



19.06.26

Urmston Primary School

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

CURIOSITY CATCH UP SESSIONS

The last catch up session with Katy B from the Curiosity Project is on 8th July at 9am. Katy has such a wealth of knowledge in how we can connect with our children and we hope you might find the time to drop in and have a chat!

CLASSROOM ACTION

This week, we've been telling the time; using chrome music lab to create our own piece of music; discussing rail safety; playing Race-To-Zero; measuring our jumps using measuring sticks and recorded our distance in decimal numbers; enjoying our time at the beach; and so much more!

PTA SUMMER FAIR!

Thank you so much to everyone who attended

our PTA summer fair last Saturday. It was a wonderful event and so a huge well done to our fab PTA and thanks to all of you for supporting UPS!

Open Afternoons

We'll be holding some parent open afternoons on the dates below, between 1.45 and 3.15. We'd love you to join us so the children can share what they've been up to.

Y1-2: Tuesday 30th June

Y3: Friday 26th June

Y4: Thursday 16th July

Y5: Monday 6th July

Y6: Wednesday 15th July



BARNARD'S



Parent Carer Drop ins



These are spaces for parents/carers to come and chat in a safe space and have the opportunity to speak to our navigators face to face.



Best Start Family Hub West and South

106 Central Road
Partington, Manchester
M31 4FL

3rd Tuesday of each
month, 9:30-11:30am

Best Start Family Hub North

9 Poplar Road, Stretford
Manchester, M32 9AN

3rd Tuesday of each
month, 12:30-2:30pm



Trafford Neurodiversity Support



Trafford Neurodiversity Support is a service where parents, carers, and young people can access advice, signposting, and information related to neurodiversity.


Children and young people don't need a formal diagnosis- or even be on a diagnostic pathway- to use the service.
Everyone is welcome!

How to contact us

**Our helpline is open
Mon-Fri 9-5pm
0161 5531536**



**Email us
traffordndsupport@barnardos.org.uk**

 @SENSORYFESTUK
@YALWTRAL

SENSORY FEST

June 20th - Birkenhead Park


autism
together



Let's Get
Accessible
to All Families

Unlimited inflatables - Trampolines - Giant Ball Pit

Bubble shows - Foam Pit - Lego

Mr Tumble Liverpool - Character Meet & Greet

Arfid Friendly/Beige Food Trucks

Parent Hubs

Tickets are fully inclusive £7/£12

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

Free social work
resources for
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY
UP TO DATE WITH NEW DOWNLOADS:

Free
social work
resources for
direct work



**Social Work Tools and Resources
- Free; Socialworkerstoolbox.com**

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You may share our resources from our Facebook/[Instagram](#) page using the share button.

**BEST
START
IN LIFE**



**North Best Start
Family Hub
9 Poplar Rd
Stretford
M32 9AN**



Join Our SEND stay and play

**FREE session requires no booking—just drop in
enjoy lots of fun and connection**

No diagnosis needed

Wednesday 1–2.30

29th April

13th May

10th & 24th June

8th & 22nd July



Activities Include:

- Storytime and singing
- Outdoor and messy play

**Come Play,
Learn, and Grow
Together!**

For more information email
Sarah.bradley@trafford.gov.uk



Funded by
UK Government





Can you help?



SUPPORTING LOCAL FAMILIES

Your school have set up a designated donation point to help us support local families in need. Below are a list of items we LOVE to receive:

- ♥ Baby bodywash and shampoo
- ♥ Children's bodywash and shampoo
- ♥ New underpants and socks
- ♥ Deodorant - men's and women's
- ♥ Baby wipes and nappies
- ♥ Adult toothpaste
- ♥ Maternity pads and breast pads
- ♥ Period products



REMEMBER

We ask that all items are **new, clean and undamaged** - Ensuring families feel cared for and supported is important to us, and this starts with the quality of your donations.



www.littlegreensock.org

Registered charity in England and Wales 1200145

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



0161 262 1622
07514222338



frapp@justpsychology.co.uk



www.justpsychology.co.uk



@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 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:



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.





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



Chat with our team of friendly practitioners



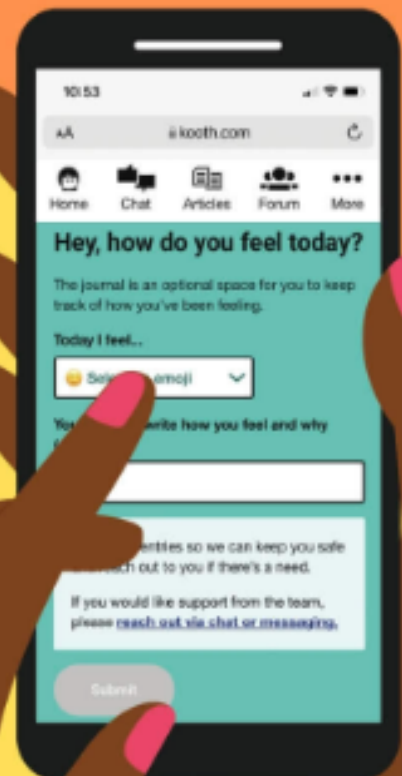
Helpful articles



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

