17.11.23

Urmston Primary School

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

'CIN 'Bearpee' challenge!

We've been busy all day today with our 'bearpees' so please watch this space for our total...we reckon we'll smash our 20,000 target!

Give Peace a Tri…

Suesanne, a Muslim British Palestinian, and Sarah, her Jewish friend, are instigating and participating in a triathlon, encouraging people to donate miles to *'lap the people of Gaza, hopefully several times over, in the name of peace, humanity and unity.'* I don't think any of us can disagree with them when they say,

'As a human race, we are not OK right now and need positive action to signal peace, unity and dialogue for the sake of humanity.'

It is people like Suesanne and Sarah who will hopefully help us out of this and we thank them here for 'being more'.

Please go to this link: https://www.justgiving.com/page/give-peace-a-tri?utm_term=QDmXqdyQ2 if you can. Thanks guys.

PTA XMAS FAIR…

The PTA Christmas fair is next Saturday, 25th November 12-2pm. We are still looking for volunteers as without enough helpers the event can't go ahead. If you can spare 30 minutes to help out then please email friendsofurmstonprimary@gmail.com. On Monday we are asking junior children to donate any unwanted soft toys and on Friday we would like the infant and nursery children to bring bottles or chocolates. All children can come in their own clothes on Friday. We look forward to seeing you on Saturday.

SEND FORUM

We had a positive meeting yesterday with plenty of rich discussion and an important emphasis on our wellbeing as parents and being kind to ourselves, losing the guilt, so that we can be our best for our children. Thanks to everyone for coming. We'll try to get the summary of the meeting on our SEND page on the website as soon as possible.

On a related note, if you'd like to be added to the UPS SEND Parents WhatsApp group, please leave your number with the office and we'll get you added!

A MASSIVE shout out to our Y5 and 6 girls who performed brilliantly at Flixton Girls' yesterday. Girls—you showed inspirational levels of teamwork, respect and responsibility and should be so proud of your maturity and how you approach the game of football. A brilliant example of how it should be done! Great stuff!

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)

The Big Ambition

The Children's Commissioner, Rachel De Souza, wants to hear about what life is like for children in the UK. Please take a look at the link and help your children to complete the survey…

https://www.smartsurvey.co.uk/s/the_big_ambition/

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/lGuUkGAhUi87VaVv1qXqAg/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/

ANTI-BULLYING WEEK

For Anti-bullying Week, just like every week really, the children know that whilst we are all different, we are all equal. When talking about bullying there are a number of ways to look at it: firstly to understand the importance of kindness and respect towards others, but secondly to be brave and resilient in standing up for what is right and also in knowing how to respond to others who might be mean, sometimes realising that we can't control others' actions but we can control our own is the most important thing to remind ourselves of. We've spoken to the children about the fact that we don't always know other people's stories and what is going on in their lives...sometimes they might act mean because they are having a tough time themselves. This requires a level of empathy that is difficult to attain, but worth trying to achieve!

https://traffordthrive.my.canva.site/traffordthrivesantibullyingweek-2023

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

It was Y2 Class Parks who attended Urmston Manor this week...what a lovely time had by all!...

CLASSROOM ACTION…

Another busy week...we've been...identifying and classifying and learning about the importance of recycling and how to be more sustainable to save our planet from plastic pollution; learning about what led to the Gunpowder Plot, pleading with King James I to let Catholics pray freely in peace and to be treated equally. (He wasn't having any of it!); creating our own Roman inspired mosaics; finding facts about John McAdam; following a conductor and practising pulse, pitch and dynamics; exploring the meanings and effects of variables and when they might change; experiencing a volcano(!); using PixelArt to develop rangoli patterns; making maps of our classroom…and much more!

What's on in November

BOOKING IS ESSENTIAL
or contact the facilitator directly
www.bookwhen.com/calmconnections

PLAY AREA

DROP IN FOR OUR WEEKLY ACTIVITIES
Open 10am - 5pm
Mon, Weds, Thurs, Fri and Sat
£3.50 per child £2.50 per adult

ADDITIONAL ACTIVITIES
UKULELE RHYME TIME
Every Monday - 11am

MESSY PLAY WITH CORNER HOUSE NURSERY
Every Weds - 10am - 12pm

STORY TIME
Every Thurs - 10.30am

CRAFT CLUB
Fri 4pm - 5pm
crafts for the family

WELLBEING BIRTHDAY PARTIES
available on Sundays!

Please enquire for more information

STUDIO
BOOKING IS ESSENTIAL

FAMILY ZUMBA
£6 per adult/child
Dancing in the Dark
Thursday 9th Nov, 4-5pm
Fun family dance and includes drink and biscuit/fruit

CHILDREN'S CRYSTAL WORKSHOP
£5.50 child/adult
Mon 13th Nov, 4.30 - 5.30pm
Working with the new moon, includes crystal

MINDFULNESS FOR ADULTS
£4pp - Every Friday
12.00pm - 1.00pm

BABY MASSAGE
£6 adult and baby - Every Thursday
10.00 -11.00 am, Drop In available
Rachael: 07435 304245

YOGA
Chrissie 07584394943
Tuesday 7.30 - 8.30pm (from 14.11.23)
weekly yoga followed by a social

Florence Whatsapp 07746935730
Thurs 6.30-7.30pm - Hatha Yoga
Contact teachers directly to book

OTHER EVENTS
BOOKING IS ESSENTIAL

STARTING YOUR NEURODIVERSE JOURNEY DROP IN
Tues 7th Nov, 2-4pm
A monthly session for parent/carer support while little ones play.

UNDER 2'S SUPPORT DROP IN
Thurs 16th Nov - 10.00am - 12.00pm
jemma@blissedoutbabies.co.uk

PARENT AND CARER SUPPORT GROUP
(no children)
Drop in, Stretford - 15th Nov 12.30-2.30pm
A safe space to share all things mental health and wellbeing

ONLINE PARENT AND CARER SUPPORT GROUP
Thurs 30th Nov 7pm
See website for link

If you need to access support as a parent/carer please join our facebook page @CalmConnectionsFamilySupport or email emma@calmconnections.org

Please note we are closed to the public on Tuesdays and Sundays

calmconnectionscic @calmcic
www.calmconnections.org

What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

GREATER MANCHESTER POLICE

PARENTS & GUARDIANS

A MESSAGE FROM GREATER MANCHESTER POLICE

In the run up to Christmas we know that some of you maybe turning to online shopping to purchase your children's presents.

WARNING – We are aware that fraudsters are targeting this area and want to ensure our community is protected. We are working hard to bring to justice those responsible. Please see our tips for staying safe online.

Have you been offered a highly discounted or considerably cheaper product compared to the original items worth?
STOP - THIS COULD BE FRAUD

The website you are purchasing from was only launched days/ weeks ago?
STOP - THIS COULD BE FRAUD

You're asked to pay by bank transfer instead of using the online platform's secure payment options.
STOP - THIS COULD BE FRAUD

A sense of urgency is placed on ordering the product or service so that you don't miss the price/deal.
STOP - THIS COULD BE FRAUD

You receive a fake email receipt/invoice that appears to be from the website you've purchased from or the payment service used to make your purchase. The email address domain doesn't match that of the genuine senders.
STOP - THIS COULD BE FRAUD

SLEIGHBELLS

TAKE FIVE TO STOP FRAUD

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk