



22.11.24

**Urmston**  
Primary School

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

### CUT YOUR CARBON!

You received an email from Mrs McNutt and our Eco-committee on Monday. It was all be about challenging ourselves to cut our carbon footprint! Your children have received a checklist so please do encourage them (and hopefully they'll be encouraging you!) to rise to the challenge!

### LITTLE GREEN SOCK PROJECT!

The Little Green Sock Project is a wonderful organisation that can support those in society who might need a bit of a financial boost. We are a referral partner for them and if you feel like you might want to access some help, please do come and talk to us.

### PROUD CUBS!

Well done to George, Chloe and Lizzie for their obvious levels of respect and responsibility in their roles as cubs. Many congrats too for coming joint first in the Ashton Cup. Great being more...a fine achievement guys!



*Dates...further details will follow...*

Friday 6th December 2.15 pm - Nursery Christmas Play  
Tuesday 10th pm and Wednesday 11th December am—I5, I6 and I7 Christmas Play  
Wednesday 11th pm and Thursday 12th December pm—I1, I2, I3 and I4 Christmas Play  
Wednesday 18th December, 2pm—KS2 St Clements performance

### SLEEP...zzzzzzz

Thanks to those of you who attended the Sleep talk on Thursday with Laura Van Houplines from Sleep and Therapy Services. If you'd like more information and support, please go to <https://sleepandtherapyservices.co.uk/service/trafford-sleep-services/> or email [Trafford@sleepandtherapyservices.co.uk](mailto:Trafford@sleepandtherapyservices.co.uk)



**PTA XMAS FAIR! We hope to see you here tomorrow at 12!!!!**

### INTERNATIONAL MEN'S DAY!

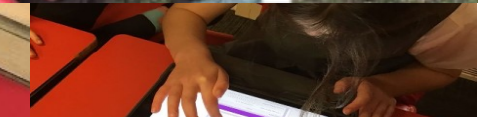
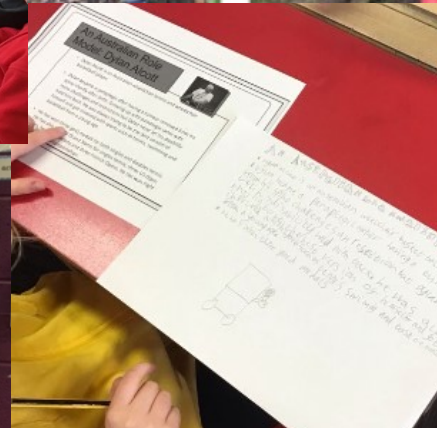
We marked International Men's Day on Tuesday and it was wonderful to see so much respect and responsibility amongst our boys and our girls in discussing positive male role models and what it means to be a man, addressing misconceptions about stigma and stereotypes and knowing that 'boys can \_\_\_ too!' We all dressed in yellow and black and the money raised is going to Andy's Man Club—the work they do in highlighting men's mental health and wellbeing and the importance of talking was mirrored with the messages we gave to the boys. Thanks to Mr Irakoze for his brilliant role modelling in the activities...and happy birthday too!

## CLASSROOM ACTION

This week we've been...being journalists; sharing positive male role models; learning plenty of division and multiplication facts; designing and building bridges whilst thinking about tension and

compression; practising our forehands; coding and using a repeating function; focusing on our core fitness; making rocket mice to investigate which materials can go the furthest distance; investigating

road surfaces; continuing our forest school adventures...and much more...





**Autism researchers discuss their work in a relaxed café atmosphere**

**28th November 2024 • 6pm–9pm • Contact Theatre  
Café open • Free tickets available from:**

<https://www.eventbrite.co.uk/e/cafe-autistique-28th-november-2024-tickets-1076431488559?aff=oddtcreator>

Event organiser: [alexandra.sturrock@manchester.ac.uk](mailto:alexandra.sturrock@manchester.ac.uk)

**Dr Erin Beeston**  
will share early findings surveying research into autistic health inequalities. And reflect on her own experiences as a parent of an autistic children & self-diagnosed as AuDHD

**Dr Kathy Leadbitter & Hilary Beach (SLT)**  
will discuss the findings of the large REACH-ASD Trial. Evaluating a new programme to support parents/carers of newly diagnosed autistic children

**MANCHESTER**  
1824

The University of Manchester

**AUTISM**

@MANCHESTER

### 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>

### 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>

PARENT AND CARER INFORMATION  
AND ADVICE SESSIONS 24 - 25:



## School Attendance Difficulties & Emotionally Based School Non-Attendance

Is your child struggling or reluctant to go to school?

Trafford's Educational Psychology Service are hosting a series of advice and information sessions throughout this academic year. Each session will begin with some information about school attendance difficulties and what support can be offered, followed by a chance to ask questions and chat to other parents and carers. Each session will last around 90 minutes.

#### Online (via Teams):

1pm, Friday 29th November  
10.30am, Monday 3rd February  
6pm, Thursday 8th May

#### Firswood Community Centre:

1pm, Friday 6th December  
6pm, Wednesday 5th March  
10.30am, Thursday 19th June

#### Urmston Library:

5.30pm, Tuesday 19th November  
10.30am, Thursday 20th March  
1pm, Monday 23rd June

#### Altrincham (TPF):

10.30am, Wednesday 6th November  
1pm, Tuesday 11th March  
6pm, Thursday 19th June

Book your free place today via: <https://forms.gle/dNjkh96KRwwnhdSNA>



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



## 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)

