



Urmston
Primary School

11.07.25

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

School Nurse drop in: Tuesday 15th July
8.40-9.40am

Sports Day

We had a fantastic day on Monday, with all of our children doing brilliantly. Thank you so much for joining us and helping the children feel so special...it was such a lovely community feel!



Mrs Barlow's raffle

The raffle organised by the WONDERFUL(!!!!) Mrs Barlow raised a brilliant £214 for our school fund. Thank you to everyone who bought tickets and thank you, Alice, as always!



Screen-Free Weekend!

This weekend is our screen-free weekend!
Please try and support us with this if you can...it looks like we'll have lovely weather for it!



YEAR 6 TALENT!

Our brilliant Y6s put on a spectacular show on Tuesday. The crowd were in awe of their talent, confidence and the general joy they exuded! Thank you so much to everyone attended and thank you Y6...you are amazing!



Open Day

Thank you for joining us last Friday too for open afternoon—it was great to see many of you share the time with us!

BEING MORE: PHOEBE!

A special mention to Phoebe this week. Not only did she overcome her fears and anxiety to perform brilliantly in her dance school summer show, but she did so with a broken toe! Super resilience needed there, Phoebes! To add to this Phoebe showed her unwavering capacity for love and care when her neighbours dogs went missing and once found, Phoebe helped them and coaxed them back home safely. You are one of a kind Phoebe...thank you for your continued kindness and empathy towards every living thing...an example to us all!



Ashley Thorpe - Spirit Warriors...visiting UPS!

We're excited to announce that Jhalak Prize shortlisted and Branford Boase Award nominated author Ashley Thorpe will be visiting Years 4 - 6 to introduce us to his new book, Spirit Warriors.

Ashley's fantasy adventures for children put a compelling spin on West African and Caribbean mythology and folklore, and Spirit Warriors is an epic story of chaos, myth, adventure and ancient magic, perfect for readers who love titles like Percy Jackson. It combines themes of kinship, overcoming grief and coming of age with humour, fast-paced action and extraordinary figures from history and folklore.



Urmston Books and Board Games is providing copies of Ashley's book at a special discounted event price — and your child will be able to meet Ashley personally to get their book signed.

If you would like to buy a book for your child, please complete the form and payment on the link by Friday 5th September. Books are £7.50

<https://www.urmstonbooks.co.uk/ashley-thorpe-school-visit-ups>

CLASSROOM ACTION

This week we've been...showing off our athletic prowess; making 3d shapes and looking at faces, edges and vertices; ordering our decimals; forest schooling; finishing our plant pots, inspired by Freya Bramble Carter; learning about temperature using thermometers; comparing planes, past and present; ...and much more!



Jump Back Up July 2025

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

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

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@starlina.org.uk | [@starlinacio](https://www.starlinacio.org) | [starlinacio.org](https://www.starlinacio.org)



TRAFFORD
COUNCIL



TRAFFORD
FAMILIES



WE WANT YOUR FEEDBACK ON FAMILY SUPPORT IN TRAFFORD

Trafford Family Help commissioners are
gathering your thoughts on our current
family help offer

Can you spare up to 10 minutes to complete a
short survey to help us understand the
awareness and effectiveness of current service
to help shape future support

[CLICK HERE TO
COMPLETE THE
SURVEY](#)





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



Chat with our team of
friendly practitioners



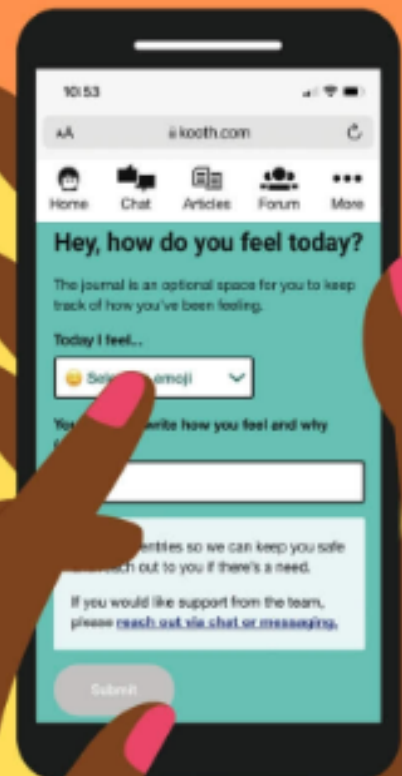
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



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





Joanne Jenkinson

Training & Development Officer

07759 124 230

thesleepcharity.org.uk



Winner of The Queen's
Award for Voluntary
Service 2020



03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

Please see the following from the Sleep Charity

I just wanted to share one of our new campaigns and wondered if you could share the below with your networks and get involved with the campaign on social media!

CHILDREN'S SLEEP AWARENESS MONTH IS HERE!

We are delighted to launch this campaign putting the spotlight on children's sleep because... what an importance subject it is! Did you know that up to 50% of children struggle with sleep at some point, which rises to 80% where there is a diagnosis of SEND?

Poor sleep can lead to cranky mornings, trouble focusing in school, and even long-term health challenges - not to mention tired, stressed-out parents. That's why we're dedicating an entire month to raising awareness about the importance of sleep for children.

Whether you're navigating toddler wake ups, battling bedtimes, or convincing your teen to switch off at night, we're here to help!

What's coming in February:



Practical tips for better sleep routines.



Free weekly webinars with our experts to tackle sleep challenges.



Resources, info and challenges.

We want to work together with you to make bedtime battles a thing of the past. Follow us for updates, tips, and resources, and get ready to sleep better this February! Download the supporter's pack here: <https://thesleepcharity.org.uk/get-involved/awareness-events/>

Guide to What Support is on offer in Trafford

Life is pretty complex at the moment and we all need a bit of help now and again. Take a look at the guide at the link below which offers information on what is out there in Trafford to support you and your children...<https://www.urmstonprimary.com/parents/resources-for-parents>



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

