



04.02.22

Urmston Primary School

Dear Parents and Carers...have a lovely weekend. *Mr P.*

UPS environment, roads, pavements, and safety

Thank you so much for all of you who attended our parent partnership meeting on Wednesday. There was some fantastic, passionate discussion about the challenges that we face outside our school and there were lots of excellent comments made. Thanks also to everyone who has completed the brief survey – if you haven't done so yet please click on the link below. I'll be keeping you posted on any further developments. By the way, some of you mentioned that if we had a bike shed or cycle parking your children would be more likely to cycle to school. This is happening over the Easter period but I'll admit to being slightly reluctant in the past as the busyness of pick up and drop off times is not hugely conducive to safe cycling. We're hoping this will change in the near future! Watch this space.

<https://s.surveyplanet.com/i4vfk9jr>

Well-being Get together:

Thursday at 12:30pm

We sent a letter earlier in the week about having an opportunity for a chat about our mental health and well-being. Next week is children's mental health week and it will be a good opportunity for us to realise that more often than not our children's mental health is partly dependent on our own... So we need to look after that too. Hope to see you there. The link is here:

<https://us06web.zoom.us/j/81428558713?pwd=NW84czczYmQ0eUtpZUtxRXhQVytBUT09>

BEING MORE

It is so important that our children are immersed in the notion of being actively positive and doing that bit more to make the world better for themselves and others. We'd really love you to get more involved with this so please email me at s.parker@urmstonprimaryschool.com so that we can celebrate, as a school, the fantastic things that our children are doing for others in the community and be inspired to 'be more' ourselves. We've had some amazing children being more this week—showing fantastic kindness, respect and responsibility. There are some more overleaf but I'll start with Lucy. Lucy is absolutely adamant that she wants her hair chopping off into a short bob so that she can donate it all and share it with other children who need it (those were her words, and it's a charity that is super close to her family's hearts), who are undergoing chemo or suffering from medical conditions. She's been begging to do this for a while now...so it's happening and she's having 12-17 inches of her hair cut off...we could not be prouder of her! She's having it cut in the next 2 weeks but we want to try and help her raise funds for the charity as well as donating her hair; therefore, her mum and dad have set up a just giving page for her - so if you are able to help her with raising such vital funds for such an amazing charity, then please do! Full charity information on what they do is on her just giving page. Here is a link; <https://www.justgiving.com/fundraising/samantha-robinson33>
Thank you so much for your support!



More Being More...from Charlie...

Charlie asked his mum and dad if he could have 'a really good litter picker' last week. He couldn't wait to get out and help make his local community cleaner and we are so proud of him for showing such respect and responsibility for our environment. Great stuff Charlie!



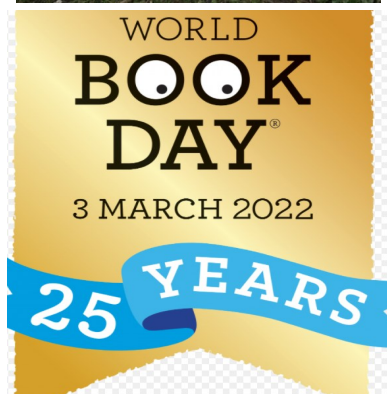
Well done Sophia...

This is quite wonderful...Sophia is taking part in a 'Walk 28 Miles in Feb' challenge to raise money for Alzheimer's Research UK. She initially set a target of £100 but thanks to her wonderful friends and family she has raised over £1000 already! We know there is a lot going on but it would be great if just a few of us could sponsor Sophia so she can make an even bigger contribution to help find a cure for this awful disease.

Sophia's Granny is currently living with dementia in Urmston Manor care home (who are providing amazing care) and after seeing one of her family friends raising money for the same cause, Sophia decided that she would like to help people like her Granny too. Sadly 1 in 3 people who are born today will develop dementia at some time in their lifetime so their work really is vital.

If anyone would like to donate then they can do via Facebook <https://www.facebook.com/donate/1008188033103961> where you can find out more about what work this fantastic charity is doing.

If you do see Sophia pounding the pavements around Urmston please feel free to give her a little wave of encouragement! Well done Sophia!



Children's Mental Health Week: GROWING TOGETHER!

Next week, we'll be spending time talking to our children about their mental health and wellbeing. Please, please take the time to discuss this with them at home too. It is so, so apt that the focus is 'Growing Together' and we'll be speaking to the children about the importance of talking and how resilience is not all about trying your best by yourself, but knowing when to ask for support.



SENDIASS Parent Workshop: Monday, 1.30pm

On Monday, we are hosting a parent workshop, led by Carol Thistlethwaite from SENDIASS (Trafford Special Educational Needs and Disability Information, Advice and Support Service). SENDIASS provides impartial information, advice and support to children and young people with SEND (Special Educational Needs and Disability), as well as their parents and carers. She will tell you about the service and is happy to answer any questions you may have. The link is here and we hope to see you there...

<https://us06web.zoom.us/j/82293313455?pwd=ZW8vM0NDK0VGZUNTajN6V1FPbG5MZz09>

PROVISIONAL DATES FOR THE DIARY...

3rd March—World Book Day...we will be dressing up!!!!

WB 14th March: Neurodiversity Celebration Week; WB 28th March: World Autism Awareness Week

Friday 18th March: Red Nose Day

Tuesday 22nd, Thursday 24th March: Parents Evening—info closer to the time.

There's lots more going on in school that you'll find out about and we'll also be putting on a writing workshop soon. Watch this space!



World Cancer Day

4 February

For those of you who are not aware, today is World Cancer Day. The information below is from Chrissie, Joshua's (Y5) mother. It discusses how Joshua was diagnosed. We don't want to be morbid, but sometimes our biggest fears can be realised and Chrissie wanted everyone to be aware of the signs, just in case. Thank you Chrissie for your strength and compassion...

At the start of February last year, Joshua was telling us he felt tired often, he looked paler than usual and when we went for family walks he would say his legs hurt, he also had a mild infection that was being treated through the GP. At first, his tiredness, palour and leg pain were put down to the infection he had and the fact he hadn't been sleeping well because of it. He improved over half term and went back to school and within a day he had a stomach bug. As Elaina, his younger sister had it too, we didn't think too much of it. They both felt better within a day or so. But due to the fact Josh was still looking pale and he was continuing to feel tired, I set another appointment with the GP as I suspected iron deficiency anaemia which can lead to tiredness, pale skin and increased vulnerability to infections and viruses.

We walked to school the day they were back in and Josh mentioned his legs were hurting but by the time we got to school he said he felt dizzy and went the palest I've ever seen anyone so I called the GP again and arranged an urgent appointment for that day. The GP agreed that Joshua needed blood tests and he was given a routine referral to Trafford General for his bloods to be taken.



Unable to **wee**, or has blood in their wee



An **unexplained lump**, firmness or swelling anywhere in their body



Persistent **abdominal** pain or swelling



Back pain or **bony pain** that doesn't go away



Unexplained **seizures** or changes in behaviour



Headaches that don't go away



Frequent or unexplained **bruising**, unusual paleness or a rash of small red or purple spots that can't be explained



Unexplained **bleeding**



Feeling **tired** all the time



Frequent **infections** or **flu-like** symptoms



Unexplained **vomiting** (being sick)



Unexplained **fever** (high temperatures) or sweating



Unexplained **weight loss**



Feeling **short of breath**



Changes in **appearance of the eye** or unusual eye reflections in photos