



Urmston
Primary School

12.12.25

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

**COME AND JOIN US
FOR OUR JUNIOR
CHRISTMAS GATHER-
ING AT ST CLEMENTS
CHURCH –BE THERE
FOR A 1.50(ISH!)
START. NEXT THURS-
DAY**

CHRISTMAS SONGS ON THE JUNIOR PLAY- GROUND NEXT FRIDAY...

*...Children can wear their Christmas jump-
ers on this last day of term. Our fab PTA will
be offering mulled wine and minced pies so
please do join us from 2.45pm.
If the weather isn't kind, there will still be
minced pies and mulled wine on offer in the
junior hall so please join us regardless!*

Greenfield Church Christmas Service

Please come and join Reverend Smith and Mrs Byrom and our UPS choir on Sunday at 10.45am. It is always a lovely event and you are all most welcome.

CHRISTMAS STARS

Well done to all of our wonderful infant children (and the grown-ups too!) for their fantastic Christmas performances. It was an absolute joy to see you having so much fun and being so fabulous! Congratulations everyone and thank you for getting us all into the festive spirit!



Thank you, PTA!

A Huge thank you to our fantastic PTA for such a super Christmas Fair last Saturday. It was brilliantly organised and was great to have the school community together.. Thank you to everyone who attended to support UPS and again to our PTA for their dedication. It is hugely appreciated and makes a massive difference!

NAVIGATING CONNECTION

We've mentioned a few times now that Curiosity Services will be putting on some sessions for staff and parents in helping to develop our children's self-awareness and how to help them regulate their emotions. Please check your emails for more information and a brief survey on the times and days that might be best for you. We'll go with the majority. We hope as many of you can engage as possible as there is some really useful for stuff that will be discussed for all children and families!

BEING MORE

It is lovely when we hear about the brilliant stuff that our children are up to outside of school. This week, we wanted to say a big well done to Chloe! She has been playing for Trafford last



week stepped in to be goalkeeper, displaying her versatility and no small amount of resilience. Brilliant stuff, Chloe...you should be really proud!

And then there is Harriet, who continues to excel with her swimming. Over the past few weeks she has been taking part in the Flixton Swim Team Distance Club Champs. She came away with 3 gold medals for the 400m Freestyle and the 200 Individual Medley. Her 3rd gold was for the 1500m Freestyle...that's 60 lengths! She was the youngest swimmer in the race and managed to beat one of the older girls. She swam a superb race and finished in a time of just over 26 minutes. Wow, Harriet...brilliant work...well done!



Christmas Holiday Activities and Childcare 2025

Go to [Trafford Directory | Christmas Holiday Activities and Childcare 2025](#) to find information about activities and support services that are available before and during the Christmas Holiday Period locally in Trafford.

Dates, times and ages can vary so please check with your local scheme before attending, also please be aware that providers may not have updated their online information therefore it may be best to email or phone for up to date information.

You can also find out where kids can eat free – or for just a quid – over the holiday period!

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 \(EBSNA\)](#).



Help us Shape the future of Trafford Leisure's Swimming Offer

Trafford Leisure are reviewing it's current swimming offer to ensure it is fit for purpose and meets the diverse needs for all individuals and groups who use our pools.

We are keen to capture the thoughts and experiences of residents who have children with SEND.

We would appreciate you taking the time to share your views. Your voice genuinely makes a difference.

Thank you

[Survey link](#)



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/>

ONLINE SHOPPING FRAUD WARNING

A MESSAGE FROM GREATER MANCHESTER POLICE

In the run up to Christmas we know that some of you maybe turning to online shopping to purchase presents.

WARNING – We are aware that fraudsters are targeting this area and want to ensure our community is protected. We are working hard to bring to justice those responsible. Please see our tips for staying safe online.

Have you been offered a highly discounted or considerably cheaper product compared to the original items worth?

STOP - THIS COULD BE FRAUD

The website you are purchasing from was only launched day / weeks ago?

STOP - THIS COULD BE FRAUD

You're asked to pay by bank transfer instead of using the online platform's secure payment options.

STOP - THIS COULD BE FRAUD

A sense of urgency is placed on ordering the product or service so that you don't miss the price / deal.

STOP - THIS COULD BE FRAUD

You receive a fake email receipt / invoice that appears to be from the website you've purchased from or the payment service used to make your purchase. The email address domain doesn't match that of the genuine senders.

STOP - THIS COULD BE FRAUD

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk





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



essential parent

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:



Just a thought...

"1. Finnish families have a quiet ritual called the closing question. Before bed, every child answers one thing: "What was the last good moment today?" No screens, no advice, no correction — just the sentence, said out loud. 2. Psychologists tracking these families for a decade found something remarkable: by adolescence, their baseline anxiety was 60-80% lower than average. The secret wasn't optimism — it was closure. 3. When the brain names a positive event before sleep, it ends the day's stress loop. Cortisol levels drop, the hippocampus encodes the memory as safe, and the nervous system learns: the world can finish well. Without that ritual, thoughts keep running — unfinished, unprocessed, unresolved. 4. Modern kids fall asleep under blue light, endless comparisons, and dopamine noise. Their brains never get the signal that danger is over. So they wake already tired — bodies in recovery from days that never emotionally ended.

I'm a Parent...Get me out of here!



We run a fully funded 6 week course for parents and carers who have children aged 11+ in Trafford schools.



Next course:

11 September - 16 October 2025 (6 Thursdays*)
12pm - 2pm

At the [Counselling & Family Centre, Altrincham](#)

*** Dates 11/09/25, 18/09/25, 25/09/25, 02/10/25, 09/10/25, 16/10/25**
[Book here >](#)

Coming up:

6 November - 11 December 2025 (6 Thursdays*)
12pm - 2pm

At the [Counselling & Family Centre, Altrincham](#)

*** Dates 06/11/25, 13/11/25, 20/11/25, 27/11/25, 04/12/25, 11/12/25**
[Book here >](#)

8 January - 12 February 2026 (6 Thursdays*)
12pm - 2pm

At the [Counselling & Family Centre, Altrincham](#)

*** Dates 08/01/26, 15/01/26, 22/01/26, 29/01/26, 05/02/26, 12/02/26**
[Book here >](#)



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)

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](#)



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



Chat with our team of
friendly practitioners



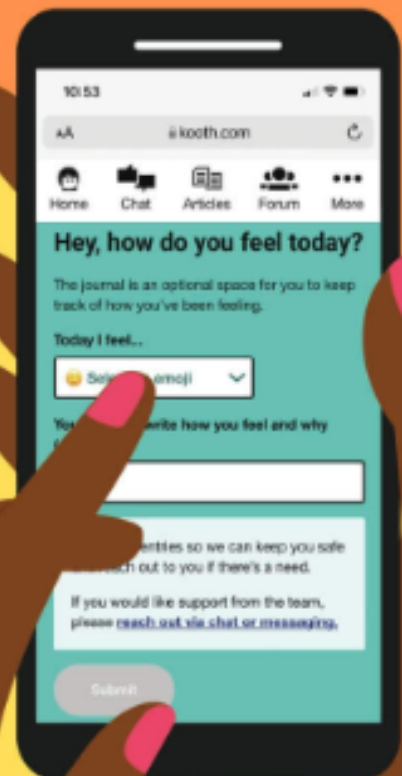
Helpful articles



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.



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.



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.



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

