



08.04.25
Urmston
Primary School

Dear Parents and Carers...

It has been a pretty short term, but has been packed with plenty of things going on! As always, thank you for your support, your challenge, and for being the strongest of advocates for your children. Continuing to work together positively remains the best way to help our young people to be the most respectful, responsible, resilient, kind, happy and proud children that they can be. There'll be bumps on the way, but we'll be here to help guide them with you.

Thanks again and have a lovely Easter holiday everyone,
From us all at UPS

EASTER BONNET PARADE

Thanks to everyone involved in the Easter Bonnet Parade. As always, it was a lovely event, well-attended, with some lovely children and their bonnets on parade, and some lovely weather too! Thank you all for helping to create such a special school community!



SCOOTERS—we've had a scooter go missing from the front of the school...a pink micro scooter specifically. Can you please check that you have the right one, if your child's scooter fits that description. Thank you!

JUNIOR LUNCH TIMES

As you'll be aware, we are not blessed with loads of space at our school and so our 280 junior children are often packed in to the playground. Break times aren't an issue as teachers and TAs are on duty and we also use the infant playground and trim trail. But lunch time doesn't afford that opportunity. Whilst the first half of lunch time is a little lighter as children are having their lunch in the hall, the second half can get crowded, loud and a little overwhelming for some of our children, despite providing spaces around school.

Therefore, we have decided to structure lunch times differently. From after Easter, we will be trialling having half in the lunch hall and in classrooms (with games, crafts, etc.) and half in the playground, before they switch over. This will mean that there are opportunities for quieter spaces for those who need them, and more playground space for those who need to let off steam and play the games that they most enjoy (football, handball, basketball, tig, numerous running games and the like) – at the moment those particular games are often interrupted due to others getting in the way, or are too dangerous due to busyness! The new plan will be aided by some of our teachers and TAs supporting lunch times too, so that the children have some more familiar faces to interact with.

Lunch times can have such an impact on the atmosphere in school and we expect this change to help create a calmer environment and one that sets the children up nicely for the afternoon.

We'll see how it goes and we're quite sure your children will let you (and us) know their thoughts!



SYLVIE BEING MORE!

A massive well done to Sylvie and her mum! During the month of March, they decided to take on the Cancer Research 10k Swim Challenge, but it is fair to say that Sylvie has definitely done the majority of that distance! She's really impressed with her determination and dedication - some days it has even been a struggle to get her out of the pool! She has managed to raise over £260 so far and we're really proud of her. She's now talking about which charity to raise money for next! Brilliant 'being more', Sylvie!

CLASSROOM ACTION

This last week or so, we've been...celebrating Eid; practicing our fundamental movement skills in skittle-ball; converting litres to millilitres; visiting Manchester Museum; creating 'friend tests' in Computing using lots of variables; practising our French conversational skills; creating our own paintings in the style of L.S.Lowry; shared some brilliant projects; continuing to use their coding knowledge to programme the micro-bits to alter the brightness of the animations gradually; looking at tenths as fractions and decimals; writing predictions based on clues; learning the glocks and creating graphic scores...and much more!



PTA Dates for your diary

Follow our Facebook page for dates and news

Thursday 24th April - Sponsored Bounce

- please **give consent** for your child to take part on Parent Pay.
- The office are asking that if you are returning your sponsorship form, please include the sponsor money.
- Please also tick the 'Gift Aid' box as it means the government will donate an extra 25% of your sponsorship at no extra cost to you.

What a busy term! It's been a bit full on but we really appreciate everyone's help. You've raised a massive amount of funds for our school and helped to pay for even more school trips and resources. So a massive thanks from us all on the PTA - have a wonderful Easter break!

Easter Trail at Chassen Park - What an amazing event this turned out to be! The sun was shining and lots of people stopped by to enjoy the festivities. We raised an amazing **£256.26!** Feedback has been really positive so we're hoping to run this event again next year. Thank you to all who took part!

Cupcake Decorating Competition - We were utterly overwhelmed with the number of entrants we had for this! Thank you to each and every one of you for the massive effort you put into creating your cakes. Thanks also to everyone who supported us by buying cakes - you raised a fantastic **£256.74!**

Mr P's winners:

- Year 3 - Jude J2 & Isabella J1
- Year 4 - Herbert J3
- Year 5 - Alice J6
- Year 6 - Elsie J8
- Adults - Meiko K-B

Raffle Winners:

- Year 3 - Iris J3
- Year 4 - Finn J4
- Year 5 - Audrey J5
- Year 6 - Mia J7



Your valued support means we can continue to fund trips, experiences and resources for all our children. To make a donation to the PTA simply scan this QR code.



Huge congratulations to Henry from class 16 who won the PTA's Easter Raffle!

Henry won over £40 worth of easter goodies and looks over the moon about it!



Meet the author: **Matt Goodfellow**

2024 CLiPPA award-winning author and poet, Matt Goodfellow, will be in store on the 1st of May to sign copies of his brand new book and sequel to *The Final Year*, *The First Year*.

The book, written entirely in verse, follows young Nate as he transitions from primary to secondary school, perfect for children aged 9 – 12, and this event is a great opportunity for children and young people to meet Matt and chat to him in person.

No booking is necessary for the event, simply turn up! However, signed copies of the new book on the day are limited, and you can pre-order one on our website or in store.

Find out more on urmstonbooks.co.uk/matt-goodfellow

Urmston Books and Board Games
72 Flixton Road, Urmston
M41 5AB



Free, safe and anonymous mental health support whenever you need it.



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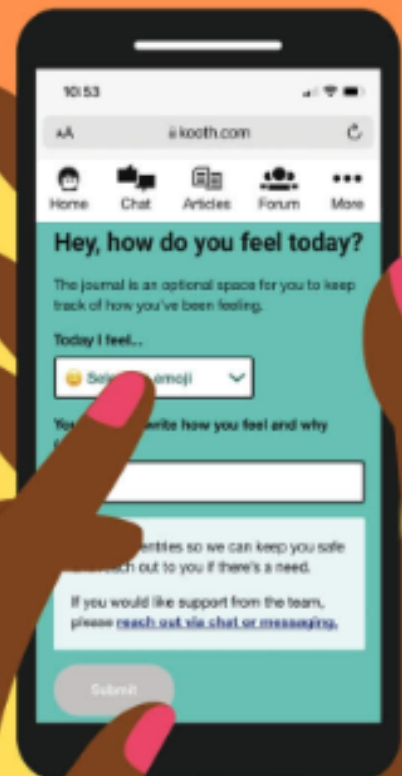
Helpful articles



Self-help tools and activities



Support from the Kooth community



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Joanne Jenkinson

Training & Development Officer

07759 124 230

thesleepcharity.org.uk



Winner of The Queen's
Award for Voluntary
Service 2020



Please see the following from the Sleep Charity

I just wanted to share one of our new campaigns and wondered if you could share the below with your networks and get involved with the campaign on social media!

CHILDREN'S SLEEP AWARENESS MONTH IS HERE!

We are delighted to launch this campaign putting the spotlight on children's sleep because... what an importance subject it is! Did you know that up to 50% of children struggle with sleep at some point, which rises to 80% where there is a diagnosis of SEND?

Poor sleep can lead to cranky mornings, trouble focusing in school, and even long-term health challenges - not to mention tired, stressed-out parents. That's why we're dedicating an entire month to raising awareness about the importance of sleep for children.

Whether you're navigating toddler wake ups, battling bedtimes, or convincing your teen to switch off at night, we're here to help!

What's coming in February:



Practical tips for better sleep routines.



Free weekly webinars with our experts to tackle sleep challenges.



Resources, info and challenges.

We want to work together with you to make bedtime battles a thing of the past. Follow us for updates, tips, and resources, and get ready to sleep better this February! Download the supporter's pack here: <https://thesleepcharity.org.uk/get-involved/awareness-events/>

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>



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.**



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



It's not that we're all just

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

YOUTH CONNECT 5



GMCVO

BOOK HERE



calmconnections.cic



@calmcic

www.calmconnections.org



Trafford Thrive
in Education

Parent/Carer Training Series

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

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

