09.02.24

Urmston Primary School

Dear Parents and Carers…

Have a lovely week

From us all at UPS

Key dates…

After half term: Lunar New Year—watch this space

Thursday 29th February, 2.30pm: SEND forum

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

Friday 15th March: Red Nose Day—watch this space

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

Children's Mental Health Week…'My Voice Matters'

This week, we've discussed how important it is to feel valued and to realise that our voices matter, and that everyone deserves to be heard. It was great to see some of our Y6 children heading over to the infants to get such an important message across! Please do ask your children what they've been talking about and re-iterate how important it is that their voices should be heard!

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!

SCHOOL NURSE DROP IN

Our new school nurse, Laura Davis, is going to be free for a drop in on **Wednesday 28th February 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!

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

We had a fabulous turn-out for our workshop with Family and Child Therapist, Megan Barber, and have had some great feedback. Megan will be doing a follow-up at some point after half term so we'll keep you posted on when that will be. Slides and handouts can be found at https://www.urmstonprimary.com/

PTA notice

Please see the PTA's Vinted Shop page link below—they have a large stock of excellent quality, reasonably priced Christmas Jumpers and PJs for sale

https://www.vinted.co.uk/member/183474735-friendsofups

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!

SAFER INTERNET DAY

We've been discussing how to stay safe online this week and how to be kind, responsible and respectful. Page 8 of this newsletter also mentions managing screen time, which is also a really important way to support our children with making their own responsible choices.

‘BEING MORE’

The importance of ‘being more’ in today’s society cannot be under-estimated and it is so great to hear of two young ladies’ kindness and sense of responsibility this week.

First up, Connie recently saw her elderly neighbour have a bad fall on Friday. She had to stay with her younger brother on the doorstep while mum helped their neighbour and made some important calls.
Connie had a real fright when it happened, but not only did she stay calm, but she held hands, chatted and sang to her brother to keep him happy and calm - all of her own accord. Then she later made a little note and a special book for the neighbour as a gift to make him feel better. It is so important to share such kindness and responsibility as it gives us all a little boost and n example of how we might be more too. Thank you Connie.

Secondly, Last Saturday night Sophia took part in The Christie’s 5k Night of Neon walk around Media City, raising £550 to help others. It was cold and miserable night but Sophia didn’t complain once, she loved the atmosphere and did a great job of cheering everyone else on! She is already planning to do it again, and raise even more money next year! What a brilliant attitude Sophia...super ‘being more’ and making a difference!

And last, but certainly not least...Edith! On her walk home Edith was upset to see some children picking up large pieces of discarded polystyrene and breaking them down - as this is harmful to the environment and to any animals that might eat them. She diligently picked up all the pieces that she could, including the really small ones, all the way home! What a brilliant sense of respect and responsibility for our environment and a brilliant role model to us all. Thank you, Edith—making a difference and being more in such an important way!

Classroom Action…

This week we’ve been learning about how to keep safe online; sharing our homework projects; making healthy seasonal salads; looking at how technology might change over the next 20 years; performing interpretive dance about the Jewish story of creation; starting some artistic masterpieces; having our own Great Race from the Zodiac Story; creating our own Chinese dragon dances...and much 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 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

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

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

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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**