



WINNS WEEKLY

5.9.2025

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 W.B. 8.9.2025

Tuesday 9th September Deadline for clubs applications 5pm ([see website for further details](#))

Y5 Parent Induction Meeting 4pm

Y1 Parent Induction Meeting 4:30pm

Wednesday 10th September Y3 Parent Induction Meeting 4pm

Y6 Parent Induction Meeting 4:30pm

Thursday 11th September Y1 Parent Induction Meeting 4pm

Y4 Parent Induction Meeting 4:30pm

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

NEW YEAR MESSAGE

Dear Families.

A warm welcome back to a new school year! We hope you all had a wonderful break and were able to spend some time relaxing with family and friends. It has been so lovely to see the children return this week, full of stories from their summer holidays and so excited to meet their friends and new teachers. We have had a wonderful first week back - the children have quickly adapted to new classrooms, routines, and relationships, and it has been a real joy to watch them approach these changes with such confidence.



Photo credit: Eleanor Maxfield, Year 4 parent



NEW YEAR MESSAGE CONTD.

Over the summer, there have been some exciting improvements to our school environment. The Reception classrooms have had a complete makeover, and the outside toilets have been fully refurbished – something the children are already delighted about! Although, a slight overrun has meant that it will be next week when the children get to use them for the first time. We would also like to say a big thank you to the group of parents who generously gave their time to design and decorate the new wall murals in the school canteen. These bright and cheerful additions are already proving very popular with both children and staff.

Thank you, too, to all the parents and carers who took part in our annual parent survey during the summer term. It was wonderful to receive such overwhelmingly positive feedback and we have shared the findings in more detail later in this newsletter. We would also like to remind parents that we are an allergy-aware school and again, we go into this in greater detail later in this newsletter. This year, we will continue to build on our Rights Respecting agenda, with the aim of achieving Silver Status, while also embedding our school's core values into everything we do. Our teachers are already busy planning inspiring new learning opportunities through trips, workshops, and creative classroom activities. It promises to be an exciting year ahead, and we look forward to sharing it with you and your children. In the meantime, have a lovely weekend.



SUNDAY 28 SEPTEMBER 2025



TOUR DE WALTHAM FOREST

#TDWF2025



Book your ride now!



REMINDER – THE WINNS IS AN ALLERGY AWARE SCHOOL



At the start of this new academic year, we would like to take this opportunity to remind you that The Winns is an Allergy Aware School, as outlined on our website [here](#).

The health, safety and wellbeing of our children is of the utmost importance. All staff are regularly reminded, through briefings, of those pupils who are at most risk of severe allergic reactions. Alongside this, all staff receive regular training in recognising and responding to anaphylaxis, ensuring they are confident in dealing with emergencies. Epipens are also placed in key areas around the school so they can be accessed quickly if ever required. We also ensure that children themselves are reminded of the seriousness of allergies. Through regular assemblies and discussions, pupils are taught about the dangers allergens can pose and the importance of looking out for one another.

You may recall that we previously described ourselves as a nut-free school. We have moved away from this wording because, in reality, it is impossible to guarantee that our environment can ever be completely free from nuts or other allergens. Instead, as an Allergy Aware School, we focus on raising awareness, taking practical steps to reduce risks, and being fully prepared to respond if needed. We ask for your continued support by following the guidance on our website and avoiding foods that could put children with allergies at risk.

Thank you for helping us keep every child safe.

Our approach to allergy awareness is supported by our work with Allergy School, run by the Natasha Allergy Research Foundation, Anaphylaxis UK and some very helpful, well-informed parents. If you want to find out more information, please follow these links:

<https://www.narf.org.uk/allergy-school>

<https://www.anaphylaxis.org.uk/>



IMPORTANT SAFETY ALERT: THE "SALT AND ICE CHALLENGE"

Please be aware of a dangerous online trend known as the "Salt and Ice Challenge" that is causing severe injuries among young. Participants place salt on their skin and press ice on top, causing a chemical reaction that can lead to second- or third-degree cryogenic burns similar to frostbite. These injuries can be severe enough to require hospital treatment, including skin grafts, and can result in lasting scars and nerve. The cold numbs the skin, so young people may not realize the extent of the damage until it is too late. If your child sustains a burn from this challenge, immediately cool the area under lukewarm running water for at least 10 minutes. Do not use ice, creams, or fluffy dressings. Cover the burn with clean cling film and seek medical attention for serious injuries. Please talk to your children about the risks of this dangerous trend, particular older children and those who have access to social media.



IMPROVING HOME–SCHOOL COMMUNICATION



Thank you to everyone who recently shared feedback through our parent survey. One of the themes that came through strongly was the volume of communication being sent out. We know that, at times, families can receive several separate messages in a day, whether by email, text, or other school apps. This can seem, at times, a little overwhelming.

While we are proud that communication has been highlighted as one of our strengths over the years, we also recognise the need to keep things clear, manageable and as streamlined as possible.

From this term, we are asking teachers to channel notices about trips, class events and general reminders through a central hub. This will allow us to produce a weekly bulletin that will be sent to parents every Friday, in addition to our usual Winns Weekly Newsletter. Our hope is that this change will significantly cut down on the number of emails you receive.

Of course, you will still receive:

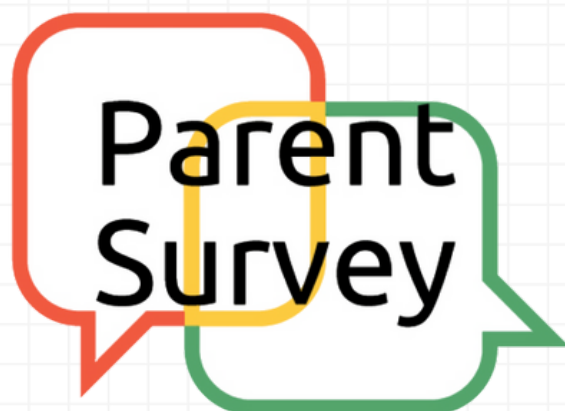
- Essential notices from the school office (such as ParentPay information),
- Urgent messages from class teachers if direct communication is needed, and
- Notifications about any medical incidents.

We hope these changes will make life a little easier for everyone, while still keeping you fully informed about all that's happening at The Winns. Thank you, as always, for your ongoing .

Y3 PARENTS MORNING DROP OFF

We are so pleased with how well Year 3 have settled back into school this week – it has been a fantastic start to the year in their new classes. To help reduce congestion in the quiet area and to encourage the children's growing independence, we would kindly ask parents to allow their children to walk across the playground and into class on their own. This small step really supports their confidence and sense of responsibility, while also helping us to keep the playground safe and calm for everyone.





PARENT SURVEY FEEDBACK

Thank you to all the parents and carers who took part in our annual parent survey during the summer term. It was wonderful to receive such overwhelmingly positive feedback, with many of you saying that you would recommend The Winns to other families, and also adding that we offer a 'nurturing, inclusive, and welcoming environment'.

Whilst it is nice to receive such high praise, the survey also serves another, more important purpose: helping us to identify areas where we can continue to improve and grow. Over the summer, we have carefully analysed the

responses and identified several common themes that we can begin to work on. Some changes can be achieved in the short to medium term, while others will need more time and planning before we act.

One area that featured prominently was school meals. Although there has been positive feedback from many children and improvements in recent years, we know there is still more to do in terms of the range and quality of meals provided. Our meals are currently provided by Waltham Forest Catering, which delivers around 12,000 meals every day across the borough - so a huge undertaking for any organisation. Our contract with them expires next year, and your feedback has been invaluable as we explore options for a new provider. We will keep you updated on this process in the new year.

Another area that generated useful responses was home-school communication. Some parents told us that the volume of messages could, at times, feel a little overwhelming. We have already taken steps to address this, as outlined elsewhere in this newsletter, and we hope you will start to notice gradual improvements straight away.

Of course, there were many other comments and suggestions too numerous to cover here. Please be assured that we will continue to reflect on these and keep you informed as we work on them.

For now, we would like to extend our warm thanks for your thoughtful feedback and for supporting our ongoing efforts to make meaningful improvements for our children and our whole school community.

AD-HOC CHANGES TO PICK UP ARRANGMENTS

We are noticing an increase in last-minute messages to the school office about changes to pick-up arrangements. While we completely understand that plans can sometimes change unexpectedly, calls or emails made close to home time make it very challenging for us to ensure messages are passed on to class teachers in time. To help us keep children safe and avoid confusion at the end of the day, we kindly ask that, wherever possible, any changes are shared with the office earlier in the day. Thank you for your support in helping us manage this smoothly.





FRIENDS OF THE WINNS NEWS

A WARM WELCOME BACK!



Welcome back to School and an especially warm welcome to all the new parents whose children have just started. FOTW is the school's PTA and is a registered charity. **More info about us can be found on the next page of this newsletter.**

AGM DATE

The FOTW AGM will be hosted at the school the evening of Monday 29th September. Everyone is welcome, so please come along to meet a group of parents dedicated to making the Winns even better for all the children. **Several of the committee are stepping down so we will be voting in new members, your vote and your volunteering matters!**

You can also hear about how the FOTW have used the funds raised this year and plans for what's next. We would love to hear your ideas and feedback and share volunteering opportunities. **More details to follow and for more information about becoming part of the committee please contact fotwchair@gmail.com**

LIBRARY VOLUNTEERS NEEDED

Can you help out in the school library? FOTW need some new volunteers to help in the library, no experience necessary even hour a week would be helpful ! Training provided.

Interested? Then contact fotwchair@gmail.com

RECEPTION REP REQUIRED

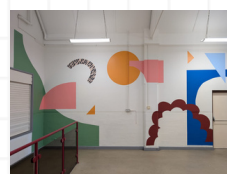
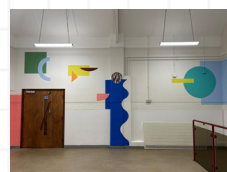
We are looking for a parent to become **the new Reception Year Group Rep**. Year Reps are important members of FOTW as they help to pass on information and are the point of contact for all information related to FOTW for their year group.

Interested? Then contact fotwchair@gmail.com or come along to the AGM

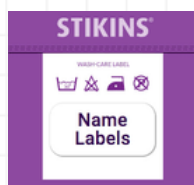
NEW MURAL



While the school was quiet in the summer holidays two very creative parents designed and hand painted a fantastic mural in the food serving area bringing a plain space to life with pattern and colour. **Artists Harrie Smith and Siobhan Watt** collaborated to fill the walls with lively shapes which I'm sure will have amazed and delighted the children at lunch times this week! Thank you both so much for your time and talent and to Axelle for assisting.



NEED LABELS FOR YOUR CHILD'S CLOTHES?



Then consider ordering from 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 quote the school's fundraising number - **25586** - when you check out.



WINNS WEEKLY 23.7.2025

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THE FRIENDS OF THE WINNS

WHO ARE FRIENDS OF THE WINNS?

We are you! If you are a parent of a child at The Winns Primary School then you're automatically a Friends of The Winns member. Run by a committee of parents, the Friends of the Winns is a collection of volunteers who run events throughout the year to raise much needed funds for our school. But most importantly, we have fun!

WHERE DOES THE FUNDRAISING GO?

All money raised goes to the school to give the children the best educational experience possible. In recent years, we have supported a number of projects including the Main School and Reception playground transformations, the installation of a teaching kitchen, School Library improvements, and the purchase of new AV equipment.

Also, 10% of all money raised by Friends of the Winns goes to the Family Support Fund. This is managed by the school and offers support to those families that need it most.

WANT TO VOLUNTEER WITH FOTW?

The Friends of the Winns is a charitable organisation that is run completely by parent volunteers. You can volunteer at anytime and can give us as much time as you can (even an hour helps). You don't need to hold an official FOTW role or be voted in to be a volunteer!

We are also on the look out for people to help in a number of ways, whether that is with the Library Team, the Pre-loved Team on at one of our many events. Interested? Then please email fotwchair@gmail.com or join the FOTW Whatsapp group: <https://tinyurl.com/dk7jc2ef>

WE ♥ VOLUNTEERS!



OTHER 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>

Have ideas or feedback for FOTW? Email FOTW: fotwchair@gmail.com





WALTHAM FOREST MENTAL HEALTH SUPPORT TEAM WEBINARS 2025

02

OCTOBER

School attendance and Emotional Wellbeing

5-6PM ON MS TEAMS



16

OCTOBER

Helping your child reach their full academic potential

5-6PM ON MS TEAMS



06

NOVEMBER

Positive approaches to challenging behaviour

5-6PM ON MS TEAMS



20

NOVEMBER

Boost your mood – practical tools for overcoming low mood

5-6PM ON MS TEAMS



03

DECEMBER

Anxiety management: building resilience and calm

5-6PM ON MS TEAMS



Please register your interest for any of our free webinars by scanning this QR code



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

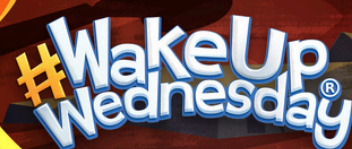
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College®