



25.10.24

Urmston Primary School

Dear Parents and Carers...
Have a lovely half term
'break'!
From us all at UPS

SEND and Parent Partnership forum

Big thanks to everyone who attended our meeting last Friday. It is always great to get together and give people the opportunity to share thoughts on the education and wellbeing of our children. Please see the link to a summary of discussions...

[https://
www.urmstonprimary.com/
information/send](https://www.urmstonprimary.com/information/send)

One of the things discussed was how we can have consistency in approach between home and school regarding our interactions with our children. It is largely agreed that if children feel safe, seen and valued, they are more likely to feel settled and open to listening and learning opportunities, and the PLACE approach does this brilliantly. It is set out in our Relational Behaviour Policy and although it is much more than just a few statements, the appendix is so useful in helping us be consistent with expectations for our children. You can find the policy at...

[https://
www.urmstonprimary.com/
information/policies](https://www.urmstonprimary.com/information/policies)

Dates...further details will follow...

Friday 8th November: Diwali

WB Monday 11th November: Anti-Bullying Week/World Kindness Day

Thursday 14th and Tuesday 19th November: Parents Evening

Friday 15th November: Children In Need

Thursday 21st November: 9.15 - Sleep Talk with Sleep Therapy Services

Friday 22nd November: Own clothes and tombola donation (chocolates or bottle!)

Saturday 23rd November: PTA Xmas Fair...volunteers please!

TEN A TERM!

Please see the new Ten-A-Term reading list on the class Seesaw pages. You can borrow these titles from the local library or purchase them either online or at Urmston Book Shop.

Take time to enjoy these recommended reads together. You can even start this half term!

After Christmas I will send out a message to ask who has taken part and each child will receive a certificate.

Happy Reading!

Mrs. Hall

URMSTON MANOR, URMSTON PRIDE

We continue to do our weekly visits to Urmston Manor Residential Home. This week it was the turn of J6. We were so proud of the respect and kindness that they showed to the residents, who really appreciated their sprightliness and their gentleness (as well as a bit of raucous singing led by UM staff!). Well done to everybody for showing the respect that we should show for everybody in society.



ECO COMMITTEE ACTION

The eco committee have been in the garden and have been picking some of our tomatoes! They've reported back on how delicious they were! Some made it into pasta sauces whilst others made it into salads!



500 word story!

The 500 Words is open for entries, it's time to get writing! Submit your stories here before 9pm on Friday 8 November 2024.

There are two age categories: 5-7 and 8-11 year-olds. All children need to do is write a story they would love to read in 500 Words or less.

We would love children of all abilities to enter; spelling, punctuation and grammar are not marked - it's all about creativity!

Maybe this would be a great half term activity. You can find further details at:

<https://www.bbc.co.uk/teach/500-words/articles/zctk7v4>

Give it a go and please share with us too!!!

Mrs Hall

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>

500 Words 2024 - Live Lesson

Inspire your class to write a story they would love to read with our 500 Words Live Lesson.

More on this

500 WORDS

LIVE LESSONS

Everything you need to know Submit your stories

BEING MORE

Well done to Ellis for being more! Last weekend, and for the second year running, Ellis was part of a volunteer group handing out water bottles and shouting encouragement to runners during the Manchester Half Marathon. Brilliant stuff, Ellis, making a difference!



PTA

Halloween Sale

MASSIVE THANKS to everyone who helped to make our recent Halloween Sale such a huge success.

We made a whopping **£324.25!**



This is a great injection of funds for our school as we have already had lots of funding requests for trips and equipment. Your continued support is vital and makes it possible for us to keep funding these valuable experiences for our children.

We'll be doing it again next year so keep hold of those costumes once they get too small!

Half-term Clear out?!

If you'll be having a pre-Christmas clear out during half-term please put all your teddies and soft toys aside for us, as well as your children's Xmas jumpers.



After half-term we'll be collecting soft toys for our very popular Teddy Tombola at the Christmas fair and we'll also be collecting children's festive jumpers for a pre-Christmas sale.



We'll send out more info after half term – along with more detailed info on the Christmas Fair which is on Saturday 23rd November.

Litter Pick

And finally, don't forget about the sponsored litter pick you can take part in over half-term to raise even more money for our wonderful school. Sponsor forms have gone home in book bags.

Have a great half-term holiday!

Thanks,

Your PTA



10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peristone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

CLASSROOM ACTION!

We've been up to a lot this week...! Like...learning how our muscles work together to contract and relax; sharing our homework projects; learning about dissolving, evaporating, condensation, reversible and irreversible changes plus how to test if a substance is acid, alkali or neutral; doing plenty of swinging and climbing; working together on dilemmas—what would Jesus do?; considering which are the most generous

acts—kindness, love, compliments, and thank yous(!); practising all sorts of netball skills; working on our whole part models in maths; investigating materials in science...and much more too!



BLACK LEGACY MONTH

During Black History Month this year, we would like to celebrate the **LEGACY** of black individuals. This will give our children the opportunity to research the life of a famous black individual who has made a positive impact in society and left a lasting legacy on the rest of us. Please use the opportunity to talk to your children about their year group's chosen individual and, along with us, discuss with your children their thoughts on what it means to be anti-racist and how we can commit to being anti-racist citizens. This is something we'll be doing in school. We'll look to have a forum or meeting of sorts later in the month to discuss how we might do this better, so please watch this space and do come and have a chat if you'd like!

DYSLEXIA AWARENESS WEEK

...is upon us and we'll be raising awareness here. Please take a look at these links which may well be useful...

<https://www.bdadyslexia.org.uk/support-us/awareness-events/download-an-information-and-resources-pack>

<https://youtu.be/ABUkvSR9ar8> (link to webinar—Thank you Jane!)

Lost books

Please have a good check at home that you haven't got any school books there! They are an expensive resource and we'd appreciate them being returned as soon as possible. Many thanks.

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>

For any dads out there who might be finding things a bit tough...

<https://andysmanclub.co.uk/who-we-are>

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/dNUkh96KRwwnhdSNA>



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

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|--------------------------|--|
| 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

www.autismgm.org.uk/events





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 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

www.autismgm.org.uk/events

