08.03.24

Urmston Primary School

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

WORLD BOOK DAY…

We had a fantastic day yesterday! Thank you to our PTA for the super breakfast where we also had the books swap and reading boards. It was lovely to see so many activities throughout the day (especially the den building!) and the junior children sharing stories with the infants. All to further promote a love of reading and to help us all see what a pleasurable, mentally healthy and positive learning experience it can be. As always, a huge thank you and well done to Mrs Hall for organising such a fab event! PTO for photos!

Key dates…

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

Thursday 21st March and Tuesday 26th March: Parents Evening

WB Monday 25th: Neurodiversity Week

Wednesday 27th March: Infant Easter Bonnet Parade

Thursday 28th March: Last day of term

RAMADAN MUBARAK!

Ramadan Mubarak to all of our Muslim families who'll be fasting from this weekend. At school, we'll be taking inspiration and looking at what we can do each day to be kind, to show politeness and have good manners, to be respectful, to be just, and to be charitable.

#letgirlsplay and International Women's Day

Another great day today. We were lucky to be joined by Rachel Robinson from Manchester FA and Sophie Unsworth to inspire our girls and to help the boys see how important the day is and how important the part they play is in advocating girls. Big thanks to Miss Evans, Sophie and Rachel for coaching the girls throughout the day. But the biggest thanks goes to all of the children—the girls for their enthusiasm and positivity, and the boys for their respect in acknowledging the importance of equality and, more importantly, equity. Great stuff!...great 'being more!' Please see the link below—England's Millie Bright encourages young fans to dream big!

https://www.bbc.com/mediacentre/2024/millie-bright-cbeebies-bedtime-stories

Just for info—the message of empowerment and opportunity we've put across to the girls today is obvious. For the boys, we have emphasised, at an age-appropriate level, that International **Men's** Day celebrates the value of boys and men and their mental health, but also how important it is for them to show character and strength in wanting a fair and equal world for all of us and to be allies of girls and women. That message is key today for obvious reasons. Thanks for your support, as always.

Our first "Being More in a Bottle" shop was a success! Thank you to everyone who came along and supported us. We hope to be able to run the shop again very soon. The Urmston Green Team.

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.

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 Council! The Continued Rise of the Phone

We have recently changed the way our school council works. The purpose of school council is to raise children's voices and to enhance the sense of democracy across our school. Children now debate important issues and offer possible actions on a weekly basis. This week, they watched the following video and discussed the impact they feel social media has on them. It's a really interesting one for all of us!

https://youtu.be/ioaY1z2trx4?si=cZzwwx_4lhIrKKcQ

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.

A massive thanks to our PTA and volunteers for organising and running the Mother's Day sale today. Another example of how you enhance what our school offers our wonderful children. In-valuable!

Please do think about whether the PTA might be some-thing you're interested in...the difference it makes is huge! Great 'being more' guys, as always!

FIVES 5 Coach Right Football Academy

PRE ACADEMY

Saturdays

10AM-11AM

Ages 3-6

The first step on your football journey. Learn new skills, coordination and most importantly have fun, with a ball at your feet.

Fives Trafford
Trafford Way
Trafford Park
Manchester
M41 7JA

Enquire Now

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0161 441 4280 | trafford@football5s.com

THE ACADEMY.

FIVES TRAFFORD

DEVELOPMENT SESSION

Mondays

Ages 6-11
6PM-7PM

A comprehensive session developing all-round play, covering all of the basics and aspects of the game.

SKILL SESSION

Fridays

Ages 6-8 from 6PM-7PM
Ages 9-12 from 7PM-8PM

The ultimate ball mastery session, ideal for any aspiring baller - improving technique and confidence on the ball.

ADVANCED SESSION

Wednesdays

Ages 8-11 & 12-16
6PM-7PM

Challenging players tactically and technically, pushing their game to give them the competitive edge.

GIRLS ACADEMY

Fridays

Ages 6-10 from 6PM-7PM
Ages 11-16 from 7PM-8PM

A session to improve all aspects of the game. Developing players in a fun, safe, female-led environment.

COACHING 1-2-1

One-to-one and small group sessions are also available. Speak to a coach for further details.

Enquire Now

FIVES 5 Coach Right Football Academy

Fives Trafford | Trafford Way | Manchester | M41 7JA
0161 441 4280 | trafford@football5s.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

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