



Urmston
Primary School

16.05.25

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

BEING MORE

Loads of achievements this week as the season comes to an end! We've heard about Sam, Archie, Jack, Oscar, Arthur and Barney, who are all celebrating football league or cup wins and clearly take great pride in their football outside of school. And then there's Arthur, Theo and Oliver, showing great teamwork

and sportsmanship for Urmston U9's cricket team! It is always fantastic to see children competing and doing their best outside school so please do let us know

how your children are 'being more' at home too!



SOME DATES FOR THE DIARY...

We'll probably have more to follow and further details but for now, please note the following...

Shuffle Up day (in line with Reception and Y6-7 transition: Thursday 3rd July

Open Day (PM): Friday 4th July

Sports Day: Monday 7th July (AM infants; PM juniors—times to follow)

Well done Y6!!!

No one likes SATs! But we are so pleased with our Year 6 children for their efforts and their resilience. This kind of approach to learning stands you in excellent stead for the next stage of your education. You should take great pride in the way you have conducted yourselves...we are certainly incredibly proud of you all! Well done guys...fantastic 'being more'!

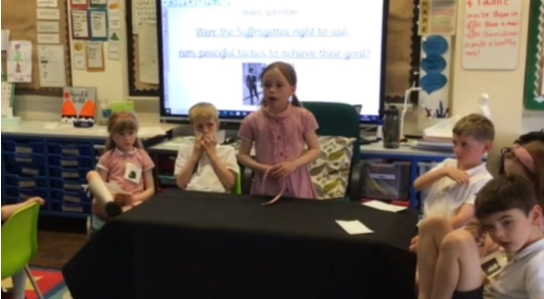


Lunch time update

Following the children's responses from our survey, we are thinking carefully about how to give all of the children what they need and want. Don't worry...we realised long ago that this is completely impossible, but we are looking at ways of having lunches outside when it's sunny and playing with other year groups etc. WTS.

CLASSROOM ACTION

This week we've been using OS maps to learn more about settlements in the North West; working with light and shadow; playing our Cs, Ds and Es; planting our sunflower seeds; having fun at the airport; cracking on with our times tables; tasting nettle crisps at Forest School; debating whether the Suffragette's were right to use non-peaceful tactics to achieve their goal; sorting bulbs and seeds; learning about what is the same and what is different about us; learning how to chop wood (!)...and much more!



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Starting Strong...



Support and Guidance for Parents and Carers of children aged 5 - 11 presenting with special educational needs.

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



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 04.06.2025 (Wednesdays) for 6 weeks
to take part in our online workshops - 12:30pm - 2:30pm

These workshops are facilitated by qualified counsellors from:

cfc | The Counselling
& Family Centre

Tuesday 20th May 2025This session will cover:

- What is SEND?
- What support is available in school?
- Involving specialists
- Preparing for school meetings
- Where to find additional information
- How Sendiass can support you

12.30 pm-1.30 pm repeated at 6 pm-7 pm

Microsoft Teams

To book on this session, scan the QR code or
complete the form at
<https://forms.office.com/e/J3CLK8amjN>



ND Navigator Signposting Appointments

**TRAFFORD
COUNCIL**

A signposting service for parent/carers whose young people are on the Trafford ND Pathways (TCAS and TASC) pre and post diagnosis. These appointments are 15 minutes long. Parent carers will be provided with bespoke signposting directing them to relevant services, support groups and activities from the Trafford local offer. Follow the link below or scan the QR code for appointments May-July.
All appointments on the local offer.

[Trafford Directory](#) | [SEND Navigator Service](#)





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



Chat with our team of
friendly practitioners



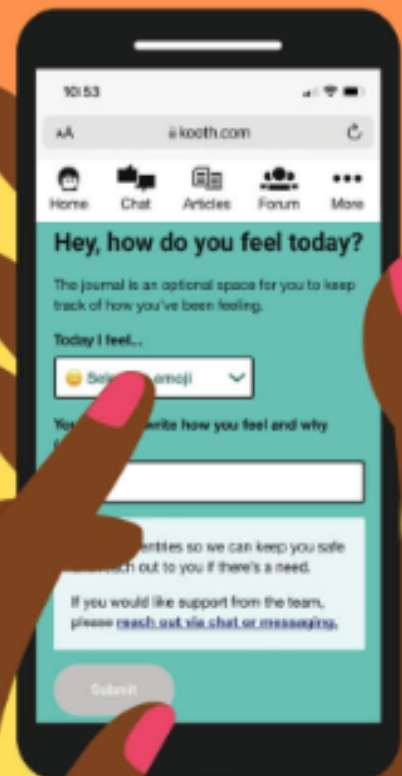
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



Visit **kooth.com** to find out more





Joanne Jenkinson

Training & Development Officer

07759 124 230

thesleepcharity.org.uk



Winner of The Queen's
Award for Voluntary
Service 2020



03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

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.**





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



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

