



Urmston
Primary School

14.03.25

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

Parents Evening...

You should have received a letter for Thursday 20th
and Tuesday 25th March. Please get booking!

RED NOSE DAY!

On next Friday we celebrate Red Nose Day! We sent a letter earlier this week to say that Comic Relief has been going for forty years now and to celebrate its origins from the 1980s, we are all going to throw a big 80s-style PARTY... we'll have some 'Mr Motivator' style aerobics thrown in too, for good measure!

On this day, we ask all children to wear 80s-style gear – the more illuminous the colours the better – lycra, rara skirts, leg warmers... and particularly shellsuits(!) are most welcome!

As always, we will of course be focusing on where all the money goes...to those who need it the most!

We'll have buckets on the gates for your most welcome donations. Thanks so much for all your support, as always.

SCHOOL NURSE DROP IN

Our School Nurse, Belinda, will be in from 1.30-3.30 on Monday 31st March. If you have anything you'd like to discuss with her, regarding your children's physical or mental health, please drop in!



**RED
NOSE
DAY**

EASTER CHICKS
FILLED WITH A CHOCOLATE EGG

£2
minimum donation

SCAN TO LEARN MORE!



PROUDLY SUPPORTING



FRANCIS HOUSE
CHILDREN'S HOSPICE
Registered Charity No. 328658

Classroom Action

This week, we've been predicting the outcome of, and analysing, an algorithm; exploring artefacts from Tutankhamun's tomb; adding cm and mm; practising French clothing and colours; searching for and investigating minibeasts; putting hand signals to our singing; enjoying the freedom, creativity and outdoors of forest school; role playing the Jewish story of Passover; and much more!



Dates for your diary

- Thursday 27th March - **Mother's Day Sale**
- Sunday 6th April - **Easter Trail at Chassen Park** - complete a woodland trail to claim an easter goody bag
- Monday 7th April - **Infant Easter Bonnet Parade & Junior/Adult Cake Decorating Competition**
- Thursday 24th April - **Sponsored Bounce**

Massive thanks to everyone for having a clearout and bringing in bags full of clothes and toys for the **Clothes for Sammy** collection.

We took in a whopping 425kg which translated into a fantastic **£216** for school funds!
That covers the cost of some of the resources we've bought for the new sensory room!

We're hoping lots of parents, carers and Junior children will get creative for our **Easter Cake Decorating Competition** next month. Details will be out soon so get your thinking caps on!

Your valued support means we can continue to fund trips, experiences and resources for all our children. If you forgot to take part or you'd just like to donate to the PTA generally you can do so by scanning this QR code.



Mindful March 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				



ACTION FOR HAPPINESS

Happier · Kinder · Together

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 and at pick up from 3 until 3.45!



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.**





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

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

