



**Urmston**  
Primary School

28.02.25

Dear Parents and Carers...

The first week over of the new half term.

Have a lovely weekend everyone,

From us all at UPS

Ramadan Mubarak to all of our Muslim families. We hope you have a Ramadan filled with devotion, joy and prosperity!

Parents Evening...

...will be on Thursday 20th and Tuesday 25th March.

We'll get out letters for appointment times soon!

### PARK AND STRIDE

We understand that parking outside our School Street Zone can be pretty tricky so please do remember that we have our Park and Stride option—parking is free at the Golden Hill Car Park between 8 and 9 and at pick up from 3 until 3.45!

**WORLD BOOK DAY...is next Thursday!** Get decorating those t-shirts and help us to remind our children of the awe and wonder of a good book! Well done, as always, to Mrs Hall, for all of her hard work in arranging the upcoming event! We'll see you at the breakfast at 8.15!

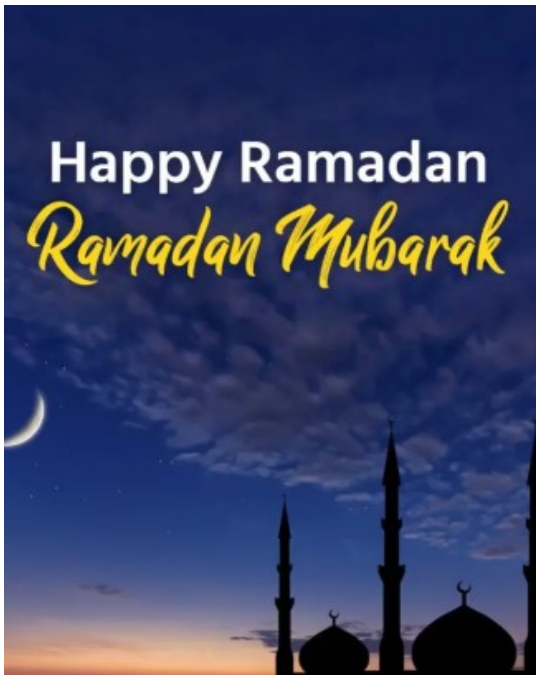
### Everly 'being more'!

Everly has been showing what being more is all about! She is going to be donating her hair to The Little Princess trust at the end of March. She needs to donate a minimum of 12 inches which is the amount they currently require to make a wig for a child who has lost their hair to cancer treatment.

This is a huge deal for her as she has been growing her hair for a long time now and does really love it but understands how doing this could impact another child's life and bring joy to them in a really hard time. On top of the hair donation, they also ask for a minimum of £700 which is the cost of making the wig. Evi is doing really well and has nearly hit that target but you could always help out to by heading to her page at [Fiona Redfern is fundraising](#)

[for Little Princess Trust](#)

Well done, Everly! Watch this space for more info later on this!



**Upcoming PTA events...more details to follow!**

6th March - WBD Breakfast - both halls

10th & 11th March - Clothes 4 Sammy clothes & toy collection - 10th-Drop off and Pick up/11th-Drop off - collection bags will be distributed to children

27th March - Mothers Day Sale

6th April - Easter trail at Chassen Park

7th April - Easter Bonnet Parade and cake competition

24th April - Sponsored Bounce

WORLD  
**BOOK  
DAY**



**Joanne Jenkinson**

Training & Development Officer

07759 124 230

thesleepcharity.org.uk



Winner of The Queen's  
Award for Voluntary  
Service 2020



***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/>

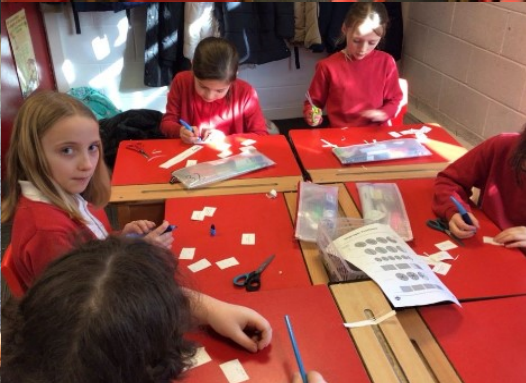
**Guide to What Support is on offer in Trafford**

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>

## Classroom Action

This week, we've been looking at the importance of sequencing in programming; investigating which magnets are strongest; looking at Ancient Egypt's chronology; learning a three note bossa...a form of Jazz that originated in South America; converting mixed numbers and improper

fractions; evaluating whether certain age restrictions are fair; text-marking to create a Deadly 6 clip; learning about the Baha'i faith; meeting some new animal friends (!); understanding greater than and less than...and much 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.**





9TH FEB  
17TH FEB



# THE NEBULA CENTRE



**FAMILY SEND SESSIONS**  
**BUSHCRAFT ACTIVITIES**  
**FOR ALL THE FAMILY**

**[CLICK HERE TO BOOK ON](#)**



16TH MARCH  
30TH MARCH





# Friday Night SEN Football for Ages 5-11

Get involved with football through fun training sessions. Whether you want to play for fun, or looking for extra training, our sessions are for you!



**Every Friday 5-6pm**

**Partington Sports Village,  
Partington, M31 4ES**

**Ages 5-11**

**FREE OF CHARGE**

Scan the QR code to register:



Or Contact : [josh.mcvey@accesssport.org.uk](mailto:josh.mcvey@accesssport.org.uk)



# 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

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

# Online relationship support for parents



one  
plus  
one

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)

