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

Christmas Plays...we're getting closer guys...we can't wait to see you! Tuesday 10th pm and Wednesday 11th December am—EYFS Christmas Play Wednesday 11th pm and Thursday 12th December pm—KS1 Christmas Play Wednesday 18th December, 2pm—KS2 St Clements performance

# **Guide to What Support is on offer in Trafford**

Life is pretty complex at the moment and we all need a bit of help now and again. Take a look at the guide at the link below which offers information on what is out there in Trafford to support you and your children...

https://www.urmstonprimary.com/parents/ resources-for-parents

### **SPECTRUM GAMING**

Spectrum gaming is run by teenagers with ASC. They run discussions - which are amazing - and this padlet has got various information on about Autism. Well worth a look!

https://padlet.com/spectrumgaming/spectrum-gaming -autism-acceptance-training-ty10fgd8c5t6p8fc

















in Education

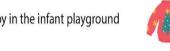




**PTA Christmas Jumper Sale** & Tuck Shop









Pre-loved Xmas jumpers as well as our super popular Smiley beanies

































All of our trainings are free and take place online. To book send email to:

# parentsandcarers.training@mft.nhs.uk

10/10/24	Supporting your Young Person to Manage
4.30-5.30pm	Their Wellbeing
3/12/24	Supporting your Young Person to
3.30-4.30pm	Manage Their Anxiety
3/2/25	Supporting Young People with Low
3.30-4.30pm	Mood
4/3/25	Supporting Young People's wellbeing
9.30-10.30am	around exams
13/5/25	Supporting Young People who
3.30-4.30pm	Self-Harm
16/6/2025	Supporting Young People with
3.30-4.30pm	Emotional Regulation
15/7/25	Supporting your Young Person with
9.30-10.30am	Transitions in Education

# 'Healthy Snacks'

Please be mindful junior parents, of the fact that children are welcome to bring in a 'healthy' snack for morning play. We know that there may be some debate about what constitutes 'healthy' and are fully aware that some of our children will just need to get a little more sustenance, whatever that may be. However, we can perhaps all agree that crisps and chocolate are not healthy snacks by any stretch of the imagination and so please be mindful of this—a piece of fruit is ideal and you certainly don't need us to tell you what isn't healthy. But, as said, please have a think about what snack the children have for break as we will be having a respectful chat with them about this. Thanks, As always.

#### **'BEING MORE'**

A lovely example of 'being more' from Lois, who has used her tooth fairy money to buy selection boxes to donate to the starlight ward at Wythenshawe hospital for the children that have to spend Christmas in there. The world certainly needs more and more people to show such kindness and responsibility, Lois. Great stuff!

And to Harriet too...who took part in the Trafford Christmas Cracker Swim gala at the weekend. In her first race, 100m backstroke, she beat her PB by a phenomenal 15secs! However she subsequently was disqualified for tumble turning too early.

Despite this she showed true grit, determination and resilience and in her second race, 50m Freestyle she achieved another 4sec PB and came second in her age group, coming away with a very well deserved silver medal. Brilliant resilience and being more!



### **CLASSROOM ACTION...**

This week we've been...making observations about rocks; chopping wood(!); enhancing or Viking

