

**Newsletter 6 Spring
11th February 2022**



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Thank You



In what has arguably been the most challenging term since the COVID pandemic began, I would like to extend my sincere thanks to our whole school community for your continued support. We continue to experience these unprecedented times and seem to have been particularly hard hit since Christmas - I cannot thank the whole staff team enough for pulling together and getting us

through. Uncertain, disrupted and stressful times for us all - both at home and school - inevitably have an impact on our children and their resilience, as it is well known that they pick up on adult emotions without even realising it. We have seen lots of frayed tempers and outbursts of emotions from our children this term and are hoping that with a week of rest and the return of warmer, spring days everyone will be a lot happier after half term. We are also launching the 'Upton Meadows Way' to help everyone in our community remember the expectations for how we behave towards each other in our school - watch this space for more information coming after the holiday.

The timing of Children's Mental Health week even more important this year and I wanted to end the term by sharing some top tips for building your child's resilience, as shared by BBC Bitesize.

1. Help them manage and appreciate uncertainty - explain that life can be more uncertain than they think - and that's okay! Remind them of unexpected events in their lives that turned out to be good.
2. Embrace set-backs and mistakes - explain that mistakes are a great way to learn and part of what makes us human. Lead by example and don't beat yourself up after you make a mistake - use 'I could have', rather than 'I should have'.
3. Empower them to make their own choices - help them to make age-appropriate decisions that affect their day-to-day life. Part of being a resilient child is learning how to be independent and trust in their own ability to make the right choice.

Challenge their thinking - help them to tackle any catastrophising and over-generalisation in their thinking by talking through the flaws in that thinking style and helping them see alternative perspectives.

I hope everyone has a restful and refreshing half term break - see you all on Monday 21st February.

Dates

February

11th End of Term

21st School re-opens

March

9th Parents Evening 4pm-7pm

10th Parents Evening 4pm-7pm

April

1st End of Term

Young Voices



Choir for young voices will start again on Tuesday 1st March. Children will need collecting from school at 4.15pm please. I hope you have been learning the songs! The new performance date is **Friday 29th April in Birmingham.**

Thank you
Miss Cullingford

Superstars

Well done to all the children who have worked so hard this week, we have seen some amazing work and lots of children demonstrated lots of

RLB: Elijah for always completing and trying his best with his star jobs.

RJC: Yesmine for being a fantastic role model to her peers.

1AB: Olivia for gaining in confidence and working hard.

1KB: Abdullah M who has always tried his best and been a fabulous member of Upton.

2NC: Elise for showing super concentration and trying her best in her learning all week.

2MF: Riley for engaging in online learning with a huge smile.

3FB: Artur for persevering when work becomes more challenging and super behaviour in class!

3CS: Nikita for amazing maths work this week using number lines and for making super choices following our school rules.

4IH: Amelija C for persevering with her maths this week.

4JW: Samah for a super effort in her non-fiction writing.

5GH: Ryley for an amazing non-chronological report!

5LJ: Charlie for being an amazing friend to Basira and doing an amazing piece of writing in English. Well done!

6GD: Eleanor for exceptional persuasive writing in English.

6SW: Holly for always reflecting upon her learning and deciding how she can improve herself as a learner. For example, Holly spent even more time learning her spellings and her score increased massively—well done!

Bronze Awards

A huge well done to all of the children who have achieved their bronze awards this week!

Adam, Gabriela & Sean in Class RLB

Ava, Halle & Ailah in RJC

Harrison in Class 1AB

Ethan, Abdullah S, Krisia, Kai, Adriana and Oliver in Class 1KB



Darcy & Riley in Class 2MF

Parneet and Alex in Class 2NC

Scarlett, Lucas, Anaya, Jenson and Kevin in Class 3FB

Adaline & Nikita in Class 3CS

Harvey, Eshwa and Lola in Class 5GH

Oliver, Anushka and Charlie in 5LJ

Rayan A, Jackson, Liam, Henry & Rayan S in Class 6GD

Esme, Ellie, Alice B, Harvie and Agata in Class 6SW

Termly Awards

Huge congratulations to the following children for receiving the termly awards.

Jessica B in class RLB

Antonina in class 1KB

Charlotte in class 3CS

Lacey-Rose in class 5LJ



Attendance

1st

4JW

2nd

RLB

3rd

5LJ