



20.12.24  
**Urmston**  
Primary School

Dear Parents and Carers...

Well, that's the Autumn term of 2024 done. It has seemed very long (and at some times pretty challenging), but times of difficulty are when we can all show a bit of mettle and resilience and reflect on ways we can which we can become better.

There is so much to be thankful for and it is sometimes easy to forget that. I for one am hugely thankful for the amazing staff that we have here at UPS and the care and dedication that they show every single day, as well as for our children, who put up with us banging on about the importance of our school values and of becoming ever-better young citizens, which they are increasingly becoming.

Thank you also to all of you—parents and families. Schools are hubs of the community and our families play an integral part of that community and the feeling of togetherness that we all need in a life that can sometimes feel a bit of an uphill battle!

Our school motto is 'Growing Together. Empowered to Be More' and as we'll begin to think about the new year, we reflect upon our vision as a school—to grow together and support one another to feel safe, valued and happy, but to empower our children to be ever more resilient through trying to nurture independence both as individuals and in being part of a team, something that they'll increasingly need as they head towards secondary school and beyond. Our practice as a staff team, and as a school community, needs to reflect that balance, whilst never losing sight of the love and compassion, and the desire to do what is best for our children, needed to make their primary school experience the best that it can be.

It has been a year full of ups and downs and many successes and we look towards the next with optimism and hope that our togetherness, sense of love and belonging, and no small amount of fortitude, will make 2025 a very good year.

Have a lovely Christmas and a positive and prosperous new year!

From us all at UPS



**A message from Stephen Smith, Chair of Governors...**

On behalf of all the governors here at Urmston Primary School, I'd like to thank all of you for all your support for the school over 2024. As every year, 2024 had its highs and lows, its joys and challenges for the school; but your support for your children, Mr Parker and all the staff here has been crucial in everything. We hope you have a wonderful Christmas and a very happy new year!

**'Being a Behaviour Detective' parent workshop, with Jackie Tarpey, SEN consultant and Autism and Social Communication specialist**

We are incredibly fortunate to welcome Jackie Tarpey on **Tuesday 14th January at 2pm**, in the junior hall. She will be doing a parent workshop (followed by some work with staff) on certain behaviours that we can look out for with our children, that will enable us to support them as appropriately and effectively as we can. It will undoubtedly be hugely beneficial and we hope to see you here.

**Some useful links from Mrs Helyar...our SENDCo...**

- A guide on language around child exploitation- remembering that neurodivergent and disabled children and young people are more likely to be victims of child exploitation [Appropriate Language Guide Final \(English\).pdf](#)
- Christmas sensory survival kit- attached, but download from here. [Christmas Sensory Survival Kit - Sensory Help Now](#)
- Christmas tips from the National Autistic Society for families [Tips](#)
- A collection for professionals from the NAS [Preparing for Christmas: autism resources](#)
- From Ambitious about Autism [Christmas | Ambitious about Autism](#)
- Fine motor skills at Christmas [5 Christmas Motor Activities](#)

**'BEING MORE'**

Well done to Sophia, who has been showing her netball skills for Trafford—this year they've won all 16 of their games and Sophia has played a brilliant role in that! A reminder to stick at the things we love to do. Well done Sophia...excellent 'being more'!



**A request from Reception...some extra uniform bits!**

If you have any old school uniform that is too small for your child, Reception are after some bits and pieces—especially trousers, socks and tops! Many thanks if you can help!

**Thanks from the PTA**

As we prepare for Christmas we just wanted to say a big thank you for all your support this term.

It's been a busy one! But so worthwhile as you've helped to raise a massive **£6,852** for our school in just 3 months!

We've already been able to approve lots of funding requests from teachers for trips and resources.

Don't forget we'll be providing mulled wine and mince pies at 'Carols in the Playground' next Friday so please come and enjoy some.

We can't ask for donations towards the alcohol but the charity buckets will be out for donations towards the mince pies!

**Thank you and we hope you have a wonderful Christmas and New Year**

# *Starting Strong...*



Support and Guidance for Parents and Carers of children aged 5+ with emerging special education needs, who are not already accessing family support.

**An interactive fully funded 6 week course**

**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 05.02.2025 - 19.03.2025 from 12.30 - 2.30pm  
(Wednesdays)**

**or 11.01.2025 - 15.02.2025 from 9am - 11am  
(Saturdays)**

**Online from the comfort of your own home**

**Book online to secure your place:  
[www.thecfc.org.uk/sendparents](http://www.thecfc.org.uk/sendparents)**

**cfc** | The Counselling  
& Family Centre

**TRAFFORD  
COUNCIL**

### Searching for Parents...a message from Kate...

...who have manic, panicked mornings getting their children out of the house or chaotic mealtimes or bed-times where noone will sit, eat or listen! If this sounds like your family, your children are 4-8 years old and you'd like the help and advice of best-selling author and child therapist, Kate Silverton to help you understand how your child's brain works and give you the techniques for the outcomes you want without the shouting, drama and meltdowns we all go through then please get in touch!

We need a family willing to be filmed with Kate (author of the best-selling book 'There's No Such Thing As Naughty' - look her up @katesilverton on insta - she's incredible). We'll be filming a short non-broadcast pilot so you won't be on the telly but you will get bespoke advice for a calmer, happier household. (Who doesn't want that?!)

If you can spare a bit of time and are happy to meet Kate & film a bit in your house - please get in touch. Filming 9/10 Jan. Feel free to share with friends and pass on the producer's details (also called Kate) True North Producer Kate: 07904188464 [kbroadhurst@truenorth.tv](mailto:kbroadhurst@truenorth.tv)

#### 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>



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](mailto: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

# MANIC MORNINGS? MEALTIME MAYHEM? BEDTIME BATTLES?

True North are searching for families with children aged 4-8 to film a short non-broadcast pilot with best-selling author and child therapist, Kate Silverton.

If you'd love to understand your child better and get expert advice on how to take the stress out of those everyday parenting situations we all recognise, please get in touch.

**Kate Broadhurst (Producer)**  
07904188464  
[kbroadhurst@truenorth.tv](mailto:kbroadhurst@truenorth.tv)

Filming dates are 16th and 17th January 2025.  
Please feel free to share with friends, and family.

Visit our website for our Privacy Policy: <https://www.truenorth.tv/privacy/>

### 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>