



Urmston
Primary School

20.06.25

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

Grandparents and Relatives Day

It was so lovely to share the day with our children's grandparents and other family members...a real joy to welcome everybody and to see so many happy, smiling faces! Lovely stuff, lovely community feel!

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)

School Nurse drop in: Tuesday 15th July—8.40-9.40am



DON'T FORGET OUR PTA SUMMER FAIR TOMORROW 12-2! PTO for info...



Well done Cricketers!

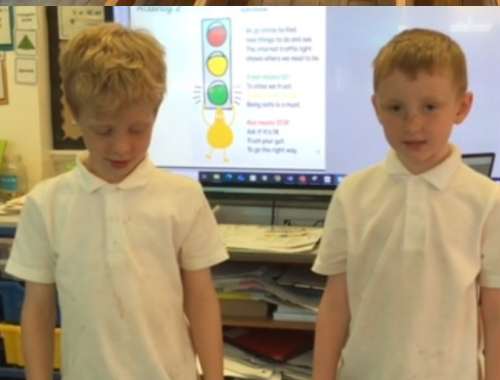
Our Y6 Cricketers did a fantastic job at their tournament at Urmston Cricket Club this week, finishing as overall winners! Excellent skill and great team spirit! Lovely as always to see Mr G too, so thanks for helping out! Great stuff, guys!

CLASSROOM ACTION

This week we've been...investigating how distance from a light source affects the size of a shadow; completing our rainforest dioramas, learning about the different layers; learnt about chromatography at Urnston Grammar; welcomed our grandparents; learnt about pixels and did our own pixel art; practising our swing at Tri Golf; practising the C and A minor chords on the ukulele; performing poems...and much more!



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PTA Dates for your diary

Follow our Facebook page for dates and news

TOMORROW - Saturday 21st June - Summer Fair 12-2pm

- Entry wristbands can be bought on the gate tomorrow
- Tokens can be bought at the Token Sales stall
- Grammar School Field, entry via Newton Road gate.
- Highlights include: Even more bouncy castles, stalls, games, activities, tombolas, BBQ, snacks, drinks, ice cream van, face painting, hair feathers, Summer Raffle draw, Mr Parker in the 'soak the teacher' stocks!
- Don't forget to return your **raffle ticket** stubs and money at the Raffle stall. You can also return any unsold tickets or buy more!
- We'll be running our popular 'Stamp Prize' system again - every token game you play gives you the chance to earn a stamp on your card - collect as many as you can and then 'spend' them on our fantastic 'Stamp Prize Stall' - we have some amazing things for you to spend your stamps on!
- Please bring change if you can for our cash stalls - tombola, face painting, hair feathers, food, drink etc although we will be taking card payments.
- Finally, feel free to bring your picnic blankets and chill out - there'll be a licensed bar, BBQ, snacks and soft drinks on sale so relax and enjoy yourselves!

We can't wait to see you there!

Your valued support means we can continue to fund trips, experiences and resources for all our children. To make a donation simply scan this QR code:





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.instagram.com/starlingcio) | [starlingcio.org](https://www.starlingcio.org)



TRAFFORD
COUNCIL



TRAFFORD
FAMILIES



WE WANT YOUR FEEDBACK ON FAMILY SUPPORT IN TRAFFORD

**Trafford Family Help commissioners are
gathering your thoughts on our current
family help offer**

**Can you spare up to 10 minutes to complete a
short survey to help us understand the
awareness and effectiveness of current service
to help shape future support**

**CLICK HERE TO
COMPLETE THE
SURVEY**



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



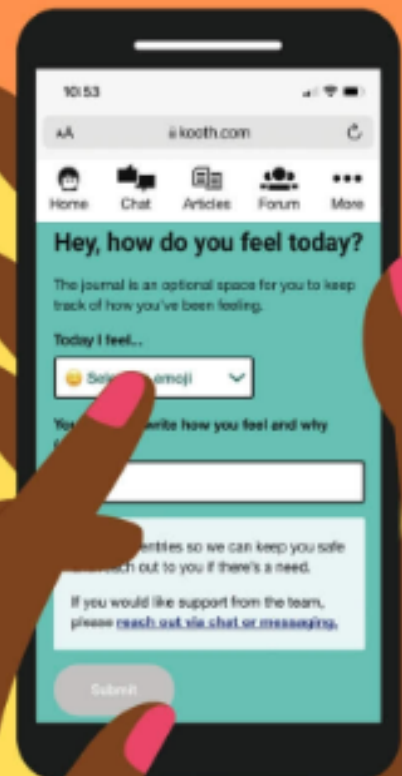
Helpful articles



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**

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



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

