

Uphall

Whole School Newsletter

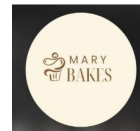
'Committed to Inclusion, passionate about learning'

10th May, 2024



Dear Uphall Family

Thank you so much for all of your amazing contributions to our Rights Respecting Peace Fair yesterday – what an amazing event! It was so lovely to see all the Uphall Family coming together for such an important cause. So many of our members of staff gave up their time to support the event and it was an absolute pleasure to see the smiles on so many faces. A big thank you to Miss Begum, our Reception Year Group Leader for organizing the event– please see further down this newsletter for some lovely photos taken during the day and during the event. We'd also like to show our appreciation to the businesses who supported our Peace Fair.



Thank you to all of our families who have completed the Ofsted Parentview survey. If you haven't already done so, please follow this link to help us:

<https://parentview.ofsted.gov.uk>

Dr. K. Atwal
Principal Leader of Learning

“
Peace begins with
a smile.”

Uphallprimary.co.uk





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HEALTH,
WATER, FOOD,
ENVIRONMENT

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing.

The week is based around a different theme each year, and previous themes have included nature, kindness, and body image. It is hoped that as many people as possible will have conversations about mental health and the everyday things that can affect it.

Our mental health clearly links to Article 24 of the CRC but, if you think about it, many of the other rights that children and young people are entitled to, also contribute to good mental health.



EXPLORING MENTAL HEALTH

What do you need for positive mental health?

Have a think and write down some answers.



What are the benefits of moving more?

Exercise releases feel-good chemicals in the brain, called endorphins, which can help children feel happier and more positive about themselves and the world around them.

Physical activity is a great way for children to release built-up tension and stress. Moving their bodies can help them feel calmer and more relaxed, reducing worries and anxieties.

Regular exercise has been shown to improve concentration and focus in children. By getting their bodies moving, children can sharpen their minds and be better able to pay attention in school and other activities.

Achieving physical goals and milestones through exercise can boost children's self-confidence and self-esteem. Feeling strong and capable physically can translate to feeling more confident in other areas of life.

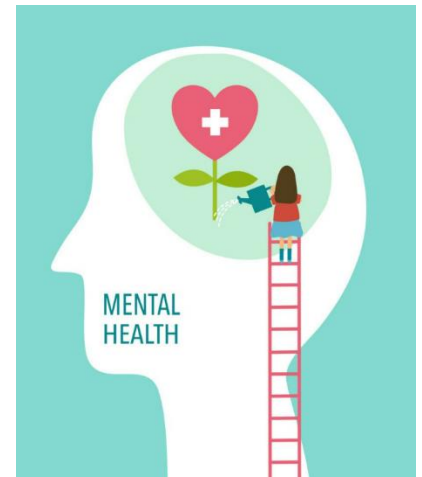
Exercise is often more enjoyable when done with friends or family. By participating in group activities or sports, children have the opportunity to make new friends, learn teamwork, and have fun together.

Regular physical activity can improve the quality of children's sleep, helping them fall asleep faster and sleep more soundly through the night. Better sleep leads to more energy during the day and improved overall well-being.

Exercise teaches children important coping skills for dealing with challenges and emotions. By overcoming physical obstacles and pushing themselves out of their comfort zones, children learn resilience and how to bounce back from setbacks.

Please follow the link below and print out your very own Mental health awareness week Move Tab booklet from the ELSA Support website.

<https://www.elsa-support.co.uk/mental-health-awareness-week-move-tab-booklet/>



LOOK what we're LEARNING!

At **Uphall** this week . . .

Reception

This week the children in Reception have been planting. We first talked about what plants need to grow and then planted our beans just like Jack from our story of the week 'Jack and the Beanstalk'. We then ensured our plants were put somewhere safe and received sunlight. We all have the responsibility to make sure our plants are watered daily. We also decorated beans using different materials. In Maths, we have been halving amounts and exploring numbers up to 10.



Year 1

In Year one this week children have been learning about Christopher Columbus and why he was a significant person in history. We also compared Christopher Columbus to another famous explorer called Dame Ellen Macarthur. Children explored the similarities and differences between the two explorers. In P.E lessons children have been learning various throwing techniques to support them getting ready for the summer sports day.

Year 2

Last term the school had the opportunity to participate in a Wooden Spoon Contest to celebrate World Book Day. We'd like to announce the winner in year 2 and it goes to... Zhaionne Campbell in 2Manners who creatively crafted a wooden spoon inspired by the book Handa's Surprise. Well-done Zhaionne! In DT we've been testing different shapes' stability and strength and this week we have designed a secure chair for baby bear. Next week we are extremely excited to create baby bear's chair using recycled materials - if you have any cardboard recycled material to donate, please hand it to your child to give to their teacher - thank you 😊

Year 5

English in year 5 has been great fun this half term for we are learning about the Historical Tower of London and the famous people that have been imprisoned there. Reading the book 'My Friend Walter' by Michael Morpurgo gave us more information about Sir Walter Raleigh and his life in prison at the 'Bloody Tower', actually going to the Tower made us understand him better. We are writing a newspaper report on his imprisonment. In Maths we have become more confident in finding decimals up to three decimal places and finding equivalent fractions. PE- this week we have discovered how low our stamina is for Athletics. We have been training in running (15m), long-jumping, throwing and relay running which are the main events of Athletics. In Science we are cloning plants and in History we are looking at what the Ancient Greeks have taught us.

**Girisan Sethuran and
Zara Aamir 5Na**



Year 3

Year 3 have been looking at the impact of television and cinema in the 20th century in History, which will see us ending the term with a spectacular visit to the cinema, the children are very excited! We have also been analyzing poetry and its key features. Maths has been all about money this term and children have really developed an understanding of financial freedom and how money is used as an economy.



Year 4

Year4's trip to the Science Museum on 2nd May was both educational and fun. Children explored the Wonderlab: The Equinor Gallery where they had the opportunity to interact with real scientific phenomena. Children were truly mesmerised with the interactive and educational exhibits covering everything from early technology to space travel and they took away great memories. Well done to Year4 for their exemplary behaviour during the trip!

Year 6

The year 6 students have been very busy this week preparing for their SATs which take place next week. The students have worked really hard and should be congratulated for their efforts. Wishing you best of luck for next week!

The students have also been busy during their English lessons and Reading Mastery lessons reading the text 'Holes' which they have enjoyed immensely and they have been able to relate the story of young Stanley and the other characters to the injustices that occur in our world, also linking this to the Rights Respecting Articles.

The students have also been busy this week preparing for the 'Peace Fair' by arranging the Penalty shootout and Basketball shootout. They made posters for the event and stayed back after school to help with the stalls and the fair. Thank you to all those who helped out. The event was a great success.

Student's
comments on 'Holes'

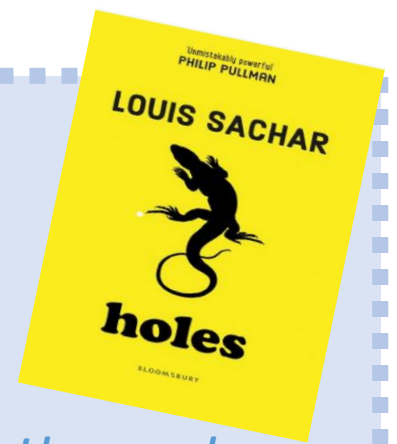
Excellent book

One of the best books I have read.

*Stanley and Zero are the best characters
& I can relate with them.*

*The prejudices and racism issues are so
true to how people are treated even in
today's world.*

*A good book with mystery and
adventure.*





Uphall – Wear Blue for Unicef and Peace Fair pictures



More pictures in next week's issue!

We had our Rights Respecting Peace fair yesterday, which was a success. The weather was beautiful and it was great seeing lots of our wonderful families there.

A huge thank you to all the businesses who supported this great cause.

A BIG Thank you





To all the children celebrating this week,
From 5th May to 11th May 2024
Have a great birthday!

Please remember that the government expected level of attendance is 96%. The overall attendance level for last week was 94.05% - 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.

Please also remember that routine medical appointments should be made outside of school time.

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

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

Nursery 30	91.09%
R Begum	97.00%
1 Khan	96.33%
2 Kasim	100.00%
3 Hamid	98.15%
4 Rahman	98.15%
5 Osei	96.67%
6 Mogul	97.14%