



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

Other dates for the diary...details to follow

Friday 30th January: Parents Inclusion forum

Week beginning 9th February: Children's Mental Health Week (with Place2Be)

Thursday 5th February: Time to Talk Day

Tuesday 10th February: Safer Internet Day

Tuesday 17th February: Lunar New Year

Tuesday 17th February: Ramadan

Week Beginning 16th February: HALF TERM HOLIDAY

Thursday 5th March: World Book Day

8th March: International Women's Day

19th and 24th March: PARENTS EVENING

WB 30th March: World Autism Awareness Week

2nd April: School closes for Easter

Navigating Connection

We had the information session yesterday for the Compass sessions with the Curiosity Project. I'm sure everyone who was there agreed that the sessions are going to be very useful—Katy and Jenna are clearly extremely knowledgeable and passionate about the work that they do and we are looking forward to working with them. These sessions are as follows...

- Thursday 5th February 9am - 10.30am
- Monday 9th February 5.30pm - 7pm
- Monday 23rd February 5.30pm - 7pm
- Thursday 5th March 9am - 10.30am

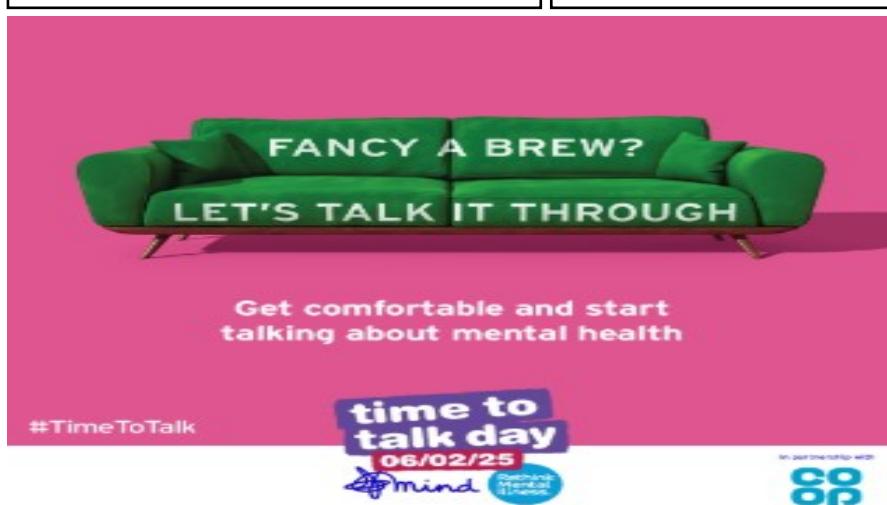
We feel that it is really important to stress that this is not only for children with special educational needs—we all have our own traumas and experiences for all manner of reasons and it will always be important for us all to reflect on how we support our children when they are finding things difficult. Helping them to develop coping mechanisms for when they are finding things tough is key to not only helping them feel safe and comfortable, but also in developing their tolerance of certain situations and being resilient in the face of the challenges that they'll no doubt have in their lives. Arming them now, will help them build on this moving forwards.

If you would like to attend all or just some of the sessions, or are interested in the resources, please do fill in the form via the link below.

[Compass Sessions: Urmston Primary](#)

TIME TO TALK DAY

THURSDAY IS Time to Talk Day in collaboration with mental health charity, Mind. It so happens that our first workshop on Navigating Connection is on Thursday at 9, so if anyone wants to stick around afterwards for a chat and a brew, with us or just one another, then please feel free!



Classroom Action

This week, we've been...using an app to select a filter and achieve an intended atmosphere; working on those 8x tables; creating a step counter on our Micro:bits using variables in our code; intercepting the ball and getting into spaces in skittleball; solving maths correspondence problems; focusing on authorial intent and why the author makes certain language, structure and presentation choices; learning about the notes on our recorders and where to find them; learning about texture, tempo and musical style when using the glocks; looking at animals and their offspring, as well as life cycles of humans; calculating with money (yes...we still see coins now and again!); sharing our projects...and much more!



20 APPS PARENTS & CARERS NEED TO KNOW

www.SocialWorkersToolbox.com



Snapchat

Messages and photos disappear. Children can be pressured to send images because they believe they will not be saved. Location sharing can show where a child is in real time.



Roblox

Although it looks like a children's game, it includes chat features. Children can be contacted by strangers and slowly groomed through friendly game play.



Kik Messenger

Accounts can be anonymous. It is often used to move conversations away from apps parents may check.



Fortnite

Voice chat allows children to talk to strangers during games. Language and behaviour are often inappropriate.



TikTok

Children can see adult content, receive sexual comments, and be contacted by strangers. Live videos allow real-time interaction, which can quickly become unsafe.



Telegram

Messages and groups are encrypted, making them difficult to monitor. It is used to share sexual images, harmful material, and to keep conversations hidden from adults.



Hoop

The app connects directly to Snapchat and encourages children to add new contacts quickly, including people they have never met.



Reddit

Children can easily access sexual, violent, or extreme material through posts and comments.



Instagram

Messages allow strangers to contact children directly. Many children run secondary accounts that parents do not know about. There is strong pressure around appearance and popularity.



OmeTV

Random video chats with strangers. No effective safeguarding. Sexual content and adult behaviour are common. Children have no control over who appears on screen.



LiveMe

Children can broadcast themselves live to anyone watching. Viewers can comment in real time, including adults.



BeReal

The app prompts children to take photos instantly, which can lead to oversharing without thinking about safety.



WhatsApp

Private chats and group chats are often used for school or friendship groups, but bullying, exclusion, and sharing of images can happen quickly and spread widely.



Yubo

The app is designed to meet new people. Children can live stream and chat with strangers, which can quickly become sexual or exploitative.



Calculator+

These apps look like calculators but are used to hide photos, videos, and messages from parents and carers.



Twitch

Children watch and interact with live streamers through chat, which often includes adults and unmoderated comments.



Discord

Children join private chat servers linked to gaming or interests. These spaces are often unmoderated and can include adults, sexual content, or



Monkey

Children are placed into random video chats with people they do not know. They have no control over who appears on screen.



YouTube

Children can be exposed to adult content through suggested videos, comments, and live streams, even when watching innocent clips.



Bumble

This is a dating app. Despite age limits, some under-18s access it to talk to adults looking for relationships.



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.

Follow us on social media
@cayp.psychology
for all webinar updates.

www.cayp-psychology.com
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 \(EBSNA\)](#).

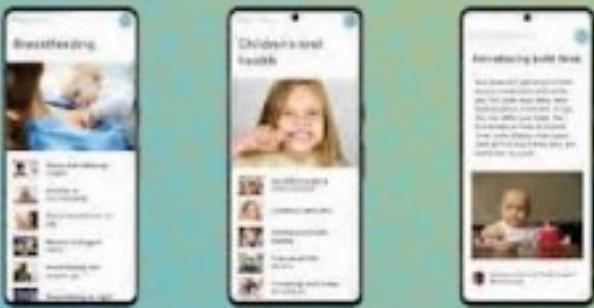
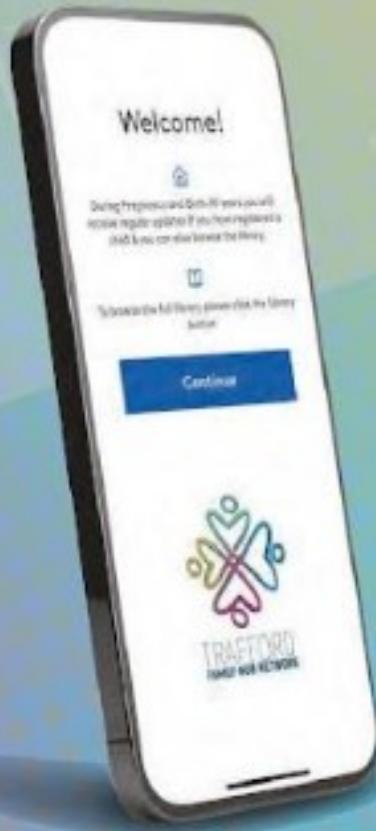
Sensory / behavioural on-line questionnaire

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



essential parent

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

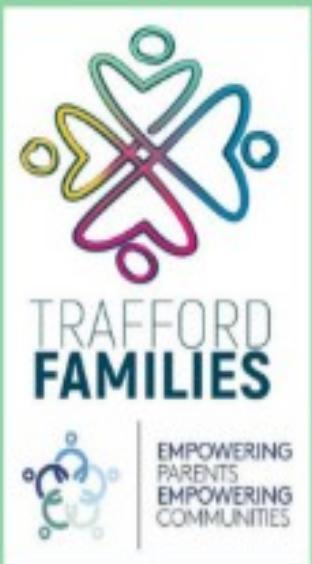
- Take the guilt out of self-care and share tips on managing stress
- Connect with other parents and carers to build your community support network
- Improve communication in your family, reduce stress and increase family wellbeing

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
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!

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 | starlingcio.org

ND Navigator Signposting Appointments



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.



[Trafford Directory | SEND Navigator Service](#)



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



Chat with our team of friendly practitioners



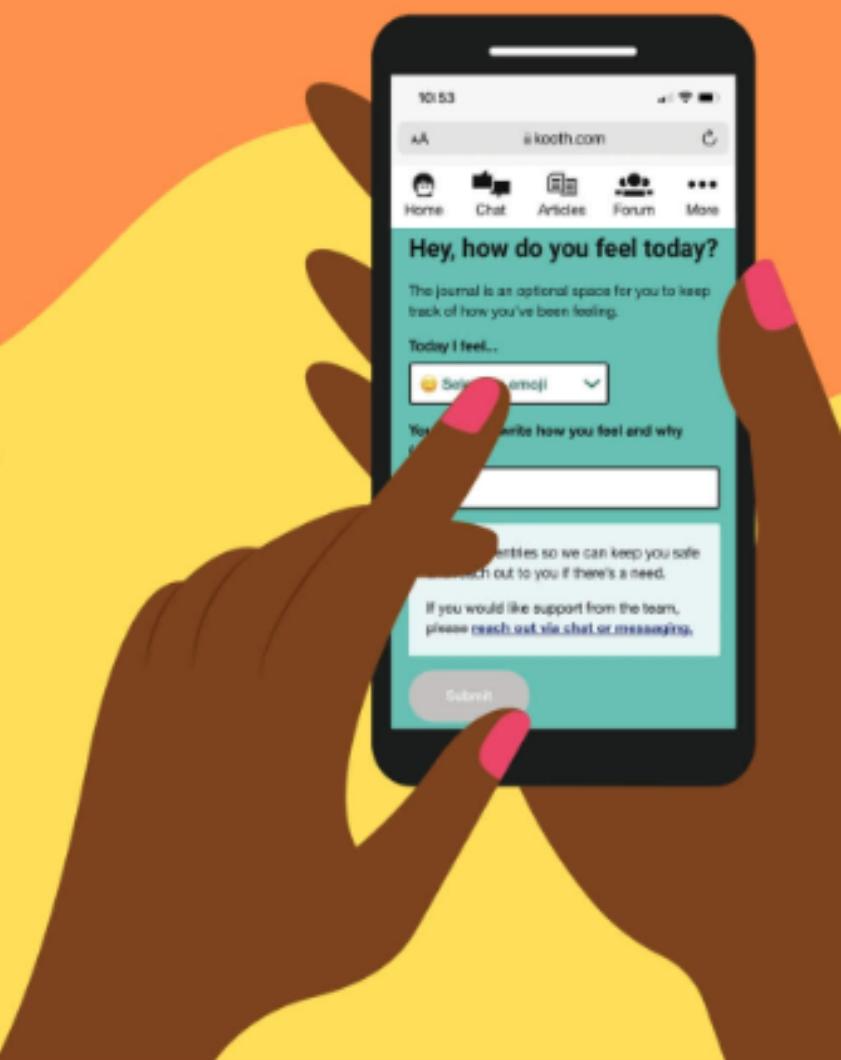
Helpful articles



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://parentpactsmartphonefreechildhood.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.



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

