



WINNS WEEKLY

20.10.2023

آخر هفته خوبی
داشته باشید!

Farsi
Have a good weekend!



Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
020 8527 1872 / www.thewinnsprimaryschool.co.uk / office@winns.waltham.sch.uk

DATES FOR DIARIES W.B. 30.10.2023

Monday 30th October Staff INSET day

Tuesday 31st October Children return to school

Wednesday 1st November Reception 2024 Parent Tour (9:30, appointment only)

Thursday 2nd November Nursery Tour (9:30)

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

CELEBRATING SUCCESS AT THE NATIONAL THEATRE

We celebrate the successes of our children at The Winns on an almost daily basis. Whether it's progressing to the latter stages of sports competitions, producing stunning pieces of artwork and writing or, in the case of one of our Y6 students, playing a major role on stage at The National Theatre. Louie Alexandre was front and center for this summer's performance of The Odyssey at the Oliver Theatre. Playing to an audience of over 1000 people each night for the summer run. The Director of Public Acts at the National Theatre had these kind words to say about Louie's work; 'He demonstrated incredible commitment, enthusiasm, professionalism and diligence, working really hard with our other company members, who ranged in age from 7 to 84 years old, and included six professional actors, a professional band, and several other performance groups such as the South Wales Gay Men's Chorus from Cardiff, a hip hop dance crew from London and a troupe of Irish drummers from the London Irish Centre!'

A big congratulations for Louie's efforts - well done!



WINNS WEEKLY 20.10.2023

Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
020 8527 1872 / www.thewinnsprimaryschool.co.uk / office@winns.waltham.sch.uk

OUR VISION IN ACTION

Belonging - Our year 2 children visited a local mosque this week. They were able to discover more about Islamic beliefs and traditions, demonstrating the importance of being part of a wider community.

Growing - Our year 5 children grew their knowledge about biodiversity on Tuesday. Marine biologist and parent Amy Ridgeway delivered a fabulous assembly about the life in UK seas.

FAMILY SUPPORT OFFICER

Hi My name is Allison Tokeley and I am the Family Support Officer for The Winns Primary School. I have been in my role for more than 10 years and have supported a lot of families with good outcomes. My role is to liaise between parents and the school and to be a point of contact and support for parents and children if they have any concerns, issues, worries and any other support a family may need.

I have many links with specialist organisations and support services which I can sign post to:

- Early Help
- School nursing Service
- Adult Learning
- Parenting
- Family hubs
- Food banks
- Offer practical help and emotional support to families experiencing short or long-term difficulties.



All enquiries will be dealt with in strict confidence.

Please feel free to contact Allison Tokeley via the school office on 0208 527 1872 or you can also email allison.tokeley@winns.waltham.sch.uk

MARINE CONSERVATION ASSEMBLY

Children in Years 5 & 6 were treated to an engaging talk about marine habitats in UK waters this week. One of our parents, Amy Ridgeway, gave our children a thorough insight into how marine ecosystems function and how they are affected by human activities. Amy also shared with the children how UK seas can be managed to minimise long-term damage and conserve marine biodiversity and ecosystems for future generations.

We are fortunate to have parents who are experts in their field that are able to give up their time to share their vast experience and knowledge to support our children's learning. Thank you.



WINNS WEEKLY 20.10.2023

Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
020 8527 1872 / www.thewinnsprimaryschool.co.uk / office@winns.waltham.sch.uk

YEAR 2 MOSQUE VISIT

Our Year 2 visited a local mosque this week as part of their learning in RE. The children found out lots about Islamic traditions, including how Muslims worship and the importance of prayer in their daily lives. The visit was a valuable learning experience and helped the children to develop their understanding of different religions and cultures. It was also a great opportunity for them to practice respect and tolerance towards others, which are important values in our school community.



EARLY YEARS AUTHOR VISIT

Our Early Years children were very lucky earlier this week to receive a visit from author and parent Marlene Service, who kindly came into to school to read to the children. Marlene read one of her own books, which was a hit with the children. They were fully engaged throughout the reading, and loved listening to the story, called Feather & Fin. It was a fantastic opportunity for the children to see a real author and to understand that books are created by real people. We are grateful to Marlene for giving us her time and sharing her passion for literature with our students.

OUR VISION IN ACTION

Exploring - Our Early Years children received a visit from author and parent Marlene Service this week. Marlene was kind enough to come into school to share one of her books with the children and allow them to explore a new story.

Achieving - Some of our year 6 boys and girls attended table tennis tournaments this week. Well done to the girls team who showed huge improvement and the boys team who achieved a joint 3rd place.



WINNS WEEKLY 20.10.2023

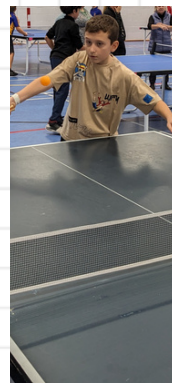
Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
020 8527 1872 / www.thewinnsprimaryschool.co.uk / office@winns.waltham.sch.uk

SHOW RACISM THE RED CARD

Children in Years 5 & 6 teamed up with the UK's leading anti-racism charity during our 'Wear Red Day'. This event brought our children together to raise awareness and challenge the use of racist language in society. The sea of red attire worn by students and staff symbolised our commitment to promoting inclusivity, respect, and empathy. Through various activities and discussions, we emphasised the importance of fostering a culture of tolerance and understanding. "Wear Red Day" served as a powerful reminder that we all play a crucial role in eradicating racism from our society.



TABLE TENNIS COMPETITIONS



Two teams of our year 6s competed at the School Games Table Tennis tournaments this week. As always, our children represented the school brilliantly, demonstrating fabulous skill as well as sportsmanship in victory and defeat. Our boys team came joint 3rd, with our girls showing huge improvement and each winning at least one game. Well done everyone!



WINNS WEEKLY 20.10.2023

Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
020 8527 1872 / www.thewinnsprimaryschool.co.uk / office@winns.waltham.sch.uk

FOTW UNIFORM SALE

Thanks to everyone for making last week's uniform sale such a success! With a great turnout we raised over £230 for the school, as well as keeping clothes out of landfill and 'in the loop'. Thank you to all of the parents who donated pre-loved uniform to the sale and to all of the FOTW volunteers who staffed the stalls to sell them (and the new uniforms also!).



The next pre-loved uniform sale will be at The Winns Winter Fair on Saturday 2nd December, and we hope to see you there. If you have uniform to donate for the Winter Fair, please look out for donation info in the coming weeks. And if you'd like to help on the stall, please get in touch via Friends of the Winns Chair, Karen - email: fotwchair@gmail.com

FREINDS OF THE WINNS (FOTW) AGM NEWS

It's been an amazing two years for the Friends of The Winns, due in no small part to the dedication and hard work of Katy, Cass, Tamsin and Hannah, who are all stepping down from their official roles. Thank you all for everything and of course for continuing to be important members of the Friends of The Winns community!

I am delighted to be the new co-chair of the Friends of The Winns, and we also have some new faces in the other roles:

Co-Chairs - Karen Leach and Kevin Osborne-King

Secretary - Eleanor O'Carroll

Co treasurers - Tamsin Jones and Rolly Zell

Parent Governor rep - Maz Sinke

Outside of this newsletter, Year Reps are a great way to find out more about what the Friends of The Winns is doing, and ways to get involved. Currently the Year Reps are:

Reception - Grace Rollason, Anissa Boumachouene and Tim Jordan

Year 1 - Eleanor O'Carroll and Marlene Service

Year 2 - Bisi Oyekanmi

Year 3 - George Casseveti

Year 4 - Tamsin Jones

Year 5 - Karen Leach

Year 6 - Becky Delsol-Charles and Laura Pirani

We're excited to start planning this year's Winns Winter Fair; please keep the afternoon of Saturday 2nd December free!

And there will be more from the Friends after half term about how you can donate your time, money, skills or support. fotwchair@gmail.com



WINNS WEEKLY 20.10.2023

Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
020 8527 1872 / www.thewinnsprimaryschool.co.uk / office@winns.waltham.sch.uk

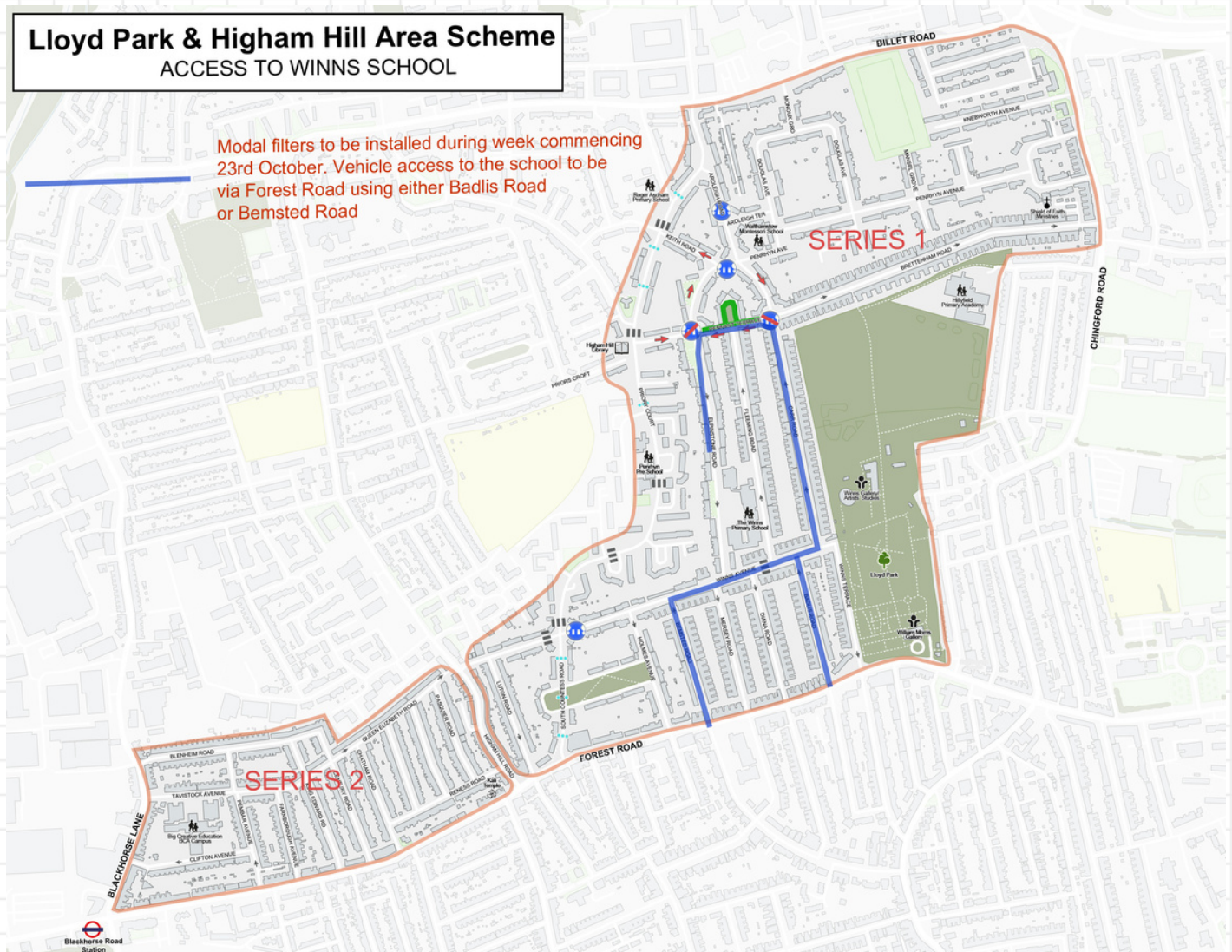
CHANGES TO ROAD ACCESS SURROUNDING SCHOOL

Please see the information below from Waltham Forest about the upcoming changes to road access surrounding the school:

Vehicle access for Winns Primary School will now be via Forest Road using either Badlis Road or Bemsted Road. The new diagonal modal filters mean that people driving from the direction of Penrhyn Avenue will not be able to access Pennant Terrace/ Elphinstone Road/ Winns Avenue/ Fleeming Road/ Carr Road.

Construction of the modal filters will start on Monday 23 October and will take up to a week to complete. Once completed, there will be new statutory road signage informing drivers of access. As with all changes to the highway it can take time for people to get used to the changes and adjust their journeys accordingly. We appreciate everyone's patience as the changes 'bed in', however if any parents/carers have any comments or feedback on the scheme they are welcome to share this with us by emailing enjoy@walthamforest.gov.uk.

More information on the scheme can be found here <https://enjoywalthamforest.co.uk/work-in-your-area/higham-hill-and-lloyd-park-area>, along with recent update leaflets and a scheme map, in the 'useful documents' column on the right.





Holiday Club

OCTOBER '23



23- 27 October @ The Winns Primary
09:00-15:00, £45.00 for single days
£30 per day for full week booking

SPORTS

- Football
- Basketball
- Baseball
- Dodgeball
- Athletics
- Tennis

ARTS, CRAFTS & DANCE

- Decorate a pumpkin
- Autumn Holiday Designs
- Dance
- Arts Projects
- Craft Challenges
- Origami



KDW SPORTS COACHING

Please note, if we do not have our minimum threshold of completed bookings by **9th October** we will have to cancel the club and issue a full refund to anyone who has already signed up.

10% Sibling discount available on full week bookings. Scan QR code or book on:
tinyurl.com/KDWHOLIDAYCLUBBOOKINGS



We have a local mum running a FREE 2 session rap, music and animation workshop featuring rap artist BREIS, composer Rex Horan and manga artist Kaleem Noor. October 15 and 22 2023 Ages 10 -15 thedigitalstorycompany.com email thedigitalstorycompany@gmail.com 07440651675



The sessions will take place over 2 days over two weekends

WHEN

Sun 15th Oct
9.30 - 3
& Sun 22nd Oct
9.30 - 12.30

WHERE

Walthamstow
Academy
Billet Road
Walthamstow
London E17 5DP

REGISTER



thedigitalstorycompany.com presents:

A HIP HOP BOOTCAMP

Free!

SUITABLE FOR AGES 10 - 15

Sign up now for a **FREE** 2 session **rap, music** and **animation workshop** to inspire creativity and confidence.

We are offering an **exciting** mixture of **activities** to create your own rap and poems to music.

Our workshop will be led by rap artist **BREIS** (pronounced breeze) a dynamic live performer who has performed worldwide with his fusion of Hip Hop, Jazz and Afrobeat rhythms.

Rex Horan, composer and musician, will guide you to build a music track for your lyrics and professionally record them.

Manga artist **Kaleem Noor** will assist you to create your own "avatar" to animate your lyrics.

Filmmaker **Kate Hampel** will produce a music video to be screened at a celebration event and screened online on The Digital Story Company channel.

For more information

thedigitalstorycompany@gmail.com
thedigitalstorycompany.com
@the_digi_story_co m 07440 651675



CLARION
FUTURES



MANGA BY
KALEEM NOOR
© STRDSTnova



A FUTURE
YOU want
PROJECT

£255
(£206 with
childcare
vouchers)

SHOWKIDS
THEATRE SCHOOL

AGES
5-14yrs

Hogwarts the Musical!

OCTOBER 5-DAY HOLIDAY COURSE!



9am-4pm (suitable for ages 5-14yrs)
Walthamstow - The Winns Primary
BOOK NOW - www.showkids.co.uk

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.



For more information go to www.nhs.uk/vaccinations

immunisation
Helping to protect everyone, at every age



Bonfire Menu

Mains

- Jacket Potato with Baked Beans (ve)
- Cheese & Potato Catherine Wheel (v)
- Rocket Bangers

Sides

- Fountain Mash

Unlimited

- Pot á Feu(Mine) Peas
- Roman Candle Carrot Batons

Desserts

- Sparklers Shortbread Biscuit (v)
- Seasonal Fresh Fruit Platter
- Organic Fruit Yogurt



Menus are subject to change based on availability of ingredients



Autumn/Winter Menu 2023/24



MONDAY

- CHOOSE FROM**
- Tomato and Basil Pasta ☑ ☑ Y
 - Jacket Potato with Baked Beans (FDA) ☑ Y, Cheese ☑ or Tuna ☑
 - Cottage Pie ☑ served with Gravy ☑
- SIDES**
- Creamy Mashed Potato ☑ ☑
- UNLIMITED**
- Sweetcorn ☑ Y
 - Green Beans ☑ Y
 - Salad Selection ☑ Y
 - Homemade Bread ☑
- DESSERTS**
- Cheese and Crackers ☑ with Fresh Apple Slice ☑ Y
 - Organic Fruit Yogurt ☑ with Seasonal Fresh Fruit ☑ Y
 - Seasonal Fresh Fruit (FDA) ☑ Y

SAVE THE PLANET TUESDAY

- CHOOSE FROM**
- Planet Pizza Wedge ☑ Y
 - Vegetable Supreme Pizza ☑
 - Squash & Spinach Curry (FDA) ☑ Y
- SIDES**
- Skin On Wedges ☑ Y
 - Tangy Lemon Rice ☑ Y
- UNLIMITED**
- Minted Garden Peas ☑ Y
 - Roasted Organic Carrots ☑ Y
 - Salad Selection ☑ Y
 - Homemade Bread ☑
- DESSERTS**
- Peaches ☑ Y and Custard ☑ ☑ Y
 - Organic Fruit Yogurt ☑ with Seasonal Fresh Fruit ☑ Y
 - Seasonal Fresh Fruit (FDA) ☑ Y

ALLERGEN FRIENDLY WEDNESDAY (FDA)

- CHOOSE FROM**
- Red Vegetable Chilli (FDA) ☑ Y
 - Jollof Rice (FDA) ☑ Y
 - Lemon and Garlic Chicken (FDA)
- SIDES**
- Roast Potatoes ☑ Y
 - Mixed Rice ☑ Y
- UNLIMITED**
- Fresh Seasonal Broccoli ☑ Y
 - Sweetcorn Coblets ☑ Y
 - Salad Selection ☑ Y
 - Homemade Bread ☑ Y
- DESSERTS**
- Caramelised Pineapple (FDA) ☑ Y
 - Fresh Fruit Salad (FDA) ☑ Y
 - Seasonal Fresh Fruit (FDA) ☑ Y
- Milk ☑ ☑ Y will be available after lunch.

CLIMATE CHANGE THURSDAY

- CHOOSE FROM**
- Jackfruit Pasta Bake ☑ Y
 - Sizzling Stir Fry ☑
 - Jacket Potato with Baked Beans (FDA) ☑ Y, Cheese ☑ or Tuna ☑
- SIDES**
- Noodles ☑ ☑
- UNLIMITED**
- Mixed Vegetables ☑ Y
 - Fresh Season Green Cabbage ☑ Y
 - Salad Selection ☑ Y
 - Homemade Bread ☑
- DESSERTS**
- Creamy Rice Pudding ☑ with a Fruit Compote
 - Organic Fruit Yogurt ☑ with Seasonal Fresh Fruit ☑ Y
 - Seasonal Fresh Fruit (FDA) ☑ Y

FRIDAY

- CHOOSE FROM**
- Spiced Chickpea and Sweet Potato Pilaf (FDA) ☑ Y
 - Sizzling Stir Fry ☑
 - MSC Golden Crumb Fish Fingers ☑ with Lemon Slice
 - Homemade Chicken and Sweetcorn Pie with Gravy
- SIDES**
- Oven Baked Chips ☑ Y
- UNLIMITED**
- Baked Beans ☑ Y
 - Minted Garden Peas ☑ Y
 - Salad Selection ☑ Y
 - Homemade Bread ☑
- DESSERTS**
- Fruit and Ice Cream ☑ ☑ Y
 - Organic Fruit Yogurt ☑ with Seasonal Fresh Fruit ☑ Y
 - Seasonal Fresh Fruit (FDA) ☑ Y

Please note, all cakes, pastry and pizza bases are freshly made using organic flour. Where halal meat has been requested by the school, it is HFA certified (for equivalent) information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school.

WEEK 1



Helping to support climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

Provider of excellent quality, freshly cooked, tasty, nutritious school meals. We are working to reduce sugar content of our desserts in line with current healthy living advice.

National School Meals Week 6-10 November



OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2	1
9 10 11 12 13	6 7 8 9 10	4 5 6 7 8	8 9 10 11 12	5 6 7 8 9	4 5 6 7 8
16 17 18 19 20	13 14 15 16 17	11 12 13 14 15	15 16 17 18 19	12 13 14 15 16	11 12 13 14 15
23 24 25 26 27	20 21 22 23 24	18 19 20 21 22	22 23 24 25 26	19 20 21 22 23	18 19 20 21 22
30 31	27 28 29 30	25 26 27 28 29	29 30 31	26 27 28 29	25 26 27 28 29

- ☑ Vegetarian
- ☑ Y Vegan
- ☑ Gluten Free
- ☑ Dairy Free
- FDA Free from the 14 declarable allergens

Autumn/Winter Menu 2023/24



MONDAY

SAVE THE PLANET
TUESDAY

ALLERGEN FRIENDLY
WEDNESDAY (FDA)

CLIMATE CHANGE
THURSDAY

FRIDAY

CHOOSE FROM

Tomato & Vegetable Pasta Bake
Bubble Crumb Salmon Fillet
60/40 Burger (FDA) in a Bun

SIDES

Jacket Wedges

UNLIMITED

Fresh Seasonal Organic Carrots
Green Beans
Salad Selection
Homemade Bread

DESSERTS

Strawberry Mousse
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Vegetable and Chickpea Curry (FDA)
Cheese and Potato Whirls
Jacket Potato with Baked Beans (FDA), Cheese or Tuna

SIDES

Creamed Potatoes
Mixed Rice

UNLIMITED

Fresh Seasonal Broccoli
Sweetcorn
Salad Selection
Homemade Bread

DESSERTS

Carrot Cake and Custard
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Cajun Bean Kebab (FDA)
Jacket Topped Bolognese (FDA)
Tangy Moroccan Turkey Tagine (FDA)

SIDES

Mixed Rice

UNLIMITED

Rainbow Roasted Veggies
Salad Selection
Homemade Bread

DESSERTS

Fruit Jelly Pot (FDA)
Fresh Fruit Salad (FDA)
Seasonal Fresh Fruit (FDA)

Milk will be available after lunch.

CHOOSE FROM

Roasted Vegetable Biryani
Jacket Potato with Baked Beans (FDA), Cheese or Tuna
Homemade Cheddar Cheese and Sweetcorn Quiche

SIDES

Parsley Steamed Potatoes

UNLIMITED

Garden Peas
Mixed Vegetables
Salad Selection
Homemade Bread

DESSERTS

Chocolate Cracknel and Custard
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Sticky Tofu with Rice Noodles
MSC Golden Crumb Fish Fingers with a Lemon Twist
Hot n Kickin Chicken (FDA)

SIDES

Oven Baked Chips

UNLIMITED

Baked Beans
Sweetcorn
Salad Selection
Homemade Bread

DESSERTS

Cheese and Crackers with Fresh Apple Slice
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

Please note: all cakes, pasty and pizza bases are freshly made using organic flour. Where halal meat has been requested by the school, it is HPA certified (or equivalent) information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school.

WEEK 2



Helping to support climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

Provider of excellent quality, freshly cooked, tasty, nutritious school meals. We are working to reduce sugar content of our desserts in line with current healthy living advice.

National School Meals Week 6-10 November



OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2	1
9 10 11 12 13	6 7 8 9 10	4 5 6 7 8	8 9 10 11 12	5 6 7 8 9	4 5 6 7 8
16 17 18 19 20	13 14 15 16 17	11 12 13 14 15	15 16 17 18 19	12 13 14 15 16	11 12 13 14 15
23 24 25 26 27	20 21 22 23 24	18 19 20 21 22	22 23 24 25 26	19 20 21 22 23	18 19 20 21 22
30 31	27 28 29 30	25 26 27 28 29	29 30 31	26 27 28 29	25 26 27 28 29

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- FDA Free from the 14 declarable allergens

Autumn/Winter Menu 2023/24



MONDAY

SAVE THE PLANET
TUESDAY

ALLERGEN FRIENDLY
WEDNESDAY (FDA)

CLIMATE CHANGE
THURSDAY

FRIDAY

CHOOSE FROM

Pasta Neapolitan
Jacket Potato with Baked Beans (FDA), Cheese or Tuna
Beef Bolognese

SIDES

Wholewheat Spaghetti

UNLIMITED

Fresh Organic Carrots
Sweetcorn
Salad Selection
Homemade Bread

DESSERTS

Apple Crumble and Custard
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Smoky Vegetable and Bean Jambalaya (FDA)
Mac n Cheese
Sweetcorn & Mixed Pepper Frittata

SIDES

Potato Puffs

UNLIMITED

Green Beans
Roasted Cauliflower Florets
Salad Selection
Homemade Bread

DESSERTS

Shortbread Biscuit with Orange Slice and Milk
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Roasted Stuffed Pepper (FDA)
Veggie Hotpot (FDA)
Meatballs in a Spicy Italian Sauce (FDA)

SIDES

Sliced Potatoes
Mixed Rice

UNLIMITED

Fresh Seasonal Broccoli
Mixed Vegetables
Salad Selection
Homemade Bread

DESSERTS

Fruit Smoothie (FDA)
Fresh Fruit Salad (FDA)
Seasonal Fresh Fruit (FDA)

Milk will be available after lunch.

CHOOSE FROM

Creamy Korma
Roasted Vegetable Tagliatelle
Jacket Potato with Baked Beans (FDA), Cheese or Tuna

SIDES

Coconut Rice

UNLIMITED

Sweetcorn
Roasted Organic Carrots
Salad Selection
Homemade Bread

DESSERTS

Chocolate Sponge with Chocolate Sauce
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

CHOOSE FROM

Power Burger (FDA) in a Bun
MSC Golden Crumb Fish Fingers with a Lemon Twist
Herby Chicken (FDA)

SIDES

Chipped Potatoes

UNLIMITED

Baked Beans
Garden Peas
Salad Selection
Homemade Bread

DESSERTS

Artic Roll or Ice Cream
Organic Fruit Yogurt with Seasonal Fresh Fruit
Seasonal Fresh Fruit (FDA)

Please note: all cakes, pasty and pizza bases are freshly made using organic flour. Where halal meat has been requested by the school, it is HPA certified (or equivalent) information on allergens present in this menu is available at www.walthamforest.gov.uk/schoolmeals or at the school.

WEEK 3



Helping to support climate action

Be a Forest Eco Ranger by choosing at least one plant based dish a week.

Provider of excellent quality, freshly cooked, tasty, nutritious school meals. We are working to reduce sugar content of our desserts in line with current healthy living advice.

National School Meals Week 6-10 November



OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
2 3 4 5 6	1 2 3	1	1 2 3 4 5	1 2	1
9 10 11 12 13	6 7 8 9 10	4 5 6 7 8	8 9 10 11 12	5 6 7 8 9	4 5 6 7 8
16 17 18 19 20	13 14 15 16 17	11 12 13 14 15	15 16 17 18 19	12 13 14 15 16	11 12 13 14 15
23 24 25 26 27	20 21 22 23 24	18 19 20 21 22	22 23 24 25 26	19 20 21 22 23	18 19 20 21 22
30 31	27 28 29 30	25 26 27 28 29	29 30 31	26 27 28 29	25 26 27 28 29

- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- FDA Free from the 14 declarable allergens

SECONDARY SCHOOL ADMISSIONS 2024

Do you have a child who was born between 1 September 2012 and 31 August 2013 or who is currently in Year 6?

If so, they are due to start Secondary School in **September 2024**. To make an application please apply online www.eadmissions.org.uk by **31 October 2023**. For more information visit the Waltham Forest Secondary Admission page on <https://www.walthamforest.gov.uk/content/applying-secondary-school-place> where you can download a copy of the **Starting Secondary School 2024 brochure** which has full details of how to apply for a Secondary School place.



RECEPTION CLASS ADMISSION 2024

Do you have a child who was born between 1 September 2019 and 31 August 2020?

If so, they are due to start Reception Class in **September 2024**. To make an application please apply online at www.eadmissions.org.uk by **15 January 2024**. For more information visit the Waltham Forest Primary Admission page <https://www.walthamforest.gov.uk/content/applying-primary-school-place> where you can download a copy of the **Starting Primary School 2024 brochure** which has full details of how to apply for a Reception Class place.



Hello, we're the Waltham Forest Mental Health Support Team!

We're an early intervention service based in schools in Waltham Forest. We deliver:

- 1-to-1 interventions for parents
- Group interventions for young people, e.g., transitioning to secondary school
- Whole class workshops, e.g., introduction to mental health
- Staff training
- Signposting to other agencies



We were introduced in schools as the government recognised the need for trained mental health staff to support the whole school community.

Our aim is to prevent and support with the early identification of mental health difficulties, to improve understanding of mental health and **reduce stigma**.

In Primary Schools...

Our 1-to-1 work is with parents where we deliver targeted interventions for children experiencing:

- Anxiety
- Behavioural difficulties

We deliver specific low intensity interventions called Guided-Self Help. These usually last for 6-9 sessions and are based on cognitive behavioural therapy.

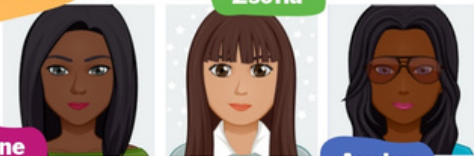


'Why are you called Mental Health Support Team? My child doesn't have Mental Health problems...'

We all have mental health, just as we all have physical health. Our mental health is how we're feeling emotionally and it's a bit like internal weather - it can be sunny, rainy or stormy - it's all normal!

Our mental health is just as important as our physical health. It strongly affects our daily lives, including work, study, and how we're getting on with others. Therefore, it is important to take care of our mental health to prevent further problems from arising.

Meet the team working in your school



Carine

Zsofia

Avelyn

Best care by the best people

How can you access our support?

You can contact the school's Mental Health Lead (**Mr James Baxter or Ms Marta Brusniak**).

After discussing with you, they will support you to fill out a referral form which will be sent to us. We will then be in touch with you within 4 weeks to assess if we are a suitable service for you.



Waltham Forest Parent Forum Support Groups



Walk & Talk



Coffee & Chat



Meet & Eat



Evening Zoom Support Group



Dads Group

SEND LEGO CLUB

FREE SESSION FOR SEND FAMILIES

1ST SATURDAY OF THE MONTH (EXCEPT AUGUST)

10.30-12.30

REFRESHMENTS PROVIDED

NO NEED TO BOOK, JUST POP ALONG!

LEYTON FAMILY HUB, 215 QUEENS

ROAD, LONDON, E17 8PJ

FOR MORE INFO CALL 07528 433640 OR 07794 298496



Do you want some support?

Free online and in person support groups for parents and carers of children and young people with SEND (0-25)

No need to book, just pop along!

Support Groups offer:

- Emotional Support
- Support with Challenges you may be facing
- Empowerment
- Information Sharing
- Reduced isolation

More information and dates:

www.walthamforestparentforum.com/support

walthamforestparentforum@live.co.uk

07794 298496/07528 433640



the national
sleep
helpline

Want to know more about sleep?

ASK US THE QUESTIONS YOU WANT ANSWERS TO

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

Educational Psychology Service Free Monthly Parent/Carer Consultation Sessions

Dates:

20th September 2023
18th October 2023
22nd November 2023
6th December 2023
17th January 2024
28th February 2024
27th March 2024
24th April 2024
22nd May 2024
19th June 2024
17th July 2024

To book a 30 minute consultation, please contact our Business Support Officer below

EDUCATIONAL PSYCHOLOGY SERVICE

Thorpe Hall School
123 Hale End Road
E17 4DP

Office
02084961732 07776 589 597

Do you have concerns about your child?

Would you like to talk to an Educational Psychologist in confidence?

Appointment Only Sessions

Afternoon sessions are 12.30-2pm
Evening Sessions are 3.30- 5.00

Individual consultation with an Educational Psychologist are offered via phone/zoom or in person for Parents and Carers living in London Borough Waltham Forest.

Sessions last for no more than 30 minutes and provide an opportunity to ask any questions or discuss concerns with a member of our culturally diverse Educational Psychology Team.

Educational Psychologists are qualified specialists in child psychology and child development, with particular expertise in supporting children and young people with special educational needs, learning difficulties, and social, emotional and behavioural difficulties. All LBWF Educational Psychologists are registered with the Health Care Professionals Council.

educationalpsychologyservice@walthamforest.gov.uk



12TH SEP - 17TH OCT
AUTUMN 2023

TREASURE OUR YOUTH

JUNIOR YOUTH SPACE

EVERY TUESDAY FROM 4:15PM - 6:30PM
FOR 9 - 12 YEAR OLDS

IT'S FREE! (BOOKING IS ESSENTIAL)

WALTHAMSTOW FAMILY HUB
313 BILLET ROAD
WALTHAMSTOW, E17 5PX

ART AND CRAFTS
GAMING & TRADITIONAL GAMES
MULTI SPORTS
TEAM COMPETITONS

HOT MEALS PROVIDED
FUN TASTER ACTIVITIES

FOR MORE INFO → CALL 0208 496 3511
EMAIL: NICOLA.GEORGE@WALTHAMFOREST.GOV.UK

SPACE 4 ALL
Waltham Forest

10/10/23, 9:34 AM

Email - Marta Brusniak - Outlook



neurodiversity Social Club

Wednesdays 7.15 - 8.45pm
Upcoming Dates:
26 Jul, 20 Sept, 18 Oct,
22 Nov, 6 Dec 2023
17 Jan, 21 Feb, 20 Mar, 17 Apr, 22 May, 5 Jun, 19 June,
17 Jul, 18 Sep, 16 Oct 2024

Young People age 10 - 17
Bring your own games
Parents must attend
Siblings welcome

Advance Registration required
<http://bit.ly/3YCqskE>

The Mill, 7-11 Coppermill Lane, E17 7HA.
(Mission Grove Car Park - free after 5pm)

PARENT FORUM
The Mill
MAYOR OF LONDON
Waltham Forest

Is your Child in School today? Information for Parents/Carers



BACME
YOUTH & FAMILY RESILIENCE SERVICE

The greater your attendance, the greater your achievement



School Attendance

One of Waltham Forest's top priorities is for all children to enjoy learning, experience success and realise their full potential. Regular attendance has a positive effect on the motivation and attainment of children. We believe that children who attend school regularly are more likely to feel settled in school, maintain friendships and gain the most benefit from their learning.

It is vital that children develop regular attendance habits at an early age. Therefore, we encourage parents who have children of nursery, primary and secondary age children to send their children to school to every session that is available to them.

Why is it important for children not to miss school?

Most parents want their children to get on well in life. Nowadays, it is more important than ever to have a good education behind you if you want opportunities in adult life. Children only get one chance at school, and your child's chances of a successful future may be affected by not attending school or alternative provision regularly. If

- Struggle to keep up with school work. In a busy school day it is difficult for schools to find the extra time to help a child catch up.
- Miss out on the social side of school life – especially at primary school. Poor attendance can affect children's ability to make and keep friendships; a vital part of growing up.

Setting good attendance patterns from an early age, from nursery classes through primary school, will also help your child later on.

Being on time is also vital. Arriving late at school can be very disruptive for your child, the teacher, and the other children in the class.

Some parents may be trying but finding it hard to get their children to attend school.

What might the impact of poor attendance be on your child?

Research has shown that children who are not in school are most vulnerable. Those children who play truant are more likely to offend than those that do not. Research also shows that:

- Less than 40% of pupils in secondary schools with an average of 17 days or more absence get 5 good GCSEs (grades 9 – 5) compared to more than 90% in schools with an average of less than 8 days absence.
- In primary schools less than 65% get good results in Maths and English in schools with an average of 15 days absence compared to around 90% in schools where the average is less than 8 days. Many parents are surprised how quickly their children accumulate 15 days absence.

What does the law say? Parental Responsibility

It is important that everyone works together to help children obtain the best possible start in life with a good education. We all need to work in partnership so that all children have good school attendance and do not miss out on essential learning.

By law, all children of compulsory school age between 5 and 16 must get a suitable, full-time education. As a parent, you are responsible for making sure this happens, either by registering your child at a school or by making other arrangements which provide a suitable full-time education. (Section 7 of the Education Act 1996).

Once your child is registered at a school you are responsible for making sure he or she attends regularly. If your child fails to attend regularly even if they miss school without you knowing the Local Authority (LA) may take legal action against you.

What happens if your child does not attend school regularly?

The LA is responsible for making sure that parents fulfil their responsibilities. Parents are responsible for making sure that their child attends school regularly and any alternative provision arranged for them. It is a parent's responsibility to notify the school of the reason for any of their child's absences and highlighting any areas of concern they may have so they can be addressed quickly.

If you think you might need to take your child out of school, discuss the reasons with the school as soon as possible. Reasons such as family bereavement or taking part in an agreed religious observance would be acceptable for short absences. Unacceptable reasons for missing school include shopping and birthdays and holidays.

Your child's school is responsible by law for reporting poor attendance to the LA. As a parent, you are committing an offence if you fail to make sure that your child attends school regularly, even if they are missing school without your knowledge. You run the risk of being issued with a penalty notice or being taken to court.

If you do not make sure your child goes to school regularly, we may issue a Penalty Notice of up to £120. Waltham Forest Council could also take legal action against you. The LA may decide to prosecute a parent. If this happens:

- Parents can be fined up to £2,500 and/or given a prison sentence of up to three months for failing to ensure that their child attends school regularly.
- Magistrates can also impose at their discretion a Parenting Order, which means that the parent has to attend a counselling and guidance programme, usually a parenting class or direct the Local Authority to apply for an Education Supervision Order. The order puts a child of compulsory school age, who is not being properly educated, under Local Authority Supervision.

What about authorised absences?

There may be times when your child has to miss school because she or he is ill. This is to be expected and for the odd day off sick you should follow the school's procedures for notifying illness. Children may also have to attend a medical or dental appointment in school time. However, you should try to make routine appointments such as dental check-ups during the school holidays or after school hours. Any absence must be requested as far in advance as possible. Absences can only be authorised by the school.

The law does not grant parents the automatic right to take their child out of school during term time.

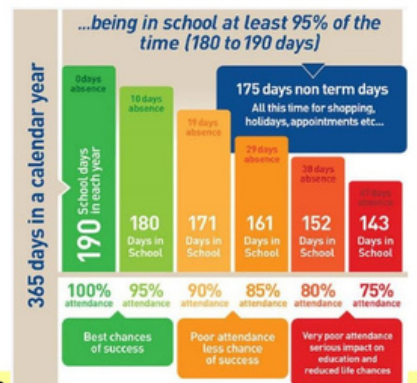
What can you do to help?

If you suspect that your child may be missing school or is unhappy at school, you should contact the school as soon as possible so that you can work with them to resolve any difficulties. Make sure your child understands that you do not approve of them missing school but be on the alert for any particular reasons for non-attendance, such as bullying or problems with school work and discuss these with the school. If your child is ill or absent for any other reason, contact the school on the first day of absence. Follow the school's procedures for notifying absence, and always let the school know of any days that your child is unable to attend.

Make sure your child arrives at school on time for both the morning and afternoon sessions.

Take an interest in your child's education. Ask them about their day and praise and encourage their achievements at school.

Co-operate with any support, such as a Parenting Contract offered by Local Authority.



Behaviour, Attendance and Children Missing Education Service (BACME) have a team of officers who work with all schools in Waltham Forest.

The Behaviour, Attendance and Children Missing Education Service is responsible for:

- Helping children and parents to overcome and remove obstacles that stop children attending school regularly.
- Supporting schools in raising their school attendance levels.
- Legally enforcing school attendance where appropriate.
- Providing advice and guidance on all matters relevant to school attendance.
- Issuing licences for children in entertainment or part-time employment, and licences for chaperones (these are responsible adults who care for children involved in entertainment if the parents are not available)

Should have any questions about your child's school attendance, please email on: BACME-Referral@walthamforest.gov.uk with your name and contact number and an officer will contact you within 3 working days.