



Upton Primary Newsletter

11th October 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'

I can do all things through Christ who strengthens me. *Philippians 4:13*

Bible quote for this week:

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things and endures all things. Love never ends.

Corinthians 13: 4-8

OSCAR - CHANGE POT CHALLENGE

Thank you to all those who attended our Oscar fitness fundraiser. We raised a total of £300.70.

We would like to thank Andy and Naomi Wardlaw for their time this morning in running a fabulous and exhilarating bootcamp session.



TANZANIA



Many schools in our country have schools that they partnership with in various locations across the globe. The partnership in Malvern schools have a strong link with schools in Tanzania. We have been fortunate enough with the group of schools to secure funding from the British Council for us to set up this exciting initiative within our school.

This will support our curriculum and help children develop a rich understanding of different cultures, customs and traditions. The two schools work on joint curriculum projects.

The headteachers from the two schools develop a strong working partnership and this link is started by a visit to the Tanzanian school for us to understand the way we can support and develop our Tanzanian link school for the future. The trip had originally been planned for Mrs Wills and Miss Ludlow to start this partnership. However, due to unforeseen circumstances Mrs Wills is unfortunately unable to travel at this time. We therefore had to find a member of staff who was willing and able to travel during the 18th October to the end of half-term. We are delighted that Miss Merrick was able to step in to support us at this time. Miss Merrick is our geography lead and we are very excited

Tel: 01684 592259

Email: office@uptonuponsevern.worcs.sch.uk

Web: uptonprimaryschool.education

Twitter: 'UptonSevernPrimary' '@Uu7CofEPrimary'

about the prospect of developing this project over many years and broadening our experiences of the Tanzanian culture.

The Friends Association are supporting us with this project and they have pledged £1,000 to help with the initial costs.

On Friday 18th October Miss Ludlow and Miss Merrick will set off on their travels to visit the Changa English Medium School in Tanga, Tanzania with staff members from other local schools - Great Malvern, Somers Park, Malvern Parish, West Malvern, St Josephs, The Wyche, Malvern Wells, Hanley Swan, The Chase, Hanley Castle

- This is to be our first visit in building a link with the Changa English Medium School in Tanzania
- Tanzania is the largest Eastern African country and officially one of the poorest countries in the world (British Council)
- The Changa English Medium School has 1,030 children, 33 teachers, 60 to 70 in a class
- They will be experiencing classroom/ school life, helping in class and discussing how we, as a community school, can support their school in setting up a shared project - this will be discussed during their visit
- Teachers from the Changa English Medium School will be visiting us in June 2020
- We will be building the link into our wider curriculum



We look forward to sharing Miss Ludlow and Miss Merrick's journey with you through our website and also many more years of exciting work with our new partner school. We have already formed a link with the headteacher, Edina Musa, the Changa school headteacher who, together with her teaching staff, are looking forward to welcoming Miss Ludlow and Miss Merrick.

WORLD MENTAL HEALTH DAY

This week we have been supporting World Mental Health Day - Thursday 10th October. On Wednesday we had an assembly to talk about our physical and mental health. We also talked about how a healthy mind is as important as a healthy body and ways in which we can keep ourselves physically and mentally fit. Throughout school all classes participated in activities that can support our mental health by identifying and expressing feelings and how we can manage the different feelings that we may have. Year 3 also focussed on how being outside in nature can affect our well-being through Forest School.

We are highlighting:

- We all have physical and mental health.
- There are ways we can look after our minds and bodies.
- Talking, listening and telling can help.
- Being kind to each other is important.

If you would like further information about supporting mental health and well-being check out the following websites:

- www.mind.org
- www.youngminds.org.uk
- www.riseabove.org.uk
- www.headstogether.org
- itv.campaignformentalwellness.com

Mental Health support this #WorldMentalHealthDay	
shout	If you're in mental health crisis, text SHOUT to 85258 available 24/7 free and confidential crisis support
SAMARITANS	The Samaritans can be contacted by phone or email and are there to listen 24/7 Call 116 123 from any phone or email jo@samaritans.org
CALM	Calm run a helpline & webchat to support men who need to talk or find information It is open 5pm - midnight, every day Call 0800 58 58 58 nationwide or 0808 802 58 58 from London Or visit www.thecalmzone.net/help/get-help/
THE MIX	Free, confidential support for young via online, social and mobile. Visit www.themix.org.uk/get-support to find out more

#getworcestershiretalking

#britaingettalking

#WorldMentalHealthDay

#WMHD2019

Find out about lots of support services that are available to you at www.headstogether.org.uk/get-support

Tel: 01684 592259

Email: office@uptonuponsevern.worcs.sch.uk

Web: uptonprimaryschool.education

Twitter: 'UptonSevernPrimary' '@Uu7CofEPrimary'

On Thursday, Years 5 and 6 took part in a live streamed event from BBC Teach based on Growth Mindset and Wellbeing. The event was a fascinating experience where the children had the opportunity to both reflect upon their own personal mental health as well as developing further strategies for instilling and promoting their own growth mindset. This was a great addition to the work they had already looked at as part of World Mental Health Day.

CELEBRATIONS OF LEARNING

CLASS	DATE	TIME
Year 2	Wednesday 23rd October	1.00pm
Year 1	Friday 25th October	1.00pm
Years 3 and 4	Thursday 24th October	9.00am
Years 5 and 6	Friday 18th October	9.00am



HEADTEACHER'S AWARD

- Ava and Hayden (Year 2) for excellent writing

They will be invited to the next Headteacher's Tea Party

HARVEST FOODBANK DONATIONS

A total weight of 87kg of food was donated and we would like to thank you for your donations.

STAFF TRAINING

We have received training about the new PSHE curriculum that will become compulsory in September 2020. It is exciting times in this area as we have been accepted to be an 'Early Adopter' so we will be trialling parts of the new curriculum and receiving support to help us deliver PSHE for the benefit of all our pupils. There is a greater emphasis placed on mental health and well-being as well as online safety. If you would be interested in finding about these changes Mrs Gabriel is considering a coffee and chat session to give parents an opportunity to discuss and find out about some of the different aspects of the new curriculum. Please let the office know if you would be interested in this and, if there is enough interest, a time and date will be arranged.

54 IDEAS FOR PARENTS TO GET WORCESTERSHIRE TALKING!

5. Explaining. Listen to your child explaining how they do a favourite activity. Explaining how to do something is good practice for the type of speaking that your child needs to do in school. Ask your child to talk about how they made a Lego model, how they play a computer game or a board or card game. Try and listen without asking too many questions.



FANTASTIC NEWS - NEW FRIENDS COMMITTEE

Congratulations to all our parents who have come forward to form a new Friends Committee. I am pleased to see how many parents have come together and the outgoing Friends committee would also like to extend their thanks to everybody who expressed an interest in the Friends.

We are pleased to announce that a new committee has now been formed as follows:

Chair	Emma Allen
Vice Chair	Seren Freestone
Secretary	Hazel Thoo
Treasurer	Tim Perris

With support from:

Class Reps Representative	Jennifer Rowberry
Communications Co-ordinator	Gail Hanks
Events Co-ordinator	Amanda Andrews

Tel: 01684 592259

Email: office@uptonuponsevern.worcs.sch.uk

Web: uptonprimaryschool.education

Twitter: 'UptonSevernPrimary' '@Uu7CofEPrimary'

COMMUNITY

Breakfast Church

Everyone's invited to Upton Parish Church from 9.30am this Sunday morning for a simple, lively, all-age service, great bacon rolls and coffee, and time to chat. Plus, fun games and a bouncy castle to entertain the children.

SUNDAY 13th OCTOBER

Food, coffee and games from 9.30am

Service begins 10.00am prompt



Tel: 01684 592259

Email: office@uptonuponsevern.worcs.sch.uk

Web: uptonprimaryschool.education

Twitter: 'UptonSevernPrimary' '@Uu7CofEPrimary'