

BAR  
SPONSORED BY



COME AND JOIN US!



# WINTER FAIR @ THE WINNS

FREE ENTRY



SATURDAY 7 DECEMBER

XXXXX 12-3PM XXXXX



VOLUNTEERS  
NEEDED!



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

SANTA'S GROTTO  
SUPPORTED BY

THE STOW  
BROTHERS

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

WINTER FAIR  
@ THE WINNS

RAFFLE



## AMAZING PRIZES TO BE WON!



£50 Zizzi  
restaurant  
voucher



£25 Nandos  
voucher



£15 Claire's  
voucher



£50 Yard Sale  
voucher



Body Shop Rose  
gift set



Voucher for  
celebration cake  
from Le Delice  
(worth £36)



Yankee Candle  
festive gift set



Lisa Angel  
earrings



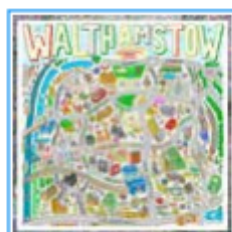
Oliver Bonas  
champagne  
glasses



Annie  
Montgomery  
print



Portmerion  
festive side  
plates



Angry Dan map  
of Walthamstow  
donated by the  
artist



Tablet donated  
by Central



...and many  
more!

Last date to play is (lucky) Friday 13th December!  
Scan the QR code or go to [thewinns.rallyup.com/winterraffle24](http://thewinns.rallyup.com/winterraffle24)



# WINNS WEEKLY

6.12.2024

¡Buen fin de semana!

Spanish  
Have a good weekend!



Headteacher: Fiona Judge / The Winns Primary School, Fleeming Rd. E17 5ET  
020 8527 1872 / [www.thewinnsprimaryschool.co.uk](http://www.thewinnsprimaryschool.co.uk) / [office@winns.waltham.sch.uk](mailto:office@winns.waltham.sch.uk)

## DATES FOR DIARIES WB 9.12.2024

**Saturday 7th December** Winns Winter Fair (12-3pm)

**Monday 9th December** Mental Health Support Coffee Morning (9:00am)  
School Nurse drop in (9:00am)

**Tuesday 10th December** Year 1 Christmas Concert (2:45pm)

Year 1 Christmas Concert (9:10am)

Year 2 Christmas Concert (2:45pm)

**Wednesday 11th December** 1AS Walthamstow Central station visit

Christmas Lunch Day

Year 2 Christmas Concert (9:10am)

Year 3 Christmas Concert (2:45pm)

**Thursday 12th December** 1JS & 1ES Walthamstow Central station visit

3SH William Morris Gallery visit

Year 4 Christmas Concert (9:10am)

Year 5 Christmas Concert (2:45pm)

**Friday 13th December** 3AF & 3AM William Morris Gallery visit

Year 6 Christmas Concert (9:10am)

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

## 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.



# WINNS WEEKLY 6.12.2024

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## CHRISTMAS CONCERTS - EARLY YEARS

Over the past few days, The Winns has been filled with seasonal joy as our Nursery and Reception classes kicked off our Christmas concerts in spectacular style. Parents turned out in large numbers to enjoy a wonderful selection of festive classics performed with much enthusiasm and charm by our youngest pupils.

The children's hard work and delightful performances certainly brought wide smiles to everyone's faces. If parents didn't have that warm festive glow when they arrived, we're confident they did by the time they left!

We want to extend a huge thankyou to all the families who joined us and supported the children during this magical start to the concert season. Your presence made the concerts even more special.

Stay tuned for more festive celebrations as the rest of the school takes to the stage next week. Let's keep that holiday spirit alive! 🎄🎵



## EXCITING NEWS: OUR YEAR 5 BETA READERS!

We're thrilled to share some exciting news with our school community! Local author and advocate for diversely authored books and Black British history, Claire Linney, has invited a group of our Year 5 children to be beta-readers for her upcoming book, set to be published in 2025.

Claire visited our school earlier this year to talk about her debut novel, *Time Tub Travellers* and the *Silk Thief*, and was deeply impressed by the way our children engaged with her stories of growing up and her passion for Black history.

While the title of her new book is top secret, we can't wait to dive into another thrilling *Time Tub Travellers* adventure. This is a fantastic opportunity for our pupils to contribute to the creative process while developing their love for reading and storytelling. Stay tuned for more updates on this exciting collaboration! 📖🌟



Uncorrected proof of book 2 in the *Time Tub Travellers* series. There may be grammar and spelling errors within as this is not the final version.



## SPRING TERM CLUBS INFORMATION

We are now accepting registrations of interest in our Spring term clubs programme. Please see [our website](#) for the links to the forms. The deadline to apply is Wednesday 11th December at 5pm. As always, we expect demand to be very high. We will give priority to children who may not have attended a club already this year, and will do our very best to give every child at least one space in a club. We may not always be able to give first preferences, but will try and accommodate where possible.

## YEAR 5 MEDIEVAL COOKING ADVENTURE



This week, Year 5 students engaged in a DT cooking lesson, making medieval apple, parsnip, and carrot fritters, which complemented their history unit on medieval monarchs. The hands-on activity enhanced their cooking skills and appreciation for historical flavours. The classroom buzzed with laughter and the aroma of spiced fritters, leaving students confident in their culinary abilities, ready to serve a royal feast. Great job, Year 5! 🍎🥕👑

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## YEAR 4 BRITISH MUSEUM VISIT

All of our year 4 classes visited the British Museum this week as part of their learning around Romans and Anglo Saxons. The children visited exhibits in the museum featuring the impressive Sutton Hoo hoard and the remains of a Roman Villa, including a range of jewellery, tools and silverware. Thank you to all the parent volunteers who accompanied the children on the trip - they wouldn't be able to take place without your support!



## Travel for Life Top Schools Award Nominations NOW OPEN!

**Nominations are now open for the 2023-24 Top School Awards!** Whether you've been engaged with the programme for years or only recently joined, it's your chance to showcase your achievements. The awards honour schools for their work in reducing car journeys and encouraging active travel celebrating contributions from students, teachers parents and the wider school community.

To be eligible your school must have achieved something **exceptional** in the 2023-24 academic year. This could be a creative or innovative project or powerful evidence of changing travel behaviours.

### Award Categories Include:

*Best NEW School, Long-Term Excellence, Mode Shift Impact,  
Best Campaign, Creativity and Innovation, Student Achievement, School Champion.*

The awards event will be held on 19th May 2025 at the Kia Oval and is an action-packed day with lots of engaging activities and pupil networking.

→ **Please click on this link to make your nomination** ←

### Last years winners:

Mission Grove Primary: Long-Term Excellence Award  
Mayville Primary: Highly Commended, Best Newcomer  
Joseph Clarke School: Highly Commended, Best Campaign



TfL  
TRAVEL  
FOR LIFE



[schooltavelplans@walthamforest.gov.uk](mailto:schooltavelplans@walthamforest.gov.uk)



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## FRIENDS OF THE WINNS NEWS



**Winns Winter Fair**  
**Cakes, Bakes & Biscuits Needed**

If you are able to bake or buy any cakes, biscuits or sweet treats for the Winter Fair, please drop them off at the main school office on **Friday 6th December** or **Saturday 7th December** at the start of the event.

Please ensure all items are nut free, and, if you can, include an ingredients list for any home bakes

### THE WINTER FAIR IS TOMORROW!

All the information you need regarding the winter fair including a map of where everything is located on the school grounds are included in this newsletter.

**We are looking forward to seeing you tomorrow!**

### FOOD BANK DONATION BINS

The Food Bank Donation Bins will be out at the Winter Fair. If you can, then please bring along the following items which will be donated to Eat or Heat and The Salvation Army:

- Long life food items such as cans, packets, and cartons.
- Special treats that can be packed into individual and family food parcels e.g. tins of biscuits, chocolates, and selection boxes.



### THE RAFFLE - BUY YOUR TICKETS NOW!

The Raffle closes on Friday 13th December so there is still time to buy your raffle tickets.

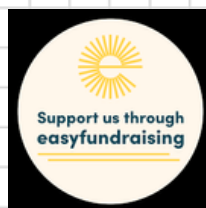
Entries are only 10p each so click here: <https://tinyurl.com/2szntvxw> and buy your tickets now!

### DO YOUR CHRISTMAS SHOPPING ONLINE?

**THEN SIGN UP TO EASYFUNDRAISING!**

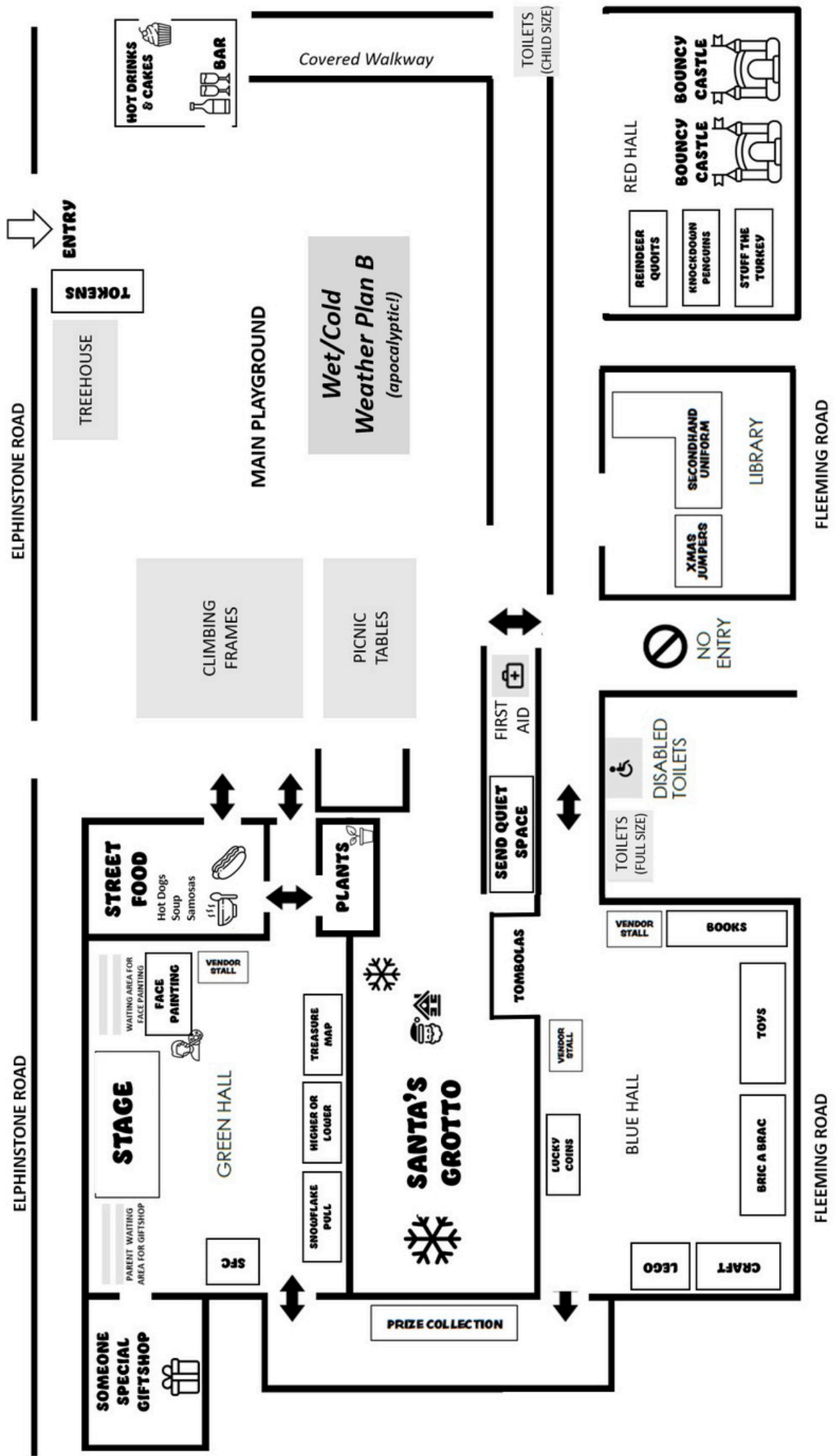
Easyfundraising is a simple way for you to support the school. Over 7,500 brands will donate to Friends of the Winns for free every time you use the app or browser extension to shop. **It costs you nothing extra!**

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



**Have ideas or feedback for FOTW? Email Karen, Co-Chair of FOTW: [fotwchair@gmail.com](mailto:fotwchair@gmail.com)**







# Winter Fair FAQs

## What is the Winns Winter Fair?



The Winns Winter Fair is a community event, run by the Friends of the Winns volunteers. The purpose of the fair is to raise money for the school while (hopefully!) having fun.

We offer food, drink, gifts and items to purchase. Kids can play a variety of games to win prizes and also visit Santa in his grotto.

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## When is the Winns Winter Fair?



**Saturday 7th December**

Fair runs from **12pm to 3pm - free entry**

(11:30 early open for SEND families)

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## How do the tokens work?



We sell tokens on the front gate, which can be spent on most stalls\* and all games. Tokens cost 50p each.

Each game costs one token to play (other experiences such as the bouncy castle and grotto cost more, but there will be signage making all price points clear, and we aim to balance affordability with maximising fundraising)

If a player wins a game, they will be given a different coloured prize token. Prize tokens can be collected and exchanged for a prize at the prize table.

*\*excluding stalls run by external vendors*

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## Can I pay by cash or card instead of using tokens?



Yes! All stalls and games will accept cash. Some will also accept contactless card payments, including all food and drink service areas, pre-loved uniform and Santa's Grotto.



# Winter Fair FAQs



## What happens if it's raining or snowing?

The Winns Winter Fair will run whatever the weather, however, the weather will determine how many of the games and experiences will be inside. We will have a wet weather and dry weather plan, and will set up on the day according to conditions.

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## Are there any performances to look out for?

Yes! The school choir is scheduled to serenade fair attendees at 12.30pm, and the school's ukelele band will be performing at 1.00pm. Both performances will be in Green Hall.

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## What will the food and drink options be?

We will be serving savoury items such as soup, hot dogs and samosas at the Street Food stall, plus cakes, biscuits and hot drinks at the Cafe. The licensed Bar will be serving mulled wine, prosecco, beer and soft drinks.

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## What's new at this year's fair?

We have introduced our "Surprise Someone Special Giftshop", where kids will be able to buy small (pre-wrapped!) gifts for their parents and carers.

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## What is the SEND Family Quiet Space?

There will be a quiet space available for children who would like time away from the busy fair.

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## Disaster! I have other plans and can't attend the fair! How else can I support the Friends of the Winns?

Don't worry! You can buy raffle tickets here, or make a general donation to FOTW here. You can also donate a raffle prize, donate baked goods or sign up to EasyFundraising to support FOTW while shopping online.



# Winter Fair Stalls



## Bric-a-Brac

Homewares, toys, gadgets, beauty...anything goes, at a bargain price!



## Pre-Loved Uniform and Kids Xmas Jumpers



## Face Painting

## Craft Activities & Colouring



## Second Hand Books

Books for all ages



## Bouncy Castle

Kids only!



## Surprise Someone Special Giftshop

(Kids can buy pre-wrapped gifts for their loved ones...no grown-ups allowed!)

## Cafe

(Hot drinks, cakes, biscuits & sweet treats)



## Bar

(Licensed bar selling alcohol and soft drinks)

## Street Food

(Options include soup, hot dogs, samosas and filled rolls)



*Plus a number of other stalls run by external vendors selling gifts and clothes, and an informational stand about the parent-led "Smartphone Free Childhood" initiative*



# Winter Fair Games & Grotto

*(dependent on volunteer numbers!)*

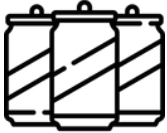


## Spin the Wheel Tombola

Spin to win!

## Chocolate Tombola

Choose ticket for the chance to win!



## Tin Can Alley

Knock down cans to win!

## Stuff the Turkey

Roll balls into turkey butt to win!



## Lucky Snowflakes

Choose a snowflake for the chance to win!

## Reindeer Quoits

Hoop an antler for the chance to win!



## Lucky Christmas Coins

Choose a coin for the chance to win!

## Festive Higher or Lower

Classic card game!



## Prize Table

Exchange winning tokens for prizes

## Santa's Grotto

Visit Santa (and his pals!) in his magical Grotto! Every kid gets a gift.



Do you often find yourself telling your child off?

Does your child have frequent temper tantrums at home?

Would you like to know more about how to strengthen your relationship with your child?

Does your child find it difficult to follow instructions?

Are these behaviours difficult to manage and affecting the whole family?

Join us for a workshop on

## *Common Behaviour Difficulties*

hosted by the Waltham Forest Mental Health Support Team to learn strategies to manage these behaviours.

**MONDAY 9TH DECEMBER, 2024**

**9:00am - 10:00am at  
The Winns Primary School**



# Parent/Carer Support Programmes

**January - March 2025**

A full guide to the programmes available from pregnancy to adulthood in Waltham Forest

[Click here for the full guide](#)



**Best Start  
in Life**





# MAKING IT MINDFUL

# Christmas

# PARTY



**DISCO, GAMES, SNOW MACHINE, ENTERTAINERS, GIANT  
SLIDE, BOUNCY CASTLES, CRAFTS, SENSORY PLAY,  
FACEPAINTING, GINGERBREAD DECORATION AND MANY  
MORE FUN ACTIVITIES!**



**MON 23RD DEC**



**10.30AM - 1PM  
2PM - 4.30PM**



**FREDERICK BREMER  
SCHOOL E17 4EY**

**BOOK  
HERE**



**FREE TICKETS FOR CHILDREN AGED 4 - 11 YEARS WHO RECEIVE BENEFIT  
RELATED FREE SCHOOL MEALS AND LIVE IN WALTHAM FOREST**

**Making It Mindful**

# New Years Party

For children aged 4 – 11 years old and their families



**Disco, games, snow machine, entertainers, giant slide, bouncy castles, crafts, sensory play, face Painting and a “healthy snack making” workshop!**



**Monday 30th Dec**



**10.30am – 1pm &  
2pm – 4.30pm**



**George Mitchell  
Secondary School E10  
5DN**

**Book here**



[www.makingitmindful.co.uk](http://www.makingitmindful.co.uk)



Children aged 4 – 11 years who go to school in Waltham Forest and receive benefit related free school meals are eligible to book FREE spaces for themselves and their siblings through the Holiday Activity Programme funding.

# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>