

Uphill Village Academy Pastoral & Wellbeing Newsletter



October 2025

learningmentor@uva.clf.uk

Our Pastoral team is here to:

Listen, Identify the barriers to learning, offer support, promote positive behaviour, offer encouragement, build self-esteem and confidence & support our families with life's challenges and changes

We are here for everyone in the Uphill Village Academy family

Pupils, Parents & Carers

Message from the Pastoral Team

It has been lovely to welcome back our existing families and also some new families that are joining our school community.

We hope you have enjoyed meeting your child's new class team, if they have moved year groups, at our 'Meet the Teacher' morning and parents evening.

The start of a new school year can bring lots of changes and that can cause anxiety and worry for our children. Please speak to our Pastoral Lead, Lucy de Scossa, if you feel your child needs support.

We are very excited to share, through this Pastoral Newsletter, all the wonderful things we do at Uphill to support the well-being of our school community.

At Uphill, we are very proud of our dedicated and hardworking pastoral team.

Sasha Allsopp, Vice Principle and SENCO, oversees and supports the pastoral team.

Lucy de Scossa is the Mental Health and Pastoral Lead, supported by Jess Hood on Monday's and Friday's.

Lucy, Jess and Anita are the school ELSA's and offer individualised emotional support to the children at Uphill.

Working closely with staff and families, our Pastoral Team are able to identify needs our children may have and put effective interventions in place to promote inclusion and support their over-all well-being.

Thank you for continuing to support our pastoral work,

together we can make our school a place where every student feels seen, supported and safe.

We hope you have a great half term and we look forward to welcoming you back on Monday 3rd November.

From left to right; Lucy de Scossa, Sasha Allsopp, Jess Hood & Anita Beal



Working in partnership with



ELSA - Emotional Literacy Support Assistant

What is emotional literacy?

Emotional literacy support is to help with understanding and coping with feelings about ourselves and others. It can help develop high self-esteem and positive interactions with others. Being emotionally literate helps children focus better on their learning.

Some of the areas the ELSA may work on with a student:

Recognising emotions - how they make our bodies feel and what we might see in others, self-esteem, friendship and social skills, loss and bereavement, managing transitions

How do the ELSA sessions work?

Sessions can be individual or in small groups and will be tailored to the student's individual needs. Sessions are fun, relaxed and not pressured. There are lots of different activities that can be carried out during these sessions. The sessions include ice breakers, games and time to talk. Sessions generally run for a term and then are reviewed by the ELSA's and the SENCO. Pupils are encouraged to use new skills learned in their ELSA session.

What can you do next?

If you feel your child may benefit from support from the ELSA team or have any questions then please email us on learningmentor@uva.clf.uk and someone will get back to you.

Mental Health Support

As a school, we participated in World Mental Health Day on 10th October by watching an age appropriate presentation about mental health and then created a 'helping hand' identifying people who can help support us and our wellbeing. At Uphill we are very lucky to have a number of adults who have been trained as Mental Health First Aiders. If you feel your child may benefit from some support regarding their mental health please email learningmentor@uva.clf.uk

No Outsiders

No Outsiders is a primary school program created by Andrew Moffat to promote inclusion and diversity by teaching children about the Equality Act 2010. Each week, during key stage assemblies, the children at Uphill learn core values such as diversity and belonging through fun and interactive discussions.



Young Carers

Pupils are a young carer if they live with a family member who has a long-term medical condition (physical or mental). They do not have to care for this family member but research shows that living with a family member with a medical condition has an impact on children lives, positive and negatively and we would like to have the opportunity to support them and give them time for themselves and to make them feel special.

We have a group of young carers in our school and we meet termly to get together, share our thoughts, feelings and individual stories but most of all to have fun. This year we have played lots of games, shared our feelings around being a young carer, met others and listened respectful to their stories as well as keeping stories shared confidential to our group. We have made lots of yummy and creative things to eat and take home. The Young Carers also created an inspiring video to share with everyone at Uphill about what it means to be a Young Carer and how valued this group is.

Our young carers group is run by Jess Hood and Lucy de Scossa, please speak to either of them or email on learningmentor@uva.clf.uk if you feel your child is a young carer and would like them to join the group.



Kindness Ambassadors

The Kindness Ambassador pupils of 24-25 did a fantastic job last year of embedding kindness in our school. They created a kindness jar for each class, made posters which will be displayed in school and shared across the community and they also ran a stall at our summer fete to help raise money!

They have truly inspired our newest group of Kindness Ambassadors, as voted by the children in their class.

This years ambassadors have already begun to recognise kindness at playtime by rewarding tokens to the children they see being kind. We are very excited to see the new ideas brainstormed by our Kindness Ambassadors



Foodbank Vouchers

With half term approaching, and saving for Christmas, it can be a financially stressful time of year...Let us help you!

We can organise e-vouchers for you to use at the foodbank.

It is very quick and easy to do and completely confidential so please contact us by email if you need support with information of the age of everyone that lives in your house and any allergies in the family.

What's on in Weston Over Half Term?

halloween messy play

FRIDAY 24 OCTOBER 2025

Time Slots

10:00 - 11:00
12:00 - 13:00

£8.00 per child (maximum 1
adult per child)

please bring a towel and a change of clothes

visit westonmuseum.org for more information

HALLOWEEN AT THE GRAND PIER

