19.01.24

Urmston Primary School

Dear Parents and Carers…
Not a huge amount to add from last week but some important things and dates to keep in mind.
Have a lovely weekend!
From us all at UPS

Classroom Action…

This week we've been learning all about Ancient Greece in our workshop; creating a soundscape using our bodies, practising tempo, pitch and dynamics to create the sound of a rainy day; learning about a mezuzah in more depth using a thinking frame; tracking Manchester's weather...no surprises(!); partaking in class debates ....and much more (and of course...we goofed around in the snow a little!).

Our school council leading us in our first class debate.

PTO for...Trafford Music Service ensembles, the Starting Strong parenting course, advice on managing screen time(!), and the school nurse newsletter too!

PARENT WORKSHOP/TRAINING

Keep Friday 2nd February as a date in your diary people! Child and Family Therapist, Megan Barber will be with us from 2.30pm to talk to us about the importance of our attachments with our children. We will attempt to make a recording for those who cannot attend.

PDA (Part of the Autism Spectrum)

If you are finding things challenging at home, the Pathological Demand Avoidance Society have some resources that really may be able to help. It's all free to access and he site signposts to a local Trafford peer support group and a closed facebook group.

https://www.pdasociety.org.uk/

SEND FORUM

Our next parent SEND forum is on Thursday 29th February at 2.30. We're inviting Trafford STEP (Stronger Together Empowering parents) and it'll be nice to see as many here as possible!

Junior Library

Our junior library will be open every Monday after school for you to borrow books. Thanks to Mrs Morton who is giving up her time to volunteer! Great 'being more'!

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 workshop. You can register your interest using the link provided. Those who have registered their interest will be prioritised on the day if the 15 places are filled.

Pre-registration is required for online workshops only.

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

Date	Time	Location	Topic
11.01.2024	09:30 - 11am	St Vincent's Catholic Primary School	Understanding Children's Behaviour
25.01.2024	09:30 - 11am	Lime Tree Primary School	Understanding Children's Behaviour
02.02.2024	09:30 - 11am	All Saints Catholic Primary School, Sale	Managing Children's Emotions

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

facebook.com/JustPsychologyCIC/

@Just_Psychology

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

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... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

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

@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: 03.01.2023

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**