

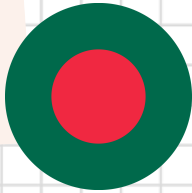


WINNS WEEKLY

31.1.2025

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 3.2.2025

Tuesday 4th February Nursery Parent Tour (9:30am)

Thursday 6th February 2LT Class Assembly (9:10am)

Friday 7th February NSPCC Dress Up for Digits day

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

5ED CLASS ASSEMBLY

5ED were the latest class to showcase their learning from the past term as they performed their class assembly to their families and Green Hall on Thursday morning. We were given a whistle-stop tour of the English monarchy over the centuries, as the children showed off their learning in History, English and Art, where they had worked on portraits of some of the monarchs. We even heard a catchy song to help us remember all the monarchs that have sat on the throne through history - a lot to remember, but year 5 worked incredibly hard to learn every word! Well done year 5, and a big thank you to Ms. Dodge and Louise for helping to prepare the children. Thank you also to all the families who came along to watch and support.



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

YEAR 2 COOKING SESSIONS

Year 2 donned their aprons this week for their latest D&T project in our kitchen. The children created vegetable spring rolls to celebrate the Lunar New Year and link to their topic of China this term. They continued to develop their cooking skills, including mixing, folding and sealing pastry, and basic hygiene for cooking. The finished products looked and tasted delicious! Well done year 2!



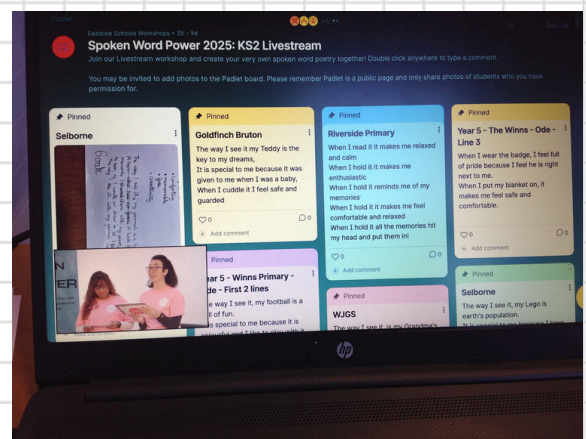
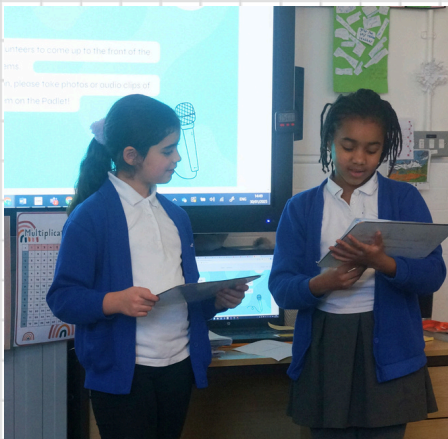
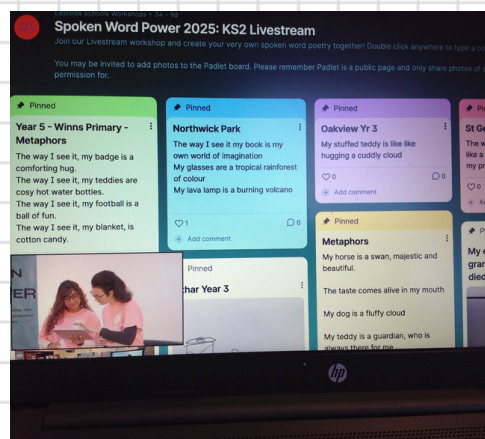
THE MIX - CHILDREN'S MENTAL HEALTH AWARENESS



Ahead of Children's Mental Health Week, we welcomed a film crew into school from the charity The Mix this week. The crew worked with children from years 5 & 6 to begin produce digital content to help support children and young people with mental health awareness. Further information about the charity can be found [here](#).

SPOKEN WORD POWER PROJECT

Some of our KS2 children took part in a live online workshop on Thursday as part of the Spoken Word Power Project, organised by Eastside, a children's performing arts charity. The Spoken Word Power Project aims to discover the next generation of youth poets. The children have already begun to write their first poems and will now embark on a journey of developing and then performing their work in poetry slam. For more information, see the [Eastside website here](#).





FRIENDS OF THE WINNS NEWS



WORLD BOOK DAY EVENTS

World Book Day is on the 6th March and Friends of the Winns have planned a number of fun activities related to the love of reading:

WINNS STORY WINDOW TRAIL - 1ST TO 31ST MARCH

What is it? The Winns Story Window Trail will be taking place between the 1st and 31st of March. The trail is designed to promote children's reading by decorating a window in your home inspired by a favourite book or character. There will be an interactive map detailing where all the windows are and Central Estate's are donating £750 to the school for books. **How many Winns Story Windows will you be able to find?!**



Want to be involved? You can take part by decorating a window at home. We are also looking for 75 households to host an advertising board from Central Estates who are donating £10 for every sign they put up. The deadline to host a sign is the 20th February, and for window decorators, it's the 28th February.

SIGN UP TO BE PART OF THIS FABULOUS EVENT NOW by filling in the form here: <https://tinyurl.com/2bbjbxz3>

COSTUME SWAP

We will be hosting a **Costume Swap on Friday 28th Feb** after school. Bring your old and outgrown costumes to school and maybe find a new costume for this year



BOOK SWAP

Bring a book from home and swap it for a different pre-loved book.
Dates TBC

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





FRIENDS OF THE WINNS NEWS CONT..

QUIZ NIGHT



The Winns Nights Presents.... The Quiz is back!

It will take place on Thursday 20th March and the teachers team will be there to defend their crown. Keep an eye out for more information and ticket details soon

INSTAGRAM

Did you know that the Winns has an Instagram account?

You can follow what's happening at the school and FOTW will be sharing info on upcoming events too. Follow them here:

<https://www.instagram.com/winnsprimary/>



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>

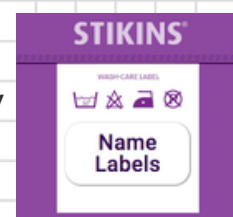
ONLINE DONATIONS - You can set up a regular payment or make a one off donation through the Charities Aid Foundation. All the details can be found here:

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

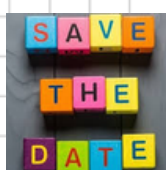
NEED LABELS FOR YOUR CHILD'S CLOTHES?

Then consider using Stikins.

As a member of **Stikins 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:

28th - Costume Swap

MARCH:

1st-31st - Winns Story Window Trail

20th - Quiz Night

APRIL:

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



The Winns STORY WINDOW TRAIL 2025



The Winns
Primary School



Join the Winns Story Window Trail!

We're back for 2025; bigger and even better!

Last year, over 50 Winns Homes joined in, decorating their front windows with kids' book themes.

The idea behind the trail is to promote the love of reading in the lead up to **World Book Day, Thursday 6th March 2025**.

Thanks to Central Estates' sponsorship, we have 75 sign slots available, **raising £750 for books for the school!**

Ways to get involved

You can take part by decorating a window for the trail, hosting an advertising board outside your home, or both!

If you'd like a sign but don't want to decorate, that's fine too – just check with your landlord if you rent.

Advertising signs will be up from **1st–31st March**, and we ask decorators to keep their windows decorated for the same period. We'll email decorators a special 'Winns Windows' blue plaque to print and display.



An interactive map of the trail will be shared by 1st March for everyone to enjoy.

If you'd like to join in, please fill out this Google form: if you can

<https://forms.gle/XJ7EcRDTccXyAuaA6>

The deadline to host an advertising sign is **Thursday 20th February**, and for window decorators, it's **Friday 28th February**.

Thank you!

How many
Winns Story Windows
can you find?



SHOWKIDS

THEATRE SCHOOL

Easter Holiday Musical Theatre Course SISTER ACT JR.

5 days: 7th to 11th April, 9am to 4pm.

With a performance to families on Friday 11th.

At The Winns Primary School, Walthamstow, E17.

£295 (we accept childcare vouchers & HMRC tax free payments).

To book, go to showkids.co.uk
or call us on 0203 488 5384



- Make new friends and have fun!
- Act, Sing, Dance
- Develop confidence, communication skills and creativity.

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

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**



February Half Term Gymnastics Short Courses at Walthamstow Leisure Centre



5 – 7 years	8 + years
Friday the 21 st of February 2-4pm	Friday the 21 st of February 2-4pm

Price - £12.90

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

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday®

The National College®