Urmston Primary School

8.9.23

Dear Parents and Carers…

Week 1 ticked off!

Everything seems to have gone pretty smoothly here so thank you, as always, for your support in helping the children get back into the swing of things...or just get into the swing if you're Nursery or Reception!

Please come and find us if you need owt, and have a lovely weekend...from us all at UPS

COVID GUIDANCE

It's been a while since we've uttered those two words and we don't want to go back there do we! PTO for guidance sent by the UK Health and Security Agency on reducing the spread of infection with people you live with.

Little Green Socks Project

Things can be a little tough at the moment and we're here to help (or signpost help) if we can. We mentioned in our last letter, Early Help and the Pupil Premium for families , so get in touch if you feel we can help you with that. Furthermore, the 'Little Green Socks Project' may be able to help. Please go to https://littlegreensock.org/ and let us know if you feel you fit the criteria and we can refer.

BEING MORE…

Being More still remains a core part of our culture in school. Our children's behaviour is good, but we want them all to go that extra mile in displaying our school values and helping others to be happy through their kindness, respect and responsibility. Please let us know what your children get up to outside school so we can share and celebrate in school!

RESILIENCE

We are going to talk a lot about resilience this year and how we might support our children in developing this most important of values. We want our children to understand that everything isn't always rosy in life and help them to develop strategies to cope and learn when things don't go to plan. We discussed the framework below at our training day on Monday and are looking at ways of incorporating this into the language that we use in school. We'd love

UPS Resilience Framework

What can I do to help me be resilient...and to help others to be resilient too?

The Basics	Belonging	Learning	Coping	Knowing myself
Think about my house and what makes it a home.	Find where I belong.	Learn wherever I can and make school, work!	Understand what is right and wrong - for others and for me – and respect that.	Always realise that there is hope...and find where that hope is!
Understand how money works and what we need it for.	Know my place in the world.	Learn from and with others and respect how they can help...like mentors! And be willing to ask for help if I need it!	Be brave, take risks and be prepared to make mistakes! That's what resilience is!	Try to understand other people's feelings...be kind and respect them.
Know that I have the right to be safe and that I should speak out if I don't feel safe.	Spend time with people I love.	Plan out the future and get strength and confidence from that.	Realise that some things will go wrong...and accept when they do, and that some things will be hard...and accept when they are.	Know and understand myself...maybe even talk to myself!
Be aware of how I can get to places and how I'm helped with this.	Nurture healthy relationships based on kindness and respect.	Organise myself and take responsibility for what I need to do to help myself.	Focus on the things I can change and away from I cannot change.	Take responsibility for myself and my actions.
Know how important it is to have a healthy diet and respect my body.	Realise what wonderful things I get from relationships – and seek more of it!	Look at what I've achieved and be proud! Give myself a high five or a fist pump!	Practice solving problems and try to find new ways!	Think of what my talents are...and find time to nurture them.
Remember to keep active and get exercise and fresh air.	Get together with people I can rely on.	Develop some life skills that will help me be resilient in the future.	Hunt for the good things in life that can make me happy – think about all we can be grateful for and wear positivity glasses!	Know that there are people and places I can go to for help...and go to them.
Remember how important it is to get enough sleep.	Think about who I'm responsible for looking after and looking out for.		Think about what I really like to do...and find ways (and time) to do it!	VALUE myself – my strengths and my weaknesses...they make me, me and I should be proud.
Make sure I have time for happiness; for play and my hobbies.	Focus on good times and good places that make me happy and grateful.		Identify my feelings and think about what I can do to make myself ready.	Know when something is helpful to me and when something is harmful to me.
Know that I shouldn't be judged and that I shouldn't judge others...we all have our own stories and should respect them.	Understand what has happened in my life.		Remember...this will pass...tomorrow is another day!	
	Predict a good experience of something or someone new.		Lean on others when I need to. Who are those I can lean on? And who might lean on me?	
	Make friends and mix with other people.		Laugh...a lot! And make others laugh!	

Adapted from Resilient Therapy: Working with children and families – Angie Hart and Derek Blincow with Helen Thomas (2007) and from www.boingboing.org.uk (2012)

UK Health Security Agency

How to reduce the spread of infection with the people you live with if you have COVID-19.

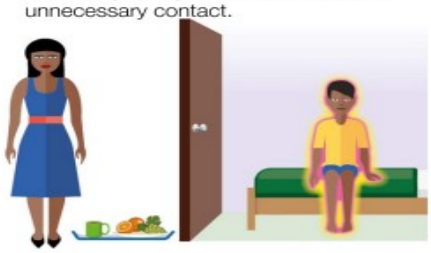
If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

1. Limit close contact with others. Spend as little time as possible in communal areas.

2. Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.

3. Wash your hands regularly using soap and water, particularly after coughing and sneezing.

4. Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.



5. Use a face covering if you need to spend time in shared spaces.

6. Keep rooms well ventilated.

7. Catch coughs and sneezes in disposable tissues and put them *straight in the bin.*

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Trafford Local Care Organisation

Manchester University NHS Foundation Trust · Trafford Council

Trafford School Nurses
Newsletter for Primary Schools

Issue 4 - September 2023

Hello and welcome

Trafford School Health Team would like to welcome you to the fourth edition of our newsletter. The newsletter is issued each school term, letting you know what our school nurses will be doing each term and sharing some useful information on key topics.

Scan the QR code to visit our service webpage

What we're doing this term

Welcoming the new reception class

Welcome to our new families in reception. Sometimes it takes time to settle into a new school. Scan the QR code for some helpful tips. If your child is finding it really difficult to settle, please contact your school nursing team for support.

SCAN ME

Reception questionnaire

All parents/carers of reception aged children will be sent a school nursing letter and questionnaire. Please complete the questionnaire and return it to school.

Handwashing session

We will be running a handwashing session with all of reception. This is the beginning of our health promotion around infection control.

Crucial Crew

Last term we ran a health promotion project with our year 6 pupils about the dangers of vaping. It went really well and we're looking to run it again. Here are some of the great posters they made.

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**

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 summer 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 hour 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.

Silvercloud for parents carers

Silvercloud is a free digital CBT programme available to all Trafford parents/carers. Sign up at: **gm.silvercloudhealth.com/signup**

Tell us what you think

The NHS, Council and local services have been listening to what has been said and are continuing to make some changes to improve services. You asked us to keep you updated and so each year but we also want to know what you think.

Please scan the QR code and take the survey. It is anonymous and should only take 10-15 minutes. Whether you are a child, parent/carer or professional, we would really appreciate your input.

SCAN ME