



07.02.25
Urmston
Primary School

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

Plenty going on

We're aware that not everyone will look at everything in this newsletter, but there is often some really useful info not only on what has been going on in school but what is happening across Trafford. Do take a look on the following pages to see if there's anything that is relevant or looks of interest...

Safer Internet Day

Safer Internet Day is on Tuesday. The theme this year is 'Too Good to be True' and looks at scams and misinformation online. With the rise of AI in particular it is so important that we stay ever more vigilant in supporting our children in seeing that not everything online is as it seems. Their safety and wellbeing is impacted so heavily by the internet and this will only continue, so please do support us in talking to your children about staying safe online.

Some useful websites to support are here:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



Being More!

Well done to Annie, Ivy and Daisy for arranging and running an extremely successful bake sale on Wednesday. They raised £111 for charity. Superb example of being more...great stuff!



Also, Harriet has achieved something very special with Flixton swim team...she swam 3km in an hour...that's 120 lengths! Not only that, she raised over £100 for charity. Superb effort and superb being more, Harriet!

SEND FORUM AND PARENT PARTNERSHIP

We'll be holding our termly forum on Thursday 13th February at 2.30pm. The meeting is not only for parents of children with special educational needs and disabilities, but is open to discuss all issues around school and our community. Please attend if you can, and if you cannot and have something you want debated, please let us know!

Safer Internet Day 2025 | Tuesday 11 February
Coordinated by the UK Safer Internet Centre
saferinternetday.org.uk

Uniform dos and don'ts!

Just a reminder, unless you've spoken to us about particular special circumstances for your child's uniform, can we remind you of our uniform policy and expectations for jewellery, etc, please, in particular, for safety reasons, no bracelets and necklaces. Our policy can be found at <https://www.urmstonprimary.com/information/policies>.
Many thanks for your understanding.

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together



JUNIOR DISCO
Weds 12 Feb

TICKETS
£6
available on Parentpay

includes tokens for a drink & snack

Yrs 3/4
3.45 – 4.45pm
Yrs 5/6
5.00 – 6.00pm

Free School Meals Holiday Award

Please check the link if you feel it is relevant and could help...

<https://www.trafford.gov.uk/residents/schools/trafford-catering/Free-school-meals-holiday-award.aspx>

Equality, Equality, and Diversity

We'll leave this on from last week...we have a governing body committee that focuses on the School Community's welfare and wellbeing. Part of the remit is to constantly look at ways in which we can be inclusive to all in our school community - children, their families and our staff. We'd really like your views on how we do this and so please, if you would take a minute to complete the eight questions in the link below, we'd really appreciate it! Thanks!

<https://s.surveypal.com/i4yy43z2>

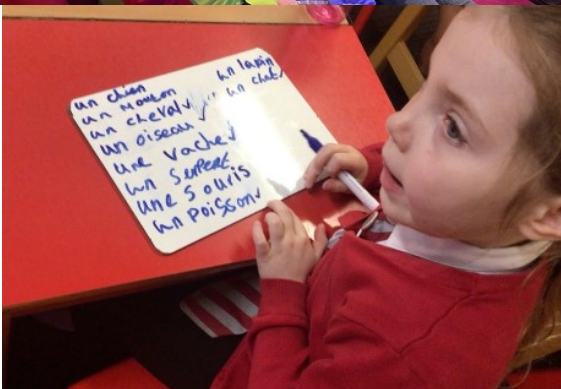
Guide to What Support is on offer in Trafford

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>

Classroom Action

This week, we've been learning about magic magnetism; celebrating Le Chandeleur by eating crepes(!); emphasising peace and kindness in RE; spotting animal nouns in French; holding and using different percussion instruments, including the tamborim and ganza shakers; having great fun at the Lowry Theatre, seeing 'Coming to England'; recognising numbers greater than 10; learning strategies for subtracting amounts to prepare us for creating change with money; looking at the life cycle of a human and learning about the changes our bodies go through as we grow and develop; identifying human and physical features in Geography; discussing how everybody feels different emotions and to help us to 'know ourselves and grow ourselves', we need to be able to recognise these different emotions; being more aware of alcohol with Trafford Nursing Team...and much more!



TRAFFORD FOOTBALL CLUB

**FREE ADMISSION FOR ALL CHILDREN THIS
COMING SATURDAY (FEBRUARY 8TH)**

TRAFFORD

V

CITY OF LIVERPOOL

NORTHERN PREMIER LEAGUE

WEST DIVISION

KICK OFF 3 pm

SHAWE VIEW STADIUM

PENNYBRIDGE LANE

(BEHIND THE BIRD IN HAND PUB)



FRAGILE MINDS: RETHINKING SMARTPHONES AND THE DEVELOPING BRAIN

While watching my children play in the snow last week, I saw my son trying to force a carrot into the frozen head of his snowman, and it struck me, our brains are a lot like that. Have you tried learning a new skill as an adult? It's slow and frustrating, like forcing a vegetable into ice. But children learn with such ease because their brains are like soft, fresh snow. Malleable and ready to form new pathways.

The beauty of the snow gave us all a reason to be present-to sledge, build, and simply appreciate. It was a pull to get outside, to connect with the world around us. Sadly, though, the virtual world is increasingly becoming a stronger temptation than real, active play. When we allow children unrestricted access to the internet, social media, or inappropriate games, we risk shaping their neural pathways in ways that can become fixed. The instant gratification of scrolling through endless videos conditions their brains to prioritise quick rewards over deeper engagement. Modern childhood is losing the time and space for imagination and exploration, replaced by screens that steal their focus and limit their potential. By setting boundaries now, we allow their minds to grow in ways that foster creativity, resilience, and meaningful connections. Just as snowflakes are unique, so too are our children's developing minds. We aren't powerless in this journey. By making thoughtful choices and sticking together, we can help shape a future where our children thrive.

Meg x

Roots and Wings Play Therapy







**Smart phone free
childhood parent
pact**

<https://parentpact.smartphonefreechildhood.co.uk/>

**Join the growing
movement of parents
across Britain who
believe that childhood
is too short to be
spent on a
smartphone**

**It takes 30 seconds to
sign the Parent Pact.
And the more of us
who do, the quicker
we'll change the
social norm - and
protect childhood for
our children and
future generations.**





9TH FEB
17TH FEB



THE NEBULA CENTRE



FAMILY SEND SESSIONS
BUSHCRAFT ACTIVITIES
FOR ALL THE FAMILY

[CLICK HERE TO BOOK ON](#)



16TH MARCH
30TH MARCH



10-18
Autism
Youth
Club
FREE

Food
& Drink
Provided



Free
gift
for every
attendee

10-18 year olds
Saturday
1 February 2025

11:00 - 15:00

Location:

I AM, 1114 Chester Rd,
Stretford, M32 0HL

Contact:

I AM Autism 0161 866 8483
admin@i-am-autism.org.uk

Funded by Trafford Short Breaks



TRAFFORD
COUNCIL



I AM

celebrating autism
in greater manchester



Friday Night SEN Football for Ages 5-11

Get involved with football through fun training sessions. Whether you want to play for fun, or looking for extra training, our sessions are for you!



Every Friday 5-6pm

**Partington Sports Village,
Partington, M31 4ES**

Ages 5-11

FREE OF CHARGE

Scan the QR code to register:



Or Contact : josh.mcvey@accesssport.org.uk



YOUTH CONNECT 5 (YC5)

YC5 gives you the knowledge, skills and understanding to help your child to develop strong emotional skills, through resilience techniques. These techniques will strengthen your child's ability to adapt well to adversity.

What will completing the programme do for you and your young person?

Improve your relationship

Strengthen your communication

Improved connection

Increase your knowledge and confidence

5 week free programme

Develop family resilience

4th February 2025 1pm-3pm (Every Tuesday with a week off for half term)
1st May 10am-12pm (Every Thursday with a week off for half term)

at At Saint Matthews Community Hall, Chapel Lane, Stretford, Manchester, M32 9A)

Calm Connections



Book on via Bookwhen
For more information please contact:
info@calmconnections.org

BOOK HERE



YOUTH CONNECT 5



GMCVO



calmconnections.cic



@calmcic

www.calmconnections.org



Trafford Thrive
in Education

Parent/Carer Training Series

Starting Strong...



Support and Guidance for Parents and Carers of children aged 5+ with emerging special education needs, who are not already accessing family support.

An interactive fully funded 6 week course

All of our trainings are free and take place online.

To book send email to:

parentsandcarers.training@mft.nhs.uk

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



Healthy Mind Platter



Coping with Overwhelm & Communication



It's OK to Say No!



Self Care & Dealing with Critical Thought



Managing Anxiety & Your Child's Wellbeing



The Importance of Smaller Steps

Join us from 05.02.2025 - 19.03.2025 from 12.30 - 2.30pm (Wednesdays)

or 11.01.2025 - 15.02.2025 from 9am - 11am (Saturdays)

Online from the comfort of your own home

Book online to secure your place:
www.thecfc.org.uk/sendparents



Online relationship support for parents



one
plus
one

Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR
NEW
PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR
SEPARATING
PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents

