



Urmston
Primary School

28.03.25

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

Easter Bazaar at Greenfields

If you want something fun to do this Saturday, why not head down to Greenfield's Church? They are holding a bazaar from 1:30-3:30pm; entrance is free, and there'll be all kinds of craft activities, stalls, refreshments and so on! Give it a look!

SCHOOL NURSE DROP IN

Our School Nurse, Belinda, will be in from 1.30-3.30 on Monday 31st March. If you have anything you'd like to discuss with her, regarding your children's physical or mental health, please drop in!

Easter Bonnet Parade

Do come and join us on Monday 7th at 10am for our infant Easter Bonnet Parade. It is always a lovely event and wonderful to see our school community coming together!

Y4 Girls 'being more'!

Some of the girls in year 4 (including Lauren, Elspeth, Edith and Harriet) are going to do a sponsored walk on the 6th April. The walk is approximately 12km around Anglezarke reservoir and they hope to collectively raise £200 for WWF-UK, our school charity. Here is the link for the fund raising page: <https://www.justgiving.com/page/anglezarke>. You can see the route via this link if you click on the 'more pictures icon' on the panda - it will be a challenge! Brilliant stuff girls...we're already proud of you!



PTA Dates for your diary

- | | |
|----------------------------|---|
| Sunday 6th April | - Easter Trail at Chassen Park - 10am-12pm - pre-book on Parent Pay |
| Monday 7th April | - Infant Easter Bonnet Parade & Junior/Adult Cake Decorating Competition |
| Thursday 24th April | - Sponsored Bounce |

Follow our Facebook page for dates and news



Mother's Day Sale - It was a pleasure helping all the children to shop for their mums and carers this week. They were all so well behaved and really enjoyed picking out their presents. We loved seeing their smiling faces and hope you all enjoy your presents this Sunday.
The final figures aren't in yet but it looks like the sale raised almost **£900!**

Easter Trail at Chassen Park - the fab gang over at 'Friends of Chassen Park' are allowing us to use their Woodland area for a special Easter Trail on Sunday 6th April. If you can find all the Easter Bunny's eggs and unscramble the message you can win a prize! **Book now on Parent Pay for only £2 per child.**

Cupcake Decorating Competition - Infant children will be parading their easter bonnets on 7th April so Junior children as well as their parents and carers can get in on the creativity too by decorating cupcakes.

Check out the posters around school for full details. Make or buy 6 cupcakes & decorate them. Prizes for each year group and for adult entries. Simply hand them in at the Junior Hall that morning - we'll keep one for judging and sell the other 5 at the Easter Bonnet Parade and after school if we have any left.

Your valued support means we can continue to fund trips, experiences and resources for all our children. To make a donation to the PTA simply scan this QR code.



Trafford SEND

There's a lot going on in Trafford for SEND. Check out the link below to find out more...

<https://sway.cloud.microsoft/voCDRa5VT2ut5PUT?ref=email>

JUNIOR & ADULT CAKE DECORATING COMPETITION



MONDAY APRIL 7TH 2025

Entries to be brought to the
Junior hall on the morning of the 7th

**Decorate six cupcakes
to win egg-citing prizes!***

(Cakes can be bought or made)



**Prizes for
Best in Year, Best
Adult Entry plus all
junior entries go into
a raffle for additional
prizes!**

*no nuts, nutella or sesame please!

**No baking needed—
just decorating skills!**

HOW IT WORKS

- Buy or make 6 cupcakes (judging is on looks only!)
- Decorate them! (no nuts, nutella or sesame please!)
- Bring them to the Junior Hall on Monday 7th by 9am in a container with your name on and class (or if you are an adult entry, your name and child's class)
- We will judge the cakes and then leave one for display, and sell the other 5 at the Infants Easter bonnet parade
- Come and see entries and winners in the Junior Hall after school
- Extra cakes will be sold after school too
- Pick up your container
- Prizes will be sent home via school the day after.

PRIZES

- Each junior entry will be entered into a raffle to win an Easter Egg
- Prize for Juniors: Best in each Year group
- Prize for Adults: Best cake wins £10 Goodness Zero Waste voucher!





Hop on over for our

EASTER trail

Join us on

Sunday April 6th

10am - 12pm

Chassen Park Woodland Walk



for some egg-citing fun
and prizes*

£2 per entry



*whilst stocks last!

CLASSROOM ACTION

This week we've been...learning how darkness is the absence of light; making clay sarcophaguses; programming microbits to create animations; learning about the Mayan number system; adding and subtracting fractions; understanding numbers to 50; using stop motion and audio to describe how a tiger hunts its prey; whittling, den-building and chopping wood at Forest School; learning about height, weight and units of measurement...and much more!





Joanne Jenkinson

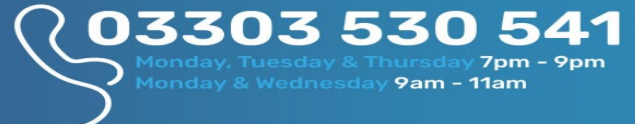
Training & Development Officer

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>



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.**





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



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

YOUTH
CONNECT 5



GMCVO

BOOK HERE



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

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

