



Urmston
Primary School

13.02.26

Dear Parents and Carers,

At the end of another half term, we again would like to thank you for your support in enabling us to care for and educate such wonderful young people. We are proud of being part of such a vibrant and happy school community and appreciate the integral part that you all play in that.

I would like to take this opportunity to share some sad news. A person very dear to us at Urmston Primary, Derek Brown, has recently passed away following illness. Derek was a brilliant man who was an integral figure to our school, not only at Urmston Primary, where he was Chair of our Governing body, but also at Urmston Juniors before it, where he again was the Chair of Governors, and also on the PTA before that. Derek was the best of us and embodied our school values in everything he did. He was a man of kindness and integrity and has left a real legacy on our school. We'll continue to do our best in helping to develop young people who might grow up to have the same love and attitude towards life as Derek had.

Thank you again and have a lovely week,

From us all at UPS



Other dates for the diary...details to follow

Thursday 5th March: World Book Day
8th March: International Women's Day
19th and 24th March: PARENTS EVENING
WB 30th March: World Autism Awareness Week
2nd April: School closes for Easter

PTA JUNIOR DISCOS

The junior discos were brilliantly attended last night and the children clearly had so much fun!

A huge thank you to the PTA and staff who supported. The PTA continue to make such a difference and raised £1000 for our school.

Great stuff...thanks so much for putting on these super events guys!

Navigating Connection

Two workshops down and they have been fantastic, with staff also benefiting from training.

The next session's are as follows...

o Monday 23rd February 5.30pm - 7pm

o Thursday 5th March 9am - 10.30am

Compass Sessions: Urmston Primary

Children's Mental Health Week...

Our school is one where we truly hope all feel a sense of belonging and so it has been incredibly im-

portant that Children's Mental Health Week just helps to consolidate that rather than be a flash-in-the-pan box to tick. The children have engaged in honest, responsible and respectful discussion, which is great to

see.



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

Junior Discos

Both our Junior Discos were a huge success. Massive thanks to the members of staff who helped out and to our lovely volunteers. We simply couldn't do it without you.

Big shout out to Mr Smith for once again being our DJ and playing all our children's requests and keeping the dance floor full at all times.

We've done some quick maths and it's looking like we have made about **£1000** for school funds- so massive thanks for your support.

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.



20 APPS PARENTS & CARERS NEED TO KNOW

www.SocialWorkersToolbox.com

 Snapchat Messages and photos disappear. Children can be pressured to send images because they believe they will not be saved. Location sharing can show where a child is in real time.	 Roblox Although it looks like a children's game, it includes chat features. Children can be contacted by strangers and slowly groomed through friendly game play.	 Kik Messenger Accounts can be anonymous. It is often used to move conversations away from apps parents may check.	 Fortnite Voice chat allows children to talk to strangers during games. Language and behaviour are often inappropriate.
 TikTok Children can see adult content, receive sexual comments, and be contacted by strangers. Live videos allow real-time interaction, which can quickly become unsafe.	 Telegram Messages and groups are encrypted, making them difficult to monitor. It is used to share sexual images, harmful material, and to keep conversations hidden from adults.	 Hoop The app connects directly to Snapchat and encourages children to add new contacts quickly, including people they have never met.	 Reddit Children can easily access sexual, violent, or extreme material through posts and comments.
 Instagram Messages allow strangers to contact children directly. Many children run secondary accounts that parents do not know about. There is strong pressure around appearance and popularity.	 OmeTV Random video chats with strangers. No effective safeguarding. Sexual content and adult behaviour are common. Children have no control over who appears on screen.	 LiveMe Children can broadcast themselves live to anyone watching. Viewers can comment in real time, including adults.	 BeReal The app prompts children to take photos instantly, which can lead to oversharing without thinking about safety.
 WhatsApp Private chats and group chats are often used for school or friendship groups, but bullying, exclusion, and sharing of images can happen quickly and spread widely.	 Yubo The app is designed to meet new people. Children can live stream and chat with strangers, which can quickly become sexual or exploitative.	 Calculator+ These apps look like calculators but are used to hide photos, videos, and messages from parents and carers.	 Twitch Children watch and interact with live streamers through chat, which often includes adults and unmoderated comments.
 Discord Children join private chat servers linked to gaming or interests. These spaces are often unmoderated and can include adults, sexual content, or	 Monkey Children are placed into random video chats with people they do not know. They have no control over who appears on screen.	 YouTube Children can be exposed to adult content through suggested videos, comments, and live streams, even when watching innocent clips.	 Bumble This is a dating app. Despite age limits, some under-18s access it to talk to adults looking for relationships.

Guitar and Ukulele heroes and Front Row Music

It was great to see Alex and Jack lead our brilliant guitarists and Ukuleleists last week in a fantastic assembly. They did a great job and are showing a super progress. Brilliant stuff!



Ten A Term - Spring 2026

Suggested Reads for Reception

	Title	Author
	The Best, the Horse and the Fair	Em Lynas
	The Horse Who Wouldn't Share	Steve Small
	A Million Chameleons	Rachel Marrirose
	The Rabbit, the Cloud and the Rainy Day	Nicola O'Byrne
	The Tortoisaurus	Katie Cottle
	Mr Norton's New Hat	Hue Lewis Jones
	How to Find a Yeti	Matt Hunt
	The Gozzle	Julia Donaldson
	Dinosaurs in the Supermarket	Timothy Knappan
	When We Go to Grandma's House	Candy Bee

given out after the holidays.

Keep sharing those stories!

If you'd like to know more about National Storytelling week or 'The Year of Reading: Go All In', please visit the links below.

<https://literacytrust.org.uk/resources/national-storytelling-week/>

<https://literacytrust.org.uk/about-us/national-year-of-reading-2026/>

Mrs Hall's Ten-a-Term...

Being half way through February, we are now well into the National Year of Reading, 'Go All In', where across the country there is a huge push on supporting children with reading for pleasure in whatever form that may take.

Here at UPS we have been running our Ten-A-Term reading competition for a number of years now and we are pleased to launch our new reading lists for each year group. It doesn't matter if you read 1, 2 or all of the books, you will still receive a certificate. You can borrow these titles from the local library or purchase them either online or at Urmston Book Shop.

Take time to enjoy these recommended reads together over the next term and I will send out a message to ask who has taken part, with each child receiving a certificate.

What's more, following on from last week's competition, I have spent the week listening to dozens of stories, with queues of storytellers out of my classroom door most days! Thank you to everyone who took part. I have issued certificates to all children and the individual prizes have been ordered and will be

Happy Reading, Mrs Hall!

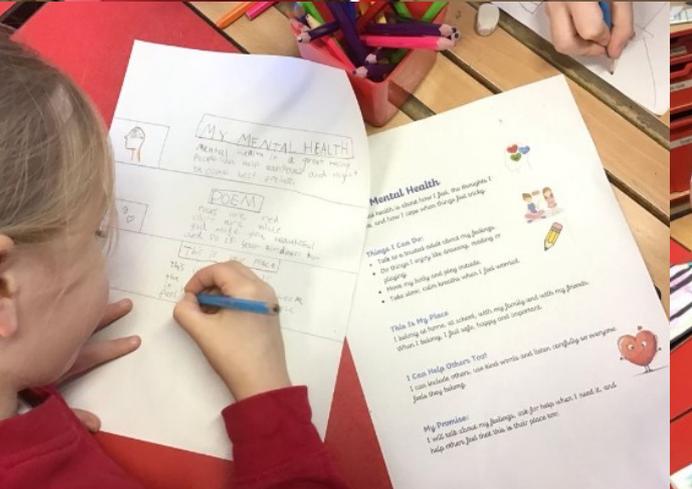
Every school holidays Trafford FIS create a dedicated 'What's On' page on their Trafford Directory which lists events happening locally over this period, free activities, holiday clubs, days out, SEND what's on, practical and crisis support, mental health and wellbeing support. During holidays where HAF activities run (such as the Christmas holidays) these can also be located here.

They currently have their February Holiday page live on the directory. 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.

CLASSROOM ACTION



This week we've been...reflecting on how we belong; displaying and evaluating our artwork; consolidating our learning on how to keep ourselves safe online; creating collage art in the styles of Claude Monet and Ann Powell to create our own nature scenes; getting better and better on the drums(!); learning about equal groups...and so much more!



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



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@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
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/>



Participants wanted!

Are you:

- In **year 8-11** of mainstream UK high school and have a diagnosis of **autism / and or ADHD**, or are waiting an assessment?
- A **parent / carer** of a student in year 8-11 diagnosed or suspected with autism / ADHD attending mainstream UK high school?
- A **teacher** working in a mainstream UK high school, with 1+ years of experience teaching students with autism and/or ADHD?

I would love to hear from you!



What is the study about?

I am looking to explore the experiences of the school climate and mental health of students who have a diagnosis of autism and / or attention deficit hyperactivity disorder (ADHD), or who are waiting for an assessment of this.

Who will be doing the research?

My name is Holly Battrick, and I am a student on the Doctorate in Clinical Psychology programme at Lancaster University.

I have experience of working with neurodivergent young people, their families, and schools



What will I be asked to do?



You will be invited to an **online interview** with myself where I will ask some questions about your experience of school climate, mental health in school, and your experience of living with / supporting someone with autism and / or ADHD.

Eligible participants will receive a voucher as a token of appreciation for taking part.



To view the information sheets and consent forms, follow this link or scan the QR code:



https://lancasteruni.eu.qualtrics.com/jfe/form/SV_1FVXpK1gJ7NECfs



Got any questions?



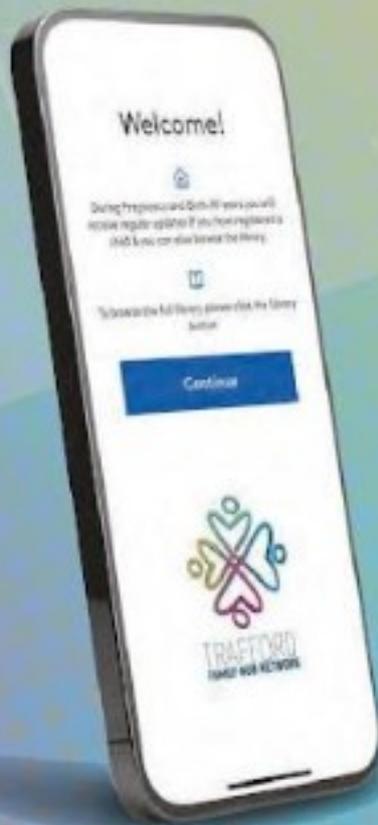
email me at

h.battrick@lancaster.ac.uk

Please email me for a copy of the information sheet or to watch a video of me introducing the study



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:





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 | [@starlingcio](https://www.instagram.com/starlingcio) | 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



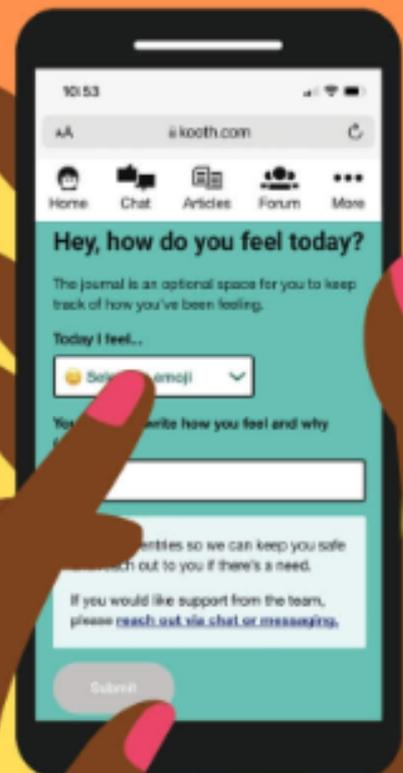
Helpful articles



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



one
plus
one

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

