



24.01.25  
**Urmston**  
Primary School

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

**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>



**Equality, Equality, and Diversity**

We have a governing body committee that focuses on the School Community's welfare and wellbeing. Part of the remit is to constantly look at ways in which we can be inclusive to all in our school community - children, their families and our staff. We'd really like your views on how we do this and so please, if you would take a minute to complete the eight questions in the ink below, we'd really appreciate it! Thanks!

<https://s.surveypalnet.com/i4yy43z2>



**Appointments in school time**

Please be reminded that if you need to take your children out for an appointment during school hours, we will need to see evidence of that...a screen shot on the phone will do! Many thanks.

**Being More...Georgia and Connie!**

It is always great to see people doing brilliant things and being proud of achieving something that they are passionate about. And that is exactly what Connie and Georgia have done with their third volume on the 'Pancake Gang'! Wonderful creativity with the narrative and illustrations guys. We can't wait to see Part 4!

**Reverend Smith's dancing for charity exploits...**

We're always looking for those in our school community who are 'being more' and today, we'll highlight again our very own Reverend Smith! He will be taking part in a dancing competition at the end of February for Dr Kershaw's Hospice in Oldham. Stephen says, *'Rehearsals have begun and we seem to be doing well: me and my dance partner Alison are doing a medley of Queen songs based on the musical "We Will Rock You" - I can send you a photo of us both if you want! The link for anyone to donate is <https://www.justgiving.com/page/stephen-smith-1730750411507>: I'm already over the £500 target we've been set, when cash donations are added in, but I'd love to get as much as possible raised!* Thank you Stephen...great stuff!

## Screens, brains and what not...

We understand the part that tablets and screens can play in today's society and in our children's lives. On the flip side, the viewpoint below is extremely important for us all to consider. Megan, who is a Child and Family Therapist who works with us as a Play Therapist, has done parent workshops with us before and will do so again this term or next (so watch this space!). We hugely value her views and have highlighted them below. Always worth bearing in mind...



### **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.**



Our Mr Smith, teacher and PE Lead this time, not Reverend(!), wanted to give a big shout-out to the girls who took part in a football comp on Monday. He said that he was genuinely overwhelmed by their respectful attitude towards fair play and cooperation and being there for both their teammates and teams, in some cases even filling in when other teams were short. Well done girls...a fine example of what 'being more' is all about. Thank you for being such excellent role models for others.



## Classroom Action

This week, we've been...out in the playground changing simple sentences into BOYS sentences by adding a second idea, coordinating conjunction and a comma; learning how to whittle; looking at gears, levers and pulleys, using classroom equipment to investigate levers and trying to find out whereabouts the pivot needs to be in relation to the weight which uses the least amount of force; learning how to talk about our families, in French; discussing how important it is to have a growth mindset about making mistakes and about how resilience is important to ensure we persevere in everything we do(!); doing

outdoor adventure activities...in the hall(!); completing thinking frames about human and physical features in Blantyre, Malawi; 'samba-ing' with the Trafford Music Service; learning all sorts about Ancient Greece in our workshop...and much more!





# 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

## 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

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



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)

