



# The Winns Primary School

## Weekly Bulletin - 30<sup>th</sup> January 2026

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

### Upcoming dates for diaries

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

### Dates and event information

- Provisional **dates for diaries** for the whole academic year, including class assembly dates. ([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 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 **Mental Health Disinformation Online** from the National College ([click here](#))
- Waltham Forest **Holiday Activities and Food Programme** - February half term 2026 ([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](#))

# The Winns Primary School

## Calendar Dates Academic Year 2025-26

**Please note, these dates are subject to change.**

### February 2026

**6<sup>th</sup> – Dress Up for Digits Day**

**9<sup>th</sup> – Children's Mental Health Awareness Day**

**10<sup>th</sup> – Safer Internet Day**

**16<sup>th</sup>-20<sup>th</sup> – Half Term Holiday**

### March 2026

**6<sup>th</sup>-13<sup>th</sup> – British Science Week**

**18<sup>th</sup> – Eid Celebration**

**20<sup>th</sup> – ASC finish**

**wb 23<sup>rd</sup> – Parental Consultation meetings**

**27<sup>th</sup> – Last day of Spring term**

### April 2026

**13<sup>th</sup> – First day of Summer term (staff & children, no Inset day)**

**20<sup>th</sup> – ASC start**

**22<sup>nd</sup> – Earth Day**

### May 2026

**4<sup>th</sup> – Bank Holiday (school closed)**

**wb 11<sup>th</sup> – KS2 SATs (Y6)**

**22<sup>nd</sup> – ASC finish**

**wb 25<sup>th</sup> – Half Term Holiday**

**June 2026**

**Pride Month**

**wb 1<sup>st</sup> – No ASC**

**wb 1<sup>st</sup> & 8<sup>th</sup> – Multiplication Tables Check (Y4)**

**1<sup>st</sup> – Inset day (staff only)**

**3<sup>rd</sup>-5<sup>th</sup> – Y5 Residential to The Hive**

**wb 8<sup>th</sup> – Phonics Screening Check (Y1)**

**wb 8<sup>th</sup> & 15<sup>th</sup> – Creativity Weeks (art work displayed at Summer Fair)**

**8<sup>th</sup> – ASC start**

**16<sup>th</sup> – Y1, 2, 3 Sports Day**

**17<sup>th</sup> – Y4, 5, 6 Sports Day**

**24<sup>th</sup> - Class Photos**

**25<sup>th</sup> – Young Enterprise**

**July 2026**

**4<sup>th</sup> – FOTW Summer Fair**

**9<sup>th</sup> – Y6 Leavers' Production (after school)**

**8<sup>th</sup> – End of year reports sent home**

**10<sup>th</sup> – ASC finish**

**14<sup>th</sup> – Leavers' BBQ**

**17<sup>th</sup> – Leavers Assembly**

**17<sup>th</sup> – Final day of the Summer term**

**20<sup>th</sup> – Inset day (staff only)**

## Class Assembly Dates

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

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# EDUCATIONAL PSYCHOLOGY SERVICE

Speak confidentially  
with an educational  
psychologist about  
your child

## 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

## 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



## 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](mailto:educationalpsychologyservice@walthamforest.gov.uk)



07776 589 597

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

## POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

## RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

## LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

## IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

## MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'burnout' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

EVERYONE HAS THAT

## REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.



### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.



### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

“ ”

### Meet Our Expert

Anna Botterman 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.



#WakeUp  
Wednesday

The  
National  
College<sup>®</sup>

X @wake\_up\_weds

f /www.thenationalcollege

Instagram @wake.up.wednesday

Twitter @wake.up.weds

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# COMMUNITY DROP-IN

## Our early help community drop-in is here

It's a place where everyone can come to get friendly support and information from local volunteers, community organisations and Waltham Forest Early Help teams in an informal space.

We can help you with information about **local services**, **support for parents**, **community activities**, and **help to use online services** and more.

**WALTHAM FOREST**

### FAMILY HUBS

WELLBEING, CONNECTION, SUPPORT

#### CAN YOU HELP?

You can find out how to volunteer here:



#### DROP IN FROM 9.45-11.15AM

FREE DROP IN SESSION, NO NEED TO BOOK

TUESDAY

QUEENS ROAD  
FAMILY HUB  
215 QUEENS ROAD  
E17 8PJ

WEDNESDAY

CHINGFORD  
LIBRARY  
STATION ROAD  
E4 7EN

THURSDAY

WALTHAMSTOW  
LIBRARY  
HIGH STREET  
E17 7JN

FRIDAY

LEYTONSTONE  
LIBRARY  
6 CHURCH LANE  
E11 1HG



SHOWKIDS  
THEATRE SCHOOL

presents

our February 2026 half-term workshop

# WICKED

Ages  
5-14 yrs

MON 16<sup>TH</sup> FEB  
- FRI 20<sup>TH</sup> FEB -  
9AM-4PM



THE WINNS  
PRIMARY SCHOOL,  
FLEMING RD,  
E17 4LR



[WWW.SHOWKIDS.CO.UK](http://WWW.SHOWKIDS.CO.UK) / 02034885384

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# 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

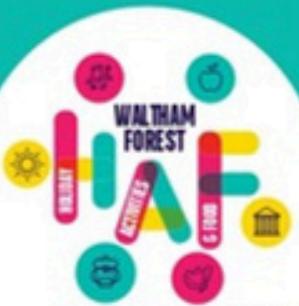
New Start, New Steps: Navigating  
the move from secondary school  
to further education

5-6PM ON MS TEAMS



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





## WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

# HALF TERM 2026

## 16-20 FEBRUARY

**ARE YOU AGED BETWEEN 5-16  
AND IN RECEIPT OF BENEFIT  
RELATED FREE SCHOOL MEALS?**

Funded by the Department for Education, this February half term we have the opportunity for you to try a wide range of free activities, have fun, make friends and enjoy a free meal every day across the borough.



To book your place and  
find out more scan here:



or visit  
**WALTHAMFOREST.GOV.UK/HOLIDAYS**

Booking is essential on all activities  
so book early to avoid disappointment

For queries please contact the Waltham Forest Holiday Activity Programme team on:

**WFHOLIDAYACTIVITYPROGRAMME@  
WALTHAMFOREST.GOV.UK**

