15.02.23

# Urmston Primary School

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

## XMAS BRILLIANCE!

**Our Reception and Y1 and 2 put on brilliant displays in the nativities this week. Playing in front of packed crowds the children had a great time showing what they're made of! Thanks to everyone who made it happen and everyone who came along to share such lovely performances! Do join us for Carols on the junior playground (with mulled wine and minced pies!), next Thursday at 2.45!**

## Trafford Educational Psychology Service

You can book a free 30 minute consultation with an Educational Psychologist—search them up on Facebook if you feel it might be useful!

## UKELELE AND GUITAR

Yesterday (with another performance due today) we had some of our junior children exhibiting some brilliant skill on the guitar and ukulele. They performed some really complex stuff with such confidence. Keep up the dedicated work guys! Well done!

## GREENFIELD CAROL FAMILY SERVICE

**You are most welcome to attend Greenfield Church on Sunday at 10.45 for the family carol service. The choir will be singing as part of the service and there will be free refreshments afterwards. It'd be lovely to see you there!**

## ST CLEMENTS

Do join us at St Clements Church on Monday at around 1.45. Be aware that parking may be tricky and please do bring a little something if you can as a donation to the church. We hope to see you there!

## PARENT WORKSHOP/TRAINING

Staff all had training on attachment and developmental trauma this week, led by child and family therapist, Megan Barber. You will have received a letter today about upcoming awareness training for parents. Please don't be put off the title—it is useful for ALL of us for a variety of reasons.

**DON'T FORGET THOSE CHRISTMAS JUMPERS NEXT THURSDAY…THE LAST DAY OF TERM!**

JUSTHELPING

Registered charity number 1149068

# Recycle your Tree!

In aid of

supporting

St Ann's Hospice

Registered charity number 258085

FRANCIS HOUSE CHILDREN'S HOSPICE

Registered Charity No. 328659

**Registration closes Sunday, 7th January, 2024**

JUSTHELPING

## www.just-helping.org.uk/register-tree

After cost, the first £57,000 will be attributed to St Ann's Hospice. The remaining pot will be split 40% St Ann's Hospice, 40% to Francis House Children Hospice, and 20% to other local charities and community groups.

**We will be collecting & recycling trees from 11th to 14th January 2024.**
**Scan the QR code or visit our URL and enter your post code to register.**

giftaid it

Registered with FUNDRAISING REGULATOR

autism
a hands on approach

# Neurodiversity and Demand Avoidance - Can we talk about this?

**TO BOOK GO TO:** www.autismahandsonapproach.co.uk/neuro/

Thursday 18th January 2024

7.30 pm – 9 pm

**£30 TICKET**

**ZOOM workshop**

**CLARE LANGTON**

Having worked in an educational environment for 20 years, Clare specialises in supporting the mental health and wellbeing of neuro diverse young people, she is a Child Centred Psychotherapist & Autism Lead.

**KATE SHARP**

Lead Occupational Therapist for inpatient mental health, learning disability and autism services in a local NHS Trust.

Felix Moore is a transgender, autistic actor and activist who trained at Drama Studio London

# GENDER IDENTITY AND AUTISM

**FRIDAY 1st March 2024**

**10:30AM - 12:30PM**

**£20 TICKET**

**Online Workshop**

Dr Kate Whitaker a Clinical Psychologist focused on autistic people's experiences of gender and mental health.

**TO BOOK GO TO:** www.autismahandsonapproach.co.uk/giworkshop/

autism
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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.

# 12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

## CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

## NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

## CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

## WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

## TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

## WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

## WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

## BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

## ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

## SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

## GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

## GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

The National College®

National Online Safety®

#WakeUpWednesday

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