



06.02.26  
**Urmston**  
Primary School

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

**Other dates for the diary...details  
to follow**

Week beginning 9th February: Children's Mental Health Week (with Place2Be)

Tuesday 10<sup>th</sup> February: Safer Internet Day

Tuesday 17th February: Lunar New Year

Tuesday 17<sup>th</sup> February: Ramadan  
Week Beginning 16<sup>th</sup> February: HALF  
TERM HOLIDAY

Thursday 5<sup>th</sup> March: World Book  
Day

8<sup>th</sup> March: International Women's  
Day

19<sup>th</sup> and 24<sup>th</sup> March: PARENTS  
EVENING

WB 30<sup>th</sup> March: World Autism  
Awareness Week

2<sup>nd</sup> April: School closes for Easter

**Navigating Connection**

The first workshop was yesterday and was fantastic. We discussed a great deal but in particular the importance of consistency, compassion and connection.

The next session is on Monday in the junior hall from 5.30-7pm, followed by the following...

o Monday 23rd February 5.30pm - 7pm

o Thursday 5th March 9am - 10.30am

If you would like to attend all or just some of the sessions, or are interested in the resources, please do fill in the form via the link below. WE hope to see you!

[Compass Sessions: Urmston Primary](#)

**Inclusion forum**

We held our inclusion parents meeting last Friday and discussed some incredibly important issue around our children's self-awareness and interoception and some of things we are doing (and going to be doing) in school. Thanks to everyone who attended. The meeting summary can be found here...

<https://www.urmstonprimary.com/information/send>

**Children's Mental Health Week...**

...is next week, with Random Acts of Kindness Week the following week, over half term...so we're putting the two together!

Mrs Byrom sent out a letter yesterday with an idea about a 'Happy Jar' so do give that a look.

The theme for this year is 'This is my place' and so we will be focusing on the importance of having a sense of belonging and togetherness and making everybody feel welcome, celebrating uniqueness and difference, whilst having a common understanding that we all belong!

We are all aware that many children are finding things tricky (as are we adults) and one of the most important things to help our children understand is that they are not alone. Many may find it difficult to talk about their feelings and it is our job to help them do that and realise what they can do when they are feeling a little down or anxious. This is incredibly important stuff that we need to work together on, so please do come and talk to us about any concerns that you might have.

**Place2Be's**

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

**9-15  
FEB  
2026**

This week has been National Storytelling Week. In school we have shared stories and books and simply enjoyed listening to tales. In KS2, Mrs. Hall set the challenge of retelling a story to her for the chance to get a certificate and a prize. This challenge will continue for another week, so get sharing those stories at home as well as in school.

If you'd like to know more about National Storytelling week or 'The Year of Reading: Go All In', please visit the links below.

<https://literacytrust.org.uk/resources/national-storytelling-week/>

<https://literacytrust.org.uk/about-us/national-year-of-reading-2026/>



### Safer Internet Day

Safer Internet Day is on Tuesday 10th February and this year's theme is "Smart tech, safe choices – Exploring the safe and responsible use of AI." We will be talking to the children about how to be safe online and so please do talk to them about it too...it is duly becoming ever more important!

### BEING MORE

A huge well done to Esther and Frank this week for being more outside of school. At the weekend they ran 4000m in support of The Christie Hospital—Barry's 70k at 70...70 people running 70k in a month. Thank you guys for being so responsible and giving up your time and energy for such a great cause. Fantastic BEING MORE by you both!



Every school holidays Trafford FIS create a dedicated 'What's On' page on their Trafford Directory which lists events happening locally over this period, free activities, holiday clubs, days out, SEND what's on, practical and crisis support, mental health and wellbeing support. During holidays where HAF activities run (such as the Christmas holidays) these can also be located here.

They currently have their [February Holiday page](#) live on the directory. This page is constantly updated over the period with new activities as we find them therefore it is worth parents keep checking the page over the next few weeks.

MONDAY



2 Ask a friend how they have been feeling recently

TUESDAY



3 Do an act of kindness to make life easier for someone

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

THURSDAY



5 Make time to have a friendly chat with a neighbour

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

SATURDAY



7 Show an active interest by asking questions when talking to others

SUNDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today



23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

## 20 APPS PARENTS & CARERS NEED TO KNOW

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

 <p><b>Snapchat</b></p> <p>Messages and photos disappear. Children can be pressured to send images because they believe they will not be saved. Location sharing can show where a child is in real time.</p>	 <p><b>Roblox</b></p> <p>Although it looks like a children's game, it includes chat features. Children can be contacted by strangers and slowly groomed through friendly game play.</p>	 <p><b>Kik Messenger</b></p> <p>Accounts can be anonymous. It is often used to move conversations away from apps parents may check.</p>	 <p><b>Fortnite</b></p> <p>Voice chat allows children to talk to strangers during games. Language and behaviour are often inappropriate.</p>
 <p><b>TikTok</b></p> <p>Children can see adult content, receive sexual comments, and be contacted by strangers. Live videos allow real-time interaction, which can quickly become unsafe.</p>	 <p><b>Telegram</b></p> <p>Messages and groups are encrypted, making them difficult to monitor. It is used to share sexual images, harmful material, and to keep conversations hidden from adults.</p>	 <p><b>Hoop</b></p> <p>The app connects directly to Snapchat and encourages children to add new contacts quickly, including people they have never met.</p>	 <p><b>Reddit</b></p> <p>Children can easily access sexual, violent, or extreme material through posts and comments.</p>
 <p><b>Instagram</b></p> <p>Messages allow strangers to contact children directly. Many children run secondary accounts that parents do not know about. There is strong pressure around appearance and popularity.</p>	 <p><b>OmeTV</b></p> <p>Random video chats with strangers. No effective safeguarding. Sexual content and adult behaviour are common. Children have no control over who appears on screen.</p>	 <p><b>LiveMe</b></p> <p>Children can broadcast themselves live to anyone watching. Viewers can comment in real time, including adults.</p>	 <p><b>BeReal</b></p> <p>The app prompts children to take photos instantly, which can lead to oversharing without thinking about safety.</p>
 <p><b>WhatsApp</b></p> <p>Private chats and group chats are often used for school or friendship groups, but bullying, exclusion, and sharing of images can happen quickly and spread widely.</p>	 <p><b>Yubo</b></p> <p>The app is designed to meet new people. Children can live stream and chat with strangers, which can quickly become sexual or exploitative.</p>	 <p><b>Calculator+</b></p> <p>These apps look like calculators but are used to hide photos, videos, and messages from parents and carers.</p>	 <p><b>Twitch</b></p> <p>Children watch and interact with live streamers through chat, which often includes adults and unmoderated comments.</p>
 <p><b>Discord</b></p> <p>Children join private chat servers linked to gaming or interests. These spaces are often unmoderated and can include adults, sexual content, or</p>	 <p><b>Monkey</b></p> <p>Children are placed into random video chats with people they do not know. They have no control over who appears on screen.</p>	 <p><b>YouTube</b></p> <p>Children can be exposed to adult content through suggested videos, comments, and live streams, even when watching innocent clips.</p>	 <p><b>Bumble</b></p> <p>This is a dating app. Despite age limits, some under-18s access it to talk to adults looking for relationships.</p>

## PARENTING WORKSHOPS



- For parents who have recently migrated to the UK and parents who have little contact with mainstream UK culture even though they may have been here for some time.
- Stand alone workshop (approx. 3 hours) delivered at easily accessible community locations. Refreshments, creche, interpreters and travel costs can be provided.
- Focus on migration and its stressors on families; expectations of parenting in the UK and child protection laws.



## ABOUT US

- We believe that a person's culture has a profound impact on their development and the way they cope with situations they encounter in their lives.
- We believe people already have existing skills that are built upon when engaging with our services.
- Our team has many years of experience working with families.

## CONTACT US



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## FAMILY REUNION AND PARENTING PROJECT (FRAPP)



## FAMILY REUNION GROUP



- For families (parents and children) who have been reunited following separation as a result of their migration journeys.
- Full day group (9.30 am-4pm) during school holidays - lunch, creche, interpreters and travel costs can be provided.
- Focus on family strengths and consider culture and life experiences.
- Supports children and parents to talk to each other about their experiences whilst separated, and their hopes and aspirations now that they are reunited.

## PARENTS + CHILDREN SAID:

“It was really wonderful for me and my family and we had wonderful time with the staff. They answered all our questions and were helpful and useful.”

I had fun drawing my ‘Tree of Life’, showing how many people love and care for me.”

“I feel happy and confident about my parenting skills and think that I learnt a lot.”



## The CAYP Webinar Series

Tuesday 13th January  
8:00-9:00pm

### Big Feelings and Big Reactions: Making Sense of Your Child's Behaviour

With Consultant Clinical Psychologist  
Dr Daniel Weisberg

This session is going to look at what's really behind the behaviours you might be seeing, from outbursts and shutdowns to school avoidance. We'll explore factors like anxiety, sensory overload and burnout.

Dr Weisberg will share practical strategies to support co-regulation, manage big feelings and handle meltdown moments.

We will also cover how these difficulties affect school and how to work with schools to advocate for your child. You'll leave with clear, useful approaches to reduce conflict and strengthen connection, with the chance to submit questions in advance.

#### Overview:

- Meltdowns vs. tantrums
- Understanding what behaviours are communicating
- Transitions and triggers
- Co-regulation, big feelings and managing meltdown moments
- Anxiety, burnout and sensory overwhelm
- Practical strategies for home and school
- When to seek professional support

#### Who can join:

This session is primarily for parents and carers of primary and high school aged-children, but anyone working with children is welcome to attend.

Click [here](#) to book your place.



#### About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology.

Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

#### About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0-18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.



[www.cayp-psychology.com](http://www.cayp-psychology.com)  
[enquiries@cayp-psychology.com](mailto:enquiries@cayp-psychology.com)



### Trafford Educational Psychology Service

**Parent and Carer information sessions** are returning! Online dates are available to book, and in person sessions through Spring and Summer 2026 will be added to this booking link once venues are confirmed: <https://forms.office.com/e/JFhdJQdEgS>. **Can't attend?** A recording of a previous session and further advice and signposting is available via our Padlet: [Barriers to Education & Emotionally Based School Non-Attendance \(EBSNA\)](#).

### Sensory / behavioural on-line questionnaire

The link below is to a survey that you can complete, delving into your child's sensory needs. There are some great strategies suggested too...

<https://semh.co.uk/social-emotional-and-mental-health-semh/behavior-assessment-system-for-children/>



# Participants wanted!

## Are you:

- In **year 8-11** of mainstream UK high school and have a diagnosis of **autism / and or ADHD**, or are waiting an assessment?
- A **parent / carer** of a student in year 8-11 diagnosed or suspected with autism / ADHD attending mainstream UK high school?
- A **teacher** working in a mainstream UK high school, with 1+ years of experience teaching students with autism and/or ADHD?

I would love to hear from you!



## What is the study about?

I am looking to explore the experiences of the school climate and mental health of students who have a diagnosis of autism and / or attention deficit hyperactivity disorder (ADHD), or who are waiting for an assessment of this.

## Who will be doing the research?

My name is Holly Battrick, and I am a student on the Doctorate in Clinical Psychology programme at Lancaster University.

I have experience of working with neurodivergent young people, their families, and schools



## What will I be asked to do?



You will be invited to an **online interview** with myself where I will ask some questions about your experience of school climate, mental health in school, and your experience of living with / supporting someone with autism and / or ADHD.

Eligible participants will receive a voucher as a token of appreciation for taking part.



To view the information sheets and consent forms, follow this link or scan the QR code:



[https://lancasteruni.eu.qualtrics.com/jfe/form/SV\\_1FVXpK1gJ7NECfs](https://lancasteruni.eu.qualtrics.com/jfe/form/SV_1FVXpK1gJ7NECfs)



Got any questions?



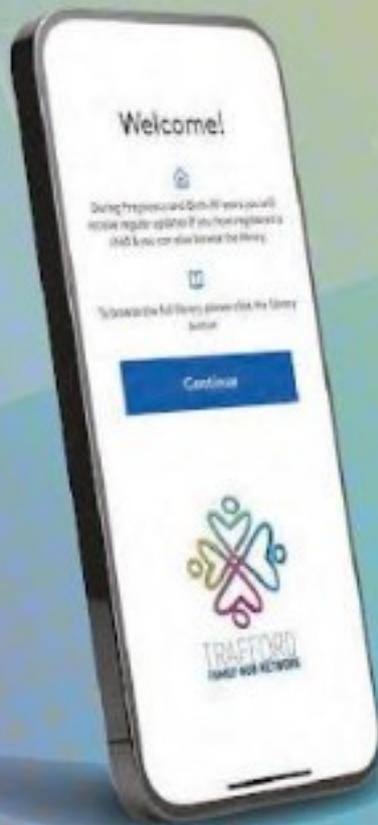
email me at

[h.battrick@lancaster.ac.uk](mailto:h.battrick@lancaster.ac.uk)

Please email me for a copy of the information sheet or to watch a video of me introducing the study



# 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

# Being a parent



TRAFFORD  
FAMILIES



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

## *Learn skills*

- ♥ Get support for the challenges of being a parent
- ♥ Explore ways for you and your child to express feelings and emotions, in a way that helps your relationship

## *Self care*

- ♥ Take the guilt out of self-care and share tips on managing stress
- ♥ Connect with other parents and carers to build your community support network
- ♥ Improve communication in your family, reduce stress and increase family wellbeing

## *Feel prepared*

- ♥ Build on your strengths and learn more so that as your child grows and develops you are prepared to respond to new challenges - not react!



## Find out more

Go to [www.trafford.gov.uk/epec](http://www.trafford.gov.uk/epec)  
email [epec@trafford.gov.uk](mailto:epec@trafford.gov.uk)  
or scan the code to register your interest:





# 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

# 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](mailto:hello@starling.org.uk) | [@starlingcio](https://www.instagram.com/starlingcio) | [starlingcio.org](http://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.





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



Chat with our team of friendly practitioners



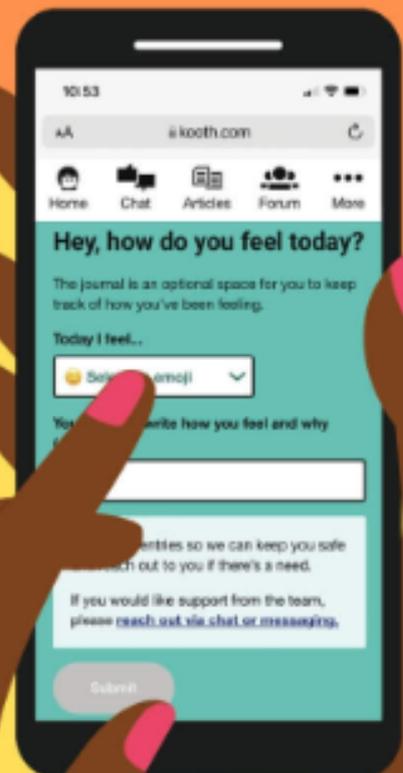
Helpful articles



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



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)

