

# Uphall

## Whole School Newsletter

'Committed to Inclusion, passionate about learning'

3<sup>rd</sup> May 2024

Dear Uphall Family

We have had a very busy week and all within the Uphall family are ready to enjoy our Bank Holiday weekend with friends and family. A reminder that the school is closed on Monday and all children will return to school as normal on Tuesday 7<sup>th</sup> May.

### Rights Respecting SILVER

We have been continuing our work with embedding the language of rights across the school. Every week our children have taken part in assemblies where they explore key language and definitions to empower themselves to be leaders for positive change.

We would like to share our key learning with you and involve you in the powerful conversations that children are having at school. Attached is a PowerPoint document that covers all of the key language we have been discussing with children – please [click here](https://uphallprimary.co.uk/wp-content/uploads/2024/05/Language-of-Rights-document.pdf) or use the link below: <https://uphallprimary.co.uk/wp-content/uploads/2024/05/Language-of-Rights-document.pdf>.

Please take the time to look through this with your child and talk to them about their learning.

Please remember that we are holding our Rights Respecting Peace Fair after school on Thursday, 9<sup>th</sup> May. We will be asking the children to wear blue on the day to represent the colour of Unicef.

**Dr. K. Atwal**

**Principal Leader of Learning**

"There is hope, even when your brain tells you there isn't."  
— John Green





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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

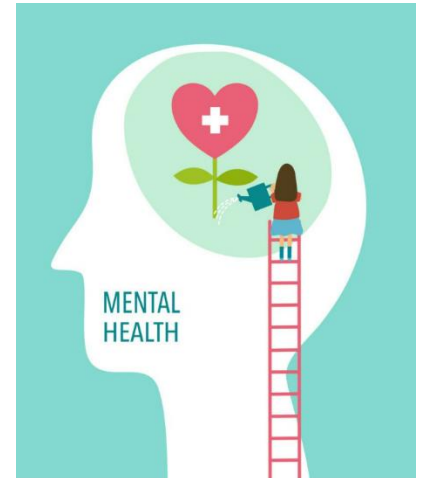
What do you need for positive mental health?

**Have a think and write down some answers.**



# History of National Mental Health Awareness week!

National Mental Health Awareness Week is an annual event, which provides an opportunity for the whole of the world to focus on achieving good mental health. The Mental Health Foundation in the U.K. started the event 21 years ago. A couple of years down the line, World Mental Health Day was observed for the first time on October 10, 1992. It was started as an annual activity of the World Federation for Mental Health by the then Deputy Secretary-General Richard Hunter. The day is officially commemorated every year on October 10.



In the beginning, National Mental Health Awareness Week had no specific theme. Its aims were quite general in terms of promoting mental health advocacy and educating the public on relevant mental health issues. But after a few years, a theme was allocated to every Mental Health Awareness Week. The event has grown to become one of the biggest awareness campaigns globally.



Mental Health Awareness Week is open to each individual. It is all about starting conversations about mental health and the things in our daily lives that can affect our sanity. The week is also a chance to talk about any aspect of mental health that people want to, regardless of the theme.



Mental Health is considered a big taboo in many of the under-developed or developing countries. However, in Western countries, this is not the case and, since the 1950s, mental health has gained more prominence in Western society. People are much more open to talking about it. Hopefully, soon enough, it will spread to the rest of the world.





WHITSUN  
HALF-TERM

# PREMIER HOLIDAY CAMPS



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# Premier Camps Near You

## Multi Activity Camps

28th - 31st May 2024

Hartley Primary School Newham 9am - 3pm

Hallsville Primary School Newham 9am - 3.30pm

St Mary's Primary School Hornchurch 9am - 3pm

Sacred Heart of Mary's Upminster 9am - 4pm

Manor Junior School Barking 9am - 3pm

Roding Primary School Dagenham 9am - 3pm

Rose Lane Primary School Romford 9am - 3pm



Our 5\* Holiday Camps are the perfect place to keep your kids entertained over the half term holidays.

Our camps are a fantastic place for children to meet new friends, have lots of fun, and create wonderful memories!

Every day is different, with a mix of fun activities that children may not have tried before - from **nerf wars** to **dodgeball**, **clay modelling** to **mask making**!

**Book now for a half term full of fun!**



Scan here for  
more information

### PLEASE BRING

Plenty of water  
Suitable clothing  
Loads of energy!

30% discount  
till 10th May!



Based on over 20,000 reviews

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



Please remember that the government expected level of attendance is 96%. The overall attendance level for last week was 94.27%, which is still below our target of 96.7% - 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.

Medical and dental appointments should be made outside of school time so that your child does not miss valuable learning time. 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	100%
R Begum	92.00%
1 Khan	97.93%
2 Kasim	97.99%
3 Taylor	99.62%
4 Shankar	97.78%
5 Licata	97.41%
6 Rahman	98.57%



To all the children celebrating this week,  
From 28<sup>th</sup> April to 4<sup>th</sup> May 2024

**Have a great birthday!**



**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**  
([admin@uphallprimary.co.uk](mailto:admin@uphallprimary.co.uk))