



12.03.26

# Urmston Primary School

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

## Furry friends...

Can we please remind dog owners to be mindful of where we tie up our canine companions. Please be mindful that little ones may be nervous and with so many people around, so might your dog. Many thanks for your consideration.

## Curiosity Project...evaluation

Following the completion of the Compass, 'navigating connection' sessions, we've got time to reflect on the things we can do to connect with our children and help them to feel safe and nurture their self-awareness too. We will look to have some follow-up discussions but in the meantime, those of you who attended—could you please complete the very brief evaluation via the link below. Thank you so much!

<https://www.surveymonkey.com/r/N783VJ9>

## School of Play...ZooLab session

School of Play will again be running a ZooLab session as part of their Easter holiday club. If you are interested, take a look at the attached and go from there...

[https://docs.google.com/document/d/1BGxtJcDn49mr9\\_EJL3CWHhTodYVnHU-XV\\_dFzkraxLY/edit?usp=sharing](https://docs.google.com/document/d/1BGxtJcDn49mr9_EJL3CWHhTodYVnHU-XV_dFzkraxLY/edit?usp=sharing)

## INTERNATIONAL WOMEN'S DAY



We had a really positive day on Monday, celebrating IWD and acknowledging our women and girls, empowering and advocating for equality. Both boys and girls played their part and we're proud of the attitude of the children on such an important subject.



## Peer to peer support for parents

Please see the link below if you're interested in weekly peer-to-peer support for parents in Stretford...

<https://outlook.office.com/bookwithme/user/e0f949435a1141d18cd660d0a6caf1ba@trafford.gov.uk/meetingtype/qVuRWktbRkS7aAfYWmXOVg2?anonymous&ep=mcad>



## BLOOM TOOLKIT

Below is a link for something called The BLOOM Toolkit. It is a practical and accessible tool which can give your child a personalised sensory profile, once you complete the quiz. Your child will be given a colour and number which correlates to their sensory profile - you can then access practical suggestions to support your child's sensory needs. Please give it a look and do let Mr P know if you find it of use! <https://the-bloom-toolkit-24b7f5.circle.so/c/welcome-to-bloom>  
Along the same lines, give this a look too!... Humber Sensory Processing Hub - Connect NHS <https://connect.humber.nhs.uk/service/humber-sensory-processing-hub/home/>

## CLASSROOM ACTION

This week we've been...on a scavenger hunt, learning about the chronology of Ancient Egypt; doing more Indian dribbling; predicting outcomes of algorithms; practising our throwing and catching skills; learning about food chains and webs and how they are made of producers and the three different consumer types; finding out about pictograms and how keys work; thinking about dynamics in drumming; forest schooling; ...and of course learning about advocating for women, together!





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

## Mother's Day Sale

It was wonderful to have so many happy customers at our pop-up Mother's Day shop this week. All the children were so polite and we loved helping them carefully choose their gifts. We hope you all love opening them on Sunday!

Massive thanks as always to our amazing volunteers - without you, we couldn't hold lovely events like this one.

If you still have an IOU outstanding for your child's gift, please make sure you hand this money in at the office as soon as possible - many thanks.

## What's Next?

Easter is just around the corner and we'll be holding an **Easter Raffle** again as it was such a huge success last year.

We'll also be holding a **Junior and Adult Bake Off** again this year and selling their wonderful creations at an **Easter Bake Sale** on the day of the Infant Easter Bonnet Parade (Thursday 2nd April).

Details of these Easter events will be out soon.

## 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.

Just Giving  
Donation Page



PTA Volunteer Group  
WhatsApp group



## 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](http://www.cayp-psychology.com)  
[enquiries@cayp-psychology.com](mailto: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 \(EBSNA\)](#).

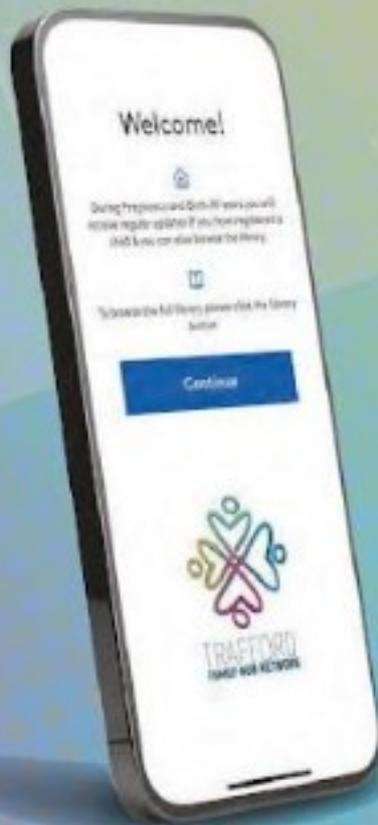
### Sensory / behavioural on-line questionnaire

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/>



# 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](http://www.trafford.gov.uk/epec)  
email [epec@trafford.gov.uk](mailto: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.

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## 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



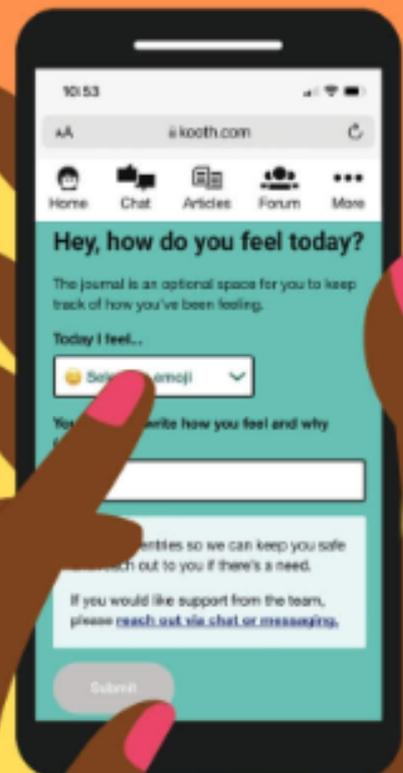
Helpful articles



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](http://www.oneplusone.org.uk/parents)

