



14.02.25
Urmston
Primary School

Dear Parents and Carers...

It's been a short, but long, half term!

As always, thank you for your support and challenge. It helps us to continue to think of ways to be better for our children.

Have a lovely half term week,
From us all at UPS

PTA Disco Fever

Thank you so much to our PTA for organising such a well-attended event. The kids clearly had an absolutely fantastic time! Thanks too to Mr Smith for his DJing prowess and to all staff who supported. Great stuff!

CROSS COUNTRY PRIDE!

A team of over 40 children attended the cross country running event at Davyhulme on Monday. We must say that we are so proud of all of the children for the effort and resilience they have shown. There is definitely some huge talent there. Keep that running up guys...for your body and minds! We'll see you in the Olympic Games in the years to come!

SEND FORUM AND PARENT PARTNERSHIP

Thank you to those who attended and contributed to the meeting yesterday. The summary can be found at <https://www.urmstonprimary.com/information/send>

As always there was some meaty discussion and food for thought. Something worth considering...

Dear constituent

I am delighted to invite you to my second constituency listening event on tackling the SEND crisis. This follows an online event that I held last month with constituents.

We will invite feedback on how the Government can help address the wide range of challenges that we face in this area and deliver better outcomes for children.

- **Friday 28 February, 10:00am – 11:30am. The event will be held in the centre of Stretford and my team will confirm venue details in due course.**

Following the same approach as my online event last month and to get the most out of the session, we will focus on inviting your views and ideas on how we can tackle the SEND crisis and improve service provision. Your feedback will help support my parliamentary work and future discussions with ministers, Whitehall officials and sector leaders.

If you would like to attend the event, please confirm your attendance by emailing andrew.western.mp@parliament.uk. You are also welcome to bring your children along to the meeting. I kindly ask that you **RSVP by Wednesday 19 February** so that my team can make sure that we have enough space.

Because this is a group event, I will not be able to discuss individual cases. If you have a personal SEND issue, please email me or call my office on 0161 749 9120.

I hope you can attend the event and look forward to hearing from you.

Best wishes

Andrew Western
Labour Member of Parliament for Stretford and Urmston

PARK AND STRIDE

We understand that parking outside our School Street Zone can be pretty tricky so please do remember that we have our Park and Stride option—parking is free at the Golden Hill Car Park between 8 and 9!

Starting Primary School: Transition Questionnaire-

Starting school is a special moment for families and is a big change for a young child. Planning this transition increases the likelihood of a positive start to school for all children but especially for children with SEND.

Trafford have produced Transition Guidance for Schools and Settings and the Early Years SENAS Team have made transition into school a priority. We want to continue to improve this process and would be grateful for feedback from families and children.

Thank you for your Support,

Carmen Gornall,

EY SENAS Consultant

Give us your views

<https://forms.office.com/e/DfgpmABz9t>

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Carmen Gornall,

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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 continue to leave this on...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.surveyplanet.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>

Some great offers for half term...

Premier Inn kids eat 'free'

When an adult purchases a meal and drink



Sizzling Pubs kids eat for '£1'

When an adult buys a main meal



Table Table 'free' kids' breakfast

When adult buys a cooked breakfast. Valid every day



The Real Greek kids eat 'free' on Sundays

When an adult spends £10



Travelodge 'free' kids' breakfast

Or for £1 in some locations. When an adult buys an unlimited breakfast



Hungry Horse kids eat from £1

When an adult buys a main meal. Mondays only



Las Iguanas kids eat 'free'

Via Las Iguanas app, when an adult buys a main



Marco Pierre White kids eat 'free'

When an adult buys a main meal



Morrisons Café kids eat 'free'

When an adult buys a main meal. Valid every day



Prezzo kids eat 'free'

When an adult buys a main



Brewers Fayre 'free' kids' breakfast

When adult buys a cooked breakfast. Valid every day



Burger King kids eat 'free'

Via Burger King app. When adult buys a burger meal



Dobbies kids eat for 'free'

When an adult buys a main meal



Dunelm Pausa Café kids eat 'free'

When an adult spends £4 in café



Fridays kids eat 'free'

Via Stripes Rewards app, when an adult buys a main



Harvester kids eat for '£1'

When an adult purchases a main meal. Get voucher via the Harvester app



Classroom Action

This week, we've been researching for our non-chronological reports; presenting our topic projects; subtracting fractions; using problem solving skills during team games; discussing the beatitudes and ten commandments; counting fractions beyond 1; going on a geographical mission to save the world, using NPP(!); conversing in French; learning from a real life author; working on our odd and even numbers...and much more!





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





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

