



**Urmston**  
Primary School

23.05.25

**Dear Parents and Carers...**  
**As always, thanks for your support.**

**Have a lovely Whit 'break' and we'll see you on Monday 9th June!**

**From us all at UPS**

### BEING MORE

Adding to the sporting achievements of last week, here's Oscar, who not only won Manager's Player of the



Year, but is also now Captain for the new season—you've certainly got the right responsible approach for the role, Oscar...great being more!

Then we have Theo and Evie who, last weekend, ran 1.5k at the Manchester Great mini run in a great time... and even met

Hammer and Cyclone from Gladiators! Great stuff you two!

It is always fantastic to see children competing and doing their best outside school so please do let us know how your children are 'being more' at home too!



### 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)

Grandparents Day (Y2-6): We'll get a date asap...there's a lot to squeeze in!

### Parent Partnership meeting

We'll be meeting on Friday 13th June to discuss all things school—from lunch time, to SEND, to wellbeing and belonging, and anything else parents want to discuss. It is always incredibly useful to listen and share thoughts and ideas so please do join us in Upper Junior building if you can—we'll start at 2.30.

### A lovely thing...

We received an email letter this week from Alan Smith, a pupil who went to our school 75 years ago! It was so lovely to read his thoughts and his account of how he and some old friends still stay in touch after all the years to reminisce about time gone by and to reflect on things now. Please *do PTO for a read*. Alan's thoughts certainly make us think about friendship and togetherness, but also that whilst there are many trials and tribulations around the internet, the fact that it enables and sometimes enhances our capacity to stay in touch is a quite wonderful thing. Thank you, again, Alan, for sharing...and you and your friends, however far away, will always be welcome at UPS!

A group of older pupils from this School were recently able to find some of their former classmates whom they met a long time ago. They have met monthly for nearly four years and this year is a special year for them and thought that you may be interested. This is their story...

We started at Infant School in 1944, during the War, and finished in Primary School in 1950, in the same class. At that time the School was called Urmston County Primary School and because we finished in 1950 we call the group UCP50. It is a special year for us because it will have been 75 years since we last met. Little did we know in 1950 that later on in our lives, when we were in our 80s, we would be in contact with some of our classmates.

How this happened can be seen on a website ([ucps1950.wixsite.com/home](https://ucps1950.wixsite.com/home)) which also includes school photographs. Nine of us now meet monthly on 'Google meet'. Only one member lives locally; two live in Canada (Nova Scotia and Alberta) and others live in various places around England and one in North Wales. An additional three members who do not meet us online join us by emails. In our final year we were in the School on Ross Grove. Unfortunately, the school no longer exists. There were 44 pupils in the class, and apart from one pupil, we all passed the 11 plus examination and went on to various Grammar or High schools. After some research we have found out about 30 former pupils and sadly not all those are still alive.

Our meetings on Google Meet have evolved over the years from one hour to two separate hours divided by a 15 min. interval. We have to consider the timing for those who are living in Canada who are many hours behind us. While we are meeting in the afternoon in the UK somebody in Canada is having breakfast. We take it in turn to host the meetings and provide a programme which would include general topics to talk about, current news to discuss, and sometimes quizzes. At Christmas

we now have a Christmas Miscellany which we all take part in with readings, quizzes, music and sketches. In the earlier meetings there was much to talk about the time when we were asked what we could remember of at School. We could not all remember the same things, but sharing them brought back memories to us. What we did not remember was that one member, who had been in Hospital had received letters from all his classmates. Fortunately, he still has the letters and sent us a copy of our letters so that we could see what we had written. That's one benefit of writing. Would emails have lasted that long?

It was appropriate that at our last online meeting, which was held not long before VE80 Anniversary day, that there would be something about the War in our programme. Our childhoods were spent during the War and we were asked what were our personal memories of it and its aftermath. Also, there was a short quiz about the War. Approaching VE80 Anniversary day we were asked to share, via email, any VE photographs. There were some street party photographs taken in 1945 and on some of the actual VE80 Day.

It was so different when we were at School - no car travel, teaching with blackboards and chalk, pen and ink for writing. The technology now would have been like science-fiction to us then. What will it be like in another 75 years? What would it be like for pupils in the School now to meet their classmates in 75 years in 2100?

On reflection we seem to have appreciated our time at School.

## CLASSROOM ACTION

This week we've been...learning about Eratosthenes. We learnt about his research into shadows and measuring the earth's circumference. We then took it in turns to pretend to interview 'Eratosthenes' and ask him questions about his life and research; sharing our topic projects; working on our analogue times; learning about and labelling parts of a plant; working on our trumpet and ukulele skills; recreating the digestive system; learning the boroughs of Manchester; being inspired by Kelvin Okafor's hyper realistic drawings and learning lots of techniques to draw portraits of Rosa Parks and Emmeline Pankhurst; looking at cross sections of seeds and bulbs; learning how we measure mass...and much more!





UK Health  
Security  
Agency

Greater  
Manchester  
Integrated Care  
Partnership

# MEASLES

is circulating in Greater Manchester

## Symptoms



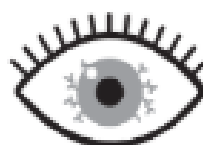
Rash



Temperature



Runny Nose



Red Eyes



Cough

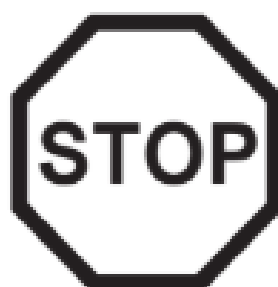


The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months\*

(\*soon to be 18 months)



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!  
Keep people with symptoms away from others




Call ahead before going to A&E or your GP



# 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.



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

**11th June 2025 • 5.30pm–8.30pm • Contact Theatre  
Café open • Free tickets available from:**

**<https://www.eventbrite.co.uk/e/cafe-autistique-11th-june-2025-tickets-1373247312679?aff=oddtcreator>**

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

Elizaveta Nosova  
presents findings from  
their systematic review  
on the views of autistic  
adults on early autism  
interventions. There will  
be a big colourful chart &  
thoughts about future  
implications.

Dr Daniel Poole  
& Beatrix Butnicu  
Will share research on  
autistic, ADHD &  
neurotypical experiences  
of distraction. Also  
explorations into the  
study of neurodivergent  
attention, i.e.,  
monotropism

**MANCHESTER**  
1824

The University of Manchester

**AUTISM**  
@MANCHESTER



**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**





## **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.**



# Starting Strong...



Support and Guidance for Parents and Carers of children aged 5 - 11 presenting with special educational needs.

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



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 04.06.2025 (Wednesdays) for 6 weeks  
to take part in our online workshops - 12:30pm - 2:30pm

These workshops are facilitated by qualified counsellors from:

cfc | The Counselling  
& Family Centre

# 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



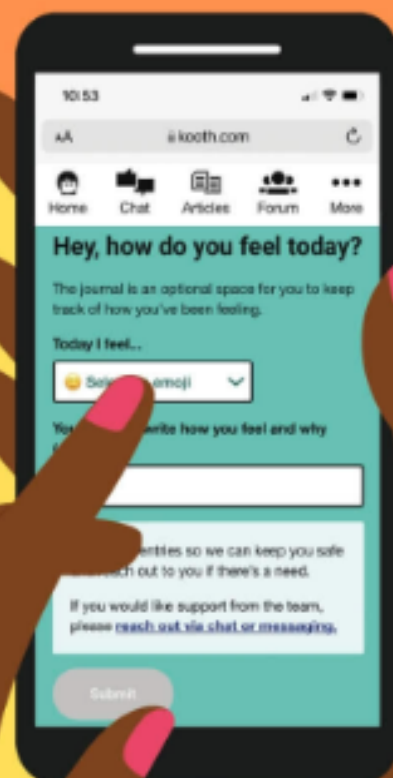
Helpful articles



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.

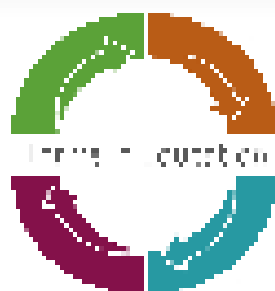


Resources, info and challenges.

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>



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
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3/12/24 3.30-4.30pm	Supporting your Young Person to Manage Their Anxiety
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3/2/25 3.30-4.30pm	Supporting Young People with Low Mood
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4/3/25 9.30-10.30am	Supporting Young People's wellbeing around exams
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13/5/25 3.30-4.30pm	Supporting Young People who Self-Harm
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16/6/2025 3.30-4.30pm	Supporting Young People with Emotional Regulation
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15/7/25 9.30-10.30am	Supporting your Young Person with Transitions in Education
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# 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](http://www.oneplusone.org.uk/parents)

