24.11.23

Urmston Primary School

Dear Parents and Carers…
Have a lovely weekend!
Best wishes from us all at UPS

PTA XMAS FAIR…

We can't wait to see you here tomorrow guys…12-2! Thanks so much in advance to everybody volunteering and making this event happen!

'CIN 'Bearpee' challenge!

Just so you know, we hit 40,000 last week! Quite an effort. We raised £500 for Children In Need in the process to thanks to all!

ST CLEMENTS JUNIOR CHRISTMAS SERVICE

Join us at around 1.45pm on Monday 18th December at St Clements Church for our annual Christmas event! It'd be lovely if you could make it…

BEING MORE…

…Whilst we're on raising money, very well done to Oriel, Annabelle, Flo and Heidi, who raised nearly £50 from their sale of some super art work. The proceeds go to the Y4 charity, WaterAid. And to Lucy and Siyara too…also raising nearly £50 for Place2Be, Y6's charity, in selling their stationary wares! Great responsibility-taking girls!

Christmas Celebrations

Whilst Christmas in the UK is traditionally a time of religious celebration, we understand that we have families of so many faiths and want to point out that if you don't wish your children to sing and practice hymns about God and Jesus, then please do let us know and we will arrange alternatives.

Trafford Thrive…

…have created a newsletter for Men's Health Awareness Month which is November 2023 with a focus on men and boy's mental health. Please find the link here:
https://www.canva.com/design/DAFwezRZwNE/lGuUkGAhUi87VaVv1qXqAg/view?website#4

The Daily Mile

We've began running the mile almost everyday now, in the juniors. National statistics show that over the last three years, over a third of Y6 pupils are either obese or overweight and the importance of our children understanding health and fitness and getting into good habits cannot be underestimated. Please work with us in helping our children to get into positive dietary habits and keeping active. It will set them up not only for good physical health in the future but will impact positively on their mental health too!

WELLBEING

Looking out for one another's wellbeing is essential for us all. Below are a couple of links to how we can consider how we connect, follow routines and raise self-esteem. They are about both child wellbeing and, essentially, parent wellbeing. Do take a look!

Child Mental Health & Wellbeing- 10 Top Tips for Parents | SSS Learning Ltd (ssscpd.co.uk)
Your Mental Health & Wellbeing- 10 Top Tips for Parents | SSS Learning Ltd (ssscpd.co.uk)

CLASSROOM ACTION…

Another busy week...we've been…learning how muscles work; creating Freeze Frames and drama pieces to show what happened in Pompeii when Mount Vesuvius erupted; learning lacrosse with our coach; been on a sound hunt around school; using some body percussion to add sounds to the song 'Creepy Castle'; learning about mapping and compass points; in unison, canon and mirroring for a WW2 dance; adding value and variable commands in our Computing 'Scratch' games; making rockets…and much more!

Give Peace a Tri…

Suesanne, a Muslim British Palestinian, and Sarah, her Jewish friend, are instigating and participating in a triathlon, encouraging people to donate miles to *'lap the people of Gaza, hopefully several times over, in the name of peace, humanity and unity.'* I don't think any of us can disagree with them when they say, *'As a human race, we are not OK right now and need positive action to signal peace, unity and dialogue for the sake of humanity.'*

It is people like Suesanne and Sarah who will hopefully help us out of this and we thank them here for 'being more'.

Please go to this link: https://www.justgiving.com/page/give-peace-a-tri?utm_term=QDmXqdyQ2 if you can. Thanks guys.

Just Psychology — Trafford Sunrise

Mental Health and Wellbeing
Trafford Sunrise Parents/Carer's Workshops 2023

- Are you a parents/carer based in the Trafford area with a child aged 5-12 years?
- Would you like some advice, information, and resources to support your child?
- Do you want to meet other parents facing similar issues?

Our parent workshops aim to help you to support your child regarding anxiety, bullying, behavioural problems and other emotional health and wellbeing topics. Please note these workshops are for parents/carer's only.

Pre-registration is required for online workshops only.

You need to be a Trafford Resident to participate in this workshop.

Date	Time	Location	Topic
31-10-2023	9:30am – 11am	Lime Tree Primary School	Parental Wellbeing
17-11-2023	9:30am – 11am	St Vincent's Catholic Primary School	Understanding Children's Behaviour
28-11-2023	9:30am – 11am	Online	Separation and Divorce
04-12-2023	10:30am – 12pm	Urmston Library	Managing Children's Anxiety
08-12-2023	9:30am – 11am	Online	Neurodiversity

You can also see our event details and updates on Facebook and Twitter

facebook.com/JustPsychologyCIC/ @Just_Psychology

What's on in November

BOOKING IS ESSENTIAL
or contact the facilitator directly
www.bookwhen.com/calmconnections

PLAY AREA

DROP IN FOR OUR WEEKLY ACTIVITIES
Open 10am - 5pm
Mon, Weds, Thurs, Fri and Sat
£3.50 per child £2.50 per adult

ADDITIONAL ACTIVITIES
UKULELE RHYME TIME
Every Monday - 11am

MESSY PLAY WITH CORNER HOUSE NURSERY
Every Weds - 10am - 12pm

STORY TIME
Every Thurs - 10.30am

CRAFT CLUB
Fri 4pm - 5pm
crafts for the family

WELLBEING BIRTHDAY PARTIES
available on Sundays!

Please enquire for more information

STUDIO
BOOKING IS ESSENTIAL

FAMILY ZUMBA
£6 per adult/child
Dancing in the Dark
Thursday 9th Nov, 4-5pm
Fun family dance and includes drink and biscuit/fruit

CHILDREN'S CRYSTAL WORKSHOP
£5.50 child/adult
Mon 13th Nov, 4.30 - 5.30pm
Working with the new moon, includes crystal

MINDFULNESS FOR ADULTS
£4pp - Every Friday
12.00pm - 1.00pm

BABY MASSAGE
£6 adult and baby - Every Thursday
10.00 -11.00 am, Drop In available
Rachael: 07435 304245

YOGA
Chrissie 07584394943
Tuesday 7.30 - 8.30pm (from 14.11.23)
weekly yoga followed by a social

Florence Whatsapp 07746935730
Thurs 6.30-7.30pm - Hatha Yoga
Contact teachers directly to book

OTHER EVENTS
BOOKING IS ESSENTIAL

STARTING YOUR NEURODIVERSE JOURNEY DROP IN
Tues 7th Nov, 2-4pm
A monthly session for parent/carer support while little ones play.

UNDER 2'S SUPPORT DROP IN
Thurs 16th Nov - 10.00am - 12.00pm
jemma@blissedoutbabies.co.uk

PARENT AND CARER SUPPORT GROUP
(no children)
Drop in, Stretford - 15th Nov 12.30-2.30pm
A safe space to share all things mental health and wellbeing

ONLINE PARENT AND CARER SUPPORT GROUP
Thurs 30th Nov 7pm
See website for link

If you need to access support as a parent/carer please join our facebook page @CalmConnectionsFamilySupport or email emma@calmconnections.org

Please note we are closed to the public on Tuesdays and Sundays

calmconnectionscic @calmcic
www.calmconnections.org

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for Safer Online Shopping on BLACK FRIDAY AND CYBER MONDAY

Black Friday and Cyber Monday have become established as two of the year's biggest shopping events, giving consumers the opportunity to snap up a stash of stunning bargains. While this is generally good news, of course, the resultant retail frenzy *can* lead to people dropping their guard – especially online. In previous years, a seasonal surge in cyber-crime has seen schemes such as phishing emails and credit card scams being unleashed on unwary buyers. Our guide has some essential pointers on keeping your details – and your money – safe while you shop.

ENSURE A SITE'S SECURE

Before inputting sensitive information (like your card details) into a website, check that the site's secure. The key thing is to look for a padlock symbol in the address bar and check that the URL begins with "https://" – the "s" indicates that the web address has been encrypted with an SSL certificate. Without that, any data entered on the site could be intercepted by criminal third parties.

TRUST YOUR INSTINCTS

If a deal seems too good to be true, then it probably *is*. Be especially wary if a site offering unbelievable discounts doesn't look professional (for example, if it's covered with pop-up adverts or it looks particularly outdated) – this often serves as a red flag that the seller might not be entirely trustworthy. Minimise risk by sticking with well-known, reputable retailers instead.

REVIEW BANK STATEMENTS

Even if you've followed all our tips, it's probably worth checking your next bank statement for any unusual transactions. Criminals know that on Black Friday and Cyber Monday, lots of people make numerous purchases online: they're hoping that any stolen money will get lost in the crowd of other transactions. If you see a payment or payee you can't identify, raise it with your bank straight away.

BEWARE OF SUSPICIOUS EMAILS

Black Friday and Cyber Monday often bring a significant spike in phishing emails, as criminals use the events' sense of urgency as cover for stealing personal information. Even if they *look* legitimate, be wary of emails requiring you to do something unusual or suspicious: providing your personal details in exchange for access to last-minute deals, for example, or clicking on a link to an unfamiliar site.

CHECK IT'S THE REAL DEAL

It's not just cybercriminals you need to be wary of. Research has shown that some online retailers increase the price of certain items in the weeks before Black Friday and Cyber Monday – enabling them to then advertise "discounts" (which, in reality, have simply restored the cost to normal levels). Use an online price comparison tool to verify whether these "reductions" truly equate to a saving.

MINIMISE MICROTRANSACTIONS

Black Friday and Cyber Monday promotions extend to digital items as well as physical ones. Some gaming companies will offer discounts on in-app and in-game microtransactions such as loot boxes. If you're concerned about how much your child might spend on these upgrades, you can restrict their ability to make purchases (via their device's settings) or remove any linked payment methods.

SET STURDY PASSWORDS

A strong, unique password is one of the most straightforward ways to protect yourself from cyber-crime. As most of us have multiple online shopping accounts, it can be tempting to use the same password for them all – but this puts your personal data at greater risk. You could try using a password manager to create a different, robust password for each online retailer that you visit.

DITCH THE DEBIT CARD

Where possible, it's safest to shop online with a credit card (as opposed to a debit card) because it offers additional protection. If a purchase is made fraudulently on your credit card, there's a fair chance of your bank reimbursing you. Should criminals obtain your debit card details, however, they could empty your account in moments – and it can be difficult to recover your money.

RESIST THE INFLUENCE

Recommendations from social media influencers are another thing to remain vigilant for on Black Friday and Cyber Monday. While many of these will be legitimate, remember that influencers are often paid to promote products – and to publicise deals that aren't quite as amazing as they might seem. Don't feel pressured into buying purely on their advice; look at everything with a critical eye.

TAKE CARE ON SOCIAL MEDIA

Social media scammers are more active on Black Friday and Cyber Monday, as they know people are hunting for deals online. These scammers tend to concentrate on platforms such as Facebook and Instagram, posting malicious links that can compromise shoppers' personal details. Other scammers, meanwhile, falsely advertise products in an attempt to trick users out of their hard-earned cash.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

National Online Safety®

#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.11.2023

GREATER MANCHESTER POLICE

PARENTS & GUARDIANS

A MESSAGE FROM GREATER MANCHESTER POLICE

In the run up to Christmas we know that some of you maybe turning to online shopping to purchase your children's presents.

WARNING – We are aware that fraudsters are targeting this area and want to ensure our community is protected. We are working hard to bring to justice those responsible. Please see our tips for staying safe online.

Have you been offered a highly discounted or considerably cheaper product compared to the original items worth?
STOP - THIS COULD BE FRAUD

The website you are purchasing from was only launched days/ weeks ago?
STOP - THIS COULD BE FRAUD

You're asked to pay by bank transfer instead of using the online platform's secure payment options.
STOP - THIS COULD BE FRAUD

A sense of urgency is placed on ordering the product or service so that you don't miss the price/deal.
STOP - THIS COULD BE FRAUD

You receive a fake email receipt/invoice that appears to be from the website you've purchased from or the payment service used to make your purchase. The email address domain doesn't match that of the genuine senders.
STOP - THIS COULD BE FRAUD

SLEIGHBELLS

TAKE FIVE TO STOP FRAUD

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk