



# Upton Primary Newsletter

Page 1 of 7

6th November 2020

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*)

## WEEKLY BIBLE QUOTE

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

*Galatians 6:9*

## WELCOME BACK - A RAINBOW TO WELCOME IN OUR NEW TERM



It was a particularly special start to the new term on Monday; as the children were arriving at school this amazing rainbow appeared in the sky to put a smile and positive start to everyone's term. It was a truly amazing sight which symbolises so much of what our school is about.

### NEW GOING HOME ARRANGEMENTS

There has been a change to drop-off and collection times that have been put in place for everyone's safety as these cooler months are upon us. Please see separate email for further details.

### BIKEABILITY - BIKE DONATIONS

During the week of Bikeability, which took place from 19th to 23rd October, Rachel Pryce-Jones, who works for the WCC Bikeability team, identified two children from our school who she felt would benefit from bikes that have been donated through funds raised by the Upton Rugby Club.

Having worked for Worcester County Council delivering Bikeability for almost ten years, Rachel has seen first hand what a difference a bike can make to a child. It gives them the chance of joining in with friends, enjoying some much needed time out of the house in the fresh air, not to mention the life skills it develops. This is something a lot of us take for granted. We have supported Bikeability for many years, valuing the comprehensive education of a child and not just that which occurs in the classroom but helping to mould well rounded individuals.

We would like to express our sincere gratitude to Rachel and the Upton Rugby Club for these donations. The Rugby Club would welcome all children of any age and ability to join their friendly and welcoming team. Please email: [rob\\_heelley@yahoo.co.uk](mailto:rob_heelley@yahoo.co.uk) for further details.

### **TT ROCK STARS**

Next week is officially: Maths Week England. You will find further details to support this event at: <https://mei.org.uk/maths-week-england>. We have invested further in supporting mathematics at home with the award winning platform: 'Times Table Rock Stars', currently for our KS2 children. By next Friday, all children will have been issued with a unique username and password for this. We hope the children enjoy learning their times tables through this vibrant and interactive platform; these skills will help them in so many aspects of mathematics.



### **FOOD WASTE**

Please be aware that we have families who are ordering a school lunch from Black Pepper and also sending their child to school with a packed lunch. This is causing significant food wastage as these meals are then thrown away. Meals can be cancelled through the Black Pepper website if you are intending to send in a home packed lunch.

### **NATIONAL SCHOOL MEALS WEEK**

National School Meals week runs from 9th to 13th November 2020. We would therefore encourage parents/carers to check their eligibility for free school meals, even if your child does not wish to receive a meal. This also raises extra funds for our school from which we would be able to offer valuable support like extra tuition, additional teaching staff or after school activities.

At this school, we also offer every child who is in receipt of Pupil Premium five FREE sessions per term in our breakfast club and also in The Moorings. If your child is eligible to receive the Pupil Premium funding, they will also be entitled to free milk and discounts on school uniform and trips.

Free School Meals eligibility check: [CLICK HERE](#)

### **CHILDCARE BUBBLES**

During the recent national lockdown, the DfE have advised that:

- Where a child is 13 or under, parents are able to form a childcare bubble with another household for the purposes of informal childcare.

That being the case, could we please ask that you inform us in writing, either by letter or email to 'office@...', if you have formed a child-care support bubble with another family.

### **WRAP AROUND CARE**

Following the Government's recent announcement, we can confirm that we will still be offering wrap around care for those parents who need to:

- work or search for work
- undertake training or education

Week 9th to 13th November

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal</b>	Toad in the hole	Mac & Cheese	Sausage and mash	Jacket potato boats	Pizza
<b>Activity 1</b>	Movie Monday	Chalk collage	Junk model towers	Diwali lanterns	Play dough
<b>Activity 2</b>	Outdoor play, football, gym, skipping, team games, Lego, board games				

Week 16th to 20th November

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal</b>	Chicken goujon wraps	Ham & Cheese toasties	Pasta bake	Mini roast dinner	Tomato spaghetti
<b>Activity 1</b>	Handprint collage	Biscuit decorating	Origami	Just dance	Cosmic Kids Yoga
<b>Activity 2</b>	Netball, films, Lego, board games, colouring, football skills				

All bookings are to be made via the booking links below or, if you have already made a booking for this term via the email link in that confirmation email:

Breakfast Club: <https://forms.gle/uAJKJopHrNmKey1j6>

The Moorings: <https://forms.gle/e9ki3eewbY7MUpSx9>

**ANTI-BULLYING WEEK 2020 - Monday 16th to Friday 20th November: UNITED AGAINST BULLYING**

The theme for Anti-Bullying Week 2020 is 'United Against Bullying'. Anti-Bullying Week will happen from Monday 16th to Friday 20th November and will start with 'Odd Socks Day' to mark the first day of Anti-Bullying Week. Last year 75% of schools in the country took part, reaching well over 7 million young people. Odd Socks Day is designed to be fun! It's an opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique!

All you have to do to take part is wear odd socks to school, it couldn't be simpler! Odd Socks day takes place to help raise awareness of bullying.

We would like to invite you to join in and participate by wearing your odd socks for the day on Monday 16th November. If you are able we would welcome a donation, but we would really like to raise awareness. Throughout the week in class, children will be participating in activities that support the theme of being united



against bullying.

### **PSHE**

Years 5 and 6 are learning about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. This is part of the now statutory PSHE curriculum.

If you have any questions, please contact your child's teacher.

### **FRIENDS - CO-OP LOCAL COMMUNITY FUND**

We are delighted to hear that **The Friends of Upton Primary School** have been selected to take part in the Co-op Local Community Fund.

#### How the Fund Works

The Friends are one of three causes in the Upton community which Co-op Members can select to support between now and 23rd October 2021. The more members who select The Friends and shop with us, the more funds they will receive.

Co-op members can select their cause online or via the Co-app. If you are not currently a Co-op Member you can join online at [coop.co.uk/membership](https://coop.co.uk/membership) or by downloading the [Co-op app](#) and select The Friends.

### **SMARTIES**

Please return any coins collected in smarties tubes to school by Wednesday 11th November.

### **SPEECH AND LANGUAGE – Supporting anxious children**

With new restrictions in place this week due to COVID-19, some children may be feeling more anxious. This 'Big World My World' resource for older children is really useful to help children understand what they can and cannot control. Letting other people manage the Big World and being positive about what we can do in our world can help children feel less anxious and more in control. You can download a blank version and other resources on the Speech and Language Therapy 'Getting through Coronavirus' webpage:

<https://www.hacw.nhs.uk/sltcovid19/>

If you have any concerns about your child's communication skills please phone or email the school office ([office@uptonuponsevern.worcs.sch.uk](mailto:office@uptonuponsevern.worcs.sch.uk)), and I will call you back on my next visit into school. You can also contact me directly on 01562 752749.

**Keren Somers (Speech and Language Therapist)**

Big world  My world 			
			
<b>Not in my control</b>		<b>In my control</b>	
Big World issue:	Whose job is it?	My World issue:	What can I do?
Stopping Covid-19 from spreading	The Government Doctors Scientists Drug companies	I need to help my family keep it out of my house	<ul style="list-style-type: none"> <li>Wash my hands and</li> <li>Stay at home most of the time</li> <li>Keep 2 metres away from people I don't live with</li> </ul>
Food shortages	Supermarkets Food Companies Farmers Lorry drivers	I need to make sure our food at home lasts	<ul style="list-style-type: none"> <li>Don't waste food</li> <li>Learn how to make things using up leftovers</li> <li>Plan meals for the week</li> <li>Try different foods</li> </ul>
Schools are closed - children aren't getting their education	Department of Education School Governors Head Teachers Teachers Parents	I need to keep up with my work at home	<ul style="list-style-type: none"> <li>Check what work I have been given each day</li> <li>Plan a schedule throughout the day</li> <li>Make time for breaks, creative times and fitness</li> </ul>
Knowing when it will all be over	All the world's doctors, scientists, and governments	I need to learn to feel okay about NOT knowing when it will all be over	<ul style="list-style-type: none"> <li>Learn about the things that help me feel calm</li> <li>Plan these activities into my day</li> </ul>
Making sure people follow the rules about staying at home	Government Doctors Scientists	I need to stay at home I can't do the things I usually do	Use this as an opportunity to learn new activities to do at home: <ul style="list-style-type: none"> <li>Keeping fit: On line fitness, football challenges, playing in my garden or walking with my family</li> <li>Creative – keep a diary, write a blog, create a comic, draw, build things with Lego, etc.</li> </ul> Make a plan for what you would like to do when this is all over
Old and ill people will have to self-isolate. They might be lonely and not able to get food	NHS Government Social Services Charities Community groups	I can't see my friends or some of my family any more	<ul style="list-style-type: none"> <li>Use technology to talk to people and check in on them</li> <li>Set up whatsapp group</li> <li>Teach relatives how to use video messaging</li> </ul>



# COMMUNITY

10% DISCOUNT  
PROMO CODE: [Glow4](#)

A promotional poster for the Malvern Winter Glow Light Spectacular. The background is a dark blue night sky with silhouettes of mountains. In the center, a large Christmas tree is illuminated with multi-colored lights (pink, green, blue). To the left, a reindeer is made of lights, and a sleigh with reindeer is flying in the sky. To the right, there are large, glowing purple and blue light sculptures. Silhouettes of people are seen in the foreground, some looking at the lights. The text 'MALVERN WINTER GLOW' is written in large, glowing blue letters, with 'GLOW' being the largest and most prominent. Below it, 'LIGHT SPECTACULAR' and '9 DEC - 3 JAN' are written in smaller white letters. At the bottom, there is a dark blue banner with the Three Counties logo, booking information, and social media icons.

**MALVERN  
WINTER  
GLOW**  
LIGHT SPECTACULAR  
9 DEC - 3 JAN

EMBARK ON A MAGICAL JOURNEY OF DISCOVERY  
WITH DAZZLING OUTDOOR ILLUMINATIONS

 **ADVANCE BOOKING ONLY**  
**BOOK NOW** [malvernwinterglow.co.uk](http://malvernwinterglow.co.uk)  
Three Counties Showground,  
Malvern, WR13 6NW

    
[@3CountiesShows](#)

## **MUSEUM OF GLOUCESTER**

### **Your opinion matters!**



Now is a very exciting time at the Museum of Gloucester. We are working on our museum development plan for the next 5 years and beyond and we would love these plans to be informed by you.

This questionnaire will help us to understand 5 key areas: Who visits our museum and why, how people find out about the Museum, how well people know the Museum, what we do best, and a little bit about you.

Your data will be kept anonymous and confidential by Flying Geese, the Consultancy Agency who is helping us run this research.

Complete the questionnaire: <https://surveyhero.com/c/39b72a8c>

We are offering the chance to win Guildhall cinema tickets for a family of four as a thank you for completing this survey! To enter, please add your contact details at the end of the questionnaire. We will ONLY contact you if you are a winner of the competition. Competition closes at midnight on 13th November 2020.

Thank you for helping us! 😊