Mesopotamia would stain eggs red to represent the blood of Christ, which was shed at the crucifixion. The eggs also signify the empty tomb of Jesus.

As for the Easter bunny, its origins are not necessarily rooted in Christianity. The exact origins of the Easter rabbit are unclear. However, since ancient times, the hare has been said to represent rebirth.



# Community food & clothing support

## Redbridge Foodbank

You must be referred to this service. For details of who can make a referral or more information, visit <https://redbridge.foodbank.org.uk/get-help/foodbank-vouchers>, call 020 8518 0056 or email [info@redbridgefoodbank.org](mailto:info@redbridgefoodbank.org).

- 1 Jubilee Church, IG1 4JY: Tue 12:00-13:00, Wed 14:00-16:00 & Sat 10:00-13:00
- 2 All Saints Goodmayes, IG3 9SJ: Fri 10:00-12:00
- 3 Grange Hill Methodist, IG7 4HQ: Sat 10:00-12:00
- 4 Woodford Baptist Church, E18 1LW: Fri 14:30-16:30

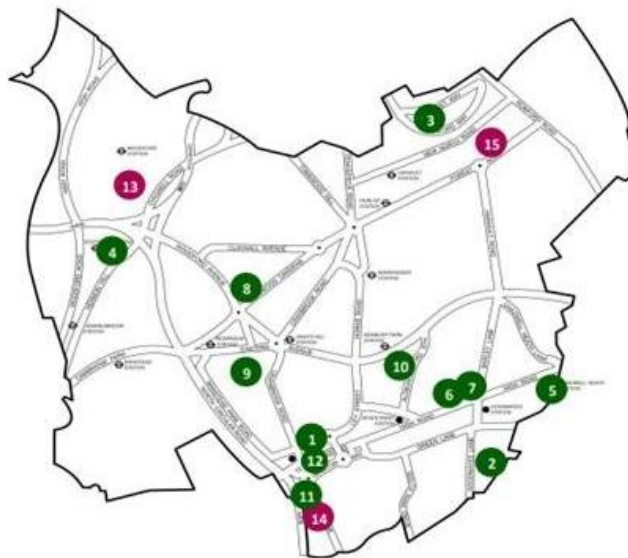
## Other local sources of food and clothing support

- 5 Al Huda Foodbank, 14 Wangey Road, RM6 4AJ  
[alhudauk.welfare@gmail.com](mailto:alhudauk.welfare@gmail.com) | 020 3488 9459 or 07971 124862  
Providing food items to the local community in need
- 6 Al Ansar IEC, 833 High Road, IG3 8TD  
[ash@servinghumanityfoundation.org.uk](mailto:ash@servinghumanityfoundation.org.uk) | 020 3488 9459 or 07971 124862  
Tea service every Sunday or a full meal service on the last Sunday each month
- 7 Chapters Foodbank, 29 Telegraph Mews, IG3 8TA  
[servinghumanityfoundation.org.uk](http://servinghumanityfoundation.org.uk) | 020 3488 9459 or 07971 124862  
Food bank open to all. Includes essential groceries, cleaning products and clothing
- 8 FoodBanked, 114 Queensborough Gardens, IG2 6YB  
[www.foodbanked.org.uk](http://www.foodbanked.org.uk) | [info@foodbanked.org.uk](mailto:info@foodbanked.org.uk) | 07846 442750  
Complete an online form to see if you can receive essential food and household products
- 9 Frenford Foodbank, Jack Carter Centre, The Drive, IG1 3PS  
[frenfordfoodbank@gmail.com](mailto:frenfordfoodbank@gmail.com) | 020 8518 0992  
Providing food parcels once every three weeks, please contact the team for more info
- 10 Helping Hopes Food Bank, St John's Church Centre, St John's Road, IG2 7BB  
[helpinghopes.org.uk](http://helpinghopes.org.uk) | [helpinghopes5@gmail.com](mailto:helpinghopes5@gmail.com) | 07946 575707  
Providing food assistance in the community
- 11 Care4Calais, Clementswood Baptist Church, 132 Ilford Lane, IG1 2LG | 020 8514 3136  
Providing a clothing bank, social space and support to asylum seekers, refugees, low income and the homeless every Tuesday from 10.00am to 1.00pm (free tea and coffee also available)

## Ilford Community Grocery

Access a wide range of affordable supermarket products for a low fee. There is an annual membership fee of £5 and each shop will cost £5. Once you're a member you can shop at the Community Grocery multiple times a week and fill up your basket.

- 12 Ilford Community Grocery, City Gates, 25-29 Clements Road, IG1 1BH  
[communitygrocery.org.uk/ilford](http://communitygrocery.org.uk/ilford)



## Redbridge Children's Centres Baby & Toddler Banks

Providing parents and carers with essential items needed for baby/toddler such as clothes, nappies, equipment and other essentials. For those who may be having financial hardship in accessing such items. Please contact the individual centre for opening times or email [childrens.centres@redbridge.gov.uk](mailto:childrens.centres@redbridge.gov.uk) for further information.

- 13 Orchard Baby Bank, Liston Way, IG8 7BL | 020 8708 8344
- 14 Loxford Baby & Toddler Bank, 136 Ilford Lane, IG1 2LG | 020 8708 2060
- 15 Hainault Baby & Toddler Bank, 114 Huntsman Road, IG6 3SY | 020 8708 9423

For more information and support in Redbridge please visit the Family Services Directory at [find.redbridge.gov.uk](http://find.redbridge.gov.uk) or the Council's Cost of Living Hub at [costofliving.redbridge.gov.uk](http://costofliving.redbridge.gov.uk).  
Information updated October 2023



HUMANITY  
CONNECT

# COMMUNITY CLOTHES BANK, SOCIAL SPACE & ADVOCACY DROP-IN.

For Asylum Seekers, Refugees & Low Income/Homeless

Café Project Hebron

Free Tea, Coffee & Snacks

Partnering with:

**healthwatch** Making sure your voices are heard and using your feedback to improve access to NHS services

**catch 22** Providing training & employment support for new refugees

Every Tuesday 10am-1pm

Clementswood Baptist Church, Ilford lane. IG1 2LG





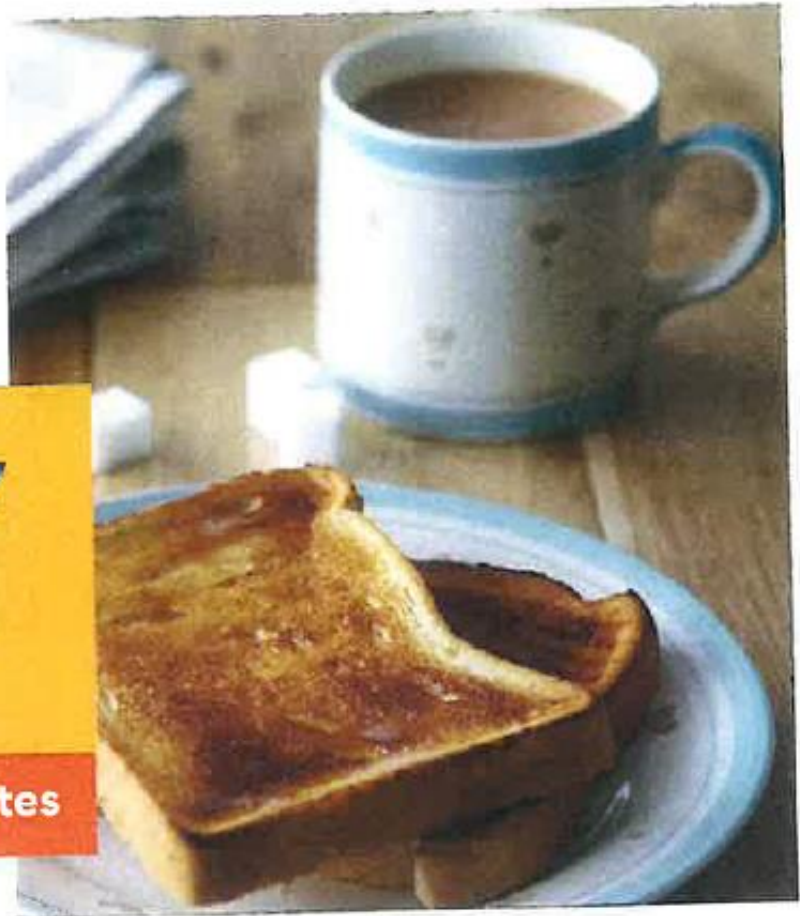
**HELPING**

**YOU**

**in tough times**

**Directory of  
cost of living  
support**

<https://costofliving.redbridge.gov.uk/>



# Toasty Friday

Every Friday at City Gates

Join us for Toasty Fridays on the ground floor at City Gates.

Drop in from 10:30am until 12pm for a brew, chat and of course, some toast! Everyone is welcome, and it's free! It will be a great place to meet new people and leave the house for a while.

Hope to see you there!

📍 25 - 29 Clements Rd IG1, 1BH

London Borough of  
**Redbridge**



**CITY GATES**  
CHURCH

Ilford  
**Community  
Grocery**

[communitygrocery.org.uk/ilford](http://communitygrocery.org.uk/ilford)

Uphall Reception's  
Easter Bonnet Parade

Reception held their **Easter Bonnet Parade** around the school this week. There were some beautiful hats as you can see



# RED NOSE DAY

*Update . . .*

The Uphall family enjoyed raising money for Comic Relief last week by having a penalty shootout for years 4 to 6 and wearing something red on Friday 15<sup>th</sup> March to mark Red Nose Day. Please see photos.

A big well done to the students who scored 2 penalties out of a possible 3 and to everyone who took part in the penalty shootout during lunchtime. A big thank you to the football and dodge ball coaches for supporting the penalty shootout and standing in goal.

All students who participated were awarded certificates and prizes. The school look forward to organising more fundraising events in the future.







Please remember that the Government expected level of attendance is 96%. The overall attendance level for last week was 92.46% - 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.

Routine medical appointments should be made outside of school time or during school holidays.

Nursery 30	96.08%
R Begum	93.10%
1 Khan	95.52%
2 Morgan	96.43%
3 Sath	97.60%
4 Rahman	96.01%
5 Osei	99.33%
6 Rahman	100.00%



To all the children celebrating this week and during the Easter Holiday.

From 24<sup>th</sup> March to 14<sup>th</sup> April 2024

**Have a great birthday!**

**Celebration**  
*coming up?... Look no further!*  
**School Hall available for Hire for all your upcoming Events!**

UPHALL PRIMARY SCHOOL

For more information call or email:  
**020 8478 2993**  
 (sbrown@uphallprimary.co.uk)