



Urmston
Primary School

31.01.25

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

HAPPY BIRTHDAY MR STOCKWELL!

Our most fantastic Site Manager, Jim, is 70 this weekend. He is an excellent human being and the pride and love he shows for our school and children is something very special. We know you'll all join us in wishing him the happiest of birthdays! All the best, Jim! x



Children's Mental Health Week...

...is next week. Talking to our children about their mental health and wellbeing and supporting them to support themselves is an all year round thing! But we'll certainly be taking the opportunity to highlight this further next week. The theme is, 'Know Yourself, Grow Yourself' and links in with 'Inside Out 2.' Please do talk to your children about what they might have discussed at school!

SEND FORUM AND PARENT PARTNERSHIP

We'll be holding our termly forum on Thursday 13th February at 2.30pm. The meeting is not only for parents of children with special educational needs and disabilities, but is open to discuss all issues around school and our community. Please attend if you can, and if you cannot and have something you want debated, please let us know!

PTA...

Now that we're back in the swing of things after the Christmas break we're thrilled to let you know that we're organising a Junior Disco on 12th Feb to raise valuable school funds - please see poster.

We are totally reliant on volunteers and we're still a bit short so if you can help out please get in touch by emailing friendsofurmstonprimary@gmail.com

We're also creating a much needed sensory room at school. We're starting from scratch and everything needs re-doing in order for it to be a welcoming space. It's obviously going to be very costly to do so we're appealing to local businesses and parents that can help out. We're really hoping that one of our lovely parents is a painter/decorator and can help with supplying paint and painting the walls. If you can, please email friendsofurmstonprimary@gmail.com



JUNIOR DISCO
Weds 12 Feb

TICKETS
£6
available on
Parentpay

includes
tokens
for a drink
& snack

Yrs 3/4
3.45 - 4.45pm

Yrs 5/6
5.00 - 6.00pm

Annie and Co. will be holding a Bake Sale on Wednesday after school! Great initiative (and determination!) Annie! We'll see you there!

BAKE SALE!!!

All proceeds go to Unicef children's charity.

- . vanilla cupcakes
- . banana bread
- . cornflake cakes
- . choc chip cookies

If you have any allergies\ Intolerances please ask us for Ingredients.

Date: Wednesday 5th Feb (next week)
Time: 3:30 (straight after school)
Place: Junior playground gates |

THANKYOU!!!!!!!

Free School Meals Holiday Award

Please check the link if you feel it is relevant and could help...

<https://www.trafford.gov.uk/residents/schools/trafford-catering/Free-school-meals-holiday-award.aspx>

Equality, Equality, and Diversity

We'll leave this on from last week...we have a governing body committee that focuses on the School Community's welfare and wellbeing. Part of the remit is to constantly look at ways in which we can be inclusive to all in our school community - children, their families and our staff. We'd really like your views on how we do this and so please, if you would take a minute to complete the eight questions in the link below, we'd really appreciate it! Thanks!

<https://s.surveyplanet.com/i4yy43z2>

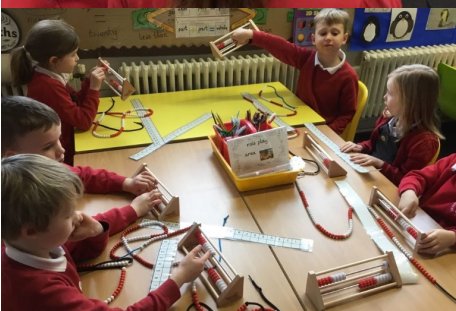
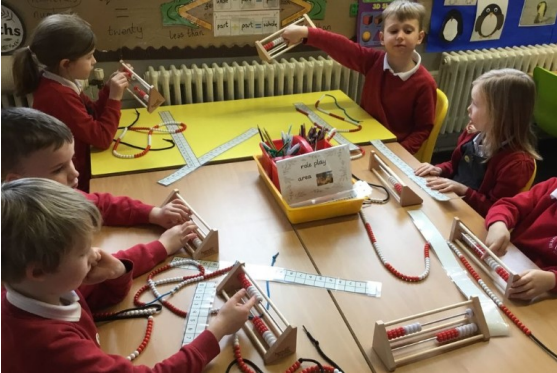
Guide to What Support is on offer in Trafford

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 exploring Ancient Greek artefacts; filtering for effective images in Computing; creating figures for our stop motion animations; visiting a mosque and learning about what it means to be a Muslim; chopping wood and lighting fires; asking questions about the weather for our new English topic; having more samba time; classifying in Science...alive, dead, or never alive or dead(!); using rekenreks for one more or one less; using our 'funky fingers'...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.**



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

Starting Strong...



Support and Guidance for Parents and Carers of children aged 5+ with emerging special education needs, who are not already accessing family support.

An interactive fully funded 6 week course

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



Healthy Mind Platter



Coping with Overwhelm & Communication



It's OK to Say No!



Self Care & Dealing with Critical Thought



Managing Anxiety & Your Child's Wellbeing



The Importance of Smaller Steps

Join us from 05.02.2025 - 19.03.2025 from 12.30 - 2.30pm (Wednesdays)

or 11.01.2025 - 15.02.2025 from 9am - 11am (Saturdays)

Online from the comfort of your own home

Book online to secure your place:
www.thecfc.org.uk/sendparents

