



# WINNS WEEKLY

## 6.2.2026

پکے ہفتہ کا اختتام  
اچھا رہ!

Urdu  
Have a nice weekend!



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

## DATES FOR DIARIES W.B.9.2.2026

**Monday 9<sup>th</sup> February** School Nurse in  
Children's Mental Health Awareness Day

**Tuesday 10<sup>th</sup> February** Safer Internet Day

**Wednesday 11<sup>th</sup> February** 6ES Class Assembly (9:10)

**Thursday 12<sup>th</sup> February** 4EB Class Assembly (9:10)

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

## 2CS CLASS ASSEMBLY

This week, 2CS showcased their learning in Geography, Writing, and Art through a captivating performance of The Magic Paintbrush. With outstanding acting and impeccable comedic timing, they delivered a powerful rendition of "A Million Dreams," accompanied by a dazzling Chinese dragon that swirled through the audience. The show was a tremendous success! Great job, 2CS!



## WORLD BOOK DAY ANNOUNCEMENT

This year's World Book Day is fast approaching us on Thursday 5<sup>th</sup> March. This year, CJ the Storyteller will be visiting us on Tuesday 3<sup>rd</sup> March, and we will be dressing up as our favourite book characters on World Book Day itself (5<sup>th</sup> March). FOTW are organising a costume swap on the playground to take place on Friday 27<sup>th</sup> February after school.



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## Y5 SUSTAINABILITY WORKSHOP

All of our Year 5 classes have spent time at the Lee Valley Ice Centre this week. Courtesy of the LV Park Authority, the children took part in a completely free ice skating session as well as attending a Sustainability in Action workshop with members of the Learning and Engagement team. The workshop links to a unit of work the children will undertake in geography later this year and helped to demonstrate the eco credentials of the refurbished Ice Centre building. A huge thank you to the parent volunteers who accompanied the children on the trips.

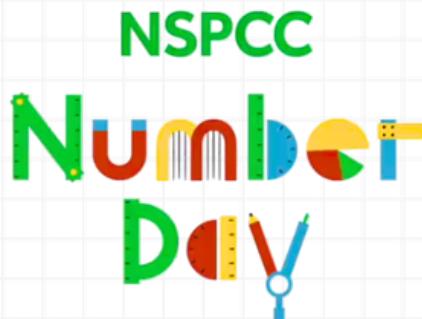
## YEAR 5 DODGEBALL FESTIVAL

A group of year 5 children had the opportunity to attend the WF School Games Dodgeball Festival this morning. The festival was a thrilling display of teamwork, determination, and sportsmanship. The energy in the air was palpable as the children dodged, ducked, and dived, all while cheering each other on with unwavering enthusiasm. The children represented the school excellently and showcased the range of School Games values that we would expect to see from them. Well done all!



## DRESS UP FOR DIGITS

Our school was bursting with numbers this week as children (and quite a few adults!) dressed up as digits to celebrate NSPCC Number Day. From sparkling sevens to heroic threes and some very creative double digits, the effort and imagination on show were fantastic. The day wasn't just about looking the part - pupils took part in fun, practical maths activities that helped bring numbers to life, while also supporting the important work of the NSPCC. There was plenty of laughter, learning and number-spotting around every corner. Thank you to everyone for your efforts you all helped make Number Day such a memorable and magical event for everyone at The Winns.



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## MAKING A SPLASH: DIVING SUCCESS!

We are incredibly proud to celebrate the recent achievements of three Winns children who take part in platform diving outside of school. They have reached new heights in competition over the last fortnight! The medal haul began on 24th January, when Ines (4KB) displayed fantastic skill at the Surrey County SAS Diving Skills Competition, securing a well-deserved Gold medal. The success continued on 1st February at the Haringey Aquatics Novice Competition. In a brilliant showing for Year 6, Emilio (6ES) took home the Silver medal, while Henry (6ES) put in a great performance to earn the Bronze.

It is wonderful to see our children excelling in such a demanding and disciplined sport. Huge congratulations to Ines, Emilio, and Henry on these fantastic results - the whole school is cheering you on!



### DO YOU HAVE A STORY TO SHARE?

We are always on the look out for news of Winns children doing amazing things outside of school as well as inside. If you have any achievements to share please pass any photos and the details on to [office@winns.waltham.sch.uk](mailto:office@winns.waltham.sch.uk) and mark for the attention of Mr Jones & Mr Millen.

## PENNY'S LATEST SUCCESS FOR SARCOMA UK!

We are delighted to share another update on Penny (4KB) and her mum Anna's incredible mission for Sarcoma UK. Building on the momentum of their previous fundraising featured in our newsletter, their latest event was their most successful yet!

Last Saturday, The Dog & Duck hosted a spectacular bake sale. It was a true Winns community affair, with a fantastic turnout of friends, families, and pupils. Even Mrs Brady stopped by to show her support and sample the treats. We are incredibly proud to announce that the afternoon raised over £1,600. It is heartening to see Penny's continued commitment to this cause - aided, of course, by the delicious bakes and helpers Stella, Iris, Lyra, Finley, Kitty, Felix, Frankie and Dash. Well done, Penny; we can't wait to see what you achieve next!



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All the National College's *WakeUpWednesday* guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about TIKTOK

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

**WHAT ARE THE RISKS?**

**AGE-INAPPROPRIATE CONTENT**

TikTok's Following Feed shows videos from known creators, while the default for You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

**BODY IMAGE AND DANGEROUS CHALLENGES**

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blockout" trend, where users hold their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

**IN-APP SPENDING**

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

**CONTACT WITH STRANGERS**

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

**MISINFORMATION AND RADICALISATION**

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

**ADDICTIVE DESIGN**

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

### Advice for Parents & Educators

**ENABLE FAMILY PAIRING**

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

**DISCUSS THE DANGERS**

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

**BLOCK IN-APP SPENDING**

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

**READ THE SIGNS**

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

**Meet Our Expert**

Alan Martin is an experienced technology journalist who has written for the likes of *Wired*, *Technology*, *Tom's Guide*, *The Evening Standard* and *The New Statesman*.

View full reference list on our website

**#WakeUpWednesday**

**The National College**

Users of this guide do so at their own discretion. No liability is entered into. Release date: 26.11.2025





## FRIENDS OF THE WINNS NEWS

### WE'RE ALL FRIENDS OF THE WINNS

As a parent/carer to a child or children who attend the Winns, you are already a Friend of the Winns. The Friends of the Winns is a **registered charity which organises opportunities to connect, share ideas, volunteer and support the school through fundraising, wellbeing and social activities.**

### Did you know?

Did you know that as a registered charity, if the company you work for offers **paid time off for volunteering leave**, this can be used to help with Friends of the Winns events!



### YEAR GROUP REPS

Last Friday, Bisi, Vic, and Ness from the FOTW committee held an **in-person and online meeting with FOTW year reps** to gather feedback on their roles, share ideas, and **discuss priorities for the year ahead**. Year reps, who are voted in annually at the FOTW AGM, do a sterling job sharing FOTW communications, **answering questions, and relaying feedback and ideas** from their classes and year groups.

Thanks to everyone who was able to join and hold this space. Ahead of planning for the Summer Fair 2026, we will be holding **another year group catch-up soon**.

### FOTW SURGERIES

We would love to hear **your ideas and feedback** about how we can all work together as Friends of the Winns. Surgeries also give our community a chance to learn more about the charity, what we are doing, and the **proposed calendar of events for 2026**.

We plan to host an online meet-up (date TBC) after the February half term.

In the meantime, please feel free to contact us at [fotwchair@gmail.com](mailto:fotwchair@gmail.com) or share your thoughts via your class reps. The FOTW committee - **Matt, Vic, Ness, and Bisi** - are also always happy to have a chat in the playground.





## FRIENDS OF THE WINNS NEWS

### FOTW FUNDING PRIORITIES 2026

Co-chairs Bisi and Vic met with Miss Judge last week to discuss the main priorities for FOTW support **through to September 2026**. This week, we're sharing an overview of the key areas of spend and improvements that FOTW will be supporting the school with.

#### Playground Improvements

**Phase One** - Enhancing play opportunities The school will be purchasing a large, purpose-built shed to support easy access to and storage of play equipment.

FOTW has agreed to fund a range of **imaginative play resources**, including:

- Dressing-up clothes
- Buggies
- Fabric and loose parts
- Dolls
- Pots and pans
- Tubes and open-ended materials

FOTW will also **coordinate a team of parent volunteers** to help maintain the play shed and carry out regular stock checks.

#### Phase Two - Trim trail

FOTW will provide **matched funding** with the school to install a trim trail around the perimeter of the playground.

#### New PA System

FOTW will fund a new PA system for use in the playground, supporting:

- Music and dancing
- School fairs
- Performances and events

#### Enrichment Fund

FOTW will donate £500 per class, per year to support **additional enrichment activities**, on top of the existing lessons, trips and activities already provided by the school.

#### National Year of Reading

To support the National Year of Reading:

- The school will invest £2,000 in new books
- FOTW will match this with a further £2,000

This brings a **total investment of £4,000** in new books for the school.

Over the coming weeks, we'll **spotlight each of these priority areas in more detail** and share how parents and carers can get involved through volunteering opportunities. Watch this space!

#### FOTW-Supported Reading Activities

As part of our commitment to reading, here's what's already underway:

#### Reading Volunteers

This week, the first supported reading sessions took place in school. Volunteers:

- Learned about the school's reading resources
- Received guidance on best-practice approaches
- Met the children they will be supporting

FOTW supported the call-out for parent and carer volunteers for this programme.

We'll be sharing an official thank-you to our volunteer group once the Spring sessions conclude.

Huge thanks in the meantime to **Lucy Cooper, Mike Waterson and Allison Tokeley** for all their work in getting the sessions up and running.

The Spring programme will **run until 26 March**, after which we'll reopen the volunteer list when we return from the Spring break.



## FRIENDS OF THE WINNS NEWS

### THE WINNS STORY WINDOWS TRAIL 2026

#### Can your home join the Winns Story Windows Trail?

We're back for 2026, bigger and even better! Last year, over 40 Winns families took part by **decorating a front window in their home**. Decorations can be based on any book theme (a favourite book, much-loved character or story) and it's a brilliant opportunity for children, parents and carers to get creative together.

The trail promotes a love of reading in the lead-up to **World Book Day on Thursday 5 March 2026**.

We're delighted that **Central Estates**, our annual sponsor, has kindly agreed to increase their sponsorship. There is the opportunity to raise up to **£1,000 for new books for the school**, with 100 sponsored sign slots available, each raising £10. This is an increase of £250 on last year's total.

#### Ways you can get involved

- **Decorate a front window** in your home for the trail
- **Host a sponsored sign** outside your home
- **Or do both** - just let us know which option(s) work for you



You can host a sponsored sign without decorating a window. Sponsored signs will be displayed from 1-31 March. If you rent your home, please check and obtain permission from your landlord before hosting a sign. If you're decorating, we'd love your window to be **ready by 1 March and to stay up until 31 March**, so as many people as possible can enjoy the trail.

We'll email you a special **Winns Windows blue plaque** to print and display next to your window. If printing at home is tricky, just let us know and we can arrange one to be collected from the school office.

An **interactive map of the trail** will be created and shared for families to enjoy throughout March. Closer to the time, we'll also share more ways we're increasing interactivity so every child can join in. [\*\*Sign up here\*\*](#)

**Apologies reception families, a mistake was made on the published form omitted an option to share you are a reception family. Please do add that info in the free text.**

- Deadline to host a sponsored sign: **Monday 23 February (midday)**
- Deadline to decorate a window: **Friday 27 February (midday)**





## FRIENDS OF THE WINNS NEWS

### WORLD BOOK DAY - EASY DIY COSTUME IDEAS

By Lucy and Myfanwy from the Preloved Team

World Book Day is on **Thursday 5 March**. If you're after something you can pull together without buying anything new, these ideas use everyday clothes with small creative touches.

They're also a lovely option for a half-term activity to do together, if that works for your family.

#### Idea 1: Animal Characters

(Lion, tiger, rabbit, fox, bear, badger...)

- Plain clothes in the right colour
- Mask: paper plate or cereal box card
- Tail: old tights stuffed with newspaper
- Optional face paint or card ears



#### Idea 2: Witches & Magical Characters

(Worst Witch, Wicked Witch, etc.)

- Dress or dark outfit
- Pointy hat from paper or card
- Wand made from card, ribbon or glitter
- Optional cape (no-sew is fine, just make sure it opens easily)



Homemade, shop-bought, simple or last-minute, it all counts!





## FRIENDS OF THE WINNS NEWS

### BOOK SWAP 2026

The much-loved Book Swap will be back again this year **in support of World Book Day!**

When it's happening:

- **Thursday 12 March** - Years 3 to 6
- **Friday 13 March** - Nursery to Year 2, Class 4LT

#### What is the Book Swap?

For those new to it, the Book Swap gives every child the chance to choose a book to take home - completely free.

Over the two days, there will be a large book stall set up inside the school during school hours, staffed by FOTW volunteers. Children can browse, get book recommendations, and select a book they're excited to read at home.

#### Donations (optional):

If possible, children are invited to **bring in a book they'd like to donate on the day of their swap**. However, all children will receive a book whether or not they are able to donate one.

We're delighted that **parent volunteer Cris Asenjo** will be leading on the Book Swap for FOTW. Closer to the time, we'll be putting out a call for volunteer support during the week commencing **9 March**, for book sorting and stall manning.

Thank you for helping us keep the Book Swap such a special part of World Book Day ❤️

**WORLD  
BOOK DAY:  
THURSDAY  
5TH  
MARCH**



**Save  
The  
Date**

**27th February:**  
Team Preloved  
Costume Swap

**12th & 13th of March:**  
The Book Swap!

**1-31st March:**  
Winns Story Windows trail

**Save  
The  
Date**