

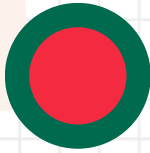


WINNS WEEKLY

24.11.2023

সপ্তাহের শেষ দিনটি
শুভ হোক!

Bangla
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. 27.11.2023

- Tuesday 28th November** 3AF visit to William Morris Gallery
- Wednesday 29th November** 4KB & 4MH visit to British Museum
Reception 2024 Parent Tour (9:30am, appt only)
Year 6 SATs information meeting (5:00pm, online)
- Thursday 30th November** Year 6 Height and Weight Check
- Saturday 1st December** Winns Winter Fair (12pm-3pm, enter via big gates on Elphinstone Rd)

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

YEAR 6 TRIP TO MUSEUM OF LONDON DOCKLANDS

Our Year 6 children visited the Museum of London Docklands this week to bring several of their units of work to life, including Globalisation, World War 2 and the Industrial Revolution. The children saw first hand the contrast in how the docklands area operated in the past and how it looks today. They engaged in the interactive exhibits and even made use of some historical costumes to really immerse themselves in the past!



WINNS WEEKLY 24.11.2023

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OUR VISION IN ACTION

Belonging - Families from across our great school community rallied together to send in many useful items on our non-uniform day today. These items will be carefully sorted and sold on during the Winter Fair taking place on Saturday 2nd December.

Growing - 3AF performed their class assembly to parents, families and the rest of Blue Hall on Thursday. It was fabulous to see how much the children have grown in confidence already since they started KS2. Well done 3AF!

3AF CLASS ASSEMBLY

Well done to 3AF who performed their class assembly on Thursday morning this week. The children shared everything they had learned about healthy eating and exercise. We learnt about healthy living, exercise and eating a balanced diet. There was even a visit from Mary Berry and Paul Hollywood to judge our bakers' balanced creations! Thank you to all the families who came along to support your children and also a big thank you to Mr Falk and Merita for preparing the children so well.



Y2 SPORTSHALL ATHLETICS

Well done to our final set of Sportshall athletes to compete in the WF School Games events over the last few weeks. This week was the turn of year 2 who jumped, ran, bounced, skipped and threw their way through a carousel of activities as a team. We now wait for the results to be totalled from all of the different sessions before we find out our final placings. Well done everyone who took part!

OUR VISION IN ACTION

Exploring - Our year 6 children have been out this week exploring London's Docklands as part of their trip to the Museum of Docklands. For some, it is their first trip to this vibrant part of London and we hope that they are enthused enough to make many more trips around our magnificent capital.

Achieving - We have recently been looking at children's writing across the school and have been absolutely bowled over by the high quality of working being produced. From year 1 children using similes to paint glorious imagery to our year 5 children producing some beautifully crafted letters following a recent author visit.



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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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SECOND HAND UNIFORM STALL

The second hand uniform stall will be open for business at the Winter Fair. If you have any used uniform in good condition to donate, please drop it in to the office by Friday 1st. We'd like jumpers, cardigans, dresses, trousers, polo shirts and PE kit, clean and ready to sell.

Come and say hello at the stall and find lots of uniform items at 50p each. We also have some new branded Uniform to sell at a much reduced price. Come and grab a bargain!



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



Smart devices promise to make our lives easier. In many cases - they do, however these new technologies present risks too. Whether you're using a digital assistant to record your shopping list or you're controlling your lights through a smart system, many smart functions can be 'hacked' and controlled by someone outside your home. This guide will help you identify some of the ways you can stay alert and protect yourself.

1 KNOW THE RISKS

The success of any smart device relies on it communicating with other devices using the Internet. It's an unavoidable part of using smart devices, but it does expose you to numerous risks. Attackers could use the Internet connection to steal your data for identify fraud or to make unauthorised purchases through your devices. There is even potential for more sinister exploitation, such as child grooming or cyber-bullying.

2 WHAT IS THE INTERNET OF THINGS?



This is the term given to all the devices connected to the Internet in your home. It includes a new digital doorbell connected to your smartphone, your kettle that boils when you tell it to on your tablet or your heating that comes on when you swipe on your smart watch. The Internet of Things (IoT) is designed to make life easier, but it also opens up your home network to potential cyber-attacks. It doesn't mean you can't enjoy the benefits, but it does mean being aware of the potential negatives.

3 CHECK ENCRYPTION SETTINGS

Whenever data is sent over the Internet, it is 'encrypted'. This makes it harder to read if it's intercepted. You should look to use a strong encryption setting, such as WPA2, rather than WPA or WEP. You can check your router manual on how to do this.

4 KEEP YOUR SOFTWARE UP TO DATE

Manufacturers constantly update and improve software used in smart devices. Some will automatically alert you to an update, but not all do. To be on the safe side, it's a good idea to set reminders in your calendar. Check the manufacturer's website for any updates and run them if necessary.



5 RENAME THE 'GATEWAY' TO YOUR HOME

Your Internet router is the virtual gateway to your home network. It needs protecting. To do this, you should change the default name (the SSID) and password. You can usually find steps to do this in the instruction manual. Don't use your family name. Choose something more obscure. Make the password complicated too, using upper and lower-case letters, numbers and symbols. Do this for your router and any other smart devices connected to the Internet.



12 Top Tips To Get Smart About The DEVICES In Your Home



National Online Safety®



6 USE A SEPARATE NETWORK FOR GUESTS

If your router has a feature that allows you to set up a separate network for guests, you should use it. That way, when guests use your Wi-Fi, they won't have access to your devices.

9 TRUST YOUR INSTINCTS

If you ever feel something is wrong or your network is being exploited, visit the manufacturer's website or ring their technical support department. It's better to be safe than sorry.



7 SAY GOODBYE TO SIRI AND ALEXA

It's a good idea to change the activation words on your smart devices so they are unique to you and your family. This makes it that much harder for people to break into your smart devices.



8 DEACTIVATE ANY UNNECESSARY FEATURES

Though it's a fun idea, you probably don't need to control your kettle from outside the house. In fact, there are often many unnecessary features included on smart devices. Where possible, you should look to disable these. Doing so reduces the ability for people to hack your devices. When someone sees you've actively taken steps to increase security, they're less inclined to try to compromise them.



10 BUILD A WALL

You could also purchase a dedicated 'firewall' device. This is something that plugs into your network and stops cyber threats reaching your router. Some routers do have a firewall element included, but they are no replacement for the real thing. A firewall device thoroughly analyses information coming in and out of your network and helps stop malicious attacks. A security device is strongly recommended to anyone who works from home or deals with sensitive information.



11 SECURE YOUR SMARTPHONE

SECURE YOUR SMARTPHONE

If you do use apps on your smartphone to control devices in your home, make sure your smartphone is secure. At the very least makes sure the pin function is enabled, as well as any biometric authentication you have. Where possible, it's also a good idea to download some anti-virus software for your smartphone too.



12 REGULARLY AUDIT YOUR DEVICES AND CONSOLES

REGULARLY AUDIT YOUR DEVICES AND CONSOLES

Every now and then you should check through all of your smart devices (including games consoles connected to the Internet). Turn them off at the mains and disconnect them from the Internet. In fact, it's good practice to disconnect any devices that aren't in use. It's a small thing but really does help. Even when you think a device might be in sleep mode, if it's connected to the Internet it could still be listening or streaming data.



Meet our expert

Emma was a secondary school Computer Science teacher for more than a decade. Since leaving education, she has been working in a cyber security firm delivering cyber awareness training to businesses and carrying out network testing. She is a mother of a five-year-old and has vast experience of controlling and managing how children access online services and use apps.



SOURCES: <https://www.nsc.gov.uk>, <https://www.getsafeonline.org>



Seasonal Sparkles

Unwrap the Festive Season with
Waltham Forest Adult Learning Service.

This November and December, we are delighted to bring you a spectacular line-up of FREE workshops infused with the magic of the holidays. From ceramics to horticulture, our courses will inspire you to craft, grow, and embrace the festive spirit in unique and imaginative ways.

Workshops Include:

- Wreath Making
- Ceramic Tiles
- Greeting Cards
- Bulb Planting
- Printmaking
- Printed Bunting
- Nature Crafts
- Felt Brooches

Visit the link below or scan the
QR code to learn more:

bit.ly/festive-workshops



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

WEEK 1

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 Coblets ☺
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.



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
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20	21	22	23	24
27	28	29	30	

DECEMBER

M	T	W	T	F
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25	26	27	28	29

JANUARY

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15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY

M	T	W	T	F
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19	20	21	22	23
26	27	28	29	

MARCH

M	T	W	T	F
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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

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)

SAVE THE PLANET
TUESDAY

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)

ALLERGEN FRIENDLY
WEDNESDAY (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.

CLIMATE CHANGE
THURSDAY

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)

FRIDAY

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 the 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																																																																																																																												
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- Dairy Free
- FDA Free from the 14 declarable allergens

Autumn/Winter Menu 2023/24



MONDAY

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)

SAVE THE PLANET
TUESDAY

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)

ALLERGEN FRIENDLY
WEDNESDAY (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.

CLIMATE CHANGE
THURSDAY

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)

FRIDAY

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



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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

Chingford Road Dental Surgery
31 Chingford road
E17 4PW
02085279062

E10 6AA
02085396022

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

Woodgrange Dental Practice

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

80 Woodgrange Road
E7 OEW
02085553336

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

Abbey Dental Practice
25 St James Street

Hoe Street Dental Surgery
337 Hoe Street
E17 9BD
02085205289

E17 7JP
02085212816

Cedars Dental Practice
775 High Road Leyton
E10 5AB
02085581122

The Dental Design Studio

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

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.

Woodstreet Dental Practice
176 Wood Street
E17 3HX
02085090055

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