



Weekly Bulletin - 30th 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](#))
- 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 **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

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

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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

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 unvetted 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 'trauma' 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.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unvetted 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.

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.

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.

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 Bateman is Director of Halcryn 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

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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



Waltham Forest



SHOWKIDS
THEATRE SCHOOL

presents

our February 2026 half-term workshop

WICKED

Ages
5-14 yrs

MON 16TH FEB
- FRI 20TH FEB -
9AM-4PM

THE WINNS
PRIMARY SCHOOL,
FLEMING RD,
E17 4LR



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**

