



office@uptonjun.dorset.sch.uk



office@uptoninf.dorset.sch.uk

The Upton Schools

Belonging  **Growth**  **Excellence**

Dear Parents and Carers,

Newsletter

13th February 2026

I hope this newsletter finds you all well. It is incredible to think we are already halfway through the academic year, hopefully we will see some more spring like weather when we come back after half term.

As we look to increase the opportunities for our children to play more of an active role at our schools, we have recently held assemblies on 'Back Pack Buddies.' Back Pack Buddies is a scheme where children act as emotional wellbeing coaches on the playground and I am delighted to say we have had a steady stream of applications. They will be highly visible in both schools and to be on hand to support their peers if they feel isolated and lonely on the playground. Their backpacks are filled with a range of tools to support the children. The Back Pack Buddies will be trained by school staff and have regular supervision meetings. We look forward to launching this exciting project soon after half term.

Online Safety

Recent national studies highlight just how vital it is for parents to stay engaged with their child's online world:

- ❖ 77% of UK children aged 9–17 have experienced at least one form of online harm, an 8% increase from the previous year. [Why the Online Safety Act matters | Internet Matters](#)
- ❖ 19% of children aged 10–15 reported messaging someone online they had never met in person within the last year. [Online harm and abuse: statistics briefing | NSPCC Learning](#)
- ❖ In 2022/23, more than 9,000 child sexual abuse offences in the UK involved an online element. [Online harm and abuse: statistics briefing | NSPCC Learning](#)
- ❖ Ofcom reports that children as young as 8 have accessed pornography online. [Keeping children safe online: changes to the Online Safety Act explained - GOV.UK \(www.gov.uk\)](#)
- ❖ By age 11, 27% of children have already seen pornography; the average first exposure is age 13. [5Rights-Online-Safety-Act-fact-sheet-pdf \(thechildrensmediafoundation.org\)](#)
- ❖ 31% of children aged 9–16 say a stranger has attempted to contact them online. [5Rights-Online-Safety-Act-fact-sheet-pdf \(thechildrensmediafoundation.org\)](#)
- ❖ Grooming crimes have risen by 89% between 2017 and 2024, according to NSPCC data. [5Rights-Online-Safety-Act-fact-sheet-pdf \(thechildrensmediafoundation.org\)](#)
- ❖ In 2025, 58% of UK citizens—including teenagers—faced at least one major online risk, with cyberbullying a leading concern for young people. [58% of Brits faced significant online risk in 2025 – increased AI usage is reducing digital trust | TechRadar](#)

As these horrifying statistics show keeping children safe online is more important than ever. In school we teach the children about online safety as part of our computing curriculum and in assemblies. As parents we need to be regularly monitoring children's online activity to help keep them safe and make sure they are not seeing inappropriate content. By helping children understand how to protect their personal information, recognise unsafe content, and interact responsibly with others, parents can significantly reduce the risks they may face. Encouraging open conversations about what they see and do online builds trust and ensures children feel comfortable seeking help if something worries them. Working together—at home and in school—we can help children enjoy the benefits of technology while staying safe, confident, and informed.

Tips for parents to support safe online activity:

- ❖ Keep devices in shared family areas so online activity is naturally visible.
- ❖ Set clear rules and expectations around screen time, apps, and websites.
- ❖ Use parental controls on devices, broadband, and gaming consoles to limit access to inappropriate content.
- ❖ Regularly check privacy settings on apps and social media to ensure only trusted people can make contact.
- ❖ Review browsing history and app activity in a calm, open way—make it part of normal digital conversations.
- ❖ Encourage children to share what they're doing online, including their favourite games, videos, and creators.
- ❖ Model healthy online habits, such as taking breaks and being mindful about sharing personal information

Online safety can seem like a minefield, and it can seem daunting to know where to start. Hamwic Education Trust, our academy trust, has put together an excellent resource for parents and I strongly urge you to have a look.

[Online Safety Hub - Hamwic Education Trust](#)

Zero Tolerance

Our school is committed to maintaining a safe, respectful, and courteous environment for all members of our community. While we fully understand that matters concerning children can be emotive and may at times lead to heightened feelings, we cannot tolerate staff being spoken to in a manner that lacks due respect or courtesy.

Constructive dialogue is essential, and we expect all interactions—whether in person, by phone, or in writing—to uphold the standards of professionalism and mutual respect that ensure productive and positive outcomes for our pupils.

Earrings

Children should not wear jewellery to school, the only exception is small, plain stud earrings which children will need to be able to remove for P.E, or if they are newly pierced, they will be taped up.

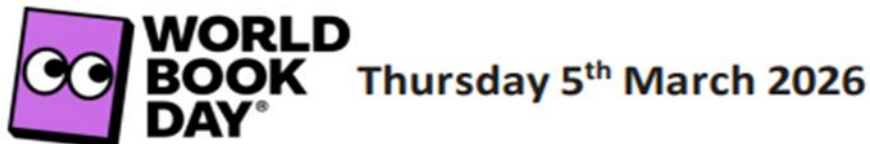
Return Dates for September 2026

Tuesday 1st September and Wednesday 2nd September are training days so school will be open to children on Thursday 3rd September. If you have siblings starting reception we will be in touch shortly about their start date. We will soon be publishing our full school calendar for next year.

Let's hope after half term we finally see the end of this rain. Have a good week and I hope you are able to spend some time together as families.

Best wishes,

Duncan Churchill
Executive Head Teacher
Upton Infant and Junior School



We look forward to seeing all the children and staff dressed as their favourite book character.

Children should bring their completed root vegetable book characters to school on Thursday 5th March. There will be book token prizes for the best root vegetable characters!





Afterschool Club

- Refunds will be made if notice is given at least 48 hours prior to the cancellation, this also applies to breakfast club bookings.
- From 3.15, please call the Afterschool club mobile phone number for any messages or pick-up enquiries

 07395 034602




PSFA AGM

FEB 26th 1PM

UPTON JUNIOR SCHOOL

Please come along if you are interested in joining or helping with our school events.



UPTON SCHOOLS

BREAK THE RULES!

Friday, 27th February

£1 fine per rule break



Wear school uniform



No fun hair styles or accessories



No squash in your water bottle



Only fruit & vegetables in your lunch box



No teddies at school

Thank you for supporting your PSFA fundraising team.

ACTIVE PLAY THERAPIES presents

Sensory Detectives for Parents

A 1.5 hour session with an experienced Occupational Therapist and Advanced Sensory Integration Practitioner to explore:

- The 8 Senses**
Gain an awareness of what the 8 senses are and how they impact all of us.
- Sensory Differences**
Learn how to spot what may be a sensory difference and when it becomes a difficulty.
- Sensory Strategies**
Explore a range of sensory strategies that can help make home life feel calmer.
- Ask questions**
An opportunity to ask questions for individualised support.

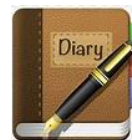
 **More Information**
www.activeplaytherapies.com
[@annawilliso](https://www.instagram.com/annawilliso/) 



9AM-10.30AM
25
MARCH 2026

UPTON INFANT SCHOOL
for parents and carers of children at Upton Infant and Junior School

Upton Junior School Announcements



Diary Dates

- ❖ Monday 16th – Friday 20th February – Half Term
- ❖ Monday 23rd February – Children return to School
- ❖ **Monday 23rd February – Scouts/Cubs/Guides/Brownies can wear their club uniform – see info in Newsletter**
- ❖ Thursday 26th February – PSFA AGM
- ❖ Friday 27th February – Break the Rules!
- ❖ Thursday 5th March – World Book Day
- ❖ Friday 6th March – INSET DAY

PE Days

	Year 3	Year 4	Year 5	Year 6
Monday				
Tuesday	PE			PE
Wednesday	PE	PE		
Thursday			PE	PE
Friday		PE	PE	

Upton Infant School Announcements



Diary Dates

- ❖ Monday 16th – Friday 20th February – Half Term
- ❖ Monday 23rd February – Children return to School
- ❖ **Monday 23rd February – Scouts/Cubs/Guides/Brownies can wear their club uniform – see info in Newsletter**
- ❖ Tuesday 24th-Thursday 26th February – Scarf Workshops
- ❖ Friday 27th February – Break the Rules!
- ❖ Thursday 5th March – World Book Day
- ❖ Friday 6th March – INSET DAY

PE Days

	Honeybees	Reception	Year 1	Year 2
Monday				
Tuesday		PE		
Wednesday			PE	
Thursday			PE	PE
Friday	PE			PE

Monday 23rd February

To celebrate Founder's Day for the Scouts and Thinking Day for the Guides, the children who attend either of these clubs below are allowed to wear their club uniform to the Infant or Junior school on Monday 23rd February.

Scouts - Squirrels – Beavers - Cubs

Guides - Rainbows – Brownies

Scouts 



cubs

Beavers

Squirrels



Rainbows


Brownies

**Make friends and
have new adventures!**



**We're a community creating magical
moments for girls aged 4 to 18**

Meet new people, be part of
a **team** and volunteer to lead
exciting, **inspiring** activities
that show girls in your area
they can do anything.

Search 'Volunteer
Girlguiding' or scan
the QR code below!



Rainbows


Brownies

Guides


Rangers



We are so excited to announce our very first Mini Handball after school club at Upton Junior School, starting after half term.

If your child loved last week's taster session and would like to come along after half term, fantastic news. Please follow the link below to register your interest and secure a place.

<https://mini-handball.classforkids.io/term/58>

Mini Handball is best described as football with your hands, or water polo without the water. It is a fun, fast paced and fully inclusive game. There is no contact, which makes it ideal for mixed gender participation and accessible for children of all abilities.

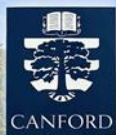
Mini Handball is already up and running across Dorset. All children who attend our clubs, whether they play regularly or are brand new to the sport, and as they move into Years 7 to 11, are invited to take part in our half termly Mini Handball tournaments. These take place outside of school on Saturdays in Poole and include a brilliant mix of Glow in the Dark, Beach, Indoor and Grass tournaments.

If you have any questions at all, please feel free to drop us a line at office@minihandball.co.uk. We would love to hear from you.

We cannot wait to welcome Mini Handballers from Upton to the club after half term.

Tennis Lessons

at Canford School & Yarrells School



Tennis Lessons at Canford School

Saturdays 9:30-10:30am
Mini Tennis **Orange/Green**
for ages 7-11

Tennis Lessons at Yarrells School

Sundays 9-10am
Mini Tennis Red for ages 5-7
— 10-11:30am —
Yellow Ball Tennis **Coaching**
for ages 11-18

All sessions have limited spaces so please

BOOK your spot by calling
Brett Townsend on
07979 368094

Prices: £8.75 for Hour Classes
— £13 for 1.5 Hour Class

APPLICATIONS ARE NOW OPEN

JUNIOR BAKE OFF

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

AGED BETWEEN 9-15 AND WANT TO GIVE
YOUR BAKING SKILLS A GO?

WE WANT TO HEAR FROM YOU!



LAST CHANCE TO APPLY 15TH MARCH 2026



SUNDAY 22ND MARCH 2026

FREE T-SHIRT AND MEDAL FOR ALL RUNNERS!

1K KIDS FUN RUN - £8.00

5K RUN - £12.00

(ALL RACES ARE PRE-REGISTRATION
ONLY. NO ON THE DAY SIGNUPS)

FOR THE MUMS & DADS THERE'S
A 10K OR A HALF MARATHON
OPTION TOO!

SCAN HERE TO SIGN UP



**XTRA
SENSORY**



2026

SATURDAY SEN SESSIONS

"Fun, play & 1:1 support for every child in a safe space"

SAT 7, 14 & 21 MARCH 9.30 - 12.30 P.M.

Venue: Prince of Wales Pre-school, Maiden Castle Rd, Dorchester DT1 2HH

Age guide: 5 to 12 yrs

To book: Email leisure@dorsetcouncil.gov.uk

For further details Tel: 01305 252250



- ✓ Soft Play fun
- ✓ Swimming
- ✓ Sensory Room and Toys and Games



www.dorsetcouncil.gov.uk/sport-leisure/artz-sportz-xtra

£8.92 SESSION

BOOKINGS CLOSE 18 FEB 2026
CONFIRMATION 19 FEB 2026

PARENTS ARE REQUIRED TO STAY FOR THEIR CHILD'S FIRST SESSION,
HOWEVER, IF IT'S NOT THE FIRST SESSION, YOU MAY LEAVE YOUR CHILD IN
THE CARE OF THE ARTZ+ SUPPORT TEAM.





ASPIRE LIFE SPORTS FEBRUARY HALF TERM HOLIDAY SPORTS CLUBS

ASPIRE
LIFE
SPORTS

HELD AT:

LYTCHETT MINSTER SPORTS CENTRE

MULTI-SPORTS CAMP

HELD AT:
Lytchett Minster Sports Centre
Post Green Road
Lytchett Minster
Poole
BH16 6JD

COST:
£24 per child
1 x Sibling 25% off

DATES:
Monday 16th Feb
Tuesday 17th Feb
Wednesday 18th Feb
Thursday 19th Feb
Friday 20th Feb

TIMES:
08:00-12:00 / 13:00-17:00 / 09:00-15:00
Early drop off (AM) and Late pick up (PM) available



SPORTS

Mon DODGEBALL | BADMINTON
Tue BASKETBALL | FOOTBALL
Wed CRICKET | TENNIS
Thu HANDBALL | DODGEBALL
Fri BADMINTON | FOOTBALL

- ✓ SKILLS, GAMES & CHALLENGES
- ✓ QUALIFIED COACHES
- ✓ SAFE & SUPPORTIVE ENVIRONMENT



www.aspirelifespports.co.uk



ASPIRE LIFE SPORTS FEBRUARY HALF TERM HOLIDAY SPORTS CLUBS

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LIFE
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HELD AT:

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FOOTBALL CAMP

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COST:
£24 per child
1 x Sibling 25% off

DATES:
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Wednesday 18th Feb
Thursday 19th Feb
Friday 20th Feb

TIMES:
08:00-12:00 / 13:00-17:00 / 09:00-15:00
Early drop off (AM) and Late pick up (PM) available

A fun and energetic Football Holiday Club for children of all abilities!

- ✓ Skills, games and matches
- ✓ Qualified Coaches
- ✓ Safe and supportive environment

STAY ACTIVE. MAKE FRIENDS. HAVE FUN



www.aspirelifespports.co.uk

Use code....

UPTON20
at checkout
to receive
20% off
your total
booking,
along with
a further
25% sibling
discount.

Upton
Country Park

THE
STORY
WORKS

Upton
Country Park

THE
STORY
WORKS

WOODS & WORDS

Feb Half Term Fun & Creativity!

A week of Poetry and Creative Workshops
for all ages with Upton Country Park's
Writer in Residence from the Story Works

- Writing workshops for all ages
- Family Woodland Trail
- Free poems whilst you wait
- The Poet-Tree
- Writers open mic night!



Monday 16 - Friday 20 February
visit uptoncountrypark.com
for more information



Owned and
operated by

Writers Open Mic Night at Upton House

Friday 20 February,
6pm - 8.30pm

Join us for our first ever Spoken Word
Open Mic Night at Grade II* Upton House.
Bring along your friends and your creations
— poems and stories of all kinds welcome.

Tickets are £3 each or £15 with a light
supper. Visit uptoncountrypark.com for
more information and to book.



Owned and
operated by

RAILWAY 200 INSPIRATION TRAIN



16th–18th February at Corfe Castle Station

Step aboard a travelling exhibition celebrating
200 years of Britain's railways.

Exhibition access included with your rain ticket
(timed entry required).



Perfect for families, history
lovers and railway fans

Book now at: swanagerailway.co.uk



Upton
Country Park

Winter Wildlife Adventure Day!

How many species
will you see?

Join the experts
for pond dipping,
guided bird walks,
crafts and lots
more!



Upton House

Monday 16 February 2026

10am-4pm

FREE

Discover Upton Country Park's
wildlife with...



More info at
uptoncountrypark.com/events/



Owned and operated by