



Urmston
Primary School

25.04.25

Dear Parents and Carers...

Just one short week in, but a lot going on!

Have a lovely weekend,

From us all at UPS

Being a parent

Learn skills

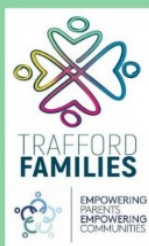
- ♥ Get support for the challenges of being a parent
- ♥ Explore ways for you and your child to express feelings and emotions, in a way that helps your relationship

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

Click on or scan the QR code to book

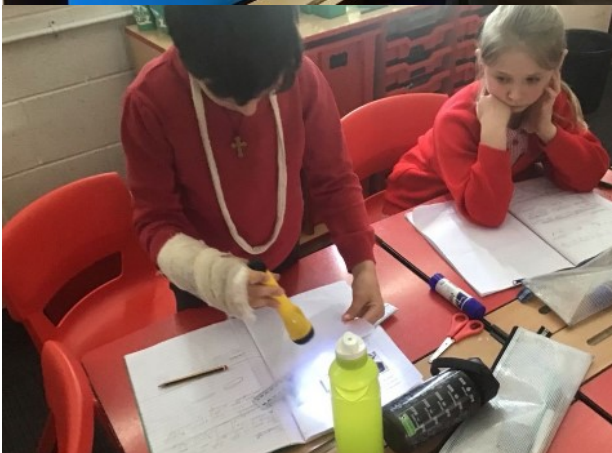
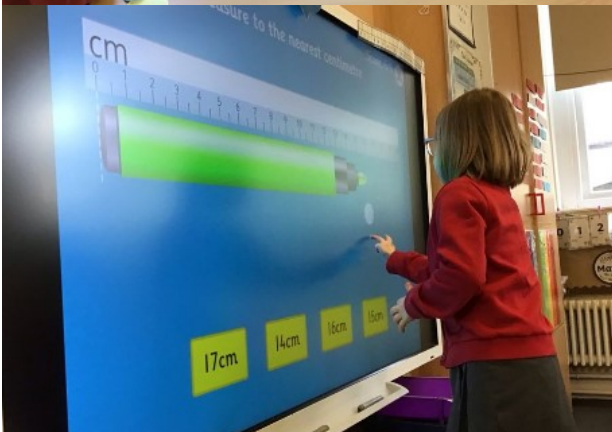
Lunch time update

We mentioned just before Easter that we'd be trialling a change at lunch times to enable a little more space for our children and a little more opportunity to take part in activities that they most enjoy. We have only done two or three days but it is encouraging to see the children playing so well both inside and outside and particularly good to see our girls having more space to play games like basketball, football and handball too. We'll be doing a survey for our children soon to see how they are finding the changes.



CLASSROOM ACTION

These first few days, we've been exploring the shadows we can make using transparent, translucent and opaque objects; measuring using a ruler and metre stick; sequencing key events in a story...and doing our own versions(!); bouncing with the PTA; guessing the title of our new book; making 'where we live' wheels to show the town, city, country, group of islands, continent and planet they live on...and much more!





Trafford **SENDIASS**

SENDIASS SEND Support TRAINING for parent carers

Tuesday 20th May 2025

This session will cover:

- What is SEND?
- What support is available in school?
- Involving specialists
- Preparing for school meetings
- Where to find additional information
- How Sendiass can support you

12.30 pm-1.30 pm repeated at 6 pm-7 pm

Microsoft Teams

To book on this session, scan the QR code or complete the form at

<https://forms.office.com/e/J3CLK8amjN>



move

TRAFFORD SOCIAL SESSION FOR

FAMILIES OF CHILDREN WITH PHYSICAL NEEDS

Move Urmston are holding a **free** session for children with **physical needs**

Families will have access to the pool, sensory room, party room, climbing wall and have the opportunity to meet and socialise in the cafe

11th May 2025
11am - 1 pm

To register your attendance please complete the booking form by clicking this link or scanning the QR code below



Where:
Move Urmston
Bowfell Road
M41 5RR



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



Chat with our team of
friendly practitioners



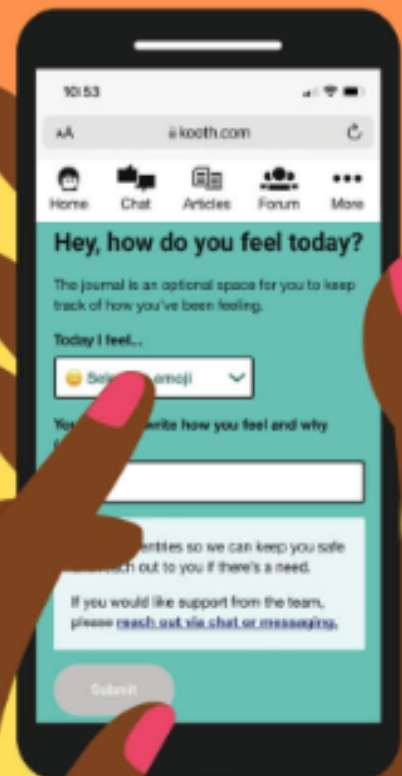
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



Visit **kooth.com** to find out more





Joanne Jenkinson

Training & Development Officer

07759 124 230

thesleepcharity.org.uk



Winner of The Queen's
Award for Voluntary
Service 2020



03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

Please see the following from the Sleep Charity

I just wanted to share one of our new campaigns and wondered if you could share the below with your networks and get involved with the campaign on social media!

CHILDREN'S SLEEP AWARENESS MONTH IS HERE!

We are delighted to launch this campaign putting the spotlight on children's sleep because... what an importance subject it is! Did you know that up to 50% of children struggle with sleep at some point, which rises to 80% where there is a diagnosis of SEND?

Poor sleep can lead to cranky mornings, trouble focusing in school, and even long-term health challenges - not to mention tired, stressed-out parents. That's why we're dedicating an entire month to raising awareness about the importance of sleep for children.

Whether you're navigating toddler wake ups, battling bedtimes, or convincing your teen to switch off at night, we're here to help!

What's coming in February:



Practical tips for better sleep routines.



Free weekly webinars with our experts to tackle sleep challenges.



Resources, info and challenges.

We want to work together with you to make bedtime battles a thing of the past. Follow us for updates, tips, and resources, and get ready to sleep better this February! Download the supporter's pack here: <https://thesleepcharity.org.uk/get-involved/awareness-events/>

Guide to What Support is on offer in Trafford

Life is pretty complex at the moment and we all need a bit of help now and again. Take a look at the guide at the link below which offers information on what is out there in Trafford to support you and your children...<https://www.urmstonprimary.com/parents/resources-for-parents>



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.**



YOUTH CONNECT 5 (YC5)

YC5 gives you the knowledge, skills and understanding to help your child to develop strong emotional skills, through resilience techniques. These techniques will strengthen your child's ability to adapt well to adversity.

★ **What will completing the programme do for you and your young person?**

Improve your relationship

Strengthen your communication

Improved connection

Increase your knowledge and confidence

5 week free programme

Develop family resilience

4th February 2025 1pm-3pm (Every Tuesday with a week off for half term)
1st May 10am-12pm (Every Thursday with a week off for half term)

at At Saint Matthews Community Hall, Chapel Lane, Stretford, Manchester, M32 9AJ

Calm Connections



Book on via Bookwhen
For more information please contact:
info@calmconnections.org

YOUTH
CONNECT 5



GMCYO

BOOK HERE



calmconnections.org



[@calmcic](https://twitter.com/calmcic)

www.calmconnections.org



Trafford Thrive
in Education

Parent/Carer Training Series

All of our trainings are free and take place online.

To book send email to:

parentsandcarers.training@mft.nhs.uk

10/10/24
4.30-5.30pm

Supporting your Young Person to Manage Their Wellbeing

3/12/24
3.30-4.30pm

Supporting your Young Person to Manage Their Anxiety

3/2/25
3.30-4.30pm

Supporting Young People with Low Mood

4/3/25
9.30-10.30am

Supporting Young People's wellbeing around exams

13/5/25
3.30-4.30pm

Supporting Young People who Self-Harm

16/6/2025
3.30-4.30pm

Supporting Young People with Emotional Regulation

15/7/25
9.30-10.30am

Supporting your Young Person with Transitions in Education

Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents

