



Urmston
Primary School

03.10.25

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

**Your Urmston Primary School
Governors**

All state schools have a governing body, and at UPS we have a fantastic governing body made up of a broad range of members with varied backgrounds, skills and knowledge.

You will have seen in the UPS Home - School agreement, Governors promise to keep your children safe in school and to support and challenge school leaders to make sure they are providing the best education for your child in a way that fully embraces all of our school values of being happy, respectful, kind, responsible, proud and resilient. As a board we aim to fully embrace the school values too!

Being a governor is a balancing act of supporting the school whilst feeling able to robustly challenge where necessary and all the while being aware that it is not our role to stray into the school's operations.

We have a great mix of skills that include finance, HR, pastoral, business as well as education and it's a privilege for us to be able to work together as a body, unified in our striving for the best outcomes for our UPS children.

We look forward to giving you more Governor updates and insights in the UPS newsletter

Dates...

Friday 10th October – World Mental Health Day – everyone to wear yellow
Friday 17th October 3.45: Parent Partnership and Inclusion meeting
Friday 24th October: Diwali
WB Monday 10th November: Anti-Bullying Week/World Kindness Day
Thursday 13th and Tuesday 18th November: Parents Evening
Friday 14th November: Children In Need
(We'll be in touch about workshops, including how we use the PLACE approach to relate to our children, as well as the Christmas festivities...it'll be here before you know it!)

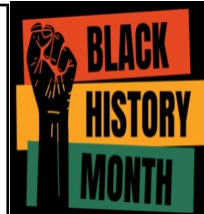
**NEW RECEPTION AND NURSERY VISITS: for SEPTEMBER 2026
start**

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 9th October at 2pm
Wednesday 15th October at 9.30am
Thursday 6th November at 3.45pm
Wednesday 12th November at 2pm
Tuesday 18th November at 9.30am

Black History (Legacy) Month

Is this month! Please see the letter we sent earlier this week and perhaps engage in conversation with your children about why it is so important to celebrate equality and diversity!



A prayer for Yom Kippur

To those I may have wronged,
I ask forgiveness.
To those I may have helped,
I wish I had done more.
To those I neglected to help,
I asked for understanding.
To those who helped me,
I thank you with all my Heart

G'mar Hatimah Tovah!

We wish all of our Jewish friends a meaningful Yom Kippur. Our thoughts are with anyone affected by the incident yesterday in north Manchester. The prayer to the left reminds us that regardless of our faith, the desire for love and peace are perennial in all religions and those who fail to see this are misguided and do not represent the majority. We hope and pray for a more peaceful future for our children.

Football Success!

Well done to Mr Irakoze and the Y3s for a brilliant afternoon's work at Victoria Park earlier in the week. Great sports and the team won all of their matches at the event! Thanks for representing our school so well guys!



Autism@Manchester

Please see the really important message below and take a look...

It's been a difficult time for autistic people, their families, carers and friends, particularly recently. At Autism@Manchester, we produce high quality research working with the autistic community and you can find out more on our website and blog. If you are interested in our research or would like to find out about opportunities to get involved, you can email erin.beeston@manchester.ac.uk to join our mailing list.

Web: <http://www.autism.manchester.ac.uk>

Blog: <https://sites.manchester.ac.uk/autism-at-manchester/>

Find us on Bluesky, Facebook and Instagram.

We also recommend consulting NHS pages for the latest health advice, and for further information about autism see the National Autistic Society <http://www.autism.org.uk> and Autistica <http://www.autistica.org.uk> web pages.

Thanks!



PTA Dates for your diary

Follow our Facebook page for dates and news

Tuesday 21st October - **Fancy Dress & Christmas Jumper Sale**

Back by popular demand! We'll be selling costumes and jumpers from only £1!

The sale relies on your kind donations of old fancy dress costumes and Christmas jumpers.

You can drop off your clean and tidy donations at the school office the week after next (13th-17th October).

Take this opportunity to have a clear out and grab a bargain!

Typically, these items don't get worn a great deal so our stock was in great condition last year.

We'll also be selling our incredibly popular Halloween Craft Bags so make sure you grab one of those!

Finally, we'll be running a 'Guess the Pumpkin's Weight' competition where you'll be able to win a massive pumpkin!

Tuesday 14th October - **PTA Annual General Meeting**

If you can spare 20 minutes after school on this date, please come to our AGM. As a committee of 7, we must have at least 14 additional attendees to witness our meeting.

We'd also love to see you there if you'd like to become more involved in PTA activities and fundraising for our school.

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!



Optimistic October 2025

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face



27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

CLASSROOM ACTION

This week we've been forest schooling (chopping wood, building dens and all sorts!); thinking carefully about how we might question a 'Stone Age Boy'; keeping to the correct pitch with our vocals; reading and performing poems at a poetry café, on National Poetry Day; counting to ten in French; order telephones in chronological year order; balancing independently and in pairs; writing some Roman acrostic poetry; learning about the inputs and outputs of a computing system; learning about greater than and less than; keeping to a steady beat; sorting objects by their properties...and much more!





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.





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



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



Chat with our team of
friendly practitioners



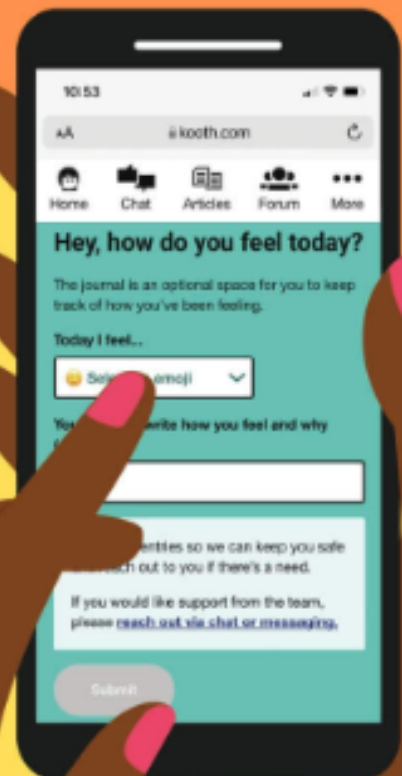
Helpful articles



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

