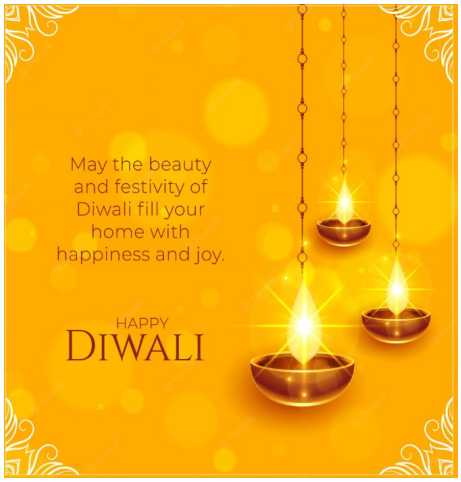
10.11.23

Urmston Primary School

Dear Parents and Carers…
Have a lovely weekend!
Best wishes from us all at UPS



Happy Diwali to all of our Hindu, Sikh and Jain friends! The children have been making Diya lamps, listening to Hindu celebration music and learning about the Festival of Lights.

UPS Governance

We sent you a letter earlier this week to tell you that Derek Brown, our Chair, will be stepping down. Derek has been an incredible steward for our school over the 25 years in which he's been involved and the impact he's had in supporting and challenging us all has been immense. Thanks again Derek for all you've done for us.

On a really positive note, we're pleased to announce that Rev. Stephen Smith will be taking over as Chair and we are all excited about his involvement. He'll be supported by Karen Smyth and Matt Roberts as Vice-chairs.

We are also pleased to welcome Sue Yardley to our governing body as our most recent parent governor. Sue brings with her a wealth of knowledge and experience and we're looking forward to her helping us move forward in this positive phase for our school. We had our first full governors meeting of the year last week and there was an air of positivity and an eagerness to do our best to meet the needs of all of our children and to support our families and school community. Onwards and upwards!

REMEMBRANCE

We all found time today to observe two minutes of silence for those that have lost their lives in war over the many years. Although we seem a very long way away at the moment, we hope that humanity might find ways to live in love and peace as was no doubt intended.

World Kindness Day is on Monday. Every small act of kindness counts…and we need them more than ever.

A busy week next week, that's for sure! We're wearing odd socks on Monday as part of Anti-bullying week—stressing that we're all different but all equal. The children will be discussing bullying and how we can 'be more' in making sure it doesn't happen here, and what we can do if it does!

On Friday we'll be taking part in a 'bearpees' challenge for Children In Need—let's see if we can get to 20,000 across the school! The slogan is Together, we can make a difference, and so let's give it a good go! There will be buckets on the gates throughout the week so get any change at the ready! Thanks all in advance!

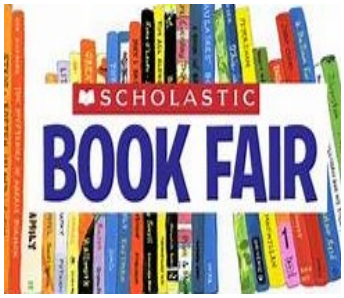
WELLBEING

Looking out for one another's well-being is essential for us all. Below are a couple of links to how we can consider how we connect, follow routines and raise self-esteem. They are about both child wellbeing and, essentially, parent wellbeing. Do take a look!

Child Mental Health & Wellbeing- 10 Top Tips for Parents | SSS Learning Ltd (ssscpd.co.uk)
Your Mental Health & Wellbeing- 10 Top Tips for Parents | SSS Learning Ltd (ssscpd.co.uk)

BOOK FAIR

It's that time of the year again. You should have received a reminder that you can pay for books via email and we'll remind you here that we get hefty commission, which goes back into our own stock of engaging books for our children!



Trafford Thrive…

…have created a newsletter for Men's Health Awareness Month which is November 2023 with a focus on men and boy's mental health. Please find the link here: https://www.canva.com/design/DAFwezRZwNE/IGuUkGAhUi87VaVv1qXqAg/view?website#4

MIDDAY JOB

We have a job going as a midday assistant. If you're interested...do give it a look here and come and have a chat!

https://www.greater.jobs/search-and-apply/job-details/TF85183/

Just Psychology Trafford Sunrise

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

- Are you a parents/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/carer's only.

Pre-registration is required for online workshops only.

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

Date	Time	Location	Topic
31-10-2023	9:30am – 11am	Lime Tree Primary School	Parental Wellbeing
17-11-2023	9:30am – 11am	St Vincent's Catholic Primary School	Understanding Children's Behaviour
28-11-2023	9:30am – 11am	Online	Separation and Divorce
04-12-2023	10:30am – 12pm	Urmston Library	Managing Children's Anxiety
08-12-2023	9:30am – 11am	Online	Neurodiversity

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

facebook.com/JustPsychologyCIC/ @Just_Psychology

URMSTON MANOR

After a long layoff, we finally restarted our weekly visits to Urmston Manor. Infant Class 1 went on Wednesday and had a fantastic time with the residents!

BEING MORE!

Some super 'being more' this week from Ted and Lucy, who spent their weekend making loom bands so that they could sell them on bonfire night to raise money for their class charities. Really great stuff guys!

Next up, a big fist pump to Phoebe. She's been working on her physical and mental health and, with mum, has set herself the challenge of 'couch to 5k'! It is quite clear that Phoebe is doing a super job, overcoming aches and pains and 'unhelpful thoughts' to achieve her goal. Brilliant resilience Phoebe...you should be dead proud of yourself!

Another worthy shout out is for Barney. For his birthday in October, Barney asked his friends to make a donation to the Wood Street mission Christmas appeal, rather than getting him a present. Some of his friends from Y3 donated directly, but others gave him cash so that he could choose the presents. He was able to do this over the weekend using his Amazon Wish List and his gifts should arrive this week with plenty of time for them to be shipped off on the reindeer express to children less fortunate than him. These really are kindnesses that make the world a better place – thanks for being such a fantastic little human being, Barney. Great being more buddy!

SEND FORUM

Please join us here at 2.30pm on Thursday 16th November to discuss all things SEND. We realise that this time may not suit all but there really is never a good time, is there! If you can't make it but would like some thoughts discussed or questions answered, please do let us know! We hope to see you then.

What Parents & Carers Need to Know about MICROTRANSACTIONS

Microtransactions (often abbreviated as "MTX") are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items: from character skins to game-changing equipment like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours – especially among younger players.

WHAT ARE THE RISKS?

GATEWAY TO GAMBLING?

Microtransactions have been criticised for promoting gambling-adjacent behaviour in children. Research has also suggested that exposure to the loot box system could affect the likelihood of a young person suffering gambling harms later in life: children who purchased or used loot boxes in the last 12 months were found to be more likely to have gambled during the same period, as well.

ADDICTIVE NATURE

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

PAYING TO WIN

In many popular games (the FIFA series being a notable example), microtransactions make it far easier to succeed – which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making in-game purchases, they may continue buying to keep up with their friends and other players – sometimes without recognising the mounting real-world cost.

DATA COLLECTION

To allow a young person to complete microtransactions, many app and game developers collect personal data such as their name, address, email, geolocation information, photos, payment details and so on. Even if this data remains secure (which is by no means guaranteed), there's always the chance that it will be used – and possibly sold on to third parties – for marketing purposes.

AFFECTING DAILY ROUTINE

Online games tend to revolve around repeated loops of activity that can affect purchasing decisions and potentially influence children's spending patterns. This could lead to your child not only handing over more money but also adjusting their daily routine to match the game's schedule – potentially impacting more important elements of their day, such as homework and family time.

SATELLITE SPENDING

If you've linked a payment method like a debit card or a PayPal account to your child's game or app, it's wise to keep a close eye on their microtransactions to ensure they aren't racking up a large bill. Letting a child have access to your card (if they're still too young to have their own) or other means of payment could also lead to them spending beyond the apps and games they normally use.

Advice for Parents & Carers

DO YOUR RESEARCH

It's important to have a serviceable idea of whether the games your child plays use the loot box system (even if it goes by a different name) or include the option of buying items, equipment and so forth. If so, it's crucial to help your child understand that this costs actual money, and that they shouldn't feel pressured into making any purchases.

CHAT ABOUT 'CHANCE'

It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and *still* not get what they want in return. Emphasise that – while not usually costing much individually – these in-app and in-game purchases can soon add up. Talk to your child about how spending their money in a game or app means they have less to use in the real world.

(GIFT) CARDS ON THE TABLE

Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgeting. If you buy, say, a £10 V-bucks Fortnite gift card, monitor how long it takes them to spend it. When they come to you asking for more, you could make it the starting point for a conversation about how quickly that money went and how they could earn their next gift card.

STOP SPENDING AT SOURCE

You might decide that the wisest strategy is to remove the potential for spending money on microtransactions. If so, most games, apps and devices have options in their settings to help you manage what your child can spend – or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.

WATCH FOR THE SIGNS

If you're worried that your child's passion for a particular game or app may tempt them into habitual spending on microtransactions, it's important to remember the indicators of addictive behaviour. Irritability, a lack of concentration and prioritising recreational screen time ahead of homework or mealtimes could all be signs that you need to have a conversation about a more balanced routine.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

National Online Safety®

#WakeUpWednesday

THE LITTLE GREEN SOCK PROJECT

We will be collecting donations for the Little Green Sock Project. The following is a message from them so do please donate what you can and go to www.littlegreensock.org…

With the colder weather coming in now there is a demand for warmer clothing and we are short of clothing in the following age-groups:
-warmer items for all age 4+ age groups boys and girls… hats/gloves and scarfs for older kids also hugely appreciated (for all you keen knitters out there!).
-5-6 boys - we're completely out of trousers/bottoms!
-All girls clothing age 7+ (short of all ages, especially warm clothes and PJs)
-All boys clothing age 4+ especially age 5-6 and 8-9 that we are down to our last bundle on!
-Footwear is always in great demand and any donations of size 10 and 12 boys trainers would be greatly appreciated.
-Also in need of high chairs and baby play gym mats which we have run out of!
If you're kids have recently outgrown these age-groups and you no longer have use for them please consider donating them.
Thank you!

CLASSROOM ACTION…

Another busy week...we've been...building flood proof shelters; discovering ideas for conserving water; practicing our typing skills; comparing materials that were used in the past to build roads; practicing our throwing and catching skills; subtracting with exchanging then checking our answers using QR codes(!); gathering eye witness quotes for our newspaper reports about 'the creature' that was found on the beach. …and much more!