

W WINNS WEEKLY

3.5.2024

Καλό
Σαββατοκύριακο!

Greek
Have a good weekend!



Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET
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DATES FOR DIARIES WB 6.5.2024

Monday 6th May **Early May Bank Holiday - School Closed**

Friday 10th May RJC Trip to William Morris Gallery

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

CHAMPIONS!

Congratulations to our year 5 & 6 basketball team who won the final of the Waltham Forest 3v3 competition on Tuesday evening. In the round robin event, they recorded 4 wins and 1 loss, which was enough to top the table and take home the gold medals. They now become our first school sports team in seven years to represent the borough at the London Youth Games finals in June.



OUR VISION IN ACTION

Belonging - Our school council reps from years 4, 5 & 6 visited the Houses of Parliament today to learn more about what democracy is and how it works. They were given a tour of the two Houses and then attended a workshop.

Growing - Our young gardeners continue to make impressive progress with our new green spaces. With the year 5 & 6 club now able to help out with jobs in the garden, Daria has double the number of green thumb volunteers to call on!



A MESSAGE TO PARENTS & CARERS - YEAR GROUP EMAILS

Year Group emails were created as a way for parents and carers to communicate important information to their child's teacher. They are especially important for parents who work and are not able to see their teacher at the class door in the morning or at the end of the day. Some of our teachers have said they are finding it difficult to manage the number of emails that are coming through each day. I know you appreciate how hard our teachers work. They do not have time during the school day to respond to emails as they teach all day and after school their time is spent planning and preparing for the following day.

Please only send emails to the Year Group email if they are important - you might be worried about something that has happened to your child in school or are concerned about their learning. You might want to organise a meeting with your class teacher via email. However, please avoid sending an email if you are able to talk to your child's teacher at the start or end of the day.

Emails about changes to pick up, lost property, questions about lunch menus, after school clubs and attendance should be directed to the office email.

Thank you for your support and understanding.

SAVE THE DATE: SPORTS DAYS

Wednesday 12th June - Year 1, 2 & 3

Thursday 13th June - Year 4, 5 & 6

Both Sports Days will take place from 9:30-11:30 (approx) at George White Sports Ground (Globe Rangers FC) on Billet Road, E17 5DN. We expect Sports Day to take place on these dates, but will confirm closer to the time.

2CM CLASS ASSEMBLY

Well done to 2CM who were the latest class to present their learning to parents and families at their class assembly on Thursday morning. The children have been learning all about life cycles and taught us about what that looks like for frogs and chickens. Well done to all the children for presenting and singing so confidently. Thank you to Ms Sim and Ms Vicky for helping to prepare the children and all the families in the audience who came along to support the children.



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SCHOOL COUNCIL TRIP TO PARLIAMENT

Our year 4, 5 & 6 school council reps and deputies visited the Houses of Parliament today to learn more about democracy and what it means. They were lucky enough to be shown around both the Houses of Commons and Lords, before taking part in a workshop all about how laws get made in our country. Well done everyone!



GARDENING CLUB AND SUPERBLOOM UPDATE

Our garden continues to take shape with further work to transplant seedlings into their final destination, including cabbages, beans, pumpkins, squash and courgettes. Potatoes have also been planted this week in preparation for a July harvest. Well done to our brand new year 5 & 6 club who have got stuck in straight away in their first sessions!



OUR VISION IN ACTION

Exploring - Our Reception children have been exploring plants and how they grow. Today, all the children took home their seedling which they have been caring for over the past few weeks to make sure it has everything it needs to grow.

Achieving - Our year 5 & 6 basketball team performed incredibly to top the table at the final of the Waltham Forest 3v3 competition. The squad now have a few weeks to prepare to represent the borough at the London Youth Games finals in Leyton. Well done everyone!





YEAR 1 PHONICS SCREENING CHECK

Parent information session

Monday 20th May

Please join us to find out more information about the statutory test taking place for Year 1 pupils in June 2024.

- ✓ **9 - 9.20am - Please enter via large gates on Elphinstone Road and meet under the shelter.**
- ✓ **4.30 - 4.50pm - online - link will be emailed.**



WALTHAMSTOW LEISURE CENTRE JUNIOR BASKETBALL MAY HALF TERM HOLIDAY

- Activities include dribbling, shooting, ball control, passing, teamwork and general fitness. Basketball is a great way to improve discipline, social skills and physical fitness. All sessions are coached by a level 2 qualified basketball coach with over 10 years' experience in coaching under 16s.

| | |
|--------------------------------------|--------------------------|
| Tuesday 28 th May 2024 | 1- 2pm (7-10 Years Old) |
| | 2 –3pm (11-15 Years Old) |

- Cost – £6.30 per session

To book. Please go to



<https://betterflow.courseprogress.co.uk>

How to find us

Walthamstow Leisure Centre

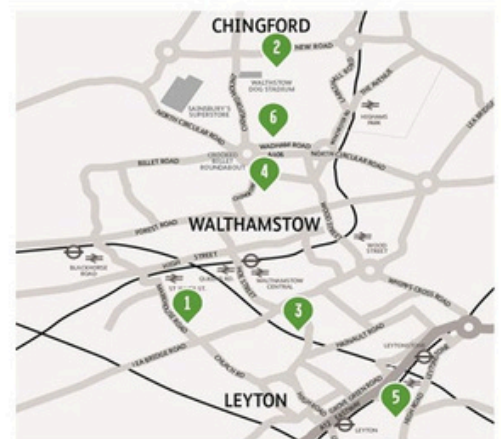
Markhouse Rd,

London E17 8RN

Tel: [020 8520 7464](tel:02085207464)

For more information Please email:

walthamstow@gll.org



Half Term Gymnastics Short Courses at Walthamstow Leisure Centre



| 5 – 7 years | 8 + years |
|----------------------------|---|
| Friday 31st of May 2 - 4pm | Wednesday 29 th of May 2 - 4pm |

Price - £12.50 per session

Available to book now on Better App or Better website

<https://betterflow.courseprogress.co.uk>

Come along and try out our fun packed gymnastics lessons or improve on existing gymnastics skills! Everyone is welcome

Please note places are limited we recommend booking early to avoid disappointment.

How to find us

Walthamstow Leisure Centre
Markhouse Rd, London E17 8RN

For more info email: walthamstow@gll.org

BETTER
the feel good place



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

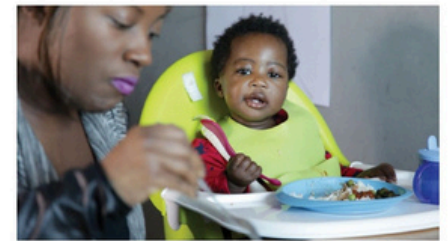
Week 5 – Ideas for active play to help children learn, develop and stay happy

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

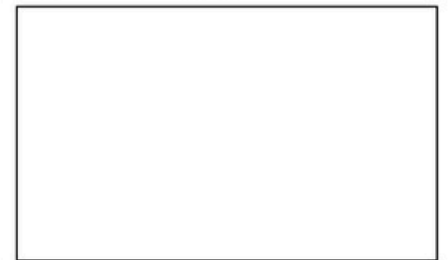
Week 8 – Celebrate your success as a parent and plan the future for your family

"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



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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