



office@uptonjun.dorset.sch.uk



office@uptoninf.dorset.sch.uk

The Upton Schools

Belonging  **Growth**  **Excellence**

Newsletter

6th March 2026

Dear Parents and Carers,

We have had a great day in both schools yesterday celebrating world book day. The children, and staff, looked brilliant in their costumes. Reading is one of the most important skills children will ever learn. It shapes their future success not only in English, but across the entire curriculum. At our school, we are passionate about developing confident, enthusiastic readers, and you play a crucial role in that journey.

Reading each day whether aloud, independently, or together builds far more than just literacy skills. Regular reading:

Develops Vocabulary and Language Skills

Children encounter new words and sentence structures every time they read. This strengthens their ability to express themselves clearly and creatively.

Boosts Comprehension and Critical Thinking

Stories expose children to new ideas, cultures, and perspectives. Non-fiction helps them make sense of the world, ask questions, and seek answers.

Improves Concentration and Confidence

Reading regularly helps children sustain focus, follow narratives and explanations, and gain confidence as learners.

Supports Wellbeing and Imagination

Books offer joy, escape, comfort, and calm. They spark imagination and help children understand emotions—their own and others'.

How to Support Reading at Home

- ❖ You don't need to be an expert. Small, consistent habits make the biggest difference.
- ❖ Create a Reading Routine
- ❖ Set aside a regular time each day—before bed, after school, or at breakfast. Even 10 minutes is powerful.
- ❖ Make Reading Enjoyable

Children read more when they enjoy it! • Choose books they love • Visit the library together. Charity shops can be great too. • Let them reread favourites • Celebrate effort, not perfection.

Talk About Books

Ask simple questions such as:

- ❖ *"What was your favourite part?"*
- ❖ *"What do you think will happen next?"*
- ❖ *"Why do you think the character felt that way?"*

These conversations deepen understanding more than you might expect.

Top Tips for Parents

Here are our favourite easy wins for family reading success:

1. Read aloud—at any age. Older children still benefit from hearing stories read to them.
2. Keep books everywhere. In the car, in the kitchen, in bedrooms—easy access encourages reading.
3. Give lots of praise. Celebrate trying hard, sounding out tricky words, or showing interest.
4. Use audiobooks. They build vocabulary and comprehension, especially on busy days.
5. Ask children to predict, explain, and summarise. These strengthen key skills used across the curriculum.
6. Let them choose. Comics, fact books, graphic novels, football magazines—it all counts!
7. Stay positive. Avoid turning reading into a battle. Short, enjoyable sessions work best. If the child is finding it hard take the pressure off and take over the reading.

Thank you for everything you do at home to support your child's reading. When school and families work together, children thrive.

WhatsApp Groups

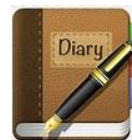
We have had a few issues in school involving children using WhatsApp. Please consider that children should not be using WhatsApp until they are thirteen. As always, it is important to monitor children's use of digital technology. For more information and guidance please look at Hamwic's online safety hub. <https://hamwic.onlinesafetyhub.uk/>

Happy reading!

Best Wishes

Duncan Churchill
Executive Head Teacher
Upton Infant and Junior School

Upton Junior School Announcements



Diary Dates

- ❖ Monday 9th March – 3 Sharks Geography Trip
- ❖ Wednesday 11th March - 3 Cheetahs Geography Trip
- ❖ Friday 13th March - 3 Toucans Geography Trip
- ❖ Tuesday 17th March – Class Photos
- ❖ Wednesday 25th March – Sensory Detectives for Parents - 9am-10.30am
- ❖ Friday 27th March – Last day of school before Easter Holidays
- ❖ Monday 13th April – Children return to school

Tuesday 1st and Wednesday 2nd September – Inset days
Children return on Thursday 3rd September.

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

- ❖ Tuesday 24th March – School Disco
- ❖ Wednesday 25th March – Sensory Detectives for Parents – Held at the Juniors
- ❖ Friday 27th March – Last day of school before Easter Holidays
- ❖ Monday 13th April – Children return to school

Tuesday 1st and Wednesday 2nd September – Inset days
Children return on Thursday 3rd September.

PE Days

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

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
@annawillisoat



9AM-10.30AM

25
MARCH 2026

UPTON JUNIOR SCHOOL

for parents and carers of children at Upton Infant and Junior School



You Are Not Alone Drop-in

Every 1st Tuesday of the month - 7.00pm - 8.30pm

A free monthly online drop-in for parents & carers

The **You Are Not Alone** community is a friendly and safe space run by Erik & Sally Wagter where you can come and learn about autism & PDA, ask questions, connect with like-minded people or simply listen and learn from other people's conversations.



In this community we talk about all sorts of things such as:

- helping your child regulate their emotions & feelings (meltdowns etc)
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



Here's what parents have said:

'My husband Jamie was saying that in the last few sessions, he has learned so much more about autism and PDA than he has over the past year - Jo (parent)

'Thank you so much for the group this evening. I can't tell you how grateful I feel and I really do feel less alone and more validated. My hope is back' - Louise (parent)

You can request the **Zoom link** on our website

<https://youarenotalone.community> or you can send an email to

team@youarenotalone.community



Do you have a neurodivergent child?
Feeling alone?

'The Wimborne Parents Neurodivergence Support Group' is a voluntary, parent-led support group for any local parent or carer experiencing the overwhelm of raising a diagnosed or undiagnosed (but thought to be) neurodivergent child or teen.

Come and join us at the Museum of East Dorset in Wimborne to meet other parents, share experiences, listen to presentations by relevant experts, drink coffee and eat cake!

But most importantly, to realise that you are not alone!

We get it! We see you! We want to help!

First Friday of every month at 10.30am - 12.00pm

Third Tuesday of every month at 6.30pm - 8.00pm

All meetings are completely **FREE** to attend.



MED
MUSEUM OF
EAST DORSET

Contact Emily Spurgeon for more details
email: theWPNSG@gmail.com

2026

SATURDAY SEN SESSIONS

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

SAT 4, 11 & 18 APRIL 9.30 - 12.30 P.M.

Venue: Price of Wales Pre-school, Maiden Castle Road, Dorchester

Age guide: 5 to 12 years

To book: Email.leisure@dorsetcouncil.gov.uk

For further details Tel: 01305 252250

Soft Play fun

Swimming

Sensory Room and Toys and Games

£9.20 SESSION

BOOKINGS CLOSE 18 MARCH 2026

CONFIRMATION 19 MARCH 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.

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

Dorset Council

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ASPIRE LIFE SPORTS EASTER 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

DATES:

WEEK 1		WEEK 2	
Monday	30th Mar	Tuesday	7th Apr
Tuesday	31st Mar	Wednesday	8th Apr
Wednesday	1st Apr	Thursday	9th Apr
Thursday	2nd Apr		

COST:

£24 per child
1 x Sibling 25% off

TIMES:

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

SPORTS

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

www.aspirelifesports.co.uk

HELD AT:

LYTCHETT MINSTER SPORTS CENTRE

FOOTBALL CAMP

HELD AT:

Lytchett Minster Sports Centre
Post Green Road
Lytchett Minster
Poole
BH16 6JD

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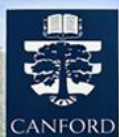
A fun and energetic Football Holiday Club for children of all abilities!

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

STAY ACTIVE. MAKE FRIENDS. HAVE FUN

www.aspirelifesports.co.uk

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



March 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
FREE Anxiety Based School Avoidance	26 Mar 7-8pm

EASTER EGGSTRAVAGANZA

Tuesday 30th March - Friday 10th April

FREE HAF SPACES AVAILABLE
Limited availability!

PAID SPACES JUST £20 PER DAY
08:00 - 16:00 DAILY

Sibling, KPS, Bayside, Lytchett and Stars Members Discount available!

Multi-Activity Holiday Club for children aged 4-13 with activities such as - Football, Dance, Team Games, Basketball, Inflatable fun, Dodgeball, Arts n' Crafts, Tennis, and many many more!

Venues:
Kingsleigh Primary School, BH10 5HT
Bayside Academy, BH16 5AH
Lytchett Matravers Primary School, BH16 6DY
Swanage Town Football Club, BH19 1NN

Book Via
Class Manager
or Contact:

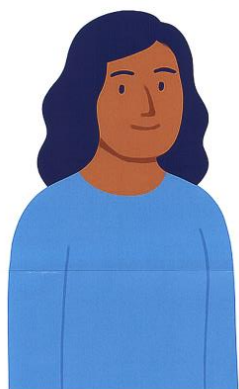
kirsty@starscorporateltld.co.uk



Day	9:30 - 10:45	11:00 - 12:30	1:00 - 3:00
Monday 30 th March	- Football Skills/Mini Matches - Arts & Crafts/Junk Modelling	- Tennis Challenges - Multi-Skills Circuit	Inflatable Fun Dodgeball Tournament
Tuesday 31 st March	- Team Games/Challenges - Playground Games	- Inflatable Fun - Football Fun Games	Didi-Cars Rounders
Wednesday 1 st April	- Dodgeball - Arts & Crafts /Junk Modelling	- Football Matches - Relay Races	- Inflatable Fun - Music/Dance Fun & Team Games
Thursday 2 nd April	EASTER FUN DAY WITH AN EASTER EGG HUNT!		
Day	9:30 - 10:45	11:00 - 12:30	1:00 - 3:00
Tuesday 7 th April	- Football Skills - Team Races/Challenges	- Handball - Playground Games	- Tennis Challenges - Arts & Crafts/ Junk Modelling
Wednesday 8 th April	Penalty Shoot out/Lightning Relay Races	- Football Matches - Tennis Challenges	Didi-Cars Dodgeball Tournament
Thursday 9 th April	- Multi-Skills Circuit - Arts & Crafts/Junk Modelling	- Football Fun Games - Volleyball	Inflatable Fun Rounders
Friday 10 th April	SUPERHERO DAY - FUN TEAM CHALLENGE GAMES & DRESS UP DAY!		



Not sure if it's an urgent dental problem?



If you have any of the following problems, you **can still get an urgent dental appointment by calling NHS 111**—even if you don't have a regular dentist:

- ✓ Broken or lost filling or crown
- ✓ Toothache that's not getting better
- ✓ Broken tooth that's causing discomfort
- ✓ Sensitivity or swelling in the mouth
- ✓ Gum problems causing pain or bleeding

You'll be assessed and directed to a local dentist for the right treatment.

Urgent appointments are there to help manage these problems quickly—before they get worse.

Call **NHS 111** or visit **111.nhs.uk** for urgent or unscheduled dental care.

South West Regional Office

Stay Well Dorset

Bringing you the best local health and care advice from Dorset's NHS, councils and, voluntary organisations.

visit: staywelldorset.nhs.uk

- ✓ Primary care
- ✓ NHS 111
- ✓ Urgent health advice
- ✓ Dental care
- ✓ Vaccinations
- ✓ Hypertension
- ✓ Digital healthcare



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EASTER Holiday Activities 2026

School holiday arts and sports events
for Dorset children who need additional support



**Booking closes on
Wednesday 11 March**

Artz+ Sportz+ is funded and organised by Dorset Council
dorsetcouncil.gov.uk/artz-sportz



SEN Parent SUPPORT Group



**Face to face support group for families with children who have
neurodiverse needs – diagnosed or undiagnosed**

where?

Fri 30th Jan – Wareham Family Hub 11.30am–1pm
Fri 27th Feb – Wool CofE Primary School Community Room
9.45am 11.15am (Parents from other schools are welcome)

Fri 27th March – Wareham Family Hub 11.30am–1pm
Wed 22nd April – Poppies Tea Room Bovington 10am–11.15am
Friday 24th April – Wareham Family Hub 11.30–1pm

There's no need to book, just turn up and meet others!
For more info call 01929 552 934 or email office@pycf.org.uk

**Wareham Family Hub PYCF is located behind Purbeck
School on Worgret Road, Wareham, BH20 4PH**



Turlin Moor Recreation Ground March Programme



**THE PARKS
FOUNDATION**

Community Litter Pick

Sun 1 Mar | 11am - 12pm

We'll join this regular
monthly community litter
pick to help tidy the park
for people and wildlife.

Meet at the old boat yard on
the beach (access
from Egmont Road).



Volunteering

Wild Wellness Walk

Tues 10 March | 10.30am - 11.30am

Weds 25 March | 2pm - 3pm

Join us for a relaxing walk (approx. 1km)
around Turlin Moor, getting out in the
fresh air and taking in the wildlife
and beautiful surroundings.

Activity for adults.

Wear comfortable
walking shoes.

Meet by the playground
on Foreland Road.

Free event



**Scan for park
information,
including
accessibility**



To book: parksfoundation.org.uk/events

The Parks Foundation is committed to celebrating diversity – we welcome people from all backgrounds, genders, ethnicities, people with learning differences and varying physical abilities. If you would like more information or have questions about an activity, please contact us.

Get in touch with our team member, Lisa on: lisa@parksfoundation.org.uk or: 07458 039395

TICKETS ON SALE NOW



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To book -
email office@pycf.org.uk
call 01929 552 934

Wareham Family Hub

01929 552 934
office@pycf.org.uk
pycf.co.uk
BH20 4PH



SEN Play Session!

Tuesday 7th April 10am-11.30am

Led by Play Therapist Lisa

For families with children of 1-8 years old with Special Educational Needs (diagnosed or undiagnosed)

Sand trays

Slime making

Movement Games

Marshmallow Building

Stories

Painting

£3 per family. Includes a snack
siblings welcome



Free informal opportunity for local prospective parents to meet others & find out about various services over a cuppa

Thursday 12th March 2026

6.30 pm - 8.00 pm

Wareham Family Hub behind
Purbeck school

Wareham Family Hub

01929 552 934
office@pycf.org.uk
pycf.co.uk
BH20 4PH

