21.12.23

Urmston Primary School

Dear Parents and Carers…

It has been quite a year! Whilst there has been plenty to celebrate, there have been many difficult challenges that we've all had to face. These challenges enable us to show our resilience, our sense of responsibility and our kindness towards one another and we are so proud that we can support our children in showing these values too. We thank you all for joining us in this endeavour and for your ongoing support.

Have a lovely, happy, restful and peaceful Christmas and here's to staying positive about the difference we can make in the new year! 'Being even more' can be our NY resolution!

Best wishes from us all at UPS

DAILY MILE!

Last week, we clocked a mammoth 2240 miles in the juniors! That's to Switzerland and back! The children (largely!) have really shown enthusiasm for it and we'll definitely be continuing this fab habit in the new year!

…from us all at UPS…

https://youtu.be/TzlenHtPCk4

ST CLEMENTS

Thanks to everyone who joined us on Monday at St Clements. Well done to Mrs Hall for arranging and thanks to Reverend Corke and St Clements Church for hosting such a lovely event! It was wonderful to see so many of our school community together in such a lovely church.

BEING MORE

It's great to end the year with some 'being more'. First up, a big well done to Penny for her swimming exploits., coming second in the 50m breaststroke in her first gala—the best bit is the great dedication, enthusiasm and confidence shown...brilliant Penny!

Secondly, well done to the Miller boys for their respect and taking responsibility for looking after our environment when litter-picking whilst on a walk in the Lakes. Proper being more!

GREENFIELD and URMSTON MANOR

It was a delight to welcome some of the Greenfield Church congregation and some Urmston Manor residents to UPS on Tuesday. Mrs Strickland arranged proceedings, with the help of Mrs Spinks and Mrs Czarnopis, and some of our Y6s were wonderful in their hosting skills! Brilliant stuff!

PARENT WORKSHOP/TRAINING

Keep Friday 2nd February as a date in your diary people! Child and Family Therapist, Megan Barber will be with us from 2.30pm to talk to us about the importance of our attachments with our children. Staff have just had further training and it is great stuff that is super important to us all! See you here!

JUSTHELPING

Registered charity number 1149068

Recycle your Tree!

In aid of

supporting

St Ann's Hospice

Registered charity number 258085

FRANCIS HOUSE CHILDREN'S HOSPICE

Registered Charity No. 328659

Registration closes Sunday, 7th January, 2024

JUSTHELPING

www.just-helping.org.uk/register-tree

After cost, the first £57,000 will be attributed to St Ann's Hospice. The remaining pot will be split 40% St Ann's Hospice, 40% to Francis House Children Hospice, and 20% to other local charities and community groups.

We will be collecting & recycling trees from 11th to 14th January 2024.
Scan the QR code or visit our URL and enter your post code to register.

giftaid it

Registered with FUNDRAISING REGULATOR

autism
a hands on approach

Neurodiversity and Demand Avoidance - Can we talk about this?

TO BOOK GO TO: www.autismahandsonapproach.co.uk/neuro/

Thursday 18th January 2024

7.30 pm – 9 pm

£30 TICKET

ZOOM workshop

CLARE LANGTON

Having worked in an educational environment for 20 years, Clare specialises in supporting the mental health and wellbeing of neuro diverse young people, she is a Child Centred Psychotherapist & Autism Lead.

KATE SHARP

Lead Occupational Therapist for inpatient mental health, learning disability and autism services in a local NHS Trust.

Felix Moore is a transgender, autistic actor and activist who trained at Drama Studio London

GENDER IDENTITY AND AUTISM

FRIDAY 1st March 2024

10:30AM - 12:30PM

£20 TICKET

Online Workshop

Dr Kate Whitaker a Clinical Psychologist focused on autistic people's experiences of gender and mental health.

TO BOOK GO TO: www.autismahandsonapproach.co.uk/giworkshop/

autism
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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, tips and tips for adults.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCS

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.

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