

09 September 2022

Issue 01



# Uplands Primary School and Nursery Newsletter

## Dates for your diary

w/c Monday	12 September	All after-school clubs start this week
Wednesday	14 September	Individual photos for all children
Friday	16 September	YR reading meeting 09:00-10:00 Jubilee Suite
Monday	19 September	Day of mourning (TBC)
w/c Monday	26 September	Y6 Bikeability—info sent
Tuesday	04 October	YN/YR author visit
Monday	10 October	YR-Y6 flu immunisations—info to follow
Thursday	13 October	Y5 trip to Warner Bros. Studios—info sent
w/c Monday	24 October	Half term
Monday	31 October	Inset day—school and nursery closed
Wednesday	02 November	YR-Y6 Parent/s'/carers' meetings—info to follow
Thursday	03 November	YR-Y6 Parent/s'/carers' meetings—info to follow
Monday	07 November	Y3 trip to Stonehenge—info to follow
Tuesday	06 December	YN, YR and KS1 trip to pantomime—info to follow
Wednesday	07 December	KS2 trip to pantomime—info to follow
Friday	16 December	Autumn Term ends at 14:00
Tuesday	03 January	Inset day—school and nursery closed
Wednesday	04 January	Spring Term starts
Tuesday	10 January	Y6 Lego Mindstorms trip—info to follow

## This week in brief

It is with great sadness that we end our first week with the news of the death of Her Majesty the Queen. Today, we shared the news with the children, and said our goodbyes to the longest reigning monarch in British history. If you or your child need support at this sad time, please do not hesitate to contact the school office or your child's class teacher. We will await guidance from the DfE regarding potential school closure days.

The week started on a happy note, and we were delighted to welcome our newcomers and returning pupils back to school. It almost felt like summer for a day or two... and then the rain came. As the weather is so changeable at the moment, please make sure that your child is dressed appropriately; some children like to walk to and from school in wellies so they can splash in those oh-so-hard-to-resist puddles!

Thank you to those of you who braved the downpour on Thursday to meet your child's class teacher, and thanks also to the parents and children who came to say hello to me. It came to light during one conversation that some of you had never had a tour of the school, due to COVID-19, so if you would like a quick tour after school one day, please enquire at the school office and I will show you around.

Over the summer, we had our perimeter fence replaced, and we are delighted with how well it blends in with the surroundings. We also had maintenance work carried out on the trim trail and playground to make sure that they are safe and secure for the children. The new monkey bars and climbing frame are due to be delivered and installed within the next couple of weeks; they have been a long time coming and I know there will be great excitement when they finally arrive.

Our long term plans and curriculum offers will be on the website by the end of next week; they are very informative and give a week-by-week overview of what your child is learning in each subject. We find that this is a really good starting point for talking to your child about what they have been doing at school that day.

I hope that you will find this new, slimline newsletter informative and easy to digest; please look out for any additional information that is sent by email, and remember that there will be a bumper newsletter packed full of photos at the end of each half term.

Have a lovely weekend and try to stay dry!

Mrs Deacon 

## Announcements and messages

In the coming weeks, we will be holding the Uplands Fundraising Community AGM: we really are thin on the ground at the moment, and would really welcome your support and attendance at the meeting. Details of the date and time of the meeting will be communicated in next week's newsletter.

We have made available a lost property basket for children's belongings. Please enquire at the school office if your child has misplaced an item. Please ensure that all belongings are labelled, as it is much more likely that items will find their way home if they have a name on them.

School meals are £2.30 per child, per day. All pupils in Reception, Year 1 and Year 2 are entitled to a free school meal every day. Key Stage 2 parents/carers may pay online through the Scopay system. The link can be found on the [Uplands website](#). Families can view the menu and order from the same system (Scopay). We cannot accept cash or cheques for meals. The link for meal ordering, menus and payment is [here](#).

We have children in school with severe nut allergies; please refrain from bringing any food items that contain nuts to school. This includes marzipan and chocolate hazelnut spreads. This also applies to any cake sales or school trips where a packed lunch is required. We thank you in advance for helping to keep our children safe.

## Support Children Workshops

To book a space please email your name, school and contact number to [Inge.Taylor@bracknell-forest.gov.uk](mailto:Inge.Taylor@bracknell-forest.gov.uk)

Courses are for adults supporting children **not** the children themselves

Each course is a standalone 2-hour session

Courses are delivered face to face, and you will be asked to complete an enrolment form prior to the start of the session – your space will then be confirmed.

<b>Helping children to overcome anxious thoughts and worries</b> <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> <li>• What happens when children become anxious</li> <li>• The impact that current events have had on children's mental health</li> <li>• Techniques for helping children deal with their fears / worries</li> </ul>			
<b>Anxiety 1</b> <b>13 spaces</b>	Wednesday 28 <sup>th</sup> September 2022 @ Bracknell Open Learning Centre	9.30 – 11.30 am	
<b>Anxiety 2</b> <b>13 spaces</b>	Thursday 13 <sup>th</sup> October 2022 @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
<b>Managing Behaviour in a Positive Way</b> <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> <li>• Gain insight into your own parenting style / relationship with your child</li> <li>• Learn or revisit positive ways of managing behaviour</li> <li>• Strategies to deal with unacceptable behaviours</li> </ul>			
<b>MB 19</b> <b>10 spaces</b>	Tuesday 27 <sup>th</sup> September 2022 @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
<b>MB 20</b> <b>11 spaces</b>	Friday 14 <sup>th</sup> October 2022 @ Bracknell Open Learning Centre	9.30 – 11.30 am	
<b>Parenting pre-teen and early-teens in a Positive Way (New course)</b> <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> <li>• Gain insight into the impact of your parenting style (positive &amp; negative)</li> <li>• Positive techniques for managing older children's behaviour</li> <li>• Boosting your relationship and communication with your child</li> </ul>			
<b>Teens 1</b> <b>14 spaces</b>	Monday 26 <sup>th</sup> September 2022 @ Bracknell Open Learning Centre	9.30 – 11.30 am	
<b>Teens 2</b> <b>11 spaces</b>	Tuesday 18 <sup>th</sup> October 2022 @ Bracknell Open Learning Centre	6.30 – 8.30 pm	
<b>Reducing Sibling Rivalry</b> <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> <li>• Encouraging a more harmonious sibling relationship</li> <li>• Learn / revisit techniques for children to cope with being a sibling</li> <li>• Boosting children's emotional literacy</li> </ul>			
<b>Sibling A</b> <b>16 spaces</b>	Thursday 6 <sup>th</sup> October 2022 @ Bracknell Open Learning Centre	6.30 – 8.30	
<b>Single Parent, Separated and Blended families – supporting children to cope with different family dynamics (New course)</b> <i>A 2-hour session looking at</i> <ul style="list-style-type: none"> <li>• Different family dynamics and how they can work</li> <li>• Parental conflict resolutions</li> <li>• Being the best parent that you can be for your child</li> </ul>			
<b>Family 1</b>	Wednesday 21 <sup>st</sup> September 2022	6.30 – 8.30 pm	

<b>8 spaces</b>	@ Bracknell Open Learning Centre	
Family 2	Monday 10 <sup>th</sup> October 2022	9.30 - 11.30 am
<b>16 spaces</b>	@ Bracknell Open Learning Centre	
<b>Supporting Children to get a Healthy Night's Sleep</b>		 <p>A word cloud with 'Sleep' as the largest word. Other words include 'Anxiety', 'Nightmare', and 'Bed Tired'.</p>
<b>A 2-hour session looking at</b> <ul style="list-style-type: none"> <li>The different sleep issues facing our families</li> <li>Tips on how to get a good night's sleep.</li> <li>Help children develop good sleeping habits</li> </ul>		
		<i>Contact me to add name to the waiting list for future sessions</i>
<b>Supporting a smooth transition to secondary school (YR 5/6 parents)</b>		 <p>A word cloud with 'NEW' as the largest word. Other words include 'TEACHERS', 'FUN', 'SUBJECTS', 'MEET', and 'THINGS'.</p>
<b>A 1 ½ hour session looking at</b> <ul style="list-style-type: none"> <li>What the transition involves</li> <li>The positives and concerns of transitioning to a new setting</li> <li>Boosting your child's ability to have a smooth transition</li> </ul>		
		<i>Contact me to add name to the waiting list for future sessions</i>