

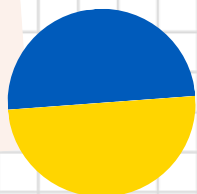


WINNS WEEKLY

24.1.2025

Гарних
вихідних!

Ukrainian
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 27.1.2025

Monday 27th January School Nurse Drop In

Thursday 30th January 5ED Class Assembly (9:10am)

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

YOUNG VOICES CONCERT 2025

A group of our year 5 children had the amazing opportunity of performing in the O2 Arena on Thursday evening. The children, lead by Ms. Sam Hickey, have taken part in the 2025 Young Voices project, which brings together tens of thousands of school children in arenas around the country to become the world's largest children's choirs. A huge thank you to Ms. Hickey for organising the event, to Ms. Bairstow and Mr. Millen for accompanying the children on the day, and to all the parents and families who went down to the arena to support your children. It was a day that they will hold long in their memory!



WINNS WEEKLY 24.1.2025

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KS2 PANATHLON GAMES

A group of our KS2 children attended the Panathlon Games on Thursday at Peter May Sports Centre. They competed in a range of sports activities alongside other Waltham Forest schools, performing incredibly well with limited experience of the different activities they took part in. Well done to all the children for representing the school so well and demonstrating all of the School Games values.



YEAR 2 BAKE SALE



Well done to our year 2 children who hosted a charity bake sale on Thursday for their parents. We raised an incredible £258.36 for the charity Mind. Thank you to everyone who baked or sent in a cake, and of course to everyone who donated. It was a perfect opportunity for the children to show off the skills they had been learning in maths!

YEAR 1 LEARNING

Year 1 packed their bags and wrapped up warm on Monday morning this week as they embarked on a special plane journey in their classes! The children “flew” to Antarctica to gain a better understanding of its geography as part of their writing work on the story Lost and Found. Well done Year 1!



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THE BOOK THAT REPRESENTS ME

You may recall that before Christmas we shared details of an inspiring writing competition that encourages children to reflect on books that truly represent them. The Book That Represents Me invites children in Years 3 to 6 to write a compelling review of a book in which they feel at least one aspect of their identity is authentically represented. In 350 words or less, children should explain why other people should read the book, how it makes them feel represented, and why this is meaningful to them.

Teachers in KS2 are in the process of revisiting the key elements of the competition, before setting off the children to write their independent pieces. Once complete, teachers in each year group will select five entries to submit ahead of the February 14th deadline.

There are some fantastic prizes up for grabs too, that include £3000 worth of inclusive books for our great school library. Good luck everyone!



World Wetlands Day 2 Feb

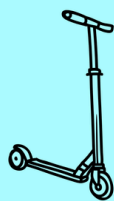
Visit the Walthamstow Wetlands and learn about their significance!

World Wetlands Day is celebrated each year to mark the anniversary of The Ramsar Convention on Wetlands, which was signed on 2 February 1971, to protect these vulnerable yet crucial habitats. Wetlands help clean our water, protect against climate change and even support our wellbeing.



Walthamstow Wetlands is a fully operational 211 hectare Thames Water reservoir site which is the main source of water supply for 3.5 million people. It is also an internationally important nature reserve, providing home and shelter to a wide range of wildlife, from rare waterfowl to majestic birds of prey.

Book a School Visit: <https://www.wildlondon.org.uk/outdoor-learning/schools>



TfL
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FOR LIFE



schooltavelplans@walthamforest.gov.uk



Waltham Forest

ROYAL ACADEMY YOUNG ARTISTS' SUMMER SHOW

Now in its seventh year, the Young Artists' Summer Show is a free, open submission exhibition for students aged 4-18 studying in the UK. Artworks are judged by a panel of artists and arts professionals, with selected artworks displayed online and on-site at the Royal Academy of Arts.

Registration and submission is open until 5 March 2025, [find out more and get involved](#).



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BARCLAY'S FOOTBALL EQUAL ACCESS AWARD

We were recently presented with the Barclay's Equal Access Award for our work to promote football for girls, as well as boys. As a school, we run girls football clubs for KS1 and KS2, regularly compete in the borough tournaments and also attend the girls' football festivals which help to develop beginner players' confidence. Pictured are our KS2 Girls' Football Club with our award.



Waltham Forest Mental Health Support Team Webinar Dates 2025

Waltham Forest Mental Health Team present to you webinar dates for 2025. These webinars cover a range of topics around mental health and wellbeing. They are accessible to all residents of Waltham Forest.

ALL webinars run from 4:30-5:30pm.

Register [HERE](#)



NELFT NHS
NHS Foundation Trust

JANUARY 2025



Thursday 16th January 2025: Helping your Child With Exam Stress (*Secondary School Parents*)

Thursday 30th January 2025: Managing Exam Stress (*Young People*)

MARCH 2025



Thursday 13th March 2025: Neurodiversity (*ALL Parents*)

Thursday 27th March 2025: Neurodiversity (*ALL Support Staff and Teachers*)



MAY 2025

Thursday 8th May 2025: Transition from Primary to Secondary School (*Primary School Parents*)

Thursday 22nd May 2025: Transition from Primary to Secondary School (*Young People*)



JUNE 2025

Wednesday 4th June 2025: Behaviours that Challenge (*Primary School Parents*)



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FRIENDS OF THE WINNS NEWS

EVENTS THIS TERM

This term we are planning more fun fundraising events with further details about each one to follow soon:

- World Book Day - We plan to host a number of events around World Book Day (6th March) including The Story Trail (1st-31st March), a book swap, and a costume swap
- Quiz Night - The second Winns Nights Presents.... The Quiz will take place on Thursday 20th March. Keep an eye out for more information and ticket details soon

WAYS TO SUPPORT

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!**

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

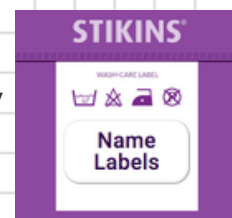
ONLINE DONATIONS - You can set up a regular payment or make a one off donation through the Charities Aid Foundation. All the details can be found here:

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

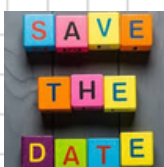
NEED LABELS FOR YOUR CHILD'S CLOTHES?

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



DATES FOR YOUR DIARY



FEBRUARY:

MARCH:

1st-31st - Story Trail
20th - Quiz

APRIL:

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



RA

Call for entries

An exciting opportunity for students aged 4–18, who are living and studying in the UK, to exhibit their artwork on site or online at the Royal Academy of Arts.

Open for submissions

6 January – 5 March 2025

Find out more and enter

roy.ac/youngartists

#RAYoungArtists

Young Artists' Summer Show

2025

Royal
Academy
of Arts

Made possible by Robin Hambro

2025...

JANUARY

SALE!

SHOP HERE 

10% OFF
EVERYTHING!

UNIFORM ✓
BAGS ✓
ACCESSORIES ✓
...& MORE!

With code:
JSP25

24TH - 31ST JANUARY!



10% OFF
YOUR SCHOOL
UNIFORM

**10% OFF ALL SCHOOL
UNIFORM & BAGS**
on your schools Parent
Online Page.

Find your school
HERE! ... 

Enter code: **JSP25** at checkout

10% OFF...

Our already heavily
discounted non-logoed
adults & children's clothing!

Shop
HERE! ... 

Enter code: **JSP25** at checkout



10% OFF
CLEARANCE
PAGE



10% OFF
PLAIN UNIFORM
& ACCESSORIES

10% OFF...

Skirts, Trousers, Shorts, Bags,
Plimsolls, Hats, Art Products...
& more!

Find your school
HERE! ... 

Enter code: **JSP25** at checkout

24TH - 31ST JANUARY!

www.mapac.com/education/parents

Online orders only. Not available in our on-site shop. Offer not available on online leavers hoodies.

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**



ALL ABILITIES ARE WELCOME

Junior BADMINTON PROGRAMME

FRIDAY 24 JANUARY
to **FRIDAY 27 JUNE 2025**

From **5pm** to **7pm**

Aged

8 to 17

FREE



weekly sessions taking place at



Walthamstow Leisure Centre,
243 Markhouse Road,
London, E17 8RN

The Waltham Forest Sport and Leisure Team have partnered with GLL and Feel Good Accredited Club Black Arrows Badminton Club to launch a new Junior Badminton Programme aimed at boys and girls aged 8 to 17

Online registration is required limited spaces are available

Contact Feel.Good@walthamforest.gov.uk for more information



TO REGISTER
SCAN
QR CODE



What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

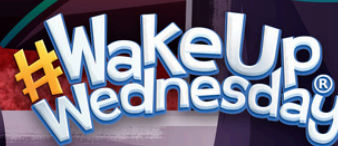
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



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



Feb Half-Term

St. Aubyn's Prep School
(Woodford Green, IG8 9DU)

Ages 3-12*

17th - 21st Feb 2025



BOOK ONLINE

www.Camp-Wild.co.uk

07414 274 015

info@camp-wild.co.uk

£39.95/d / £159.95/wk (ages 5-12)

Camp Cubs

£29.95/d / £124.95wk (ages 3-4)

Childcare Vouchers Accepted

OFSTED Registered

Ages 5-12: 8:30-5:30pm*

Ages 3-4: 8:30-12:30 or 1-5pm

*8:30-9:30 drop off 4:30-5:30 pickup

Extended 8-6pm available





Birthday Party?

Camp Wild can host all your Entertainment
and theme needs!

£150/HOUR www.Camp-Wild.co.uk/parties

Email: party@camp-wild.co.uk or Call/WhatsApp:
07414 274 015



Pre book Camp Wild 2024-25 Dates!

- Feb : 17th - 21st Feb '25
- Easter : 7th - 17th April '25
- May : 27th -30th May '25
- Summer : 14th July - 29th Aug '25