



**Urmston**  
Primary School

21.03.25

**Dear Parents and Carers...**

**Have a lovely weekend every-**  
**one,**

**From us all at UPS**

### SCHOOL NURSE DROP IN

Our School Nurse, Belinda, will be in from 1.30-3.30 on Monday 31st March. If you have anything you'd like to discuss with her, regarding your children's physical or mental health, please drop in!

### RED NOSE DAY!

As we write this, we're having a great day celebrating 40 years of Comic Relief, having fun singing and dancing to 80s music and even watching one or two 80s kids' TV shows! Thanks for your donations for such a wonderful cause!



### Park and Stride!

This super design to promote the Park and Stride from Golden Hill Park is by our very own Franklin! Great stuff buddy! Being more and making a difference! Parking is free at the Golden Hill Car Park between 8 and 9 and at pick up from 3 until 3.45!

This week is Neurodiversity Celebration Week.

We spoke to the junior children in assembly about celebrating our diversity and helping our children to see their strengths. We mentioned about how some brains work differently to others and that children who may have Autism, ADHD, OCD, Dyslexia and the like, may at times find some things more challenging than those with 'neurotypical' brains. But we also said that they will have strengths that others don't and it is those strengths and our uniqueness that we should celebrate and focus on.



We have plenty of neurodiversity in our school, but it is important to point out that regardless of whether children have a diagnosis or not, we all have our own needs, our own attachment to things and people, our own traumas, our own personalities and our own stories which make us who we are – and that goes for both children and adults!

We spoke to them about understanding this need and difference but also about their rights and about helping each other to see that we all have the right to feel safe and happy, and if this is made difficult, they should always know that they have the freedom to use their voice (another UNICEF Right of the Child) and come to trusted adults in school to help guide and support them.

Our children show incredible understanding of the needs of others - this is one of the benefits of having such a rich diversity of need in our school community...and this should bode well for an empathetic community in the future.



## Mr Irakoze's Football Heroes...

Since the turn of the new year Mr I's guys have won every single game, beating some amazing schools, with scores like 6-0...blowing the competitors away. But more importantly, they have represented UPS with outstanding



attitudes and showing some amazing respect to all schools they have played against.

Coach Irakoze says, 'I am immensely proud of the hard work they've put in training sessions which has resulted in some really spectacular performances. I really do hope the school can recognise these boys for their talents and hard work they've shown. Furthermore, this whole season since September they've only lost one game. Unreal achievement! Come on UPS!



## CLASSROOM ACTION!

This week, we've been...playing Egyptian Gods top trumps; using microbits to create animation; taking part in a live assembly on rail safety; learning loads about animals, their habitats, and having fun at Chester zoo; doing a bit of yoga for our bodies and minds; roleplaying how we might give in to temptation, in RE; working on our ball skills and hand-eye coordination; looking at different ways of collecting data in Computing; in DT, learning about which fabrics would be suitable, or not, for a baby blanket; researching African stick figure art to paint on our patch of fabric which we will then join together using a running stitch to make a blanket; ...and much more, including going to the Blue Peter set!





### Dates for your diary

- Wednesday 26th March - **Mother's Day Sale** \*please note the date change (was 27th)
- Thursday 27th March - **PTA EGM** - Extraordinary General Meeting - 3:45pm, Junior Building
- Sunday 6th April - **Easter Trail at Chassen Park** - complete a woodland trail - pre-book on Parent Pay
- Monday 7th April - **Infant Easter Bonnet Parade & Junior/Adult Cake Decorating Competition**
- Thursday 24th April - **Sponsored Bounce**

**Mother's Day Sale** - you will be reminded nearer the time to send your child into school with some money if you so wish (maximum £5). Children can come and visit our pop-up shop during the school day to buy their mum or carer a Mother's Day present. We will have presents ranging from £1 to £4.

**Easter Trail at Chassen Park** - the fab gang over at 'Friends of Chassen Park' are allowing us to use their Woodland area for a special Easter Trail on Sunday 6th April. If you can find all the Easter Bunny's eggs and unscramble the message you can win a prize! Book now on Parent Pay for only £2 per child.

**Cupcake Decorating Competition** - Infant children will be parading their easter bonnets on 7th April so Junior children as well as their parents and carers can get in on the creativity too by decorating cupcakes.

Make or buy 6 cupcakes & decorate them. Prizes for each year group and for adult entries. Simply hand them in that morning - we'll keep one for judging and sell the other 5 at the Easter Bonnet Parade and after school if we have any left. Full details will be out soon.

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



**EASTER CHICKS**  
 FILLED WITH A CHOCOLATE EGG

**£2**  
 minimum donation

SCAN TO LEARN MORE!

PROUDLY SUPPORTING

FRANCIS HOUSE  
 CHILDREN'S HOSPICE  
 Registered Charity No. 328699

**Win an Easter Hamper!**

Over **£40** of goodies!

**Tickets £1 each on ParentPay**  
 Winner drawn last week of term

### PARK AND STRIDE

We understand that parking outside our School Street Zone can be pretty tricky so please do remember that we have our Park and Stride option—parking is free at the Golden Hill Car Park between 8 and 9 and at pick up from 3 until 3.45!



**Joanne Jenkinson**

Training & Development Officer

07759 124 230

thesleepcharity.org.uk



Winner of The Queen's  
Award for Voluntary  
Service 2020



***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.**





9TH FEB  
17TH FEB



# THE NEBULA CENTRE

**FAMILY SEND SESSIONS**  
**BUSHCRAFT ACTIVITIES**  
**FOR ALL THE FAMILY**



**[CLICK HERE TO BOOK ON](#)**



16TH MARCH  
30TH MARCH







# Friday Night SEN Football for Ages 5-11

Get involved with football through fun training sessions. Whether you want to play for fun, or looking for extra training, our sessions are for you!



**Every Friday 5-6pm**

**Partington Sports Village,  
Partington, M31 4ES**

**Ages 5-11**

**FREE OF CHARGE**

Scan the QR code to register:



Or Contact : [josh.mcvey@accesssport.org.uk](mailto:josh.mcvey@accesssport.org.uk)



# YOUTH CONNECT 5 (YC5)

YC5 gives you the knowledge, skills and understanding to help your child to develop strong emotional skills, through resilience techniques. These techniques will strengthen your child's ability to adapt well to adversity.

★ **What will completing the programme do for you and your young person?**

Improve your relationship

Strengthen your communication

Improved connection

Increase your knowledge and confidence

5 week free programme

Develop family resilience

4th February 2025 1pm-3pm (Every Tuesday with a week off for half term)  
1st May 10am-12pm (Every Thursday with a week off for half term)

at At Saint Matthews Community Hall, Chapel Lane, Stretford, Manchester, M32 9A)

Calm Connections



Book on via Bookwhen  
For more information please contact:  
info@calmconnections.org

BOOK HERE



YOUTH CONNECT 5



GMCVO



calmconnections.cic



@calmcic

www.calmconnections.org



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

# Online relationship support for parents



one  
plus  
one

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](http://www.oneplusone.org.uk/parents)

