



Dear Parents and Carers...

The first full week ticked off!

Everything seems to have gone pretty smoothly here (well, relatively!) so thank you, as always, for your support in helping the children get back into the swing of things...or just get into the swing if you're Nursery or Reception!

Please come and find us if you need owt, and have a lovely weekend...from us all at UPS

### Walking our own path

The attached link really is quite lovely and a super message for our children! Thank you for bringing it to our attention Mrs Byrom!...

[https://www.instagram.com/reel/C\\_XDPG2vH7W/?igsh=bHc2MHJydDBkMmdi](https://www.instagram.com/reel/C_XDPG2vH7W/?igsh=bHc2MHJydDBkMmdi)

### Author Visit

We are very excited to announce that the brilliant author Marie Basting will be coming to our school to talk about her new book, Auntie Medusa and Me on Thursday 17th October 2024.

*'An action-packed, laugh-out-loud funny Greek mythology adventure.*

*I'm Silvia, an ordinary kid just like you. At least, I was ordinary until I wound up in Ancient Rome and found out I'm a demigoddess. Yeah, that took me by surprise too. But seriously, travelling back in time is nothing compared to what's happening now.*

*Medusa the gorgon wants her head back – and she's chosen me to find it!*

Urmston Bookshop is providing copies of Marie's books, - and your child will be able to get their book signed by Marie and be able to say hi and have a short chat.

If you would like your child to buy a book, please complete Parent Pay by Friday 11th October, paying for the book / books you wish to purchase.

### Library Service!

The library in the KS2 building will be open for parents and children to visit together after school on Tuesdays. The wonderful Mrs. Morton will be there to assist.!

### Birthday sweets

We know that it is customary for children to bring in sweets for their birthdays. It's lovely, it's generous and everyone deserves a treat once in a while! Obviously, as a school we want to promote healthy choices and whilst we are in no way going to suggest banning sweets, we just want to encourage a thought or two. We'll leave at that!

### PTA

Please see yesterday's letter about the **PTA breakfast next Friday at 8.15 in both halls**. We're looking for volunteers so please let the PTA know at [friendsofurmstonprimary@gmail.com](mailto:friendsofurmstonprimary@gmail.com) if you can help out. Also, we have to take another opportunity to thank Catherine, Lisa, Mair and Josi for their dedication over the years. It has all meant a great deal and had a really positive impact on our children. Good luck to Steve, Lynda, Linda, Gina, Abi and Emily as they continue the super work!

### School Nurse Drop-In

Our school nurse will be holding a drop-in from 1.30-3.30 on the afternoon of 8th October. Please feel free to come by if you'd like to chat about any health queries.



Non-school attendance can be really difficult for everyone, often leaving parents and carers feeling stuck between a rock and a hard place. You are not alone!!

We are here to listen, guide and support to help you to get through this difficult time

Join our in-person support sessions in

Stretford 18th September 10-11:30  
<https://buff.ly/3ASNjC0>

Rochdale September 24th 10-11:30  
<https://buff.ly/3TgI2L7>

We also have an online session on the 11th 6:30-8pm

<https://buff.ly/3TcDwNy>

We are a heart led organisation so our sessions are tailored to suit the participants needs. Please contact [jen@calmconnections.org](mailto:jen@calmconnections.org) or [Rachelle@calmconnections.org](mailto:Rachelle@calmconnections.org) if you have any questions or if you would like us to talk through what a session will look like

### WinterCoats

No Cold Child and FatFace have partnered up with Parentkind to provide 10 000 new winter coats to children that need them. If you feel this would help, please come and talk to us!



**Autism  
Learns**



Online learning  
for parents,  
carers and  
professionals

[https://  
www.autismlea  
rns.co.uk/  
supporting-  
autistic-girls-4/](https://www.autismlearns.co.uk/supporting-autistic-girls-4/)

### Earrings

Can parents please be mindful of earrings. Studs are allowed but must be covered, with tape if necessary, for PE. We hear of many horror stories and don't want to be part of one!

### NUTS!

Please be reminded that we are a nut free school and be as vigilant as you can when doing the packed lunches and junior snacks! Thank you very much!

## Supporting Autistic Girls

An online learning series: 4th - 5th October 2024

Watch live and/or stream recordings of all webinars for 30 days

### Build to beat Cancer!

Alma, a parent at our school, is fundraising for the 'Build to Beat Breast Cancer' Appeal, a new breast screening diagnostic unit to be built at Wythenshawe hospital to allow early detection. She is doing this by doing various bonkers and extreme challenges, including trekking up Mount Kilimanjaro next year and also the London Marathon. She has a huge target of 8k overall. Any support is obviously greatly appreciated so take a look at the link below! A special shout-out too to our Vivienne, who has been a great help, always supporting the challenges, helping with various costumes, making bracelets to sell, bucket collections at events, all sorts...what a star you are Vivienne!

Donate via JustGiving: <https://www.justgiving.com/page/ginja-ninja-fundraising>

Follow me: [https://www.instagram.com/ginja-ninja\\_fundraising](https://www.instagram.com/ginja-ninja_fundraising)

### BEING MORE...

Being More still remains a core part of our culture in school. Our children's behaviour is good, but we want them all to go that extra mile in displaying our school values and helping others to be happy through their kindness, respect and responsibility. Please let us know what your children get up to outside school so we can share and celebrate in school!

Last week, Oriel and Everly showed what it means to 'be more'. They ran a charity sale with their cousins and grandparents to raise money for Make A Wish. They made mini stationary, little toys and surprise packages for people to buy as well as selling some of their own toys and books. Their grandparents also sold tea and cake and had a bric a brac stall. They raised an Incredible £1375. Super stuff guys! Making us (and yourselves!) proud.



## Forest School...with the Nebula Centre...has begun!



### Forest School Ethos

The Forest School ethos is to provide a safe, nurturing and supportive community. Everyone learns in different ways and paces and Forest School is a place for them to do that without judgement or expectations. This has a positive impact on social and emotional development and well-being, which helps children to, not only learn, but thrive in their learning process. Through various different activities and challenges, children are given the opportunity to build up resilience and determination skills through their 'failures', whilst developing self-esteem through their successes.

Being child-led, and long term, Forest School allows children to build on the tasks they choose. Giving children the autonomy to do this, and allowing them to keep going back to a task that they are finding difficult, rather than putting time constraints on them, helps children to understand that learning is a process rather than a result and heightens their emotional intelligence. Whilst they might initially 'fail' at a skill, need extra help or lots of practice to master it, they will eventually succeed, boosting confidence, self-worth and allowing them to see that persistence is key to achievement. In turn, this allows the child to become less frustrated, more self aware and able to self regulate. Their empathy towards others, who might be struggling, grows whilst their social skills develop through play and learning.

As well as providing the perfect environment for physical development, Forest School also allows children to develop into creative and independent learners through the connection with nature. Children learn best through play and first hand experiences. Due to being child-led, children at Forest School are able to direct themselves through their learning, whilst adults become observants.

A child who is fully in 'flow' at a Forest School session, is directing themselves through their learning process, whilst being fully submerged in the experience. During the 'flow', children will naturally ask themselves questions and set out to find the answers "What will happen if I put this stone in the bucket?", "Why is this tree growing faster than this one?" Children are natural scientists and Forest School allows their 'what ifs', not only developing their knowledge, imagination and creativity, but also, by allowing children autonomy over the topics they want to learn, whilst giving them the freedom to explore and experiment within them, encourages them to become independent learners.

We must have  
perseverance  
and above all  
confidence in  
ourselves.

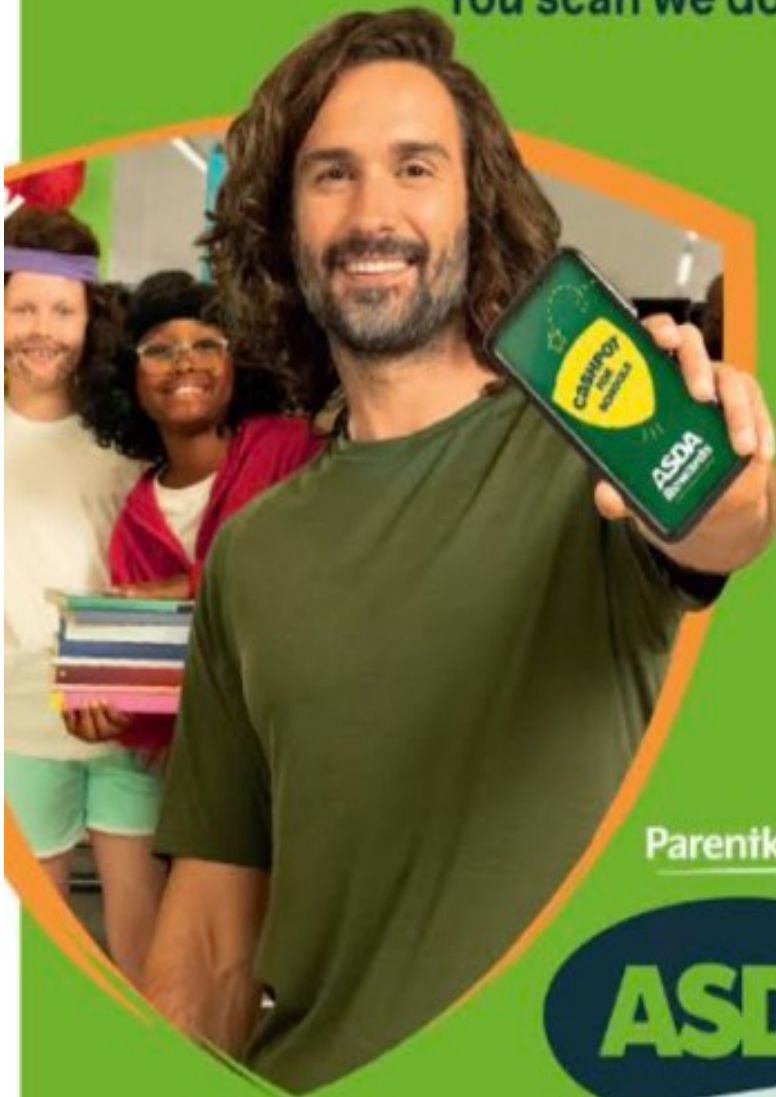
MARIE CURIE



*Every little helps, guys...or is that the wrong supermarket?*

# INTRODUCING CASHPOT FOR SCHOOLS

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# Parenting Smart



**We all want the best for our children, but parenting can be really tough sometimes. We've all been there.**

Place2Be's Parenting Smart is a site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



Learn more at  
[parentingsmart.org.uk](https://parentingsmart.org.uk)

Or scan me



Exclusive to parents and carers living in Trafford.

# Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with **extra tools to deal with everyday parenting challenges.**

The course aims to help you **strengthen your relationship with your child** and **respond helpfully to challenging behaviour.** You can also join discussions with other parents and carers in your group.

Designed to fit around busy family lives, the course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Dynamic and safe learning community
- ✓ Place2Be professional on hand to support learning



Learn more at  
[place2be.org.uk/trafford](https://place2be.org.uk/trafford)

Or scan me





## 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](mailto:gmac@nas.org.uk)

[www.autismgm.org.uk/events](http://www.autismgm.org.uk/events)





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### 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](mailto:gmac@nas.org.uk)

[www.autismgm.org.uk/events](http://www.autismgm.org.uk/events)







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- 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**

3rd October 2024 9.30-2.30pm

Brigehall Community Centre

Siddington Ave, Stockport SK3 8NR

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

Email [gmac@nas.org.uk](mailto:gmac@nas.org.uk)

[www.autismgm.org.uk/events](http://www.autismgm.org.uk/events)

