



15.11.24

Urmston Primary School

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

CUT YOUR CARBON!

You'll be receiving an email from Mrs McNutt and our Eco-committee on Monday. It will all be about challenging ourselves to cut our carbon footprint! Your children will be receiving a checklist so please do encourage them (and hopefully they'll be encouraging you!) to rise to the challenge!

LITTLE GREEN SOCK PROJECT!

The Little Green Sock Project is a wonderful organisation that can support those in society who might need a bit of a financial boost. We are a referral partner for them and if you feel like you might want to access some help, please do come and talk to us.

CUB OF THE YEAR!

We are so proud of Theo, who has just been named District Cub of the Year! This is no mean feat and it takes a very special person to take on a role that requires such respect and responsibility. Well done, Theo...we hope you're as proud of yourself as we are of you!

Dates...further details will follow...
Thursday 21st November: 9.15 - Sleep Talk with Sleep Therapy Services
Friday 22nd November: Own clothes and tombola donation (chocolates or bottle!)
Saturday 23rd November: PTA Xmas Fair...volunteers please!
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

SLEEP...zzzzzzz

Next Thursday we'll be joined by Laura Van Houplines from Sleep and Therapy Services, who will do a presentation and Q&A on how we might support our children (and ourselves!) in getting a better night's sleep. Please join us if you can at 9.15 in the junior hall...we'll have tea, coffee and biscuits at the ready too!



WORLD KINDNESS DAY and CIN!

We can always do with a little more kindness and today we've been making sure kindness really counts by seeing how many acts of kindness we can do as individuals, classes and as a whole school. We are lucky that here is so much kindness in our school and the more of it we see and feel the more it spreads!



Remembrance

As they do every year, the children showed immaculate respect in listening to The Last Post and observing two minutes of silence on Monday. We talked about the courage and resilience that people have show throughout history and continue to show today, and that we should always remember how it important it is to look at the ways in which we can support one another in times of need.



PTA Points...

We can't wait to welcome you to the Christmas Fair next Saturday 23rd November.

Don't forget to get your wristbands and tokens on ParentPay.

You can also book your visit to Santa on Parent Pay too.

A last call for your pre-loved soft toys and teddies this afternoon for our teddy tombola, as well as your unwanted Xmas jumpers.

And finally, next Friday will be own clothes day in exchange for bottles and chocolates for our incredibly popular tombolas!



Autism researchers discuss their work in a relaxed café atmosphere

**28th November 2024 • 6pm–9pm • Contact Theatre
Café open • Free tickets available from:**

<https://www.eventbrite.co.uk/e/cafe-autistique-28th-november-2024-tickets-1076431488559?aff=oddtcreator>

Event organiser: alexandra.sturrock@manchester.ac.uk

Dr Erin Beeston
will share early findings surveying research into autistic health inequalities. And reflect on her own experiences as a parent of an autistic children & self-diagnosed as AuDHD

Dr Kathy Leadbitter & Hilary Beach (SLT)
will discuss the findings of the large REACH-ASD Trial. Evaluating a new programme to support parents/carers of newly diagnosed autistic children

MANCHESTER
1824

The University of Manchester

AUTISM

@MANCHESTER

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>

PARENT AND CARER INFORMATION
AND ADVICE SESSIONS 24 - 25:



School Attendance Difficulties & Emotionally Based School Non-Attendance

Is your child struggling or reluctant to go to school?

Trafford's Educational Psychology Service are hosting a series of advice and information sessions throughout this academic year. Each session will begin with some information about school attendance difficulties and what support can be offered, followed by a chance to ask questions and chat to other parents and carers. Each session will last around 90 minutes.

Online (via Teams):

1pm, Friday 29th November
10.30am, Monday 3rd February
6pm, Thursday 8th May

Firswood Community Centre:

1pm, Friday 6th December
6pm, Wednesday 5th March
10.30am, Thursday 19th June

Urmston Library:

5.30pm, Tuesday 19th November
10.30am, Thursday 20th March
1pm, Monday 23rd June

Altrincham (TPF):

10.30am, Wednesday 6th November
1pm, Tuesday 11th March
6pm, Thursday 19th June

Book your free place today via: <https://forms.gle/dNjkh96KRwwnhdSNA>



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



Autism courses for families

- Refreshments provided [tea, coffee, biscuits], please bring your own lunch
- This is open to parent/carers only. Receive a FREE course booklet to take home
- Learn from our experienced facilitators & other

Understanding sensory needs course

5th December 9.30am-2.30pm

Benchill community centre

Benchill Road

Manchester M22 8EJ

Booking is essential for this free course

more information: click [link](#)

Email gmac@nas.org.uk

www.autismgm.org.uk/events





Autism courses for families

- Refreshments provided [tea, coffee, biscuits], please bring your own lunch
- This is open to parent/carers only. Receive a FREE course booklet to take home
- Learn from our experienced facilitators & other

Understanding and supporting stress and anxiety-related behaviour course

21st Nov 2024 9.30-2.30pm

Bolton Central library

Bolton BL1 1SE

Booking is essential for this free course
more information: click [link](#)

Email gmac@nas.org.uk

www.autismgm.org.uk/events

