



Upton Primary Newsletter

11th January 2019

Upton-upon-Severn CofE Primary, Nursery and Pre School and Riverboats SureStart Children's Centre, working together to support the local community

**Our School Vision is to offer inspiration to young lives
'Anything is possible, we can all succeed'
'To inspire ... To aspire'**

Bible quote for this week:

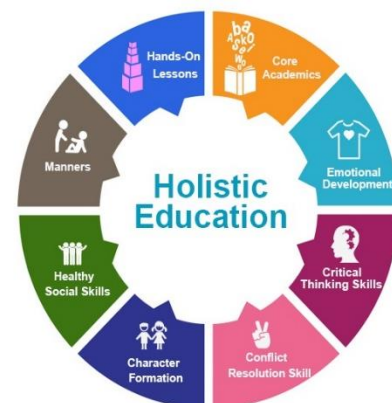
A joyful heart is good medicine, but a crushed spirit dries up the bones.

Proverbs 17:22

NEW YEAR - NEW NEWSLETTER

Welcome back to the Spring term and our first Newsletter of 2019. We do hope that you had a positive holiday and your children have returned to school rejuvenated ready for the exciting opportunities we have planned within their curriculum for this term.

We have started with a focus on well-being and staff had a training session on Monday relating to general healthy diet and fitness. Well-being is vital for all of us to reduce the variety of aspects of stress there may be in any one individual's life. This can start at any age and build up to have significant impact on health. Over the course of this year we will be developing support for our families to ensure that our health and well-being stays at the forefront of our drive to improve educational outcomes through the holistic development of emotional well-being and education. The course was led by Sarah Shaw who is an experienced health and fitness specialist and she will be running courses for parents/carers over this year, details of which are at the end of this newsletter.



STAFF UPDATE

We would like to offer our congratulations to Miss Helena Lacon who is now expecting her second child at the end of this school year. I will inform you later this term about when her maternity leave is due to start and who will be taking her place.

We would also like to welcome Mrs Debbie Johnson to our school as Year 1 teacher. Debbie has extensive experience working within both Key Stage 1 and Key Stage 2 and it is positive to have a new teacher in place enabling us to continue the continuity of learning for the Year 1 class.

PARENT ENGAGEMENT

We hold a variety of events during the year to engage our parents and I am keen to develop further opportunities for you to ensure we improve our school. We emphasise the fact that we work as a team in Upton and, as the parents, you are a vital part of this team. Next week we will be sending home some information relating to parental engagements and I would like to ask for your support in providing me with the opportunity to ensure that I can plan events and sessions that will support you.

Tel: 01684 592259

Email: office@uptonuponsevern.worcs.sch.uk

Web: uptonprimaryschool.education

Twitter: 'UptonSevernPrimary' '@Uu7CofEPrimary'

SENDCo



My name is Miss Joanne Ludlow and I am the Special Educational Needs and Disabilities Co-ordinator (SENDCo) at Upton-Upon-Severn.

I hold the National Award for SEN ensuring that we provide the best possible support for any child in our school with additional needs.

If you have any concerns about your child's needs and/or progress then please do not wait for a parents evening but make an appointment to see the class teacher or/and myself as soon as possible. I can be contacted by leaving a message at the school office.

CLUBS

Our after school activity clubs will start the week commencing Monday 21st January. Full details of all our clubs on offer will be sent out next week.



Welcome back from the Friends!

Here are some forthcoming diary dates for the new term ahead:

- 8 February - Disco
- 4 March - Rags 2 Riches
- Cake sale fundraiser competition - more details to follow!

CHRISTINGLE COLLECTION

We raised a total of £194.17 for the Children's Society and would like to thank everyone for their support with this.

COMMUNITY EVENTS

BOOTCAMP

This is held three times a week at 9.30am at the Riverboats Children's Centre. Full details of this can be found on the Upton Parish Notice Board. Evening classes for this have also just started. Call in for further information.

BEGINNERS YOGA CLASSES

Every Thursday in the school hall

Complete Beginners: 6.00pm to 7.00pm - £5/class

Beginners II: 7.10pm to 8.20pm - £6/class

Yoga helps to reset your batteries and gives you strength, flexibility and relaxation.



To book contact Annie Beatty on: 07743 928 784

www.anniebeatty.com

Tel: 01684 592259

Email: office@uptonuponsevern.worcs.sch.uk

Web: uptonprimaryschool.education

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Feel less like Eeyore...



...and more like Tigger



Wellbeing Course For
Parents

Starts Tuesday 29th January
(Tuesday 7-8pm for three weeks)

The stress solution
Is stress making you sick?

Understand the science of stress and how to sleep better,
lose weight, balance your hormones, improve your health
and feel great!

£30

Spaces are limited, so early booking is essential!

Book by submitting the form below before Friday 18th January

Wellbeing Course For Parents Booking Form

Please complete and email to sarahshawpt@gmail.com before
18th January

Please book me onto the Parents' wellbeing course to be held
at Upton C of E Primary School starting Tuesday 28th January

Name: _____

Email: _____

Mobile: _____

You will be emailed with confirmation of your place and
details of how to pay. Payment must be made by 22nd
January to confirm your place.

Sarah Shaw Wellbeing
www.sarahshawwellbeing.co.uk

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**If you like our new format Newsletter please let us know at:
office@uptonuponsevern.worcs.sch.uk.**

Don't forget to follow us on Twitter.

Thank you everyone from Mrs Julie Wills and the Upton Team