



23.10.26
Urmston
Primary School

**Dear Parents and Carers,
That's Half Term 1 complete!**

We hope you have a lovely week and fingers crossed for some at least not-too-bad weather!

**Take care,
From us all at UPS.**

Me-Maps

We have had some brilliant reflections on our me-maps so far and they are really helping us all to be so much more self-aware and to support each other. Please engage in conversations with your children and if you've yet to return the me-maps to school, please do so as soon as you can. Thanks so much for your support with something we feel is so incredibly important!



PTA UPDATE!

Thanks to all who took part in our Halloween fundraising, we raised £550 which will help to reduce the cost of school trips. Congratulations to the winner of our Halloween raffle, Arthur in J7, and our runners up, Isobel in J4, George in J2 and Sophie in J7. We'll be running another raffle at Christmas, so look out for details soon and if you, or anyone you know can donate a prize, please let us know.

We are still looking for volunteers for the Christmas fair on 21st November so if you can help, even if just for an hour, please join the volunteer WhatsApp group and let us know.

We've had a fantastic morning with Antony Cotterill today. We all got moving before Antony talked to us about his wheelchair tennis exploits and the inspirational journey about success and resilience that he has been on. A great experience for us all! Well done



everyone for your sponsorships and donations...keep 'em coming for another two weeks, and thanks to all!

BIDE Forum

We met with (some!) parents last week to talk about what is going on at UPS, especially linked to Belonging, Inclusion, Diversity, Equality and Equity. Please go to <https://www.urmstonprimary.com/information/InclusionBIDE> and two thirds down the page you'll see the Inclusion forum summary.

AI awareness

Please see the factsheet attached to this email. Some of it may not seem relevant but it is a very uncertain online world out there. If you have any concerns or questions, please do come and ask.



What's on in Trafford?

Go to <https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=uWjDq5G8w-4> for what is going on in Trafford this half term...



CLASSROOM ACTION

This week, we've been...subtracting tens across 100; stepping back in time to debate an important historical question: Who played the most significant role in changing Anglo-Saxon Britain from paganism to Christianity – St Augustine or St Aidan?; working as a whole class to create a short routine based on the Jamie Miller, Babydoll song; doing some intra-school hockey matches; sharing some super homework projects; learning about the different theories surrounding why Stonehenge was built; debating which saint had the biggest impact on Anglo-Saxon Britain and ultimately caused the conversion from Paganism to Christianity; working on our number bonds and counting skills...and loads more!



ND Pathway and triage...

You should by now be aware that due to the high volume of ADHD/Autism referrals received, The NHS Greater Manchester Integrated Care Board (GM ICB) introduced a neurodevelopmental (ND) triage process, putting a greater focus on identifying and supporting a child's needs rather than diagnosis alone. This means that not every child or young person referred will automatically progress to an NHS diagnostic assessment - which we know can cause frustration.

Take a look at the links below if you wish to read more about that.

<https://gmintegratedcare.org.uk/keep-well/adhd-and-autism-assessments/>

<https://gmintegratedcare.org.uk/keep-well/the-hub/supporting%20young-people-with-diagnosed-or-undiagnosed-autism-and-adhd/>

The needs-led ND support offer is available to children and families with or without a diagnosis of ADHD or autism. This is intended to ensure that support is based on a child's presenting needs rather than being dependent on receiving a diagnosis. This support can be accessed straight away.

We recommend that you make contact with the Trafford ND Service navigators, and they will be able to explore with you. Contact Traffordsupport@banardos.org.uk or 0161 553 1536 (mon-fri 9-5).

TRAFFORD SEND WEEK OF ACTION 2026



TRAFFORD
COUNCIL



Trafford
Family
Information
Service



TRAFFORD
START FOR LIFE



SEND INFORMATION MARKETPLACE



Tuesday 17 November 2026



St Matthew's Hall, Stretford



12:30pm - 4:30pm

Meet Trafford Services and Partners

- EHCP Team
- Trafford Sleep Service
- Transitions Health & Social Care Teams
- Short Breaks Team
- SENDIASS
- Community Learning Disability Team (CLDT)
- Speech and Language Therapy (SALT)
- Occupational Therapy (OT)
- Physiotherapy (PT)
- Trafford Education Development Service (TEDS)
- Children's Nursing Service
- Educational Psychology Service
- Behaviour and Attendance Team
- Trafford SEND Together
- Family Hubs
- ND Navigators
- Starling
- And more...



Information • Advice • Support

Find out about services, support, activities, health, education and preparing for adulthood.



Everyone Welcome

Children and Young People • Parents and Carers • Professionals

Find support. Ask questions. Make connections. Discover opportunities.

Growing Up in an AI world



Curious about AI and what it means for your child? This informative and accessible workshop will help parents understand the AI tools young people may encounter online, the associated risks and practical ways to support safe and responsible technology use. Leave with useful advice, resources and greater confidence in navigating an AI-powered world.

To book your place, go to
www.traffordlibraries.eventbrite.co.uk
or scan the QR code.



Monday 2nd of November

Sale Library 5:30-6:30pm

Thursday 12th of November

Stretford Library 5:30-6:30pm

Tuesday 17th of November

Urmston Library 5:30-6:30pm

Saturday 21st of November

Partington Library 1:30-2:30pm

Wednesday 25th of November

Altrincham Library 5:30-6:30pm

Thursday 26th of November

Timperley Library 5:30-6:30pm



Claire Walmsley is an experienced teacher and digital lead who is passionate about helping young people, families and educators navigate technology safely and confidently.

www.computingwithclaire.co.uk



Funded by
UK Government

**GREATER
MANCHESTER**
SOMETHING DIFFERENT



TRAFFORD
COUNCIL



EXPLORE MORE WITH TRAFFORD LIBRARIES

Your at-a-glance guide to Soluna by Kooth

About Soluna:

- Soluna is delivered by Kooth, a trusted NHS and local council partner, providing digital mental health support since 2001.
- Soluna is free for young people (aged 10-25) in supported areas. Because our service is funded by local NHS services, councils, and organisations, both availability and the sign-up age depend on where young people live.
- No formal referral is needed; young people can access support directly via the web or mobile app.
- The app is rated 13+ on app stores due to standard health platform classification rules. Children aged 10–12 can access the full service directly via any web browser.

What does Soluna offer?

- **One-to-one professional (human) support:** British Association for Counselling and Psychotherapy accredited live text-based chat, delivered by qualified professionals. Available weekdays from 12pm to 10pm, and weekends from 6pm to 10pm, 365 days a year. Self-help activities are accessible 24/7.
- **Self-help resources and peer support.** Includes interactive tools (e.g. Noise Cleanse, which uses sound to promote relaxation) and pre-moderated peer community spaces.

How does Soluna support parents, carers and families?

We know it can be tough to know the 'right way' to support young people struggling with their mental wellbeing.

Soluna can help by offering free, in-the-moment support for your child. This could include mental wellbeing issues such as anxiety, exam stress, or low mood, or perhaps they want to use the platform to learn more about mental health and positive ways to manage it.

The service:

- Provides early support before problems escalate.
- Offers support for those who may be waiting for other services or a neurodevelopmental assessment.
- Complements ongoing care alongside other sources of support.
- Provides out-of-hours support, including evenings and weekends, 365 days a year.



Soluna's safeguarding and governance

- Human moderation: 100% of peer community posts are pre-moderated by professionals before publication. Private messaging between users is not possible.
- Age-gating and safeguarding: content is age-gated (10–12, 13–15, 16–17, 18+) so young people only see material suitable for them. Soluna collects Personally Identifiable Information (PII) to support enhanced safeguarding and coordination with local services.
- Therapeutic content carries the [PIF TICK](#) quality mark, showing it's evidence-based, up-to-date, and easy to understand.
- Soluna is clinically governed and built to align with all relevant UK safeguarding standards, as well as the Online Safety Act 2023.

How do I help my child access Soluna?

You can direct your child to SolunaByKooth.com - where they can find more information on our service.

No formal referral is necessary, and it's quick to sign up. Your child can start exploring our resources and finding support straightaway.

Young people already using Kooth will get clear instructions when they log in, and new users will be automatically directed to Soluna from Kooth.

Waiting for sensory support?

You don't have to wait to start helping your child.



SPARK Sensory Navigator

Delivered in partnership with NHS Greater Manchester (Trafford)

If your child struggles with:

- Meltdowns or big emotional reactions
- Clothing sensitivities or noise overwhelm
- Movement needs or constant fidgeting
- Difficulties with focus or daily routines
- Transitions, bedtime, mealtimes or school days

You are not alone, and support does not have to wait.

What families will receive:

- A personalised sensory profile
- Practical strategies for everyday challenges
- Simple adjustments to support regulation at home and school
- Step-by-step guidance delivered via WhatsApp
- Access anytime during the 12 week programme

No diagnosis required.

SPARK Sensory Navigator is a 12 week programme designed to support families while waiting for specialist services and to build confidence in understanding and responding to your child's sensory needs.

Ready to get started?

Scan the QR code to join SPARK today.



Available for up to 100 Trafford families.

Important Information:

This programme does not replace clinical assessment or urgent medical support. If you have immediate concerns about your child's safety or wellbeing, please contact your GP or local services.

Information shared will be used for pilot evaluation and service improvement purposes only and will not affect your access to NHS services.

SPARK Sensory Navigator | SPARK Pathways Limited
Commissioned by NHS Greater Manchester (Trafford)

HALLOWEEN Half-Term Disco

Get your costumes on and join us over half-term for a free family disco with music, dancing, treats and prizes for the best dressed!

Urmston Library
Tuesday 27th October
5-6pm

Timperley Library
Thursday 29th October
5-6pm



Funded by
UK Government

GREATER MANCHESTER
DOING THINGS DIFFERENTLY



Coffee Mornings



These are spaces for parents/carers to come and chat in a safe space with some tea, coffee and biscuits and have the opportunity to speak to our Neurodiversity Support Navigators face to face.

Best Start Family Hub West

Partington, M31 4FL
3rd Tuesday of each month, 9:30-11:30am

Best Start Family Hub Central

Newbury Ave, Sale
M33 4QH
1st Monday of every month 11-1pm

Best Start Family Hub North

Stretford, M32 9AN
3rd Thursday of each month, 12:00-2:00pm



TRAFFORD
BEST START
FAMILY HUB



Drop In Times



Our Neurodiversity Support Navigators will be based in **Partington** on the following dates. If you would like to come in and have a 1:2:1 conversation with us in a confidential space, please drop in to see us!

Tuesday 3rd November 10-2pm
Tuesday 17th November 10-2pm
Tuesday 15th December 10-2pm

Best Start Family Hub West
106 Central Road, Partington,
Manchester, M31 4FL

Drop In Times



Drop In Times



Our Neurodiversity Support Navigators will be based in **Sale** on the following dates. If you would like to come in and have a 1:2:1 conversation with us in a confidential space, please drop in to see us!

Monday 2nd November 10-2pm
Monday 16th November 10-2pm
Monday 7th December 10-2pm

Best Start Family Hub Central
Newbury Ave, Sale M33 4QH

Our Neurodiversity Support Navigators will be based in **Stretford** on the following dates. If you would like to come in and have a 1:2:1 conversation with us in a confidential space, please drop in to see us!

Thursday 5th November 10-2pm
Thursday 26th November 10-2pm
Thursday 17th December 10-2pm

Best Start Family Hub North
9 Poplar Road, Stretford,
Manchester, M32 9AN



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](mailto:traffordndsupport@barnardos.org.uk)
[.org.uk](mailto:traffordndsupport@barnardos.org.uk)



Understanding and Promoting Positive Behaviour

This workshop looks at recognising the importance of communication and working with your young people to encourage positive experiences.



**Best Start Family
Hub North, M32 9AN**



**26th November
2026**

**[Click here to get](#)
[tickets!](#)**



4-5:30pm

BARNADO'S



Executive Functioning

Workshop



The aim of this workshop is to provide you with a greater understanding of executive functioning and how it may impact your neurodivergent young person's daily life. We will explore practical strategies that can be used to support skills such as planning, organisation, emotional regulation, and completing daily tasks.



5:30-
6:30pm



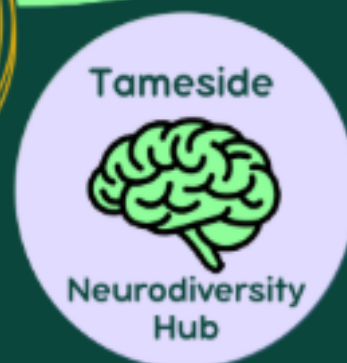
Tuesday 3rd
November 2026



ONLINE



[Click here for tickets!](#)



BARNARD'S



November 2026

Call us:
0161 5531536
Mon-Fri 9-5pm

W/C
2nd November

Mon 02/11- Coffee Morning 11:00-1:00pm
Best Start Family Hub Central, M33 4QH

Tues 03/11- Executive Functioning Workshop
ONLINE 5:30-6:30pm

W/C
9th November

Mon 09/11- Sensory Processing Workshop 9-10:30am
Seymour Park Community Primary, M16 9QE

W/C
16th
November

SEND WEEK OF ACTION

Tues 17/11- Coffee Morning 9:30-11:30am
Best Start Family Hub West, M31 4FL

Tues 17/11- SEND Information Marketplace 12:00-4:30pm, St Matthews Church M32 9AX

Thurs 19/11- Coffee Morning 12:00-2:00pm
Best Start Family Hub North, M32 9AN

Fri 20/11- Understanding Neurodiversity
Workshop ONLINE 1-2:30pm

W/C
23rd November

Thurs 26/10- Understanding and Promoting
Positive Behaviour 4:00-5:30pm
Best Start Family Hub North, M32 9AN



Sensory

Processing

Workshop



The aim of this workshop is to provide you with further understanding of your neurodivergent young persons sensory needs and what we as parents/carers can do to support them.



Seymour Park Community Primary
School, Northumberland Rd, Old
Trafford, M16 9QE



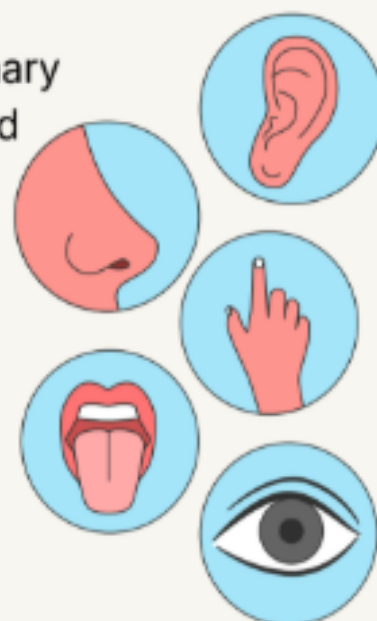
9.00-10.30am



Monday 9th November 2026



[Click here for tickets!](#)



BARNARD'S

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.



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.starlingcio.org) | [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



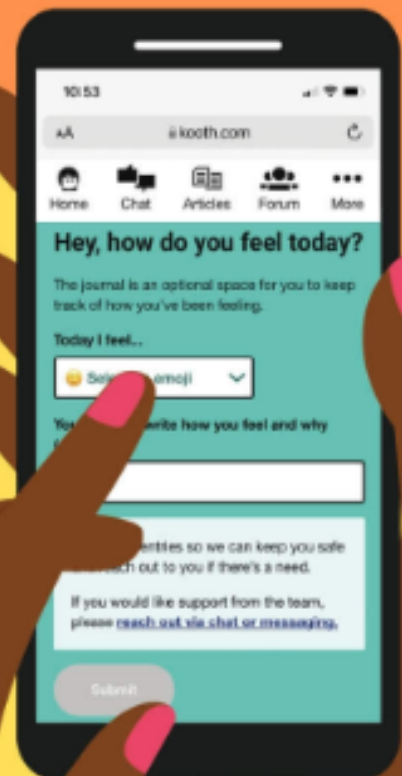
Helpful articles



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



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

