



Urmston
Primary School

24.10.25

Dear Parents and Carers,

Well, that flew by!

The first half term is always a tricky one—getting to know our children and families, and seeing how things are once the summer dust settles. It has been a positive half term and our children, on the whole, have settled in brilliantly. We had a Parent Partnership meeting last week and some useful things cropped up. We'll take this opportunity to reiterate what was said at the meeting...whilst we certainly won't get everything right, we are an open and welcoming school community and an open and welcoming group of staff, so if you have any questions, concerns or issues, please do feel free to come and chat! Have a lovely half term 'break' and we'll see you on Monday 3rd!

From us all at UPS

A message from our Chair...

Hi! My name's Stephen (aka Rev Smith), minister at Greenfield Church in Urmston and Chair of Governors here at Urmston Primary. At the start of the month, there was a quick overview in the newsletter of what our job is as a governing board. We work with the staff, and Mr Parker in particular, to ensure that all our school values are implemented in everything we do. We meet every term in sub-committees to look at different aspects of the "big picture" of the school's life and work, and as a full governing body to bring this work all together. It's my job as chair to lead this work, making sure we all know as a board what the school's vision is and what we need to do to help make that a reality. I also meet regularly with Mr Parker to discuss how things are going and any issues that he thinks I and the board need to know about. It's a really rewarding role, and the other governors are a really committed and caring group of volunteers, who want UPS to be the best it can be. If you've any issues with anything in the school, then your first port of call is your child's teacher or Mr Parker. But if you do need to contact myself or any of the governors, then please do so via the school office and we'll get back to you. Have a wonderful half term, and watch out for more updates about our work in the newsletter!

Goodbye and good luck
Mrs Latham!

After nine years with us at UPS, Mrs Latham is flying the nest and delving into the world of educational psychology. We've said our goodbyes yesterday and take this opportunity again now to say thank you and the best of luck for what is an exciting future!

Good Luck Mrs Latham!

EVERYONE AT UPS WILL MISS YOU!



But, it is with great pleasure that we welcome Mr Bailey, who will be our new Year 4 teacher. We've no doubt he'll fit into our team brilliantly and wish him the very best in his new role with us. Onwards and upwards!

NEW RECEPTION AND NURSERY VISITS: for SEPTEMBER 2026 start

If you'd like to spread the word, we are doing some visits for prospective parents for Nursery and Reception next year! The dates are below. Many thanks...

Thursday 6th November at 3.45pm

Wednesday 12th November at 2pm

Tuesday 18th November at 9.30am

Thursday 27th November at 3.45pm

Parents Evening booking difficulties!

Just another brief apology for those of you who had booking difficulties! We've been working on solutions and will be in touch soon, if we haven't done already!

ENERGY DRINKS AND SWEETS

Just a gentle reminder that children shouldn't be bringing in fizzy or energy drinks. Water is available and there is plenty of it. Also to reiterate...no sweets or nuts either. We appreciate your understanding here. Thank you.

CLASSROOM ACTION

This week we've been...eating s'mores at our last forest school session; learning how our muscles work; yoga-ing; practising the '-ay' sound; working on our balancing skills; learning about Jewish weddings; developing our mouse pad skills; sharing our class projects; being inspired by David Best for our Art Day; making Halloween posters; writing and playing music on the glocks...and much more!



PTA Dates for your diary

Follow our Facebook page for dates and news

Saturday 6th December - 12pm-2pm - Christmas Fair

More details will follow but we just wanted you to put the date in your diaries.

Thank you!

Massive thanks to everyone for supporting our **Halloween Costume Sale and Halloween Hamper Raffle** - you helped raise **over £600!** To put it in perspective, this covers our funding request for Year 1 to visit Chester Zoo on their school trip next year.

Congratulations to **Iris** in I2 for winning our **Halloween Hamper!** Her name was drawn at random and she gets to take home all the halloween goodies! Here she is with her prize.
(Video of random winner picker available on request).

Project Leaders

If you have any ideas for events or initiatives we could be running please do let us know, especially if you have a burning desire to run with it and lead it yourself. Our Christmas tea towels is a great example of this - one of our parents came to us with the idea and offered to organise the whole thing! Amazing!!

Tea Towels

Don't forget you can still buy these on Parent Pay.
They make great Christmas presents!



We understand that not everyone can spare any time to help out the PTA and volunteer at our events. We've been asked a lot if people can help out in another way and make financial contributions instead. So we've set up a QR code that you can scan to make donations online.

Some people have set up a regular monthly donation, others make one-off contributions when they can.

£5 per month (plus giftaid) equates to £75 a year - the average cost to the PTA of taking 10 children on a school trip!
Even £1 a month (plus giftaid) equates to £15 a year - the average cost to the PTA of taking 2 children on a school trip!
So every pound really does make a difference!



Dates...

WB Monday 10th November: Anti-Bullying Week/
World Kindness Day

Thursday 13th and Tuesday 18th November: Parents
Evening

Friday 14th November: Children In Need

Friday 5th December, 2pm: Nursery Christmas Play

Saturday 6th December :PTA Xmas Fair

Tuesday 9th December, 2.10pm and Wednesday

10th, 10am: Reception/Class 5 Christmas Play

Wednesday 10th December, 2.10pm and Thursday

11th, 10am: KS1 Christmas Play

Thursday 18th December, 2pm: KS2 Performance at
St Clements Church

Friday 19th December, 2.45pm: Xmas jumpers and
songs on the playground!

Parent Partnership meeting

Some useful and meaty discussions
were had last week. Go to [https://
www.urmstonprimary.com/
information/belonging](https://www.urmstonprimary.com/information/belonging) for a summary.



THE TRAFFORD GM FAMILY HUB APP

A one-stop shop of health information from pregnancy to teenage years for you and your family

- 75 languages
- Tailored information for YOUR family
- Details of support services local to you

Download the app by scanning the QR codes below and start using it today!

Download the app by **SCANNING THE QR CODE**

APPLE **ANDROID**

essential parent

Just a thought...

"1. Finnish families have a quiet ritual called the closing question. Before bed, every child answers one thing: "What was the last good moment today?" No screens, no advice, no correction — just the sentence, said out loud. 2. Psychologists tracking these families for a decade found something remarkable: by adolescence, their baseline anxiety was 60-80% lower than average. The secret wasn't optimism — it was closure. 3. When the brain names a positive event before sleep, it ends the day's stress loop. Cortisol levels drop, the hippocampus encodes the memory as safe, and the nervous system learns: the world can finish well. Without that ritual, thoughts keep running — unfinished, unprocessed, unresolved. 4. Modern kids fall asleep under blue light, endless comparisons, and dopamine noise. Their brains never get the signal that danger is over. So they wake already tired — bodies in recovery from days that never emotionally ended.

I'm a Parent...Get me out of here!



We run a fully funded 6 week course for parents and carers who have children aged 11+ in Trafford schools.



Next course:

11 September - 16 October 2025 (6 Thursdays*)
12pm - 2pm

At the [Counselling & Family Centre, Altrincham](#)

*** Dates 11/09/25, 18/09/25, 25/09/25, 02/10/25, 09/10/25, 16/10/25**
[Book here >](#)

Coming up:

6 November - 11 December 2025 (6 Thursdays*)
12pm - 2pm

At the [Counselling & Family Centre, Altrincham](#)

*** Dates 06/11/25, 13/11/25, 20/11/25, 27/11/25, 04/12/25, 11/12/25**
[Book here >](#)

8 January - 12 February 2026 (6 Thursdays*)
12pm - 2pm

At the [Counselling & Family Centre, Altrincham](#)

*** Dates 08/01/26, 15/01/26, 22/01/26, 29/01/26, 05/02/26, 12/02/26**
[Book here >](#)



Trafford Sleep Services



From September 2025 have made some changes to our Sleep Webinars

- Our **Primary / EYFS Webinar** is suitable for parents/carers of children aged 2-11 years old. These are no longer divided into Infant and Junior
- Our **Secondary+ Webinar** is still available for parents/carers of young people 11 years+, adapted to meet the sleep challenges faced from high school and beyond

Both of these webinars are suited for those with children and young people who have additional needs such as Autism and/or ADHD, mild to moderate learning needs, or physical health challenges.

New to 2025

- We now have a **Specialist Provision Webinar**. This is for parents/carers of children or young people aged 2 - 25 with complex needs and learning disabilities who are attending a specialist educational setting (or where it is being considered, in the case of those 3 and under)
- We are currently trialling some limited evening Webinars between now and Christmas. Availability of these will be shown when booking

Sleep and Therapy Services CIC (Registered Company: 13438824)



Be Wild Creative would like to invite you to:

Sunday Craft Club

SUNDAYS

10.30AM-12PM



**The Bridgewater, Worsley
Barton Road, M28 2PD**



14th September: Clay Creations

21st September: Superhero Day

28th September: Hama Beads

5th October: Nature Art

12th October: Dream catchers/Beads

19th October: Halloween Mash up

Ages 4+

Use discount code

CRAFTCLUB

for £5 off your first booking



Scan to book

*T&Cs apply.
please see Eventbrite for more
details of each event



www.bewildcreative.co.uk

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety®

#WakeUpWednesday

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.

Registered Charity No. 1182361 | hello@starling.org.uk | [@starlingcio](https://www.starlingcio.org) | [starlingcio.org](https://www.starlingcio.org)

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.





**Free, safe and anonymous
mental health support
whenever you need it.**



Chat with our team of
friendly practitioners



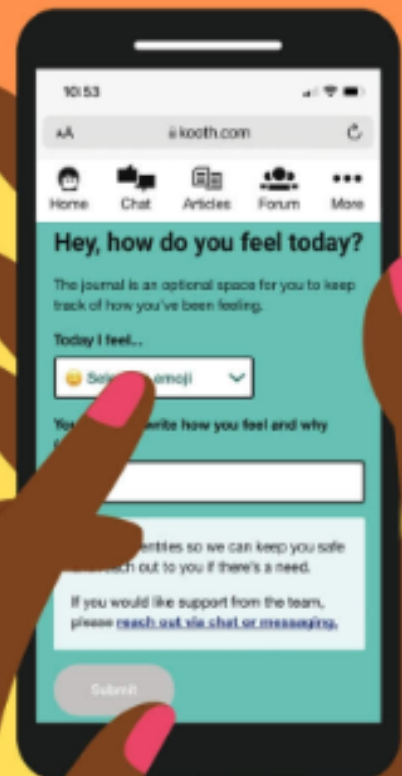
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



Visit **kooth.com** to find out more





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.**



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

