Weekly Bulletin - 16ᵗʰ January 2026

Click the link for each item to head straight to the relevant information.

Upcoming dates for diaries

- 6ᵗʰ February – Dress Up for Digits Day
- 9ᵗʰ February – Children's Mental Health Awareness Day
- 10ᵗʰ February – Safer Internet Day

Dates and event information

- Provisional **dates for diaries** for the whole academic year, including class assembly dates. ([click here](#))
- A letter from the Director of Education at LB of Waltham Forest regarding changes to the Ofsted Framework ([click here](#))
- Please download the new Eduspot app to receive messages and notifications directly from school to your smartphone ([click here](#) and follow the link to the App Store or Google Play)

February Half Term Holiday Clubs

- **ShowKids' WICKED themed February half-term holiday course** at The Winns is now available to book! 9am-4pm from the the 16th-20th of February. OFSTED registered and accepting childcare vouchers ([click here](#))

Information from outside agencies and organisations

- Top tips for parents and carers about **Digital Devices and Wellbeing** from the National College ([click here](#))
- Waltham Forest Mental Health Support Team webinars for 2026 ([click here](#))
- Waltham Forest **Educational Psychologist Service Parent Advice** sessions ([click here](#))
- Waltham Forest **Community Drop In Sessions** ([click here](#))
- Information about a pop up **Felix Fresh station, distributing free fruit and vegetables** ([click here](#))

The Winns Primary School

Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

February 2026

6th – Dress Up for Digits Day

9th – Children's Mental Health Awareness Day

10th – Safer Internet Day

16th-20th – Half Term Holiday

March 2026

6th-13th – British Science Week

18th– Eid Celebration

20th – ASC finish

wb 23rd – Parental Consultation meetings

27th – Last day of Spring term

April 2026

13th – First day of Summer term (staff & children, no Inset day)

20th – ASC start

22nd – Earth Day

May 2026

4th – Bank Holiday (school closed)

wb 11th – KS2 SATs (Y6)

22nd – ASC finish

wb 25th – Half Term Holiday

June 2026

Pride Month

wb 1st – No ASC

wb 1st & 8th – Multiplication Tables Check (Y4)

1st – Inset day (staff only)

3rd-5th – Y5 Residential to The Hive

wb 8th – Phonics Screening Check (Y1)

wb 8th & 15th – Creativity Weeks (art work displayed at Summer Fair)

8th – ASC start

16th – Y1, 2, 3 Sports Day

17th – Y4, 5, 6 Sports Day

24th - Class Photos

25th – Young Enterprise

July 2026

4th – FOTW Summer Fair

9th – Y6 Leavers' Production (after school)

8th – End of year reports sent home

10th – ASC finish

14th – Leavers' BBQ

17th – Leavers Assembly

17th – Final day of the Summer term

20th – Inset day (staff only)

Class Assembly Dates

Spring 1	Spring 2	Summer 1	Summer 2
Wed 21st Jan – 3CS	Thurs 5th Mar – 3NM	Thurs 23rd Apr – 1AS	Thurs 11th Jun - Pine
Thurs 29th Jan – 5JH	Thurs 12th Mar – 6AM	Thurs 30th Apr – 5BB	Thurs 18th Jun - 4LT
Thurs 5th Feb – 2CS	Thurs 19th Mar – 2JS	Thurs 7th May – 2ML	Thurs 25th Jun - Cedar
Wed 11th Feb – 6ES	Thurs 26th Mar – 4KB	Thurs 21st May – 1BH	Thurs 2nd Jul - 1GB
Thurs 12th Feb – 4EB			Thurs 9th Jul - Elm

![Waltham Forest logo] ![WF Traded Services — Services that work with you]

EDUCATIONAL PSYCHOLOGY SERVICE

Speak confidentially with an educational psychologist about your child

DATES

Wednesday afternoon (12:30–2 pm) or evening (3:30–5 pm)

24th September 2025
8th October 2025
12th November 2025
10th December 2025
14th January 2026
11th February 2026
18th March 2026
22nd April 2026
20th May 2026
10th June 2026
8th July 2026

PARENT ADVICE SESSIONS

Who is it for?
- Parents and carers living in Waltham Forest

What can I expect?
- A free 30-minute session with an EP by phone or online via Teams

How to book?
- Call, text or email us using the contact details below

ABOUT US

Our diverse EP team is passionate about working with families and schools to support children and young people aged 0—25 years with their development, learning and emotional wellbeing.

✉ educationalpsychologyservice@walthamforest.gov.uk

☎ 07776 589 597

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What Parents & Educators Need to Know about
DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE
Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE
Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY
Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS
Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES
Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS
Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
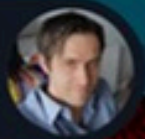
ENCOURAGE OPEN DIALOGUE
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

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, which works with schools on improving their mental health provision.

#WakeUpWednesday

The National College®

Waltham Forest Mental Health Support Team Webinars 2026

21 January — Thriving under exam pressure: tips and strategies — 5-6PM ON MS TEAMS

12 February — Helping your child navigate big feelings: evidence-based strategies — 5-6PM ON MS TEAMS

05 March — Navigating social media mindfully — 5-6PM ON MS TEAMS

19 March — Mental health through a neurodiversity lens — 5-6PM ON MS TEAMS

09 April — Why sleep matters: impacts on mood, stress and resilience — 5-6PM ON MS TEAMS

14 May — New Start, New Steps: Navigating the Move from Primary to Secondary School — 5-6PM ON MS TEAMS

25 June — New Start, New Steps: Navigating the move from secondary school to further education — 5-6PM ON MS TEAMS

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

FELIX FRESH

The Felix Project, in partnership with BETTER, will be distributing free fresh fruit and vegetables.

WHEN
Tuesday 27th
January
1-3pm

WHERE
Walthamstow Leisure Centre,
243 Markhouse Rd, E17 8RN
W3W ///clubs.models.such

BRING YOUR BAGS, BOXES, TROLLEYS AND STRONG ARMS, AND TAKE HOME WITH YOU A VARIETY OF DELICIOUS, FRESH FOOD!

Felix | THE FELIX PROJECT