



**Urmston**  
Primary School

26.09.25

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

### **Photo Day!**

Individual and siblings will be having their photos taken next Thursday, 2nd October. Please ensure that your children are all wearing their school uniform (no PE kits) on this day.  
Many thanks!

### **Floribunda**

Floribunda, the florist on Flixton Road, is a fantastic little place that we often use. We had a call the other day asking that we send a polite notice to parents that if they are outside the shop chatting, please make sure your infants aren't climbing over their displays, etc. as it has caused damage. Thank you for your understanding!

### **Dates...**

*Thursday 9<sup>th</sup> October – World Mental Health Day – everyone to wear yellow*  
*Friday 10<sup>th</sup> October 3.45: SEND Parent/Staff/Govs Parent Partnership meeting*  
*Friday 24<sup>th</sup> October: Diwali*  
*WB Monday 10<sup>th</sup> November: Anti-Bullying Week/World Kindness Day*  
*Thursday 13<sup>th</sup> and Tuesday 18<sup>th</sup> November: Parents Evening*  
*Friday 14<sup>th</sup> November: Children In Need*  
*(We'll be in touch about workshops, including how we use the PLACE approach to relate to our children, as well as the Christmas festivities...it'll be here before you know it!)*

## **NEW RECEPTION AND NURSERY VISITS: for SEPTEMBER 2026 start**

If you'd like to spread the word, we are doing some visits for prospective parents for Nursery and Reception next year! The dates are below. Many thanks...

**Tuesday 30<sup>th</sup> September at 3.45pm**

**Thursday 9<sup>th</sup> October at 2pm**

**Wednesday 15<sup>th</sup> October at 9.30am**

**Thursday 6<sup>th</sup> November at 3.45pm**

**Wednesday 12<sup>th</sup> November at 2pm**

**Tuesday 18<sup>th</sup> November at 9.30am**



### **PTA Breakfast**

**Thanks to everyone who attended our PTA Breakfast this morning. All to raise such important funds for school. Thank you, as always, for the brilliant work of our PTA and all those who help out...your kindness and dedication makes a huge difference! (PTO for more PTA info!)**

### **Ashley Thorpe: Author Visit**

It was great to welcome Ashley Thorpe to the junior part of the school on Monday to talk about his new book: Spirit Warriors. All children listened so intently to how Ashley develops his plot and characters and how his books are a mix of mythology and his heritage. Each class has a copy of his new book for their school library, so don't worry if you didn't get your own. Copies can also be purchased from Urmston Books and Games.



Follow our Facebook page for dates and news

## Back to School Breakfast

Thank to everybody that joined us this morning in both halls for our Back to School Breakfasts!

You helped us raise over £200 for school funds - our most successful breakfast yet!

It was wonderful to see all the children enjoying the novelty of having breakfast with their friends.

Thanks again to Mrs Barlow for making the beautiful floral arrangements that helped towards our amazing total.

If you didn't have cash this morning or forgot to scan the donation QR codes in the halls please donate via our Just Giving QR code below.

We understand that not everyone can spare any time to help out the PTA and volunteer at our events. We've been asked a lot if people can help out in another way and make financial contributions instead. So we've set up a QR code that you can scan to make donations online.



Some people have set up a regular monthly donation, others make one-off contributions when they can.

*£5 per month (plus giftaid) equates to £75 a year - the average cost to the PTA of taking 10 children on a school trip!*

*Even £1 a month (plus giftaid) equates to £15 a year - the average cost to the PTA of taking 2 children on a school trip!*

So every pound really does make a difference!

## Healthy Snacks in KS2...break times...WE'LL LEAVE THIS ON!

It is our duty as a school to try and promote healthy eating. We all know that the term 'healthy snack' is open to misinterpretation, but we ask that you consider the snacks that children bring in to have in the juniors at break times. Of course, we want the children to have an energy boost, but we want to move firmly towards these being healthy, and so please do expect us to speak to your children about this, particularly if we see them with chocolate biscuits, crisps and the like. We know you're aware that we aren't doing this to be awkward, but we feel it is our responsibility to promote positive eating habits. We will be looking to get together a suitable list, to give some ideas and of course, we wel-

## Trafford Music Service

The wonderful TMS came in this week to deliver an assembly to encourage our children to participate in learning an instrument. There are particularly places available for piano tuition so please do get in touch if you're interested.



## CLASSROOM ACTION

This week we've been choreographing our own routines using point and patch spins; whittling in Forest School; investigating the hierarchy of the Anglo-Saxons; mixing and separating in Science; ordering the significant events of the Roman Empire; writing about a disgusting sandwich; creating our own cave art using charcoal; sorting 3d shapes; ordering numbers on a number line; searching for transparent and opaque objects...and much more!







# 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






Be Wild Creative would like to invite you to:

# Sunday Craft Club

**SUNDAYS**

10.30AM-12PM



**The Bridgewater, Worsley  
Barton Road, M28 2PD**



**14<sup>th</sup> September: Clay Creations**

**21<sup>st</sup> September: Superhero Day**

**28<sup>th</sup> September: Hama Beads**

**5<sup>th</sup> October: Nature Art**

**12<sup>th</sup> October: Dream catchers/Beads**

**19<sup>th</sup> October: Halloween Mash up**

**Ages 4+**

Use discount code


**CRAFTCLUB**

for £5 off your first booking



**Scan to book**

\*T&Cs apply.  
please see Eventbrite for more  
details of each event



[www.bewildcreative.co.uk](http://www.bewildcreative.co.uk)



# 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](mailto: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.





# 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





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



Chat with our team of  
friendly practitioners



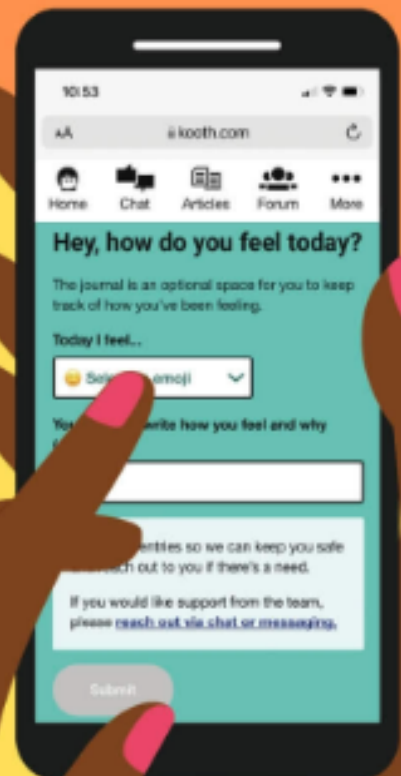
Helpful articles



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

