



Urmston
Primary School

19.09.25

**Dear Parents and Carers,
We're going well here!
Have a lovely weekend,
From us all at UPS**

PE Kits

Although we mentioned this in our letter last week, please ensure that the PE kits that your children are wearing, follow our expectations set out in the letter last week. If we deviate from it, the children will understandably be miffed to see some not following it and some following it. We'll need to look at this closely and appreciate your understanding here. Please also note—ties are to be worn in the juniors as standard school uniform.

Dates...

*Tuesday 23rd September 5pm: Nursery Curriculum meeting
Thursday 25th September 6pm: Reception parents phonics meeting
Friday 26th September PTA Coffee Morning – TBC perhaps
Thursday 9th October – World Mental Health Day – everyone to wear yellow
Friday 10th October 3.45: SEND Parent/Staff/Govs Parent Partnership meeting
Friday 24th October: Diwali
WB Monday 10th November: Anti-Bullying Week/World Kindness Day
Thursday 13th and Tuesday 18th November: Parents Evening
Friday 14th November: Children In Need
(We'll be in touch about workshops, including how we use the PLACE approach to relate to our children, as well as the Christmas festivities...it'll be here before you know it!)*



New 'Houses' at UPS

In order to further motivate our children and to help promote a sense of healthy competitiveness, teamwork, and belonging, we are going to introduce new 'houses'. We have mentioned this to the children next week, who will be put into four houses



with mottos based around strength, resilience, and the courage to do the right thing. The teams will be PEGASIS, CENTAUR, GRIFFIN and PHOENIX, all of which exhibit the characteristic mentioned above. We'll be getting started soon!



Trafford Music Service

The wonderful TMS came in this week to deliver an assembly to encourage our children to participate in learning an instrument. There are particularly places available for piano tuition so please do get in touch if you're interested.

Healthy Snacks in KS2...break times...WE'LL LEAVE THIS ON!

It is our duty as a school to try and promote healthy eating. We all know that the term 'healthy snack' is open to misinterpretation, but we ask that you consider the snacks that children bring in to have in the juniors at break times. Of course, we want the children to have an energy boost, but we want to move firmly towards these being healthy, and so please do expect us to speak to your children about this, particularly if we see them with chocolate biscuits, crisps and the like. We know you're aware that we aren't doing this to be awkward, but we feel it is our responsibility to promote positive eating habits. We will be looking to get together a suitable list, to give some ideas and of course, we welcome your thoughts on this as always.

BEING MORE

More brilliant stuff from Penny this week who continues to impress with her swimming exploits! Last weekend, she smashed her PB's in 50m Butterfly, 100m freestyle and the Individual Medley, coming away with 3 medals from the first Trafford Gala of the season. What a great start! Keep up the good work Penny and keep on 'being more'!



Ashley Thorpe - Spirit Warriors...visiting UPS!

We're excited to announce that Jhalak Prize shortlisted and Branford Boase Award nominated author Ashley Thorpe will be visiting Years 4 - 6 to introduce us to his new book, Spirit Warriors.

Ashley's fantasy adventures for children put a compelling spin on West African and Caribbean mythology and folklore, and Spirit Warriors is an epic story of chaos, myth, adventure and ancient magic, perfect for readers who love titles like Percy Jackson. It combines themes of kinship, overcoming grief and coming of age with humour, fast-paced action and extraordinary figures from history and folklore.

Urmston Books and Board Games is providing copies of Ashley's book at a special discounted event price — and

your child will be able to meet Ashley personally to get their book signed.

If you would like to buy a book for your child, please complete the form and payment. Books are £7.50



<https://www.urmstonbooks.co.uk/ashley-thorpe-school-visit-ups>

CLASSROOM ACTION

This first week back we've been doing plenty of retrieval practice; finding the pulse and playing the glocks; forest schooling, building dens, clay-making and marshmallow roasting; representing numbers using base ten and place value charts; learning how to perform an arabesque as well as practising travelling in contrasting ways; continued learning to sing the Hoedown and had a go at creating our own graphic notations to create different rhythms to clap ; locating Rome on a map and Manchester. We then labelled Italy's 4 border countries and learnt about how the Roman Empire reached its largest territory in 117AD under emperor Trajan. It reached the span of 3 continents - making it culturally rich and diverse; practising our fine motor skills; following the rules (!); working hard to edit our writing, and ...and much more!





PTA Dates for your diary

Follow our Facebook page for dates and news

Friday 26th September - **Back to School Breakfast**

Join us next Friday morning for our annual 'Back to School Breakfast'.

We will be holding breakfasts in both the **Infant Hall and Junior Hall** between 8:15am - 8:45am.

The kids love having breakfast with their friends and it's also a nice chance to meet and catch up with other parents.

We'll have pancakes with toppings, cereals, fruit, cakes and plenty of hot drinks for parents too!

All we ask for in return is a kind donation - we obviously need to cover costs but we'd love to raise some vital school funds too. We'll have buckets for cash, and you'll also be able to scan one of our QR codes to make donations online too.

On that note, let's draw your attention to our donation QR code.

We understand that not everyone can spare any time to help out the PTA and volunteer at our events. We've been asked a lot if people can help out in another way and make financial contributions instead. So we've set up a QR code that you can scan to make donations online.



Some people have set up a regular monthly donation, others make one-off contributions when they can.

£5 per month (plus giftaid) equates to £75 a year - the average cost to the PTA of taking 10 children on a school trip!

Even £1 a month (plus giftaid) equates to £15 a year - the average cost to the PTA of taking 2 children on a school trip!

So every pound really does make a difference!



Trafford Sleep Services



From September 2025 have made some changes to our Sleep Webinars




- Our **Primary / EYFS Webinar** is suitable for parents/carers of children aged 2-11 years old. These are no longer divided into Infant and Junior
- Our **Secondary+ Webinar** is still available for parents/carers of young people 11 years+, adapted to meet the sleep challenges faced from high school and beyond

Both of these webinars are suited for those with children and young people who have additional needs such as Autism and/or ADHD, mild to moderate learning needs, or physical health challenges.

New to 2025

- We now have a **Specialist Provision Webinar**. This is for parents/carers of children or young people aged 2 - 25 with complex needs and learning disabilities who are attending a specialist educational setting (or where it is being considered, in the case of those 3 and under)
- We are currently trialling some limited evening Webinars between now and Christmas. Availability of these will be shown when booking

Sleep and Therapy Services CIC (Registered Company: 13438824)



Be Wild Creative would like to invite you to:


Sunday Craft Club

SUNDAYS

10.30AM-12PM



**The Bridgewater, Worsley
Barton Road, M28 2PD**



14th September: Clay Creations

21st September: Superhero Day

28th September: Hama Beads

5th October: Nature Art

12th October: Dream catchers/Beads

19th October: Halloween Mash up

Ages 4+

Use discount code


CRAFTCLUB

for £5 off your first booking



Scan to book

*T&Cs apply.
please see Eventbrite for more
details of each event



www.bewildcreative.co.uk

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety®
#WakeUpWednesday

NEURODIVERSITY FRIENDLY YOUTH ACTIVITIES

- For neurodivergent young people
- A relaxed, no pressure space
- Let your imagination flow
- Support for your hobbies
- Encouraging self-expression
- A place to be yourself
- Building a friendly community



Scan the QR Code or
-> [Click here](#) <-
to find out more



For ages 10-13, 14-17 & 18-25, online and in-person.

Registered Charity No. 1182361 | hello@starling.org.uk | [@starlingcio](https://www.starlingcio.org) | [starlingcio.org](https://www.starlingcio.org)

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.





THE TRAFFORD GM FAMILY HUB APP



A one-stop shop of health information from pregnancy to teenage years for you and your family

- 75 languages
- Tailored information for YOUR family
- Details of support services local to you

Download the app by scanning the QR codes below and start using it today!

Download
the app by
**SCANNING
THE QR CODE**



APPLE



ANDROID



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



Chat with our team of
friendly practitioners



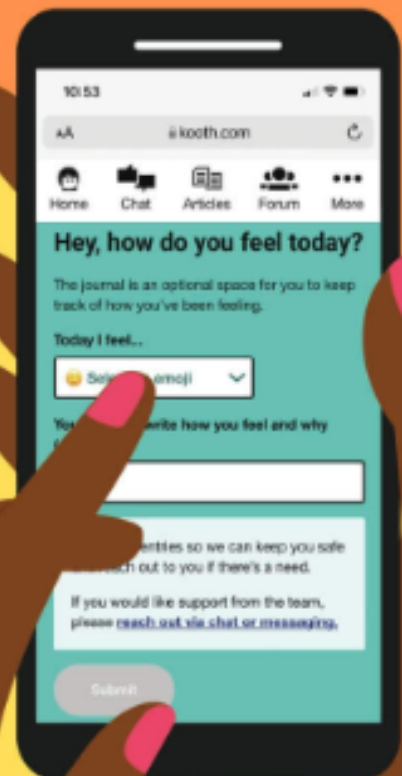
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



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





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.**



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

