01.03.24

Urmston Primary School

Dear Parents and Carers…
Have a lovely weekend,
From us all at UPS

SEND FORUM

Thank you so much to everyone who attended our SEND forum yesterday. There was some important and rich discussion led by Rebecca Blinkhorn from the Trafford Parents Forum. Please look them up on Facebook as it looks like a fantastic place to share knowledge and for support.

Free Educational Psychologist Consultation

Please go to Trafford's Educational Psychologist Facebook page to arrange a free 30 minute consultation if you'd like a chat or have any questions that they may be able to answer, or signpost support if needed!

WORLD BOOK DAY…let's get those pics in of our children reading and send to worldbookday@urmstonprimaryschool.com! See the WBD letter attached to this email!

Food for thought for us all…

Key dates…

Thursday 7th March: World Book Day: our theme will be, 'Where do you read yours?'

Friday 8th March: #letgirlsplay and International Women's Day—see letters and below

Friday 8th March: PTA Mothers Day sale…PTO!

Friday 15th March: Red Nose Day: 'Try not to laugh on the 15th of March!' See letter next week

Thursday 21st March and Tuesday 26th March: Parents Evening—appointment slots out next week

Wednesday 27th March: Infant Easter Bonnet Parade: letter out next week

Supporting you and your child to lead a well-balanced, meaningful and connected life

Just a reminder that the slides and handouts from our workshop can be found at https://www.urmstonprimary.com/parents/resources-for-parents. Child and Family Therapist, Megan Barber, will be doing a follow up meeting in the coming weeks so we'll keep you posted on when!

#letgirlsplay and International Women's Day

It seems somewhat of a storm has been created by our decision to participate in The Biggest Football Session for girls next Friday and, perhaps more so, by allowing only girls to dress in football and sports gear. We cannot emphasise enough that the message has to get to our boys that this is about empowering girls rather than devaluing boys and boys not being seen themselves. Whilst we won't be having in-depth debate about this, we want the boys to champion the girls and see that they should be able to access a safe and positive space to play football should they so wish. There still isn't that access and it is very clear that some/many still see women's and girls' football as less important and this is about making clear that it isn't. If we consolidate the message to our boys that girls dressing in sports gear is unfair, then they'll see it as unfair. If we take the opportunity to celebrate girls and women (in this case in sport) and highlight to the boys that some girls don't necessarily feel confident enough to play when they're around and therefore feel pushed out, as well as highlighting some positive female sporting role models, perhaps we'll continue along a positive road to equality and equity - and the girls will see their value, and the boys will see the essential part they play in that. We're looking forward to November when we will most certainly be marking International Men's Day, which emphasises the importance of the 'values, character and responsibilities of being a man' and giving our boys and girls the opportunity to discuss positive male role models.

CROSS COUNTRY STARS!

A big shout-out to our cross country runners for their efforts at an event at Davyhulme yesterday. It was quite some distance that they had to run and the represented the school brilliantly, showing great perseverance when things come really tough. You should be really proud guys...we're certainly proud of you!

Uniform and PE kits

You'll be aware that we are as flexible as we feel we can be when it comes to uniform. However, we want to be mindful of expectations here. Considering this, please ensure that your children are wearing shoes (or black 'trainer -shoes') rather than trainers on days when they don't have PE. When they do have PE, please be reminded that gear should not be branded and children should be wearing trainers, black or grey shorts/skirt/joggers and a red/ white polo/t-shirt. All of these can be bought relatively cheaply at supermarkets. Thank you .

Urmston Bookshop offer

Sandra at Urmston Bookshop is kindly offering a discount to anyone who bulk-buys the Ten-Term books from her: All 10 = 15% discount; 5 = 10% discount

Sandra now has copies of the lists and is eager to support reading at our school. Do nip in to speak to her if you are interested.

'BEING MORE'

A big well done to Hazel this week. She is intent on making our world better, showing respect and responsibility for the environment by litter-picking in her local area. Fantastic 'being more' Hazel! Keep up the great work!

Also, well done to Elsie. She has been campaigning for the responsible recycling of soft plastics and helped to arrange the local authority coming in to talk to our junior children about it this week. She even had a passionate speech prepared herself! Excellent 'difference-making', Elsie. Great stuff, girls!

We are so excited that our very own Oriel is starring in ‘Cinderella in Hollywood’ at the Manchester Opera House for the English Youth Ballet. Performances are next Friday and Saturday! If you want to take a look at what we’re sure will be a fantastic performance, then you can get tickets from this link…

https://www.atgtickets.com/shows/english-youth-ballet-cinderella-in-hollywood/opera-house-manchester/?gad_source=1&gclid=Cj0KCQiA84CvBhCaARIsAMkAvkLXCJPAiWFmwrrHeScD7CEqsq3YQ8SnVXTLWGloF9x5key0lhZVwE8aAkSUEALw_wcB&gclsrc=aw.ds

URMSTON PRIMARY

MOTHER'S DAY GIFT SALE

Gifts from £1 to £4

Friday 8th March

If you would like your child to participate in the gift sale please bring some money in an envelope, each class will be allocated a time slot to come over to our pop up gift shop in school.

If you can volunteer to help on the day please email the PTA at friendsofurmstonprimary@gmail.com

Mindful March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive
4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face
11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant
18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today dayofhappiness.net	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do
25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together

Trafford Family Information Service invites you to our

Better Together SEND event

Parent carers and professionals working with children with SEND come along and speak face to face to Trafford services.

- SENDIASS
- EHCP Team
- SENAS
- Trafford Carers Centre
- Sport Works
- Short Breaks Team
- Sleep Therapy
- Speech and Language
- SENSE
- Virtual Schools
- Sensory Impairment Service
- SEND Local Offer Advisor

10th April 2024 | 1pm - 5pm

Limelight

1 St. Brides Way,

Manchester, M16 9NW

Free refreshments

Arts and Crafts

Free raffle with amazing prizes

Free goodie bag

Information

Digital station

Limelight

For you and your community

Getting here

Limelight is located just 1.5 miles from Manchester City Centre. We are easy to reach by public transport and are close to major road networks for South and Central Manchester.

Limelight, 1 St. Brides Way, Old Trafford, Manchester, M16 9NW

By bike: We have bike racks outside the building for you to secure your bike and Stretford Road has bike lanes.

By bus: The 250 and 263 leave Manchester Piccadilly Bus Station approximately every ten minutes. They also stop on Oxford Road close to Oxford Road Train Station.
The alighting bus stop (Stretford Road / Henrietta Street) is a short walk to Limelight.

By tram: Limelight is located a fifteen minutes' walk from Trafford Bar Metrolink stop, which is on the Altrincham line.

By train: Limelight is located 1.7 miles from Manchester Oxford Road Station and 2 miles from Manchester Piccadilly. Taxis are located outside of the stations and bus stops are nearby.

By car: Limelight is located off Stretford Road (A5067) or off Chorlton Road (B5218), which are both conveniently situated close to Mancunian Way junctions.

Limelight has plenty of free parking. There are parking bays at Limelight's Events Entrance (Clifton Street) and in Limelight's Car Park (St Brides Way), which has disabled bays.
There is a one-way system in operation around the building.

If you are attending an evening function at Limelight please use our Event's Entrance, which is located on Clifton Street.

If you would like more information about getting to Limelight. Just get in touch: limelightbookings@lgroup.org.uk or call 0161 968 0123 / 07970 098 420.

L&Q

www.lgroup.org.uk/limelight limelightbookings@lgroup.org.uk LimelightOldTrafford

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co- regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.

#WakeUpWednesday

The National College

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

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FAMILY INFORMATION SERVICE

Trafford Family Information Service

Stay, Play and Discover

2024

Parents and carers with children 5 and under are invited to join us for our free stay and play sessions.

Join us 10.00am - 11.30am

- **Monday 11th March -** Stretford Early Help Hub
- **Thursday 27th June -** Partington Early Help Hub
- **Monday 16th September -** Stretford Early Help Hub
- **Tuesday 10th December -** Partington Early Help Hub

- Information
- Crafts
- Snacks
- Rhyme time

Scan the QR code for more information

Please note: There is no need to book but we may need to limit entry if we reach capacity.

0161 912 1053 FIS@trafford.gov.uk trafforddirectory.co.uk

Starting Strong...

Support and Guidance for Parents and Carers of children aged 5+ with emerging special education needs.

An interactive fully funded 6 week course

- Healthy Mind Platter
- Coping with Overwhelm & Communication
- It's OK to Say No!
- Self Care & Dealing with Critical Thought
- Managing Anxiety & Your Child's Wellbeing
- The Importance of Smaller Steps

Join us from 06.03.2024 (Wednesdays) to take part in our online workshops

Book online to secure your place: www.thecfc.org.uk/sendparents

cfc | The Counselling & Family Centre

TRAFFORD COUNCIL

TRAFFORD MUSIC SERVICE
Enriching lives, inspiring a love of music for all.

INVITE YOU TO

JOIN AN ENSEMBLE

IS YOUR CHILD CURRENTLY LEARNING A MUSICAL INSTRUMENT?

TRAFFORD MUSIC SERVICE EXTENDS A WARM INVITATION TO JOIN OUR DIVERSE ENSEMBLES. FROM STRINGS TO BRASS, CHOIRS TO ROCK ACADEMY, WE OFFER A VARIETY OF MUSICAL ACTIVITIES SUITABLE FOR A WIDE RANGE OF ABILITIES. THESE ENSEMBLES NOT ONLY PROVIDE AN AFFORDABLE MEANS TO ENHANCE YOUR CHILD'S MUSICAL SKILLS BUT ALSO FOSTER VALUABLE SOCIAL CONNECTIONS.

SCAN THE QR CODE OR CLICK HERE FOR MORE INFORMATION AND TO APPLY FOR A FREE TRIAL

TRAFFORD MUSIC SERVICE
Enriching lives, inspiring a love of music for all.

Trafford Music Service

Enriching lives, inspiring a love of music for all.

Day	Ensemble/ Orchestra	Level	Time
Monday	Infant Choir	Reception, Year 1 & Year 2	4.15pm - 4.45pm
	Infant Cello	Year 1 & Year 2	4.45pm - 5.15pm
	Infant Violin	Year 1 & Year 2	4.45pm - 5.15pm
	Infant Ukulele	Year 1 & Year 2	5.30pm - 6.00pm
	Junior Strings	Beginner to Grade 2	5.15pm - 6.15pm
	Ukulele Orchestra	Beginner (Year 3 pupils) upwards	6.00pm - 7.00pm
	Junior Voices	Years 3 - 6 (free of charge)	6.15pm - 7.15pm
Tuesday	Junior Wind Band	Beginner to Grade 2	4.00pm - 5.00pm
	Jazz Collective	Grade 3 upwards	5.15pm - 6.15pm
	Intermediate Wind Band	Grade 2 - 5	6.30pm - 8.00pm
Wednesday	Rock Academy	Year 3 upwards	From 4.00pm
	Infant Choir	Reception, Year 1 & Year 2	4.15pm - 4.45pm
	Infant Percussion	Year 1 & Year 2	4.45pm - 5.15pm
	Infant Woodwind	Year 1 & Year 2	5.30pm - 6.00pm
	Infant Brass	Year 1 & Year 2	5.30pm - 6.00pm
Thursday	Junior Brass Band	Beginner to Grade 3	4.30pm - 5.30pm
	Intermediate Brass Band	Grade 3 upwards	5.30pm - 6.30pm
Friday	Intermediate Strings	Grade 2 - 4	6.30pm - 8.15pm
Saturday	Infant Woodwind	Year 1 & Year 2	9.00am - 9.30am
	Infant Brass	Year 1 & Year 2	9.30am - 10.00am
	Infant Choir	Reception, Year 1 & Year 2	10.00am - 10.30am
	Infant Percussion	Year 1 & Year 2	10.30am - 11.00am
	Saturday Sinfonietta	Grade 1 - 2	9.30am - 10.30am
	Saturday Symphony Orchestra	Grade 3 upwards	10.40am - 11.40am
	Junior Guitar Ensemble	Grade 1 upwards	10.30am - 11.30am
	Junior Drumming	Year 3	11.30am - 12.30pm

SCAN THE QR CODE OR CLICK HERE FOR MORE INFORMATION AND TO APPLY FOR A FREE TRIAL

Trafford Local Care Organisation

Powered by NHS Manchester University NHS Foundation Trust · Trafford Council

Trafford School Nurses
Newsletter for Primary Schools

Issue 5 - January 2024

Hello and happy new year!

Trafford School Health Team would like to welcome you to the fifth edition of our newsletter. The newsletter is issued each school term letting you know what our school nurse team will be doing each term and sharing some useful information. Find out more about our service on our webpage.

What we're doing this term

Crucial Crew share the dangers of vaping

The second round of Crucial Crew for this academic year will be delivered from 15th to 30th January 2024. This is a health promotion project with our year 6 pupils about the dangers of vaping. We had positive feedback the last time and we're looking to run it again. Here are some of the great posters that were made from the last sessions.

Hearing tests and vision screening

Hearing tests and vision screening for our reception children will be continuing throughout the rest of the term (this does not include children whose parents have opted out). Hearing tests will be completed by our healthy schools team and vision screening by the orthoptist.

If you have opted out of the school health service and would like to opt back in please contact our administration team on **0161 912 3395.**

National Child Measurement Programme

It's that time of year again when reception and year 6 parents will receive a letter informing them of the National Child Measurement Programme. Our healthy schools team will be delivering the programme from mid-February until mid-May.

If you do not wish for your child to be involved in the programme information on how to opt out is in the letter you will receive.

Public Health messages for this term

Rise in measles cases

There have been an increase in the number of children being diagnosed with measles nationally. We would therefore encourage parents to ensure that their child has received **two doses of MMR vaccine**. This gives children the best protection against this disease. Find out more at www.nhs.uk

If your child has not received both doses, please contact your GP surgery.

Adjusting to back to school

Getting back into a school routine can be difficult for us all after a long break. Re-establishing routines, especially around sleep, can be difficult. Here are 4 top tips that might help:

1. Don't make the transition overnight – give yourself at least one week.

2. Reduce bedtime by 15 minutes each evening. It is recognised that children need between 9-12 hours of sleep each night.

3. Wind down 1 hour before bedtime. That means no TV or devices - the blue light they emit tells the brain it's daytime, making it harder to fall asleep and stay asleep.

4. Provide optimum sleep conditions – darkness means its time to sleep. Dark, quiet and cool room can help your child to fall to sleep at the right time.

If your child is having particular issues with sleeping, visit www.togethertrust.org.uk/sleep-tight-trafford for further support.

Our School Nursing Teams are always available to help you further.

A healthy start to the new year

Start the New Year off in the best way with healthy eating and being more active. The NHS website has handy tips to get you started: www.nhs.uk/healthier-families

The Bread and Butter Thing

The Bread and Butter Thing is mobile food club which makes life more affordable for people on low incomes, build stronger communities and reduce food waste. Visit: www.breadandbutterthing.org for more information about your local service.

School Nurse Contacts

- North Trafford (Stretford and Old Trafford) and West Trafford (Urmston, Flixton and Partington) School Nurse Teams – **0161 549 6290**
- South Trafford (Altrincham, Timperley and Hale) and Central Trafford (Sale and Sale Moor) School Nurse Teams – **0161 912 2340**
- School Health Administration Team **- 0161 912 3395**