



WINNS WEEKLY

8.11.2024

أتمنى لك نهاية
أسبوع جميلة!

Arabic
Have a nice 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 11.11.2024

Monday 11th November 6ES Museum of Docklands trip

Tuesday 12th November 6PB Museum of Docklands trip

Wednesday 13th November Y3 Reading Morning (9:00am)

Thursday 14th November 3AF Class Assembly (9:10am)
Y2 Reading Morning (9:00am)

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 and the Industrial Revolution. Thank you to all the families who came along to support their children, and to Mr Bishop & Daria for preparing the children so well!



YEAR 5 SCIENCE MUSEUM TRIP

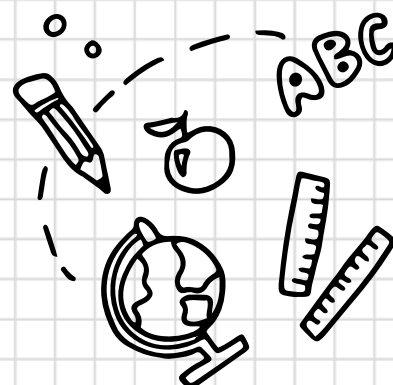
Year 5 visited the Science Museum on Tuesday to learn more about space and how our ideas around space have changed over time. The children represented the school brilliantly. Thank you to all the parent volunteers who accompanied the children on the trip.



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RECEPTION APPLICATIONS REMINDER

Please do not forget to apply for your child's September 2025 Reception place. If you have a child born between 01.09.20-31.08.21 they are eligible to start Reception in September 2025. The deadline for this application is JANUARY 15th 2025. Applications can be done now. Please apply via the admission website: <https://www.eadmissions.org.uk>. If you require any assistance with this application please speak to a member of staff.



YEAR 3 & 4 NETBALL FESTIVAL

A group of year 3 & 4 children attended the Bee Netball Festival at the refurbished Leyton Score Centre on Tuesday this week. The children had the chance to learn some new skills in a fun environment and were also able to play some small-sided netball games to further develop their skills. Well done everyone!

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!



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FRIENDS OF THE WINNS NEWS

CHRISTMAS CARDS - ONLY 2 DAYS LEFT TO ORDER!

You have until **Monday 11th November** to get your orders in for you Child's Christmas Cards, Mugs and Wrapping Paper. That is only 2 days away, so don't delay, make those orders today.

Ordering your child's Christmas cards could not be easier!

1. Go to <https://www.apfsorders.co.uk>
2. Input the unique artwork code - found on the label on the reverse of the artwork - and your child's first name and surname.
3. Order

All orders will be dispatched back to the school on the 25th November so you will have them in time for Christmas. A percentage of all sales go to the Friends of the Winns

HOW TO MAKE YOUR ORDER

- 1 Visit www.apfsorders.co.uk or scan the QR Code;
- 2 Enter the unique artwork code found on the reverse of your child's artwork;
- 3 Select your items and personalise with your children's artwork;
- 4 All items will be delivered to school on the date agreed with the organiser.

RAFFLE - CALL FOR DONATIONS



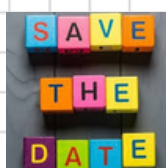
WINTER FAIR @ THE WINNS
RAFFLE

We will be holding another amazing raffle with insanely good prizes this year!

We are always on the lookout for more fabulous raffle prizes so if you own, work for or know of a wonderful business that could offer a prize for our raffles then please get in touch with Ramona:

Ramona.mincu@winns.waltham.sch.uk

DATES FOR YOUR DIARY



NOVEMBER:

Thurs 21st - Quiz Night (SOLD OUT)



DECEMBER:

Sat 7th - Winter Fair

Have ideas or feedback for FOTW? Email Karen, Co-Chair of FOTW: fotwchair@gmail.com



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FRIENDS OF THE WINNS NEWS CONT...

CASHPOT FOR SCHOOLS - LAST FEW WEEKS!!!



Up until November 30th, every time a customer shops with Asda using their rewards app, the supermarket will give a percentage of your spend towards your chosen school. To sign up, simply use the Asda Rewards App when you shop and select the Winns as your chosen School.

DO YOUR CHRISTMAS SHOPPING ONLINE?

THEN SIGN UP TO EASYFUNDRAISING!

Easyfundraising is a simple way for you to support the school. Over 7,500 brands will donate to Friends of the Winns for free every time you use the app or browser extension to shop. **It costs you nothing extra!**

Simply sign up here: <https://www.easyfundraising.org.uk/causes/friendsofthewinns>



NEED LABELS FOR YOUR CHILD'S CLOTHES?



Then consider using Sitkins.

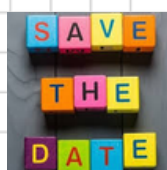
As a member of **Sitkins fundraising scheme** we receive a 30% donation every time you make a purchase. To order, visit <https://www.stikins.co.uk/> and use the school's fundraising number - 25586 - when making your purchase

OTHER WAYS TO SUPPORT

ONLINE DONATIONS - You can set up a regular payment or make a one off donation through the Charities Aid Foundation. All the details can be found here:

<https://cafdonate.cafonline.org/26249#!/DonationDetails>

DATES FOR YOUR DIARY



NOVEMBER:

Thurs 21st - Quiz Night (SOLD OUT)



DECEMBER:

Sat 7th - Winter Fair

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Christmas Card Project

ORDER CARDS, WRAPPING PAPER, TAGS, MUGS AND BAGS PRINTED WITH YOUR CHILD'S OWN ARTWORK

HOW TO MAKE YOUR ORDER

- 1 Visit www.apfsorders.co.uk or scan the QR Code;
- 2 Enter the unique artwork code found on the reverse of your child's artwork;
- 3 Select your items and personalise with your children's artwork; All items will be delivered to school on the date agreed with the organiser.
- 4

Please be aware that pencil drawings are often not visible when printed. We can not improve the quality of the drawings and therefore do not offer re-prints or refunds

HAVE YOU ORDERED YET?

CHERISH YOUR CHILD'S ARTWORK FOREVER WITH PERSONALISED CHRISTMAS GIFTS



ORDER HERE

HELP RAISE MONEY FOR YOUR CHILD'S SCHOOL

MUG



TOTE BAG



CARDS



PERSONALISED CHRISTMAS GIFTS FOR ALL THE FAMILY



01227 262417 info@apfs.org.uk apfs.org.uk



Art projects
for schools

COME AND JOIN US!



WINTER FAIR @ THE WINNS

FREE ENTRY



SATURDAY 7 DECEMBER
XXXXX 12-3PM XXXXX



SAVE THE DATE!



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

AFTER SCHOOL

Art & Crafts

Contact Melissa Gaul

Email
afterschoole17@gmail.com

For More Information



**[melissagaulwalker.wixsite.
com/afterschoole17](http://melissagaulwalker.wixsite.com/afterschoole17)**



Parents & Carers

**Your voice
matters**

Parental Conflict.

We are seeking parents/co-parents to join us in sharing their views about the support available to them in Waltham forest.

Once complete both individuals will receive a £15 incentive for taking part.

Camera's will need to be on during the sessions.

Tuesday 24th November and
Tuesday 3rd December
6.30 - 7.30pm
Delivered via Zoom
First come first served, please contact
Angela Carter: angelac@tlpcc.org.uk
to book or for more information

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

ANTI-BULLYING
ALLIANCE

#WakeUp
Wednesday®

The
National
College®

Source: See full reference list on guide page at:

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Autumn/Winter Menu 2024/25

SAVE THE PLANET MONDAY

CHOOSE FROM

Planet Pizza Wedge with Skin On Fries 
Vegetable Supreme Pizza with Skin On Fries 
Plant-Power Pesto Pasta 

UNLIMITED

Sweetcorn 
Minted Garden Peas 
Salad Selection 
Homemade Garlic Bread 

DESSERTS

Peaches 
Organic Fruit Yogurt 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

ALLERGEN FRIENDLY TUESDAY (FDA)

CHOOSE FROM

Ear Popping Sweetcorn Risotto 
Oven Baked Jacket Potato with Baked Beans 
Chilli Con Carne with Mixed Rice

UNLIMITED

Green Beans 
Roasted Organic Carrots 
Salad Selection 
Homemade Bread 

DESSERTS

Creamy Rice Pudding with a Fruit Compote 
Fresh Fruit Salad 
Seasonal Fresh Fruit 

Milk  will be available after lunch.

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Winter Vegetable and Chickpea Curry with Rice 
Baked Countryside Outlet with Rosemary Roast Potatoes 
Lemon and Garlic Chicken with Rosemary Roast Potatoes

UNLIMITED

Mixed Vegetables 
Fresh Season Green Cabbage 
Salad Selection 
Homemade Bread 

DESSERTS

St Clements Jelly 
Fresh Fruit Salad 
Seasonal Fresh Fruit 

Milk  will be available after lunch.

CLIMATE CHANGE THURSDAY

CHOOSE FROM

Classic Tomato and Basil Pasta 
Sweet Chilli Noodle Pot 
Oven Baked Jacket Potato with Baked Beans 
Homemade Bread 

UNLIMITED

Fresh Seasonal Broccoli 
Sweetcorn Cobs 
Salad Selection 
Homemade Bread 

DESSERTS

Lemon Drizzle Cake 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

FUN FACT FRIDAY

CHOOSE FROM

Tofu Tikka Curry with Mixed Rice 
MSC Golden Crumb Fish Fingers 
Jerk Chicken with Rice and Peas

UNLIMITED

Baked Beans 
Minted Garden Peas 
Salad Selection 
Homemade Tomato Bread 

DESSERTS

Cheese and Crackers 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

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 HFA certified or equivalent information on allergens present in this menu is available at www.walthamforest.gov.uk/foodanddrink or at the school.

Autumn/Winter Menu 2024/25

SAVE THE PLANET MONDAY

CHOOSE FROM

Red Lentil Dahl with Coconut Rice 
Homemade Cheese and Potato Whirls 
Oven Baked Jacket Potato with Baked Beans 
Homemade Bread 

UNLIMITED

Fresh Seasonal Broccoli 
Sweetcorn 
Salad Selection 
Homemade Wholemeal Bread 

DESSERTS

Fresh Fruit 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

ALLERGEN FRIENDLY TUESDAY (FDA)

CHOOSE FROM

Tangy Tomato and Pepper Pasta 
Margherita Pizza with Jacket Wedges 
Spicy Meatballs in a Creamy Tomato Sauce with Italian Rice

UNLIMITED

Fresh Organic Carrots 
Green Beans 
Salad Selection 
Homemade Bread 

DESSERTS

Grilled Winter Fruit 
Fresh Fruit Salad 
Seasonal Fresh Fruit 

Milk  will be available after lunch.

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Smokey Campfire Casserole with Diced Potatoes 
Oven Baked Jacket Potato with Smoky Applewood Cheese 
Hot n Kickin Chicken with Diced Potatoes

UNLIMITED

Rainbow Roasted Vegetables 
Salad Selection 
Homemade Bread 

DESSERTS

Fruit Jelly Pot 
Fresh Fruit Salad 
Seasonal Fresh Fruit 

Milk  will be available after lunch.

CLIMATE CHANGE THURSDAY

CHOOSE FROM

Roasted Vegetable Biryani 
Quorn Loaded Fajita 
Homemade Cheddar Cheese and Sweetcorn Quiche 
Homemade Bread 

UNLIMITED

Fresh Seasonal Broccoli 
Mixed Vegetables 
Salad Selection 
Homemade Bread 

DESSERTS

Chocolate Cracknel 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

FUN FACT FRIDAY

CHOOSE FROM

Vegetable Samosa with Oven Chipped Potatoes 
MSC Golden Crumb Fish Fingers 
Burger 
Homemade Bread 

UNLIMITED

Baked Beans 
Sweetcorn 
Salad Selection 
Homemade Garlic and Rosemary Focaccia 

DESSERTS

Carrot Cake 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

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Autumn/Winter Menu 2024/25

SAVE THE PLANET MONDAY

CHOOSE FROM

Sri Lankan Sweet Potato and Coconut Curry with Mixed Rice 
Creamy Mac n Cheese 
Crispy Topped Hotpot 

UNLIMITED

Garden Peas 
Sweetcorn 
Salad Selection 
Homemade Carrot and Coriander Bread 

DESSERTS

Waffle Finger 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

ALLERGEN FRIENDLY TUESDAY (FDA)

CHOOSE FROM

Spiced Chickpea and Sweet Potato Pilaf 
Oven Baked Jacket Potato with Baked Beans 
Beef Bolognese with Pasta Spirals

UNLIMITED

Fresh Organic Carrots 
Green Beans 
Salad Selection 
Homemade Bread 

DESSERTS

Raspberry and Coconut Pot 
Fresh Fruit Salad 
Seasonal Fresh Fruit 

Milk  will be available after lunch.

ALLERGEN FRIENDLY WEDNESDAY (FDA)

CHOOSE FROM

Pasta Neapolitan 
Garden Vegetable Goujons with Skin On Fries 
Spicy Chicken served with Skin on Fries

UNLIMITED

Fresh Seasonal Broccoli 
Mixed Vegetables 
Salad Selection 
Homemade Bread 

DESSERTS

Fruit Smoothie 
Fresh Fruit Salad 
Seasonal Fresh Fruit 

Milk  will be available after lunch.

CLIMATE CHANGE THURSDAY

CHOOSE FROM

Smokey Jackfruit Jambalaya 
Chilli filled Yorkshire Pudding 
Oven Baked Jacket Potato with Baked Beans 
Homemade Bread 

UNLIMITED

Sweetcorn 
Roasted Organic Carrots 
Salad Selection 
Rosemary and Cherry Tomato Focaccia 

DESSERTS

Homemade Shortbread Biscuit with Orange Slice 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

FUN FACT FRIDAY

CHOOSE FROM

Power Burger 
MSC Golden Crumb Fish Fingers 
Homemade Chicken Pie with Oven Chipped Potatoes

UNLIMITED

Baked Beans 
Garden Peas 
Salad Selection 
Homemade Bread 

DESSERTS

Chocolate Sponge and Chocolate Sauce 
Organic Fruit Yogurt 
Seasonal Fresh Fruit 

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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.

OCTOBER

M T W T F
1 2 3 4
7 8 9 10 11
14 15 16 17 18
21 22 23 24 25
28 29 30 31

NOVEMBER

M T W T F
1 2 3 4 5 6
9 10 11 12 13
16 17 18 19 20
23 24 25 26 27
30 31

DECEMBER

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 31

JANUARY

M T W T F
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6 7 8 9 10
13 14 15 16 17
20 21 22 23 24
27 28 29 30 31

FEBRUARY

M T W T F
3 4 5 6 7
10 11 12 13 14
17 18 19 20 21
24 25 26 27 28
31

MARCH

M T W T F
3 4 5 6 7
10 11 12 13 14
17 18 19 20 21
24 25 26 27 28
31

 Vegan
 Vegetarian
 Gluten Free
 Dairy Free
FDA Free from the 14
deklarable
allergens

Mindful Meals
National School
Meals Week
11th-15th November

EAT THE
RAINBOW

