# Urmston Primary School

15.9.23

**Dear Parents and Carers…**

**We hope you feel your children are settling in okay. As always, if you have any concerns or questions, please do ask. Our first parent partnership meeting of the year is 11th October so do join us after school for that. More details to follow.**

**Have a lovely weekend,**

**From us all at UPS**

## SCHOOL STREET

Whilst we are aware that the school street changes that began last year take some getting used to, the benefits are obvious and we will soon be receiving a data monitoring report of the impact that this has compared to when the restrictions were not in place. Great thanks to our volunteers for their commitment to ensuring the environment for our children is safe. It is really lovely to see so many cycles and scooters...hopefully we'll get some more parking spaces soon. We certainly welcome more volunteers as without that dedication we'd not be able to maintain! One thing...as mentioned, whilst we realise the challenges, we ask that should you be able to drive down the street and park outside school, for whatever reason, including arriving before the restrictions, please turn the engine off and park considerately. And walkers and cyclists, whilst it is so great that there is a little more freedom, do still be mindful...the street is still open, especially for residents, and the last thing we'd want to see is anybody being hurt. Thank you all!

## AUTHOR VISIT…

We are incredibly lucky to have author, Thomas Taylor, coming in for a visit on the 21st! We can't wait. If you'd like to order a copy of his book to be signed then let the office know!

## Cycle to School Week!...

Is the 25th-29th September! We're quite sure that can include scooters too so get wheeling your way to UPS!

Happy World Afro Day.! At UPS we celebrate the natural hairstyles of our pupils and embrace what makes us unique. #worldafroday #rightsrespectingschools #article2 #UNCRC

## Seesaw

It is incredibly important that we have open streams of communication with you all. Seesaw is a way to do that but please be aware that it may not necessarily be the best one. If there are urgent things that need to be discussed please get in touch with the office or catch the teacher at the start of the day if you can...we can't always promise to see your Seesaw messages as quickly as you might need us to! Thank you.

BEING MORE…

Being More still remains a core part of our culture in school. Our children's behaviour is good, but we want them all to go that extra mile in displaying our school values and helping others to be happy through their kindness, respect and responsibility. Please let us know what your children get up to outside school so we can share and celebrate in school! This week we've heard about how kind and resilient Hazel and Eve have been under such sad and trying circumstances. But rather than wallow, the girls have shown such inspirational attitudes, with Hazel even raising money for St Ann's Hospice by selling some of her paintings and drawings, raising over £100. You should be so proud of yourselves girls...such super role-models to us all.

Over the holidays, Franklin decided to clear out some of his old books and wanted to give them away. He decided to set up a stall at the bottom of their drive with a sign saying "free books, or donations to Manchester Dogs Home welcome", which is the charity Franklin chose. Everybody was amazed and delighted that Franklin raised £72.24 which has been sent off to Manchester and Cheshire Dogs Home. Great 'being more', Franklin!

Elizabeth and Forrest decided that they wanted to do something about the litter they saw in Golden Hill Park. They collected 5 bags of rubbish from around the park and field and found it so satisfying they've asked if we can buy litter pickers to do it more often! Great responsibility guys!

Last but by no means least—super stuff Barney...raising money for UNICEF by selling loombands over the summer hols. Great initiative buddy!

**Eco-Committee**

Last week the Eco Committee met in the Friendship Garden to continue to look after the fruits and vegetables that we had grown last half term. They picked some beetroot and tomatoes and took them home to try!

**Little Green Socks Project**

Things can be a little tough at the moment and we're here to help (or signpost help) if we can. We mentioned in our last letter, Early Help and the Pupil Premium for families , so get in touch if you feel we can help you with that. Furthermore, the 'Little Green Socks Project' may be able to help. Please go to https://littlegreensock.org/ and let us know if you feel you fit the criteria and we can refer.

**Earrings and hair bobbles**

Just a reminder guys—for safety, especially on P.E. days...no (non-stud) earrings and hair will need to be tied back! Many thanks!

CLASSROOM ACTION…

Just two weeks back and we've been up to so much already…!

UK Health Security Agency

# How to reduce the spread of infection with the people you live with if you have COVID-19.

**If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.**

1. Limit close contact with others. Spend as little time as possible in communal areas.

2. Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.

3. Wash your hands regularly using soap and water, particularly after coughing and sneezing.

4. Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.

5. Use a face covering if you need to spend time in shared spaces.

6. Keep rooms well ventilated.

7. Catch coughs and sneezes in disposable tissues and put them *straight in the bin.*

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Trafford Local Care Organisation

Manchester University NHS Foundation Trust · Trafford Council

# Trafford School Nurses
## Newsletter for Primary Schools

Issue 4 - September 2023

## Hello and welcome

**Trafford School Health Team would like to welcome you to the fourth edition of our newsletter.** The newsletter is issued each school term, letting you know what our school nurses will be doing each term and sharing some useful information on key topics.

**Scan the QR code to visit our service webpage**

## What we're doing this term

### Welcoming the new reception class

Welcome to our new families in reception. Sometimes it takes time to settle into a new school. Scan the QR code for some helpful tips. If your child is finding it really difficult to settle, please contact your school nursing team for support.

SCAN ME

### Reception questionnaire

All parents/carers of reception aged children will be sent a school nursing letter and questionnaire. Please complete the questionnaire and return it to school.

### Handwashing session

We will be running a handwashing session with all of reception. This is the beginning of our health promotion around infection control.

### Crucial Crew

Last term we ran a health promotion project with our year 6 pupils about the dangers of vaping. It went really well and we're looking to run it again. Here are some of the great posters they made.

## 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**

## 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 summer 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 hour 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.

### Silvercloud for parents carers

Silvercloud is a free digital CBT programme available to all Trafford parents/carers. Sign up at: **gm.silvercloudhealth.com/signup**

### Tell us what you think

The NHS, Council and local services have been listening to what has been said and are continuing to make some changes to improve services. You asked us to keep you updated and so each year but we also want to know what you think.

Please scan the QR code and take the survey. It is anonymous and should only take 10-15 minutes. Whether you are a child, parent/carer or professional, we would really appreciate your input.

SCAN ME