

WINNS WEEKLY

10.11.2023



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. 13.11.2023

- Monday 13th November Odd Socks Day
- Tuesday 14th November 6ES Lloyd Park visit
- Wednesday 15th November 6AM Lloyd Park visit
- Thursday 16th November 6PB Lloyd Park visit
Flu Vaccinations
1JS Class Assembly (9:00am)

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

6PB CLASS ASSEMBLY

Well done to the children of 6PB who had the honour of starting off our calendar of class assemblies for the year. The children performed fabulously and were able to relay all their learning around William Shakespeare, including the story of Macbeth and some portrait work of the bard himself. Thank you to all the families who came along to support their children, and to Mr Bishop for preparing the children so well!



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OUR VISION IN ACTION

Belonging - 6PB were the first class to perform their class assembly this year. Well done to all the children for working so well as a team to put together their performance!

Growing - We were very lucky to receive a visit from author SF Said this week. He spoke to children in KS2 about the importance of persevering when accomplishing a tricky task.

PARENT GOVERNOR ELECTION

Our ballot for a new parent governor has now closed. We can confirm that Adjoa Anyimadu is the parent who received the most votes. We are very much looking forward to Adjoa joining our governing body. A huge thank you to the others parents who put themselves forward and to everyone who took the time to vote.

AUTHOR VISIT - SF SAID

We were incredibly fortunate this week to receive a visit at The Winns from successful author SF Said. SF has written a number of novels for children and young adults, including Tyger, Phoenix and Varjak Paw. SF talked about how he used books he read as a child and how he used reading as an escape when he was growing up. SF reminded our children that they are all writers, before explaining how he had to show perseverance and resilience to get his writing published; he was knocked back by publishers 90 times! It was fantastic for our children to see and hear SF's experiences. Hopefully he will have inspired some budding authors amongst us. A huge thank you to SF from all of us at The Winns for giving up some of his time to come in to talk the children and to sign some copies of his books.



ANTI-BULLYING WEEK - ODD SOCKS DAY

To help mark the start of Anti-Bullying Week, we are encouraging everyone to join in with Odd Socks Day on Monday 13th. We hope to raise awareness in school and celebrate what makes us all unique and to spread kindness! There is no donation required, just some odd socks!



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COME AND JOIN US!



WINTER FAIR @THE WINNS

FREE ENTRY



SATURDAY 2 DECEMBER

XXXXX 12-3PM XXXXX



SANTA ♦ BOOKS ♦ TOYS ♦ GAMES
SECOND HAND UNIFORMS ♦ STALLS
BOUNCY CASTLE ♦ FACE PAINTING
TOMBOLA ♦ HOT FOOD & DRINKS

The Winns Primary School, Elphinstone Road entrance, E17 5ET
If you would like to help at this event contact fotwchair@gmail.com



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FRIENDS OF THE WINNS FESTIVE RAFFLE

The Friends of Winns are running a festive raffle again this year, and we are looking for prizes ! Do you have excellent unwanted gifts ? We have previously had vouchers for haircuts, book subscriptions, gift cards etc . Or does your business have something they can donate ? We would love to hear from you ! fotwchair@gmail.com



WE NEED YOU!

Stall volunteers (books, clothes, toys)

Token sellers

Santa & Santa's helpers

Face painting

Nails & temporary tattoos

Set up & Tidy up

Games stall helpers

Bouncy castle

General helpers and cover



If you would like to help on
Saturday 2 December between 12-3pm
contact fotwchair@gmail.com



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REMINDER - PARTY BAGS FOR BIRTHDAYS

As a school, we promote healthy eating as much as possible, especially through our sugar-free packed lunch policy. We are also always vigilant and mindful of children with dietary allergies, which is the reason we are a nut-free school. For these reasons, we ask that parents don't send in party bags or cakes for children's birthdays to school. We completely understand that parents are doing this as a wonderfully kind gesture, but it is important that we follow our healthy eating policy. Thank you for your support and understanding.

YEAR 5 & 6 SPORTSHALL ATHLETICS

This morning, a group of our year 5 & 6 children represented the school at the Waltham Forest School Games Sportshall Athletics competition. The children were competing to set the fastest times and record the furthest distances in a range of track and field events. Some of our squad were experienced "Sportshallers" but there were several children competing for the first time. As always, competition was fierce but the children represented the school brilliantly. We now await the results of the three remaining sessions to find out how we stack up against all the other schools. Well done everyone!



OUR VISION IN ACTION

Exploring - Our Nursery children visited Lloyd Park this week as part of their learning. The children loved exploring the changing colours of the leaves and spotting the wildlife in the park.

Achieving - Our Year 5 & 6 athletics squad competed in the Sportshall Athletics event this week. Well done to everyone for competing to the best of their ability.



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.



Autumn/Winter Menu 2023/24



MONDAY

CHOOSE FROM

Tomato and Basil Pasta ☺☺
Jacket Potato with Baked Beans (FDA) ☺☺, Cheese ☺ or Tuna ☺
Cottage Pie ☺ served with Gravy ☺

SIDES

Creamy Mashed Potato ☺☺

UNLIMITED

Sweetcorn ☺
Green Beans ☺
Salad Selection ☺
Homemade Bread ☺

DESSERTS

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

SAVE THE PLANET TUESDAY

CHOOSE FROM

Planet Pizza Wedge ☺
Vegetable Supreme Pizza ☺
Squash & Spinach Curry (FDA) ☺

SIDES

Skin On Wedges ☺
Tangy Lemon Rice ☺

UNLIMITED

Minted Garden Peas ☺
Roasted Organic Carrots ☺
Salad Selection ☺
Homemade Bread ☺

DESSERTS

Peaches ☺ and Custard ☺
Organic Fruit Yogurt ☺ with Seasonal Fresh Fruit ☺
Seasonal Fresh Fruit (FDA) ☺

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Red Vegetable Chilli (FDA) ☺
Jollof Rice (FDA) ☺
Lemon and Garlic Chicken (FDA) ☺

SIDES

Roast Potatoes ☺
Mixed Rice ☺

UNLIMITED

Fresh Seasonal Broccoli ☺
Sweetcorn Coblots ☺
Salad Selection ☺
Homemade Bread ☺

DESSERTS

Caramelised Pineapple (FDA) ☺
Fresh Fruit Salad (FDA) ☺
Seasonal Fresh Fruit (FDA) ☺

Milk ☺☺ will be available after lunch.

CLIMATE CHANGE THURSDAY

CHOOSE FROM

Jackfruit Pasta Bake ☺
Sizzling Stir Fry ☺
Jacket Potato with Baked Beans (FDA) ☺, Cheese ☺ or Tuna ☺

SIDES

Noodles ☺☺

UNLIMITED

Mixed Vegetables ☺
Fresh Season Green Cabbage ☺
Salad Selection ☺
Homemade Bread ☺

DESSERTS

Creamy Rice Pudding ☺ with a Fruit Compote
Organic Fruit Yogurt ☺ with Seasonal Fresh Fruit ☺
Seasonal Fresh Fruit (FDA) ☺

FRIDAY

CHOOSE FROM

Spiced Chickpea and Sweet Potato Pilaf (FDA) ☺
MSC Golden Crumb Fish Fingers ☺ with Lemon Slice
Homemade Chicken and Sweetcorn Pie with Gravy

SIDES

Oven Baked Chips ☺

UNLIMITED

Baked Beans ☺
Minted Garden Peas ☺
Salad Selection ☺
Homemade Bread ☺

DESSERTS

Fruit and Ice Cream ☺☺
Organic Fruit Yogurt ☺ with Seasonal Fresh Fruit ☺
Seasonal Fresh Fruit (FDA) ☺

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 the 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

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOVEMBER

M	T	W	T	F
	1	2	3	
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

DECEMBER

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

JANUARY

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY

M	T	W	T	F
				1
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MARCH

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
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

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
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
Fresh Fruit Salad
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

Slicky 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.

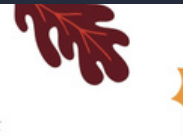
National School Meals Week
6-10 November



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

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WEEK 3



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National School Meals Week
6-10 November



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

- Vegetarian
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12TH SEP - 17TH OCT
AUTUMN 2023

JUNIOR YOUTH SPACE

EVERY TUESDAY FROM 4:15PM - 6:30PM

IT'S FREE! (BOOKING IS ESSENTIAL)

FOR 9 - 12 YEAR OLDS

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




Neurodiversity Social Club



Wednesdays 7.15 - 8.45pm

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

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

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



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








<https://outlook.office.com/mail/inbox/id/AAQkADA4MTmMgzLWMyZTEiNGlWY1hMmJLWY5Y2VmM2MzIzY1ZQAQAp9QL4XR5FghLlus2i...> 1/1



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





Waltham Forest Parent Forum Support Groups



Walk & Talk **Coffee & Chat** **Meet & Eat** **Evening Zoom Support Group** **Dads Group**

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



Help your child grow and thrive! Family Learning



Our family learning programme delivers a variety of courses, workshops and events both in person, online and at different venues in Waltham Forest - courses and workshops are free for families.

List of upcoming courses / workshops

Course Title	Venue	Date	Time	Day
Create a seasonal wreath	Wood Street Library E17	11.11.2023	1:30 - 3:30 pm	Saturday
Create a seasonal wreath	Hale End Library E4	18.11.2023	10:30-12:30pm	Saturday
Create a baby keepsake box (Non crawling babies are welcome)	Leyton Family Hub	22.11.2023 - 06.12. 2023	10am - 12:00 pm	Wednesday

If you have any questions regarding family learning activities, please contact
- cherie.cowan-smith@walthamforest.gov.uk Curriculum Manager Family Learning

NHS Dentists in Waltham Forest



This is an up-to-date list of NHS dentists currently offering
..... routine appointments and accepting new patients

Forest Dental Care
73 Hoe Street
E17 4SA
0208 521 3777

Mr Evans and Associates
252a Chingford Mount Road
E4 8JL
0208 529 1587

Leyton Dental Surgery
724 High Street Leyton
E10 6AA
02085396022

Chingford Road Dental Surgery
31 Chingford road
E17 4PW
02085279062

Park Vue Dental Surgery
330 Cann Hall Road
E11 3NW
02085192990

Woodgrange Dental Practice
80 Woodgrange Road
E7 OEW
02085553336

Lea Bridge Dental Practice
433 Lea Bridge Road
E10 7EA
0208 539 6152

Mr P Wong & Associates
123 Hoe Street
E17 4RX
02085204151

Hoe Street Dental Surgery
337 Hoe Street
E17 9BD
02085205289

Abbey Dental Practice
25 St James Street
E17 7JP
02085212816

Cedars Dental Practice
775 High Road Leyton
E10 5AB
02085581122

L Wong and F Wong
845 High Road Leytonstone
E11 1HH
02085394720

The Dental Design Studio
127 High Street
E17 7DB
02085214333

Smile in London
399 High Road Leyton
E10 5NA
02085391653

Key 2 Smile
622 Lea Bridge Road,
E10 6AP
02085392277

☎ 020 8496 5223

✉ wfsupport@henry.org.uk

Please note that we do not endorse or recommend any particular practice.

This list is up-to-date as of the 08 Nov 2023.

Woodstreet Dental Practice
176 Wood Street
E17 3HX
02085090055