

HEADLINE STORY

A gold standard first half term for Year 7!

Dear Parents and Carers,

it has been a golden start to life at UHS for our Year 7 students, and we would like to thank both our students and parents for their partnership in ensuring such a positive transition from primary school into secondary education. By now, students are settling confidently into their lessons and enrichment activities, building new friendships, developing new skills and embracing the many opportunities available at Uxbridge High School.

This term Year 7 have amassed over 10,000 positive points this half term, which is a testament to how amazing the young people have been so far. We are already seeing students achieving their first awards for excellent behaviour in class and during unstructured time. We also have 160 students who have 100% attendance to school and 130 students who have not had a single negative behavioural point this term.

By working together, we can ensure that every student feels supported, challenged and proud of their progress. Thank you for your continued partnership.



Mr. Irwin and the Year 7 team

Head of Learning, Year 7

What Gold standard looks like

1 Uniform

Correct uniform, worn smartly all day, in line with the [uniform policy](#).

2 Conduct

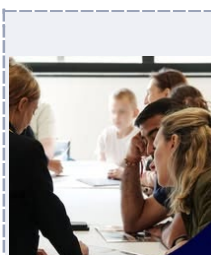
Calm, courteous and respectful around school, living our PROUD values.

3 Learning

Most important of all: ready to learn and giving their best in every lesson.

Our Term So Far

More stories and news: [school website](#) > [News & Events](#)



Year 6 Open Mornings

A number of our students supported 4 successful Open Mornings for prospective students from Year 6 across Hillingdon. They represented the school amazingly and we could not have been prouder of them.



Form Time

Year 7 have shown an excellent attitude during the morning and afternoon form times, lining up beautifully, engaging with the numeracy, literacy and PD activities and generally being a pleasure to be around at these times.

Post & Prep: Then. Now. Next.

Our whole-school homework approach helps students remember more, forget less and arrive in lessons ready to learn.

● **Red Post** Then

Revisits older learning from previous topics, terms or years.

● **Green Post** Now

Revisits recent learning from the last 10–14 days to secure it.

● **Prep** Next

Introduces key knowledge before it is taught, building confidence.

How you can help at home

- Ask your child to show you this week's Post & Prep and explain it.
- Use the self-quizzing boxes to test them: little and often works best.
- Agree a regular, quiet time and place to get it done.

FIND OUT MORE ONLINE

[Post & Prep explained, with videos](#)
[What's inside a booklet?](#)
[Self-quizzing boxes](#)
[How parents and carers can help](#)
[Frequently asked questions](#)

97.1%

Attendance YTD for
Year 7

Attendance & punctuality

Students coming in every day to school and on time, supports learning, friendships and achievement. Even at 97%, a student misses almost six days of learning across the year.

- Arrive on time every day; report any absence promptly using the usual procedures.
- Book appointments outside the school day wherever possible.
- Follow attendance and progress in the [Arbor app](#).

Arbor

Please ensure that you download and regularly check the Arbor app, as this is the primary way we share information about your child's attendance, behaviour, achievements, timetable and school life. In many cases, the app will provide additional context and detail regarding notifications you receive, so we encourage you to review the information available there before contacting the school with any queries.

- Follow attendance and progress in the [Arbor app](#).

PE: the essentials

Kit every lesson. Activities are adapted so everyone can take part.

Can't change (e.g. a broken limb). Stay in uniform and take a non-participant role.

Jewellery and hair. All jewellery removed (no taping); long hair tied back.

Minor injury or illness. Still bring kit; staff can offer roles such as coach or umpire.

Periods. Students normally take part; speak to the PE teacher if symptoms make it difficult.

Missing kit. While replacements are being purchased, plain navy items with minimal branding, with a note from home, may be worn short-term.

Need to get in touch? Email parents@uhs.org.uk.