

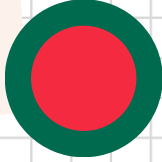


WINNS WEEKLY

19.4.2024

সাপ্তাহিক ছুটি ভালো
কাটুক!

Bengali
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 WB 22.4.2024

Monday 22nd April Final Parent and Child Yoga session
After-school activity clubs restart
KS1 Reading parent workshop (9:00)
Y4 MTC parent meeting (online, 4:30)

Thursday 25th April 3SH Class Assembly (9:00)

KEEPING YOUR HEART HEALTHY

Year 6 children had the opportunity to learn more about how to keep you heart healthy for life. A nurse specialist from Barts NHS Trust delivered an informative talk on ways to look after your heart and to keep it in tip-top condition. Our children learnt about how diet and regular exercise can play an important part in maintaining a healthy functioning heart and what lifestyle choices may contribute to the heart being adversely affected. This all fits in nicely with Y6's unit on Animals Including Humans and in particular their investigation on heart rates during exercise.



OUR VISION IN ACTION

Belonging - As we return from the Spring holiday, we were reminded of the diversity in our community as the children recounted stories of what they had been up to over the break, whether they celebrated Eid or Easter, or did something lovely together with their family.

Growing - As we begin the new summer term, we reflect on and celebrate our current Y6 cohort. During their time with us we have seen them grow in confidence and self-belief as individuals. We have still a way to go and lots to squeeze in before they leave us. But for now, we are going to enjoy watching them flourish in all they do.



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POLITE REMINDER - BIKES IN THE PLAYGROUND



We would like to remind all of our families that bikes and scooters should be walked through the playground. Our playgrounds are busy places at pick up and drop off and there have been a few "near misses" over the last few days. Thank you for your support in this matter.

HEAD'S MESSAGE

Welcome back everyone to the Summer term - our favourite term because (hopefully) the sun shines and we are able to spend lots of time outdoors. It has been absolutely lovely seeing our children return to school, excited to be back and full of stories about their holidays.

During the break, school has remained open. We have had new water fountains installed and some new, large, raised beds built in our garden area. If you are walking down Elphinstone Road, do look out for our school garden - it is developing into a great growing space, led by our wonderful TA Daria, her gardening club, Manny, our school keeper with some help from Katerina in the Nursery.

Friends of the Winns have also been busy in school over Easter, completing the library project. A huge thank you to all the parents who have been involved in developing the second phase of the library, and especially to Jo Kotas and Ben Hung. They gave up so much of their time to develop some wonderful visuals for the windows and to create a very special memorial to one of ex-pupils, Oscar, who very sadly passed away in Summer 22. Do stop and have a look the next time you are passing by - look for some twinkling lights encased in a very special dome sitting on the finger of the BFG - one of Oscar's favourite book characters.

We also have some very exciting news about our 'big' playground. Although we are very lucky to have a huge space, we have always felt that it could be improved further. This year, we have experimented with lots of 'loose parts' to promote play and this has worked really well. However, we know that the playground lacks shade and although we have trees around the perimeter, the rest of the playground would really benefit from more planting and opportunities for natural play. We have agreed with governors to go ahead and develop the space this Summer if.... we can commit to raising £30K this financial year. The school is able to fund the vast majority of the work but to develop something really special, there is a shortfall of about £30K. As a school community, we are hoping that together we can find a way to raise this amount over the next 12 months. We will be working with a wonderful company called Made from Scratch who very much believe in the value of play. They have already consulted with the children to hear their views and are currently working with us to finalise a design. Friends of the Winns already have some great ideas about fundraising - if you are interested, have some contacts that might help or some great ideas for fundraising, please do let FOTWs know. We will be sharing the design with you all very soon - watch this space!

Fiona



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YEAR 4 CRICKET SESSIONS

Our year 4 children started a series of cricket coaching sessions with Platform Cricket, a charity who aim to improve the sporting opportunities for children in state schools. The children had a great time learning some of the basics of the game and even had the chance to start playing some small-sided games. We look forward to seeing their development over the coming weeks.



OUR VISION IN ACTION

Exploring - Our year 4 children began to explore the sport of cricket this week with help from the coaches from Platform Cricket. We are looking forward to seeing their skills develop over the coming weeks.

Achieving - Each week on a Friday, we host a Celebration Assembly in each hall from KS1 upwards, where we present certificates to a range of children who have demonstrated our values that week. These assemblies not only foster a sense of pride and accomplishment but also inspire others to strive for demonstrate our values in all that they do.



JOIN US

Youth Players Wanted!

AFC Leyton are a dedicate female only football club based in Walthamstow.

We currently have 12 female only football teams that play in the BCFA, ECGFL, Capital Girls and GLWL leagues across London and Essex.

We are looking for players for the 2024/25 season across all age groups from age 7 to 16.

Please get in touch for more information:
coaching@afcleyton.co.uk

@AFCLeytonClub

Winning isn't everything, but making the effort to win is







KS1 READING AT HOME

**Tuesday 16th April
and Monday 22nd April
9am**

Parent information session

Please join us to find out more information about our decodable books and how you can promote a love of reading at home.

✓ 9 - 9.20am

✓ Please enter via large gates on Elphinstone Road and meet under the shelter.





A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme is free to join and helps you give your child the best possible start in life.



"This programme changed my life."

www.henry.org.uk

Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

What is HENRY?

HENRY is a UK charity working to give babies and young children a healthy start in life.

About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

"I'm so glad I did this programme. Do it!"

"This was the best thing I could possibly have done to help me be a better mum"

What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.



The HENRY Parent Toolkit – free to everyone joining a HENRY programme

Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

Week 1 – Decide what changes you want to make and set your own goals

Week 2 – How to juggle life with young children so you all get what you need

Week 3 – How to respond to children's needs without giving in to all their demands

Week 4 – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

Week 5 – Ideas for active play to help children learn, develop and stay happy

Week 6 – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

Week 7 – Understanding and managing your child's behaviour for a happier home

Week 8 – Celebrate your success as a parent and plan the future for your family

"I highly recommend it. It was brilliant."



How can I join a programme?

HENRY programmes are running locally. Talk to your local Children's Centre or Family Hub, Early Intervention or Family Support Service to find out more, help you decide if you would enjoy it, or to join a programme.



For more information about HENRY go to:

- www.henry.org.uk
- @HENRYHealthy
- facebook.com/HENRY.HealthyFamilies
- 01865 302973



Charity number 1132581 | Company number 6952404



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

EMPOWERING PARENTS EMPOWERING COMMUNITIES

Ever feel like parenting is just too much?

**Empowering Parents Empowering Communities
classes are here to help**

Sessions are supervised by professional facilitators, and activities are led by trained EPEC parent group volunteers.

All volunteers are also parents who have enjoyed the EPEC sessions so much that they now wish to share their experiences with others

EPEC sessions are relaxed and informal.

You learn how to deal with tricky situations and keep cool when your children are having a meltdown

When: 18th April 2024 to 13th June 2024

How long : 7 weeks

When: Thursdays 10-12

Where: In School

<https://forms.office.com/e/cF6pRRjfH7>



"As a father I feel I am a good enough parent and it's important we build safer relationships with our children."

"It's a relaxed, friendly atmosphere."

"I'm not alone and other parents go through the same."

"Open/talking, learning about us and not feeling alone as a father."

Speak to a member of the EPEC Team for further information or to book onto a course:

Phone: 07799913026 Web: bit.ly/EPECBAP

Email: EPEC@walthamforest.gov.uk

**Best Start
in Life**

**WALTHAM FOREST
FAMILY HUBS**


Waltham Forest