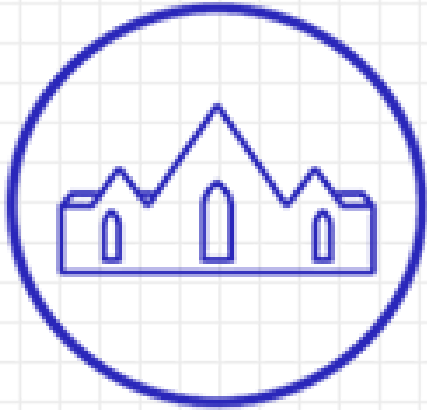




**LAST WEEK'S  
WHOLE SCHOOL  
ATTENDANCE WAS  
95.7%**



# **WINNS WEEKLY**

**7.10.2022**

Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET  
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## **DATES FOR DIARIES W.B. 10.10.2022**

**Tuesday 11th October**

5AF Sea Life Centre trip

**Wednesday 12th October**

5JC Sea Life Centre trip

Parent tour for Reception 2023 intake (9:30am)

**Thursday 13th October**

5LO Sea Life Centre trip

**Friday 14th October**

Parents' Coffee Morning (9:00am)

Please remember to subscribe to [our online calendar](#) so that you receive automatic updates into your own calendar.

## **YEAR 3 & 4 GIRLS FOOTBALL FESTIVAL**

A group of our year 3 & 4 girls attended the WF School Sports Network football festival on Tuesday. As always the children represented the school brilliantly. They were able to learn lots of new football skills while working their way around a carousel of activities run by local secondary school sports leaders. Well done girls!



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## YEAR 1 LIBRARY TRIP

As part of their geography learning year 1 followed a map of their local area down to Walthamstow market. They identified key features and buildings and ended with a story in our local library!



## BOOK DONATIONS

If any families have unwanted picture books that are in good condition, we will be gratefully receiving donations over the next two weeks to help make some additions to our school library. Please bring any donations to the main office. Thank you!



## YEAR 5 MARINE BIOLOGY TALK

Our Y5 children revelled in the opportunity to learn more about the UK's amazing seas from parent and top marine biologist, Amy Ridgeway on Tuesday. The children learnt about the incredible diversity in our marine environments and the hard work taking place to protect these valuable ecosystems.





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## NEWS FROM FRIENDS OF THE WINNS (FOTW)



## THE STOW BROTHERS



Local estate agents Stow Brothers are supporting us by donating £10 for each of their estate agent boards that we agree to have outside our homes promoting our main events.

To get involved with scan the QR code or email your details to one of the FoTW team.



Contact Details for FoTW:

Chair: [FoTWChair@gmail.com](mailto:FoTWChair@gmail.com)

Secretary: [FoTWSecretary@gmail.com](mailto:FoTWSecretary@gmail.com)

Treasurer: [FoTWTreasurer@gmail.com](mailto:FoTWTreasurer@gmail.com)

## EASY WAYS TO SUPPORT FOTW



With both options you shop and FoTW gets a donation, its quick and simple to set up.



## TOPSY TURVEY DAY



On Friday 21st October 2022 we want you to turn the school inside out, back to front and upside down. With children dressed as teachers, wear your pyjamas to school, dress up, dress down, be superman with your pants on the outside!

## WINTER FESTIVAL PLANNING MEETING



We are planning to hold our winter festival on Saturday 3rd December 2022. There is a planning meeting on Friday 14th October 2022 at 09:00, meeting on the benches outside Delice in the park. Please come along and get involved.





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## ONLINE SAFETY: SUPPORT FOR PARENTS & CARERS

Over the next few weeks we will be featuring information in our newsletter to support parents in keeping their children safe online. For general advice, the [NSPCC](#) & [Safer Internet Centre](#) have lots of information for parents & carers. This week's focus is the app Instagram. Please see the guide from National Online Safety which will help you to keep your children safe if they are playing this game. You can also [click here](#) for a PDF version.

In addition, we intend to run an online safety workshop for parents and carers later in the school year. If this is something you would be interested in, please click the link below to register your interest: <https://forms.office.com/r/YTqSnXcxw3>

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

### What Parents & Carers Need to Know about INSTAGRAM

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

**AGE RATING 13+**

#### ADDITION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

#### GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

#### PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

#### INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

#### EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

#### UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. This constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

#### PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

#### Advice for Parents & Carers

#### HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

#### REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

#### USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

#### FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website: [community/parents](https://www.instagram.com/community/parents).

#### FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

#### BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

#### MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

#### BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022





# WINNS WEEKLY 7.10.2022

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## BLACK HISTORY MONTH SCHOOL LUNCH MENU - WB 17TH OCT



Jerk Chicken

Macaroni Cheese (v)

Smoky West Indian Jack Fruit Wrap (ve)

Rice & Peas  
Roasted Sweet Potato

Sweetcorn Coblets  
Fresh Organic Broccoli  
Fried Plantain

Honey Bread  
Caribbean Coleslaw

Homemade Ginger Cake with Custard  
Fresh Pineapple & Watermelon Platter

