



3.3.23

Urmston

Primary School

Dear Parents and Carers. Have a lovely weekend! From us all at UPS

SCIENCE QUESTION OF THE WEEK...What is hibernation?

With WBD being yesterday, how about taking a look at these WBD science experiments to do at home...

<https://www.science-sparks.com/world-book-day-ideas-science-projects/>

World Book Day!

Thank you to everyone who came to our PTA breakfast and book swap and to our wonderful staff and children for a fantastic WBD...well done to Mrs Hall for organising a super day too, and to the TAs for decorating the fantastic classroom doors (and to our super PTA, of course!). We had everything from listening to super author, Helen Stewart, to orienteering, to storytelling across the year groups, to den-building, and all sorts! Great stuff! It all helps to further enthuse our children in reading and the wonder of getting lost in a good book!

Greenfield's Easter Bazaar!

Just a heads up—keep an eye out for details of Greenfield Church's Easter Bazaar on Friday 31 March. It's from 5:30p-7:30pm, and it's all completely free. There'll be all kinds of craft activities related (perhaps rather loosely!) to Easter, which people will be able to take home with them. More details to follow closer to the time!



'Being More'

It is always wonderful to hear how our children have been more outside of school. This week we have someone else who has been helping our environment by doing some litter-picking! A big well done to Arlo, who made good use of 'strike day' to make everything a bit cleaner and tidier on and around Broadway Park with his Grandma. They filled a whole bag! Great stuff Arlo (and Grandma!). Super 'being more'.



Getting to know our Governing Body...Rev. Stephen Smith...

'My name's Stephen, or Rev. Smith as your children might know me. I've been a co-opted or community governor since 2015: initially of Urmston Infant School and then, since 2017 when the Infants and Junior schools amalgamated, of Urmston Primary School. I'm also the vice-chair of the governors since November this year. I'm a link governor for mental health and well-being, RE and PSHE. This means I work with the lead teachers for those subjects/areas to make sure that the school is doing its very best for the children in how they learn and grow in all these areas. My main job is as minister of Greenfield Baptist and Congregational Church in Urmston (next to the old market). As a minister and link governor for well-being, I have a particular interest and concern for the well-being of staff and pupils; I firmly believe that getting this right is crucial for the school to fulfil its vision of all its children "Growing Together. Empowered to be more."

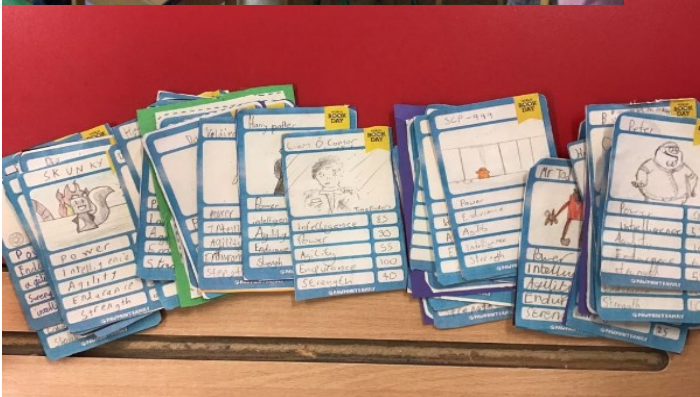
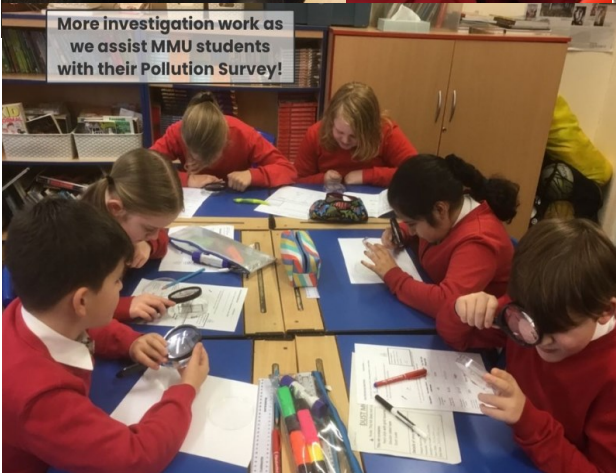
Strike Action

Thank you again for your understanding with regard to Tuesday. The next strike action is on the 15th and 16th of March. Again, I would urge you to find alternatives for childcare on these days and to contact us at keyworkers@urmstonprimaryschool.com if you are a critical worker and need your child to be in school.



Classroom action..

As always, there's been a lot going on this week...everything from...WBD fun; a visit from a snake(!); analysing tallies and charts; computer programming; more den-building; analysing historical sources; investigating pollution with MMU; making storytelling top trumps; to so much more!



Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together

