



Dear Parents and Carers,  
Have a lovely weekend.  
Mr P.

@UPSHandF

Mr Smith continues with our new Health and Fitness Twitter page. This week he demonstrates seal jumps! Take a look @UPSHandF and #UPSFITNESSCHALLENGE3 and get involved!



### C-19 UPDATE

As you'll all be aware, Covid has not gone anywhere. Thankfully, this most recent strain seems less severe, but that doesn't mean it's gone away. Because there are no longer any tests available, it will be a case of children coming to school as long as they are well enough. However, government guidance now states that, *'If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower.'*

If you need any further information, please just let us know.

### A breakthrough for Neuro-diversity...?

[https://www.independent.co.uk/news/uk/richard-branson-linked-in-orlando-bloom-john-kelly-virgin-trains-b2047759.html?amp&fbclid=IwAR3YLS8h3zv7iMBovOrM4-gPpsu9Ub-dfUaL6Lk1rR\\_qt53wXaVw8U4svJ48](https://www.independent.co.uk/news/uk/richard-branson-linked-in-orlando-bloom-john-kelly-virgin-trains-b2047759.html?amp&fbclid=IwAR3YLS8h3zv7iMBovOrM4-gPpsu9Ub-dfUaL6Lk1rR_qt53wXaVw8U4svJ48)

### SEN Forum and Whatsapp group

We held our second SEN parent meeting on Tuesday, where parents have the opportunity to discuss Special Education Needs and we at school have the chance to talk about what has been going on here. One of the outcomes of this has been for parents to set up a Whatsapp group, with the purpose of sharing experiences, resources, and sometimes just to vent! If you'd like to be part of it, leave your name and number at the main office and we'll get you joined up!

### BOOK FAIR

Next week is our second book fair of the year. We are excited to offer lots of new titles to entice our children into the world of imagination and reading. Please see the full email sent earlier for details and a list of books that will be available to purchase. Please make payment in advance via Parent Pay, either with a list of specific books to be pre-ordered, or for your child to spend on books that they choose themselves on the day that they visit.  
Happy Reading!

### Lost Property

We have a lot of items in the infant lost property with no names on. Please take a look at the trolley under the canopy in the infant playground before and after school next week. Any unclaimed items will be sent to charity.

### ALICE and DILLON BEING MORE...

It is always great to hear about how our children have been 'being more' and showing our school values outside school - Alice and Dillon have been doing just that!

Alice has made lots of bracelets from loom bands and beads and sold them at church and to family and made a whopping £24.60 which she is going to donate to a charity helping Ukrainian refugees!

Dillon has been making and selling juice, all in aid of Y4's charity, WaterAid! He made £45 and then the family decided to match that...that's £90 to such a brilliant cause.

Well done Alice and Dillon,,,super being more!



### INFANT EASTER BONNET PARADE

We hope you're all ready for Thursday people! Starts at 10am on the dot in the infant playground!

# Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together