



Urmston
Primary School

03.10.25

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

World Mental Health Day

It was great to see so many of our children wearing yellow in support of World Mental Health Day. We had a chat with them about the importance of strong mental health and well-being and some of the things we can do to help each other be mentally and emotionally healthy. We talked about how all emotions are healthy and normal, but that we can all try to think about what we do with those emotions and what we might do to help ourselves and each other feel happy and healthy!

Dates...

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

NEW RECEPTION AND NURSERY VISITS: for SEPTEMBER 2026 start

If you'd like to spread the word, we are doing some visits for prospective parents for Nursery and Reception next year! The dates are below. Many thanks...

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

Arts and Discovery Booklet!

A reminder: You have until Spring term (January) to complete and return your Arts and Discovery booklets please. If you have lost these, evidence of the attendance to at least 5 arts / DT / Science events, establishments, clubs or performances can be uploaded to Seesaw or emailed to our school office in order to gain your Arts and Discovery badge and certificate.

Here are some free arts and science events happening in Urmston and Greater Manchester this October:

Free Multi-Arts Workshops at Stretford Public Hall: Running from Monday, October 27 to Saturday, December 6, these workshops offer hands-on creative sessions for all ages. Expect activities in *arts, crafts, and design*, perfect for half-term fun. Hosted by The Beginning Group, it's a great way to explore your artistic side without spending a penny.

Albert Herring Opera at The Lowry, Salford: In October 2025, the English National Opera presents a newly staged version of Benjamin Britten's *Albert Herring*. While ticketing details vary, some community-access performances may be free or low-cost. Keep an eye on The Lowry's listings for updates.

Science and Industry Museum – Power Hall Reopening: The museum continues to offer *free entry* to many of its galleries. It's a great spot to explore Manchester's industrial and scientific heritage.

LS Lowry Immersive Experience: From Tuesday, October 7 to Sunday, January 4, enjoy the UK's first *free permanent immersive art experience* based on LS Lowry's iconic work *Going to the Match*. This exhibit blends visual art with soundscapes for a unique cultural outing



BEING MORE...

This week we say a big well done to Fintan! Fintan played hockey for Urmston Under 12s last weekend in a tournament with a lot of children a year older than himself. His team performed really well, even scoring a win against one of their closest local rivals! Brilliant stuff Fintan!



PTA Dates for your diary

Follow our Facebook page for dates and news

Tuesday 21st October - Fancy Dress & Christmas Jumper Sale

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

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

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

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

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

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

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

Tuesday 14th October - PTA Annual General Meeting

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

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

We understand that not everyone can spare any time to help out the PTA and volunteer at our events. We've been asked a lot if people can help out in another way and make financial contributions instead. So we've set up a QR code that you can scan to make donations online.

Some people have set up a regular monthly donation, others make one-off contributions when they can.

£5 per month (plus giftaid) equates to £75 a year - the average cost to the PTA of taking 10 children on a school trip!

Even £1 a month (plus giftaid) equates to £15 a year - the average cost to the PTA of taking 2 children on a school trip!

So every pound really does make a difference!





Wear Red Day—Show Racism the Red Card—Friday

As per the letter earlier in the week, we thank you for your support in raising awareness of equality and equity and not only ensuring a sense of belonging for all, but helping our school community to be brave enough to call out any prejudice and hate.

Optimistic October 2025

MONDAY



6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

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

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

TUESDAY



7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

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

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

WEDNESDAY

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

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

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

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

29 Plan a fun or exciting activity to look forward to

THURSDAY

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

9 Share an important goal with someone you trust

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

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

FRIDAY

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

10 Take time to reflect on what you have accomplished recently

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

24 Write down three specific things that have gone well recently

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

SATURDAY

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

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

18 Set hopeful but realistic goals for the days ahead

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

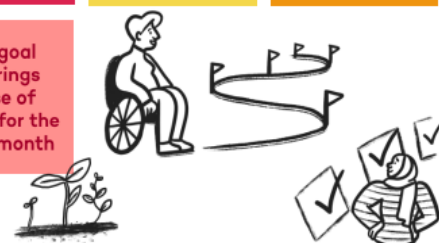
SUNDAY

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

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

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

26 Find a new perspective on a problem you face



ACTION FOR HAPPINESS

Happier · Kinder · Together

Autism@Manchester

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

It's been a difficult time for autistic people, their families, carers and friends, particularly recently. At Autism@Manchester, we produce high quality research working with the autistic community and you can find out more on our website and blog.

If you are interested in our research or would like to find out about opportunities to get involved, you can email erin.beeston@manchester.ac.uk to join our mailing list.

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

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

Find us on Bluesky, Facebook and Instagram.

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

Thanks!

CLASSROOM ACTION

This week we've been looking for signs of beauty in nature, in R.E. and World Views; creating illuminated letters using polystyrene tiles and printing; debating whether Boudicca was brave or reckless; chopping wood, den building and fire-lighting; working on our typing skills using Keyboard Zoo; creating still images and then moving into action to represent Anglo-Saxon activities; reading reports as news readers; using our whole/part models in maths; counting the beat to help us with our 'Great Fire of London' dance; digging, scraping and racking as a hook for our writing ...and much more!





Trafford Sleep Services



From September 2025 have made some changes to our Sleep Webinars




- Our **Primary / EYFS Webinar** is suitable for parents/carers of children aged 2-11 years old. These are no longer divided into Infant and Junior
- Our **Secondary+ Webinar** is still available for parents/carers of young people 11 years+, adapted to meet the sleep challenges faced from high school and beyond

Both of these webinars are suited for those with children and young people who have additional needs such as Autism and/or ADHD, mild to moderate learning needs, or physical health challenges.

New to 2025

- We now have a **Specialist Provision Webinar**. This is for parents/carers of children or young people aged 2 - 25 with complex needs and learning disabilities who are attending a specialist educational setting (or where it is being considered, in the case of those 3 and under)
- We are currently trialling some limited evening Webinars between now and Christmas. Availability of these will be shown when booking

Sleep and Therapy Services CIC (Registered Company: 13438824)



Be Wild Creative would like to invite you to:

Sunday Craft Club

SUNDAYS

10.30AM-12PM



**The Bridgewater, Worsley
Barton Road, M28 2PD**



14th September: Clay Creations

21st September: Superhero Day

28th September: Hama Beads

5th October: Nature Art

12th October: Dream catchers/Beads

19th October: Halloween Mash up

Ages 4+

Use discount code


CRAFTCLUB

for £5 off your first booking



Scan to book

*T&Cs apply.
please see Eventbrite for more
details of each event



www.bewildcreative.co.uk

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety®

#WakeUpWednesday

NEURODIVERSITY FRIENDLY YOUTH ACTIVITIES

- For neurodivergent young people
- A relaxed, no pressure space
- Let your imagination flow
- Support for your hobbies
- Encouraging self-expression
- A place to be yourself
- Building a friendly community



Scan the QR Code or
-> [Click here](#) <-
to find out more



For ages 10-13, 14-17 & 18-25, online and in-person.

Registered Charity No. 1182361 | hello@starling.org.uk | [@starlingcio](https://www.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.



[Trafford Directory](#) | [SEND Navigator Service](#)



THE TRAFFORD GM FAMILY HUB APP



A one-stop shop of health information from pregnancy to teenage years for you and your family

- 75 languages
- Tailored information for YOUR family
- Details of support services local to you

Download the app by scanning the QR codes below and start using it today!

Download
the app by
**SCANNING
THE QR CODE**



APPLE



ANDROID



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



Chat with our team of
friendly practitioners



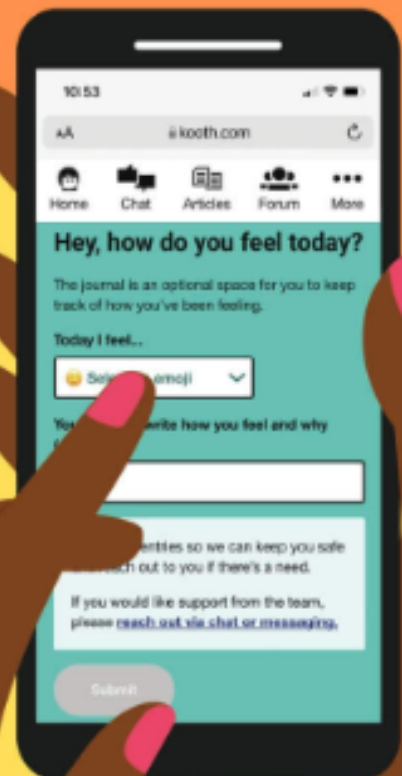
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



Visit **kooth.com** to find out more





FRAGILE MINDS: RETHINKING SMARTPHONES AND THE DEVELOPING BRAIN

While watching my children play in the snow last week, I saw my son trying to force a carrot into the frozen head of his snowman, and it struck me, our brains are a lot like that. Have you tried learning a new skill as an adult? It's slow and frustrating, like forcing a vegetable into ice. But children learn with such ease because their brains are like soft, fresh snow. Malleable and ready to form new pathways.

The beauty of the snow gave us all a reason to be present-to sledge, build, and simply appreciate. It was a pull to get outside, to connect with the world around us. Sadly, though, the virtual world is increasingly becoming a stronger temptation than real, active play. When we allow children unrestricted access to the internet, social media, or inappropriate games, we risk shaping their neural pathways in ways that can become fixed. The instant gratification of scrolling through endless videos conditions their brains to prioritise quick rewards over deeper engagement. Modern childhood is losing the time and space for imagination and exploration, replaced by screens that steal their focus and limit their potential. By setting boundaries now, we allow their minds to grow in ways that foster creativity, resilience, and meaningful connections. Just as snowflakes are unique, so too are our children's developing minds. We aren't powerless in this journey. By making thoughtful choices and sticking together, we can help shape a future where our children thrive.

Meg x

Roots and Wings Play Therapy



**Smart phone free
childhood parent
pact**

<https://parentpact.smartphonefreechildhood.co.uk/>

**Join the growing
movement of parents
across Britain who
believe that childhood
is too short to be
spent on a
smartphone**

**It takes 30 seconds to
sign the Parent Pact.
And the more of us
who do, the quicker
we'll change the
social norm - and
protect childhood for
our children and
future generations.**



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR
NEW
PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR
SEPARATING
PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good Internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents

