



09.10.26.
Urmston
Primary School

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

*We hope on this
WORLD MENTAL
HEALTH DAY, you find
the time and space to
see the good stuff. We
can't ignore the tough
bit, but we can talk
about it to each other -
strength comes in many
different colours.*



GREAT ATHLETE!

You received a letter today about us being joined by Paralympic wheelchair tennis star, Antony Cotterill! Antony will be putting us all through our paces on the last day of term and we hope to raise money for some new sports equipment for our school. Your children are coming home today with sponsorship forms so please do engage if you can! Thank you for your support!

HARVEST

Please continue to bring in non-perishable items. Thank you so much for your generosity.



Me-Maps

Again, whilst we don't want to rush you on this, we will keep giving you some polite reminders now and again. Please work with your children on their me maps (it's useful to do one for yourself as well), and we'll get on it too! Thanks for your support with this initiative...we really feel it is important!

PTA news

Thank you everyone who attended the Welcome Breakfast, we raised nearly £300 which helped to pay for new football nets.

Save the date Our next event will be the Christmas fair on **21st November**, please put it in your diaries, we will be raising money to fund Now Press Play, an immersive audio learning tool.

We will need at least 50 volunteers to make the event happen so if you can help at the event please join the WhatsApp group and let us know, scan the QR code above to join the group.

Halloween events we'll be running a Halloween costume and Christmas jumper sale the week of 19th October, please drop off any pre loved costumes and jumpers (ages 3-12) in the office next week. Halloween raffle tickets will also be on sale from 12th-21st October so keep an eye out for those! We'll also have Halloween treat bags for sale. Thanks, from the PTA.

BEING MORE

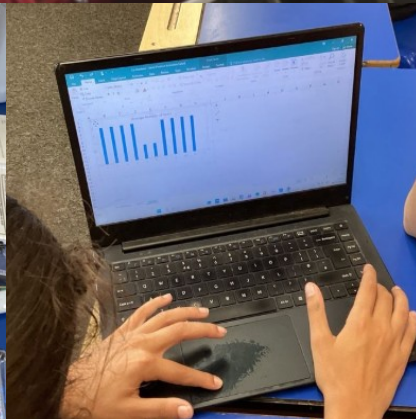
We love to hear about our children being more outside of school and these three have been doing just that! Wilf, Harry and Aria represented Urmston Hockey Club last weekend in their Under 8's tournament! They haven't been playing very long but were absolutely brilliant and showed some real resilience— we're really proud of you all, guys!



CLASSROOM ACTION

This week, we've been exploring material properties to find out which brand of nappy is the most absorbent; working on our Excel skills; comparing numbers using the greater than and less than signs; trying hot chocolate to help us think of some superlatives in our descriptions; discussing ways to stay healthy and keep our energy levels up; developing accuracy when creating digital artwork on sketchpad; looking at historical sources and thinking about the significance of each artefact

and what it could tell us about what life was like in London in 1666; re-researching Samuel Pepys; spending some time on Bug Club; and loads more!



We are collecting
donations of **clean,
pre-loved, age 4+**

**HALLOWEEN
COSTUMES**

and

**CHRISTMAS
JUMPERS**

PLEASE BRING
DONATIONS ON THE
12-16TH OCT
TO THE OFFICE

SALE DATES TBC



Your at-a-glance guide to Soluna by Kooth

About Soluna:

- Soluna is delivered by Kooth, a trusted NHS and local council partner, providing digital mental health support since 2001.
- Soluna is free for young people (aged 10-25) in supported areas. Because our service is funded by local NHS services, councils, and organisations, both availability and the sign-up age depend on where young people live.
- No formal referral is needed; young people can access support directly via the web or mobile app.
- The app is rated 13+ on app stores due to standard health platform classification rules. Children aged 10–12 can access the full service directly via any web browser.

What does Soluna offer?

- **One-to-one professional (human) support:** British Association for Counselling and Psychotherapy accredited live text-based chat, delivered by qualified professionals. Available weekdays from 12pm to 10pm, and weekends from 6pm to 10pm, 365 days a year. Self-help activities are accessible 24/7.
- **Self-help resources and peer support.** Includes interactive tools (e.g. Noise Cleanse, which uses sound to promote relaxation) and pre-moderated peer community spaces.

How does Soluna support parents, carers and families?

We know it can be tough to know the 'right way' to support young people struggling with their mental wellbeing.

Soluna can help by offering free, in-the-moment support for your child. This could include mental wellbeing issues such as anxiety, exam stress, or low mood, or perhaps they want to use the platform to learn more about mental health and positive ways to manage it.

The service:

- Provides early support before problems escalate.
- Offers support for those who may be waiting for other services or a neurodevelopmental assessment.
- Complements ongoing care alongside other sources of support.
- Provides out-of-hours support, including evenings and weekends, 365 days a year.



Soluna's safeguarding and governance

- Human moderation: 100% of peer community posts are pre-moderated by professionals before publication. Private messaging between users is not possible.
- Age-gating and safeguarding: content is age-gated (10–12, 13–15, 16–17, 18+) so young people only see material suitable for them. Soluna collects Personally Identifiable Information (PII) to support enhanced safeguarding and coordination with local services.
- Therapeutic content carries the [PIF TICK](#) quality mark, showing it's evidence-based, up-to-date, and easy to understand.
- Soluna is clinically governed and built to align with all relevant UK safeguarding standards, as well as the Online Safety Act 2023.

How do I help my child access Soluna?

You can direct your child to SolunaByKooth.com - where they can find more information on our service.

No formal referral is necessary, and it's quick to sign up. Your child can start exploring our resources and finding support straightaway.

Young people already using Kooth will get clear instructions when they log in, and new users will be automatically directed to Soluna from Kooth.

Waiting for sensory support?

You don't have to wait to start helping your child.



SPARK Sensory Navigator

Delivered in partnership with NHS Greater Manchester (Trafford)

If your child struggles with:

- Meltdowns or big emotional reactions
- Clothing sensitivities or noise overwhelm
- Movement needs or constant fidgeting
- Difficulties with focus or daily routines
- Transitions, bedtime, mealtimes or school days

You are not alone, and support does not have to wait.

What families will receive:

- A personalised sensory profile
- Practical strategies for everyday challenges
- Simple adjustments to support regulation at home and school
- Step-by-step guidance delivered via WhatsApp
- Access anytime during the 12 week programme

No diagnosis required.

SPARK Sensory Navigator is a 12 week programme designed to support families while waiting for specialist services and to build confidence in understanding and responding to your child's sensory needs.

Ready to get started?

Scan the QR code to join SPARK today.



Available for up to 100 Trafford families.

Important Information:

This programme does not replace clinical assessment or urgent medical support. If you have immediate concerns about your child's safety or wellbeing, please contact your GP or local services.

Information shared will be used for pilot evaluation and service improvement purposes only and will not affect your access to NHS services.

SPARK Sensory Navigator | SPARK Pathways Limited
Commissioned by NHS Greater Manchester (Trafford)

Optimistic October 2026

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Write down three things you can look forward to this month

FRIDAY

2 Find something to be optimistic about (even if it's a difficult time)

SATURDAY

3 Take a small step towards a goal that really matters to you

SUNDAY

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

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





HALLOWEEN

Half-Term Disco

Get your costumes on and join us over half-term for a free family disco with music, dancing, treats and prizes for the best dressed!

Urmston Library
Tuesday 27th October
5-6pm

Timperley Library
Thursday 29th October
5-6pm



Funded by
UK Government

**GREATER
MANCHESTER**
DOING THINGS DIFFERENTLY



TRAFFORD
COUNCIL



Free Writing Workshops

500 Words is the UK's largest story writing competition for children aged 5-11, with prizes to be won and the winning entries read aloud by celebrities on the BBC.

We're offering free writing workshops for children ages 5-11 to help you plan, write and perfect an entry for the contest.

All workshops are on a drop-in basis, so no need to book in advance, but all children under 8 must **have an** adult with them for the session. All materials will be provided - just bring along yourself and your best ideas!

Sale Library - Monday 19th October 4-5pm

Urmston Library - Tuesday 20th October 4-5pm

Altrincham Library - Wednesday 21st October 4-5pm

Stretford Library - Thursday 22nd October 4-5pm



Funded by
UK Government

**GREATER
MANCHESTER**
GOING THINGS DIFFERENTLY



TRAFFORD
COUNCIL



EXPLORE MORE WITH TRAFFORD LIBRARIES

Coffee Mornings



These are spaces for parents/carers to come and chat in a safe space with some tea, coffee and biscuits and have the opportunity to speak to our Neurodiversity Support Navigators face to face.

Best Start Family Hub West

Partington, M31 4FL
3rd Tuesday of each month, 9:30-11:30am

Best Start Family Hub Central

Newbury Ave, Sale
M33 4QH
1st Monday of every month 11-1pm

Best Start Family Hub North

Stretford, M32 9AN
3rd Thursday of each month, 12:00-2:00pm



TRAFFORD
BEST START
FAMILY HUB



BARNARD'S



Drop In Times



Our navigators will be based out of each
Best Start Family Hub once a week.
If you would like to drop in and ask us any
questions or have a quick chat, come in
and see us!

Best Start Family Hub West and South

106 Central Road
Partington, Manchester
M31 4FL

Every Tuesday 9:30-
3:30pm

Best Start Family Hub North

9 Poplar Road, Stretford
Manchester, M32 9AN

Every Thursday 9:30-
3:30pm



BARNARDOS

Trafford Neurodiversity Support



Trafford Neurodiversity Support is a service where parents, carers, and young people can access advice, signposting, and information related to neurodiversity.

Children and young people don't need a formal diagnosis- or even be on a diagnostic pathway- to use the service.
Everyone is welcome!

How to contact us

**Our helpline is open
Mon-Fri 9-5pm
0161 5531536**



**Email us
traffordndsupport@barnardos.org.uk**

Understanding Neurodiversity



Workshop



TRAFFORD
BEST START
FAMILY HUB

This workshop will provide a more in depth look at neurodiversities and helping parents/carers have a better understanding of topics such as masking, brain development and co-regulation.



Best Start Family Hub Central, M33
4QH



12-1:30pm



Tues 6th October 2026

Get tickets here:

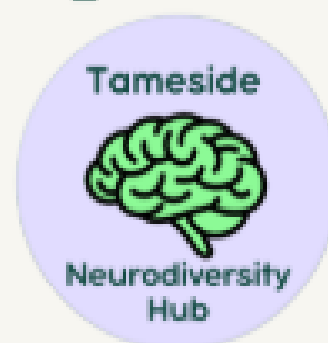


<https://www.eventbrite.co.uk/e/2000262833982?aff=oddtcreator>

Online Understanding Neurodiversity.



Workshop



This workshop will provide a more in depth look at neurodiversities and helping parents/carers have a better understanding of topics such as masking, brain development and co-regulation.

Get tickets here:

<https://www.eventbrite.co.uk/e/2000262414728?aff=oddtcreator>



5:30-7pm



Weds 14th October 2026



October 2026

Call us:
0161 5531536
Mon-Fri 9-5pm

W/C
28th September

Thurs 01/10- Understanding and Promoting Positive Behaviour 5:30-7pm
Best Start Family Hub West, M31 4FL

W/C
5th October

Mon 05/10- Coffee Morning 11:00-1:00pm
Best Start Family Hub Central, Sale M33 4QH
Tues 06/10- Understanding Neurodiversity Workshop 12-1:30pm
Best Start Family Hub Central, M33 4QH

W/C
12th October

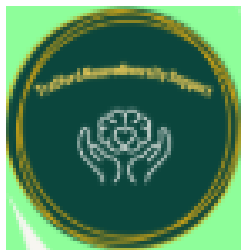
Wed 14/10- Understanding Neurodiversity Workshop ONLINE 5:30-7:00pm
Thurs 15/10- Coffee Morning 12:00-2:00pm
Best Start Family Hub North, M32 9AN

W/C
19th October

Tues 20/10- Coffee Morning 9:30-11:30am
Best Start Family Hub West, M31 4FL

W/C
26th October





Understanding and Promoting Positive Behaviour

This workshop looks at recognising the importance of communication and working with your young people to encourage positive experiences.



**Best Start Family
Hub Central, M33
4QH**



**1st October
2026**

**[Click here to get
tickets!](#)**



5:30-7pm

BARNARD'S

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

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**

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



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

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 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
email epec@trafford.gov.uk
or scan the code to register your interest:



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.





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



Chat with our team of
friendly practitioners



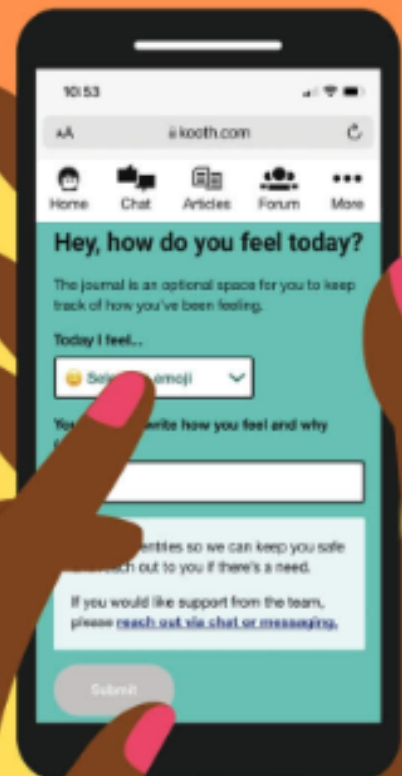
Helpful articles



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

