23.02.24

Urmston Primary School

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

Key dates…

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

Friday 15th March: Red Nose Day—watch this space—theme…'Try not to laugh on the 15th of March!'

Thursday 21st March and Tuesday 26th March: Parents Evening—appointment slots out closer to the time

SCHOOL NURSE DROP IN

Our new school nurse, Laura Davis, is going to be free for a drop in on Wednesday from 1.30-3.30pm. If you have anything you feel you need to discuss regarding the health and welfare of your child, please do feel free to drop in!

SEND FORUM

Our next parent SEND forum is on **Thursday at 2.30**. A member of the Trafford's Parents' Forum will be joining us, and it'll be nice to see as many here as possible!

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!

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!

Being More In A Bottle Eco-Shop!

3pm, FRIDAY 1ST MARCH in the infant hall...PLEASE SEE THE NEXT PAGE...

PIGS (of the Guinea variety) IN SCHOOL

We are now blessed with the presence of Harry, Ron and Neville at UPS. It seems that they have a very calming effect on some of our children, helping them to regulate and calm their emotions, and we anticipate the trio spending some time in each of our classes and to support some of our children getting in, in the mornings. If your children have any allergies to straw, hay, or holding the little creatures themselves, then please do let us know!

'BEING MORE'

First up, very well done to Y5 girls, Isla, Valentina, Libby and Mia. Through their mini-company, Loom Bands, the girls made little packets of loom bands, stickers and charms, along with rings and bracelets. They sold their wares in the playground and raised over £100 for their year group charity, The Woodland Trust. Fabulous responsibility and being more, girls. Here they are with their responsibility badges for their great work!

Also, a big well done to Arlo and Oliver for their 'being more'. They've been busy litter-picking, showing respect for our environment and making a better place for humans and nature alike. More super responsibility boys. Well done!

Lastly, great stuff, Harper! Harper was selected to represent her gymnastics team last Sunday by performing at Gymfusion that took place on the big stage at the Lowry Theatre. Over the past couple of months Harper has shown real dedication and commitment by doing extra gymnastic classes every weekend to rehearse with a select team for the nationwide show. Her family (and we at UPS!) are incredibly proud of her and she has now been selected by the head coach to join the development squad that will train her to work on taking part in future competitions. Brilliant Harper!

Urmston Primary School

Being More in a Bottle Eco Shop.

Urmston Primary School Green Team would like to present our first ever eco refill shop.

We will be selling a variety of products that are all paraben free, sls free, cruelty free, vegan, ethically sourced and made in the uk.

All products are kinder to skin but not hyperallergenic (please see label).

Friday 1st March

Infant Hall 3pm

Come along and help us save the planet, one bottle at a time!

Bring your own 500ml bottle for us to fill.

Products include hand wash, body wash, washing up liquid, laundry liquid and fabric conditioner.

Apple Orchard Washing Up Liquid £1.50

French Vanilla Hand Soap £2.50

Tea Tree and Mint Body Wash and Bubble Bath £3

Fresh Linen Non-Bio Laundry Liquid £2

Tropical Coconut Fabric Conditioner £1.50

CASH ONLY!

Classroom Action…

This week we've been learning how important it is to sequence programming; doing some flexible partitioning; archaeologists—considering what artefacts are and what they tell us about Mayan lives; looking at the D, E and F notes, and beginning a first practice of the D E F-initely song; doing some pokemon yoga; practising our low and high notes; visited by someone from the Lowry gallery; looking at some super Manchester to Malawi projects; looking at features of non-chronological reports...and much more!

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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Just Psychology

Trafford Sunrise

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

- Are you a parent/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/carers only. There is a cap of 15 places for the workshops and pre-registration is required with the links provided.

Pre-registration is required for ALL workshops.

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

Date	Time	Location	Topic
19/02/2024	13:00-14:30pm	Seymour Park Community Primary School, Northumberland Road, Old Trafford, M16 9QE	Understanding Children's Behaviour
29/02/2024	10:30am-12:00pm	Urmston Library, Unit 34, Golden Way, Urmston, M41 0NA	Managing Children's Anxiety
26/03/2024	09:30-11:00am	Online	Neurodiversity (for those without a diagnosis)

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

facebook.com/JustPsychologyCIC/

@Just_Psychology

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

Positive Steps

Creating Healthy Relationships

Day time or evening workshops available

Evidence clearly shows that a child's well-being is significantly better if their parents are able to resolve their arguments by using respectful, constructive communication skills and find resolution to their disagreements. This course will help you understand...

How our thoughts, feelings and behaviours impact on how we communicate

Healthy relationship development

Why you argue

How to identify the 'real' issue

How you can communicate in a more helpful way

A fully funded six week structured course for parents who are experiencing challenging times in their relationship and struggling to communicate positively. Open for 1, or both partners.

Starts **Wednesday 7th February**, sessions available 10am—12pm or 6.30pm—8.30pm at The Counselling and Family Centre, Altrincham, WA15 9RP

To book your place visit **www.thecfc.org.uk/positive-steps**

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**