



01.05.26  
**Urmston**  
Primary School

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

### CURIOSITY CATCH UP SESSIONS

After the brilliant Navigating Connection sessions, the Curiosity Project will be putting on some catch-up sessions on the dates below. It'd be great if you can join us! The next sessions are...

Wednesday 10th June 9am  
Wednesday 8th July 9am

### Mental Health Awareness Week...

...is next week. You will have received a letter yesterday in support of the event, despite it being on KS2 SATs week! As usual, we'll talk to the children about supporting their own mental health and wellbeing, whilst supporting one another. We'll be wearing something green on Friday 15th to mark the week.



Trafford SENDIASS

**Collecting the voice of  
children and young people**  
With Chantelle Flannigan, SEND Participation  
and Engagement Officer

**Thursday 11<sup>th</sup> June  
12.30 pm-1.30 pm  
Repeated  
6-7 pm**

#### This session will cover:

- The importance of capturing the voice of children and young people (CYP) within EHCPs and Annual Reviews
- Understanding Section A of the EHCP and how to reflect children and young people's views, strengths and aspirations
- Practical and creative strategies for capturing voice, including approaches for non-verbal children and those with communication needs
- Guidance on gathering and using voice throughout the Annual Review process
- Empowering parents/carers to support and advocate for their child's voice
- Introduction to the SENDIASS service with **Louise Eagle, SENDIASS Manager**

Book a place at <https://forms.office.com/e/cNF6EFbYRp> or scan the QR code

Collecting the voice of children  
and young people training 11/6/26



### BEING MORE!

Please do keep us posted on how your children are 'being more' outside of UPS! Last week we mentioned some of our Y5 girls would be walking over 13km up and around Kinder Scout in the Peak District. Well...they did it, and here they are at the summit! They have raised over £275 but there is plenty of space for more so do see the link below! [https://www.justgiving.com/page/joan-crier-8?utm\\_source=CL&utm\\_medium=DT](https://www.justgiving.com/page/joan-crier-8?utm_source=CL&utm_medium=DT) Super 'being more,' girls!

### Grandparents and Relatives Day and Sports Day

Junior 'Grandparents and Relatives Day' will be on the morning of 20th May. A letter was sent out this week with times! We will also be in touch as soon as we've clarified Sports Day dates and times!





**PTA Dates for your diary** Follow our Facebook page for dates and news

## Upcoming Fundraising

We have a handful of events planned before the end of term and details of them will be circulated soon. These include:

- After-school Donut Sale
- After-school Ice Pop sales
- Father's Day Sale
- Football World Cup Sweepstake
- Summer Fair - Saturday 13th June 12-2pm - please volunteer if you can (via the PTA Volunteer Whatsapp group below)

## New PTA Committee Members

A few of our committee members are stepping down this summer and so we're appealing for new members to join our team. The events and initiatives organised by our PTA raise vital school funds so please do step up if you can as we really want to see the PTA continue to thrive. Please email [friendsofurmstonprimary@gmail.com](mailto:friendsofurmstonprimary@gmail.com) to express your interest.

## Sponsored Bounce

Thanks to all our wonderful children for taking part in the Sponsored Bounce this week. So far you've helped to raise almost £2000! If you haven't yet handed in your sponsor money, please do so at the office or use our Just Giving page (QR code here).

Just Giving  
Donation Page



PTA Volunteer Group  
WhatsApp group

## Volunteers

The QR code opposite will direct you to our PTA Volunteer WhatsApp group. This is where we appeal for volunteers ahead of events, so if you're interested in volunteering, please join this group. There's no obligation to volunteer for everything! Just help out where you can - but this is where we post all info relating to volunteering so please join if you're interested.



## CLASSROOM ACTION

This week, we've been learning to subtract with money; doing plenty of bouncing for PTA funds(!); practising our marking and interception skills in Handball; bug hunting, whittling and making sparks; trumpeting; role-playing in French....going to the doctors; using tools on the paintz program to create a spiral in the style of Henri Matisse; measuring in ml and l; finding the beat; making groups by sharing...and so ; much more!



### A message from Ashton-on-Mersey...

Our school is a partner of the Ashton on Mersey SCITT (School Centred Initial Teacher Training), who will be in their 12th year from September 2026. Over this time, they have supported a large number of trainees into the teaching profession. Our school supports the AoM SCITT by offering placements to trainees, which benefits our children and staff, in addition to providing them with the experience they are required to gain. The Ashton on Mersey SCITT has asked us to share the following message with our community:

We are committed to create passionate, resilient and ambitious teachers who will thrive in their future roles, and not simply to ensure that they gain QTS (Qualified Teacher Status) at the end of the programme. If you, or anyone you know, is interested in becoming a teacher and wishes to train with a smaller provider committed to your well-being and welfare, then we may be the provider you are looking for. We will remain open for applications to join our Primary and Secondary programmes starting in September 2026 for the rest of the academic year. For further details, please visit our website, Ashton on Mersey SCITT or email our Programme Manager at [karencraven@thedeantrust.co.uk](mailto:karencraven@thedeantrust.co.uk). You may also find the Get Into Teaching | Get Into Teaching GOV.UK website really useful.

We would love to hear from you.



# SEND CONNECT Trafford



Parent carers and professionals, working with children with SEND, come along and speak face to face with Trafford and NHS services.

- EHC Team
- SENDIASS
- Short Breaks
- Speech and Language Therapy
- Sensory OT
- Transitions worker
- Education Psychologist
- Pure Innovations
- TEDs
- Travel Training

Thursday 21 May  
1 - 5pm  
Stretford Public Hall,  
Chester Road, M32 0LG



Funded by UK Government



Funded by UK Government



# SEND CONNECT Trafford



Are you a parent/carer or professional working with children or young people with SEND ?

Join us at our SEND CONNECT event and meet face to face with over 40 different providers supporting SEND in Trafford.

Thursday 21 May  
1 - 5pm  
Stretford Public Hall,  
Chester Road, M32 0LG

EHCP | SENDIASS | Education Psychologist | SALT | Short Breaks | Sensory OT | Transitions Worker | Pure Innovations | Children Adventure farm trust | Travel Training | Carers Centre | Trafford Young Carers | Virtual School | SENAS | Area SENCo | Sensory Impairment | Trafford Sleep Service | Greater Manchester Youth Network | Scope | Simply cycling | CLDT | TEDS | CAFT | Stockdales | Everyone CAN | Simply Cycling | I Am Autism | DOSport | Home Start | KOOTH | T THRIVE | Best Start Family Hubs

For more information please email [FIS@Trafford.gov.uk](mailto:FIS@Trafford.gov.uk)



Funded by UK Government



# SEND CONNECT Trafford



For parent carers and professionals, working with SEND families. Come and speak face to face with a wide range of Trafford SEND Services.

- EHCP Team
- Short breaks
- Virtual Schools
- Travel Training
- SENAS
- Sensory Impairment Service
- Trafford Sleep Service
- Transition to adults Team
- Trafford Carers Centre
- SENDIASS
- OT/Physio
- Children's LD nursing Team
- Speech and Language Team
- Educational Psychologist
- Trafford Early Development Team
- Family Hubs
- Oral Health

Presentations and Q&A sessions with  
Charlotte Pearson - T Thrive  
Tracey Woodley-Hume - Educational Psychology  
Louise Eagle - SENDIASS

Thursday 21 May  
1 - 5pm  
Stretford Public Hall,  
Chester Road, M32 0LG



# SEND CONNECT Trafford



Are you a parent, carer or professional working with SEND children, young people or family?

Have you got questions you want to ask about a Trafford, NHS or Community service?

Come and join us at our event and meet face to face with over 40 different providers supporting SEND in the Trafford community

Thursday 21 May  
1 - 5pm  
Stretford Public Hall  
Chester Road  
M32 0LG



Funded by UK Government



# Family Webinar Series



Summer Term 2026

Free webinars for parents and carers across Trafford packed with practical strategies for supporting your child's mental health and wellbeing.

Register now for 



## Supporting Young People with Transition

6<sup>th</sup> May 9:30 - 10:30am

Scan the QR code or follow this [link](#) to find out more.



## Supporting Young People with Difficult Emotions

19<sup>th</sup> May 9:30 - 10:30

Scan the QR code or follow this [link](#) to find out more.



## Trafford Thrive in Education

Questions? Contact us:

[traffordthrive.education@mft.nhs.uk](mailto:traffordthrive.education@mft.nhs.uk)

0161 549 6451

Trafford Music Service presents...

# Whit Music Course

## 1st & 2nd June 2026

Join us for one of two fun, inspiring days of music-making!  
Students will enjoy:

### Monday 1<sup>st</sup> June - Strings Day

A full day of music activities for string players of all abilities (from beginners to advanced), including orchestra and sectional rehearsals, singing, group lessons, and musical games. No prior orchestra experience is needed, and the day ends with an informal concert for families.

### Tuesday 2<sup>nd</sup> June - Wind, Brass & Percussion Day

A music day for brass, woodwind & percussion players in years 2-6, featuring ensemble and sectional rehearsals, singing, group lessons, and games. Open to players who can play at least 5 notes up to advanced level, finishing with an informal concert for families.



Cost: £15 per student  
Time: 8.45am - 3.30pm  
Claremont Music Centre, Sale M33  
7DZ  
For Pupils in Year 2 - Year 6



**CLICK/SCAN QR CODE TO APPLY!**

Application via Speedadmin  
Claremont Centre > Holiday Provsion

E - [music.service@trafford.gov.uk](mailto:music.service@trafford.gov.uk)  
Phone - 0161 911 8659



TRAFFORD MUSIC SERVICE  
Enriching lives, inspiring a love of music for all



 NATIONAL  
YOUTH CHOIR



# SING!

Greater  
Manchester

Join **SING!** near you! Three **FREE** workshops led by expert vocal leaders from National Youth Choir. No experience needed! Come along to improve your singing, learn new songs together and make friends who love to sing.

For young people who are in Year 5 to 8 at state school or homeschooled  
Free to take part • We can pay travel costs

## Dates for your diary

**Sunday 10 May, 10am-4pm**  
Claremont Centre, Trafford

**Sunday 28 June, 10am-4pm**  
Secondary school venue TBC, Oldham

**Sunday 18 October, 10am-4pm**  
MAPAS, Salford  
Includes auditions for National Youth Choir

“Today made  
me happy and  
made me want  
to sing more”

Sign up for SING!

[www.nationalyouthchoir.org.uk/sing-greater-manchester](http://www.nationalyouthchoir.org.uk/sing-greater-manchester)



# Active April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today
6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside
13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often
20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes
 27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today			

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

## Trafford FIS

Every school holidays Trafford FIS create a dedicated What's On ' page on our 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 Easter holidays) these can also be located here.

We currently have our [Easter Holiday page](#) live on the directory and wondered if you could possibly share this with your families?

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.

Thank you for your support,

Trafford FIS

### Holding families

Please see the website and guides for young people and families...  
<https://earlybreak.co.uk/holding-families-substance-misuse-support>



### Peer to peer support for parents

Please see the link below if you're interested in weekly peer-to-peer support for parents in Stretford...  
<https://outlook.office.com/bookwithme/user/e0f949435a1141d18cd660d0a6caf1ba@trafford.gov.uk/meetingtype/>

## BLOOM TOOLKIT

Below is a link for something called The BLOOM Toolkit. It is a practical and accessible tool which can give your child a personalised sensory profile, once you complete the quiz. Your child will be given a colour and number which correlates to their sensory profile - you can then access practical suggestions to support your child's sensory needs. Please give it a look and do let Mr P know if you find it of use! <https://the-bloom-toolkit-24b7f5.circle.so/c/welcome-to-bloom>  
 Along the same lines, give this a look too!... Humber Sensory Processing Hub - Connect NHS <https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/home/>

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

[WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)

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

Free social work  
resources for  
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY  
UP TO DATE WITH NEW DOWNLOADS:

Free  
social work  
resources for  
direct work



**Social Work Tools and Resources  
- Free; [Socialworkerstoolbox.com](http://Socialworkerstoolbox.com)**

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You may share our resources from our Facebook/[Instagram](#) page using the share button.

**BEST  
START  
IN LIFE**



**North Best Start  
Family Hub  
9 Poplar Rd  
Stretford  
M32 9AN**



# **Join Our SEND stay and play**

**FREE session requires no booking—just drop in  
enjoy lots of fun and connection**

**No diagnosis needed**

**Wednesday 1–2.30**

**29<sup>th</sup> April**

**13<sup>th</sup> May**

**10<sup>th</sup> & 24<sup>th</sup> June**

**8<sup>th</sup> & 22<sup>nd</sup> July**



*Activities Include:*

- Storytime and singing
- Outdoor and messy play

**Come Play,  
Learn, and Grow  
Together!**

For more information email  
[Sarah.bradley@trafford.gov.uk](mailto:Sarah.bradley@trafford.gov.uk)



Funded by  
UK Government





Can you help?



## SUPPORTING LOCAL FAMILIES

Your school have set up a designated donation point to help us support local families in need. Below are a list of items we LOVE to receive:

- ♥ Baby bodywash and shampoo
- ♥ Children's bodywash and shampoo
- ♥ New underpants and socks
- ♥ Deodorant - men's and women's
- ♥ Baby wipes and nappies
- ♥ Adult toothpaste
- ♥ Maternity pads and breast pads
- ♥ Period products





**REMEMBER**

We ask that all items are **new, clean and undamaged** - Ensuring families feel cared for and supported is important to us, and this starts with the quality of your donations.



[www.littlegreensock.org](http://www.littlegreensock.org)

Registered charity in England and Wales 1200145



## 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



0161 262 1622  
07514222338



frapp@justpsychology.co.uk



www.justpsychology.co.uk



@just-psychology-cic



## 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 \(EBSNA\)](#).

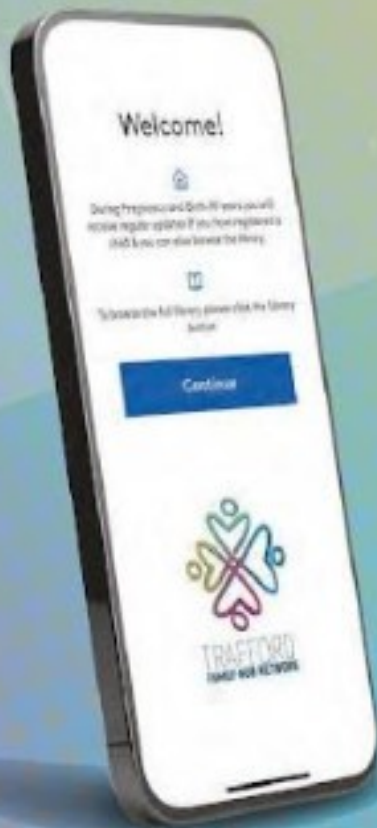
### Sensory / behavioural on-line questionnaire

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/>



# 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](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.





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



Chat with our team of friendly practitioners



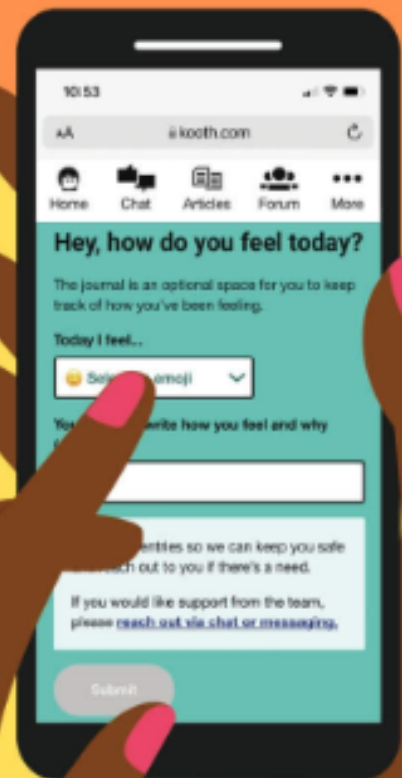
Helpful articles



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*

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we'll change the  
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future generations.**



# Online relationship support for parents



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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

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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.

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