



# The Winns Primary School

## Weekly Bulletin - 13<sup>th</sup> March 2026

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

### Upcoming dates for diaries

- wb 23<sup>rd</sup> March - Parental Consultation Meetings (see separate communication from your child's class teacher)
- 24<sup>th</sup> March - Eid Celebration (special lunch menu)

### Dates and event information

- **POLLING DAY - MAY 7<sup>th</sup> 2026 - PARTIAL CLOSURE**  
Please be aware that on Thursday May 7<sup>th</sup> 2026, Nursery and Reception, including wraparound care, will be closed to children due to the Early Years building being used for local elections. We apologise for any inconvenience that this causes.
- **NELFT School Nurse drop-in sessions** - fill in this online form to book an appointment  
🌐 Please fill out this form ([click here](#) for more info)
- Register for places at **Summer Term after school clubs** ([click here](#) to visit our website for further details) - deadline 17<sup>th</sup> March
- 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)
- **Neurodiversity Parent Information Session** in school ([click here](#))
- Information for parents about a change to our catering providers ([click here](#))

### Information from outside agencies and organisations

- Top tips for parents and carers about **Streaming Services** 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](#))
- A 50% discount code for **Better Swim School** lessons ([click here](#))
- Information from Waltham Forest about **keeping your child protected from measles** ([click here](#) - external link)

- Information about three workshops from The Roots about **Emotionally Based School Avoidance** ([click here](#))
- Parents/Carers of SEND children needed to take part in research ([click here](#))

# The Winns Primary School

## Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

### March 2026

20<sup>th</sup> – ASC finish

24<sup>th</sup> – Eid Celebration

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)

7<sup>th</sup> - Polling Day - Nursery and Reception closed (including wraparound care)

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**

**2<sup>nd</sup> – Y6 Leavers' Production (after school)**

**4<sup>th</sup> – FOTW Summer Fair**

**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 2	Summer 1	Summer 2
	Thurs 23 <sup>rd</sup> Apr – 1AS	Thurs 11 <sup>th</sup> Jun - Pine
	Thurs 30 <sup>th</sup> Apr – 5BB	Thurs 18 <sup>th</sup> Jun - 4LT
Thurs 19 <sup>th</sup> Mar – 2JS	Thurs 7 <sup>th</sup> May – 2ML	Thurs 25 <sup>th</sup> Jun - Cedar
Thurs 26 <sup>th</sup> Mar – 4KB	Thurs 21 <sup>st</sup> May – 1BH	Thurs 2 <sup>nd</sup> Jul - 1GB
		Thurs 9 <sup>th</sup> 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](mailto:educationalpsychologyservice@walthamforest.gov.uk)

 07776 589 597

# What Parents & Educators Need to Know about STREAMING SERVICES

## WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2023.

### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay slider or graphic content after a child's movie has been played. While some TV shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions, if the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2026

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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



# 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



50% OFF INITIAL PAYMENT

# TAKE THE PLUNGE INTO WEEKLY LESSONS

Give your child the gift of confidence and safety in and around the water with Better Swim School.

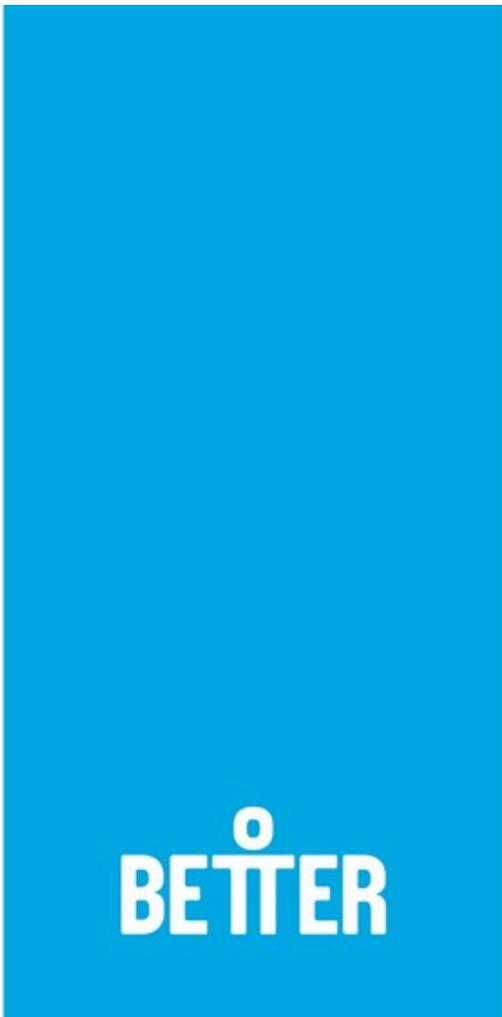


Join weekly lessons with Better Swim School and get 50% off your first payment with code SCHOOL50.



Terms and conditions apply. Offer open to new customers only for school children aged between 4 -12 years. Offer ends on 07/08/2026. Full terms at [better.org.uk/offer-terms](https://better.org.uk/offer-terms). Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.

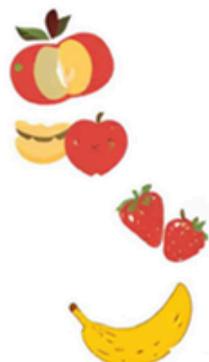
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# NELFT School Nurse

# Drop-In Sessions 2026



March 5th and April 16<sup>th</sup>

9:30 – 10:30 AM

The Winns Primary School



The School Health Team will offer advice, support on healthy eating, behavioural problems, head lice, hygiene (hand washing and oral health), bed wetting, hearing and vision, height and weight management, emotional health, and any other health-related concerns. All parents with children aged 5+ are welcome! Arrange an appointment by completing <https://forms.office.com/e/VFjjs6hqc7> and Allison will contact you.

## School Nurse Drop In

All information shared with the school nurse will be treated with strict confidentiality and will not be shared with parents, carers, or school staff without the student's consent. The only exception to this is if there is a concern that the student or someone else may be at risk of harm, in which case appropriate safeguarding procedures will be followed to ensure safety and wellbeing.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

\* Required

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## **Psychology Undergraduate Study**

# **Parents/Carers of SEND children needed for small research study on Nature-based Activities**

### **What is the study about?**

The study aims to explore parent/carer experiences of nature-based activities and their perceptions of how these activities may influence their child's behaviour, particularly for children with ADHD or ASD.

### **You may be eligible to take part if:**

- Your child is diagnosed with ASD/ADHD
- You and your child do nature-based activities regularly (this includes: gardening, outdoor sports, forest walks/runs/bike-rides, going to the park ect.)
- Your child attends a Forest School

### **If you choose to take part you will be asked to:**

Take part in a 15-20 minute online interview via Microsoft Teams.

Your participation will contribute to research aimed at improving inclusive, low-cost wellbeing practices in schools and supporting children with additional needs.



**If interested, please contact:**

Kayda Edwards  
U2625591@uel.ac.uk  
University of East London





**THE ROOTS**  
Empowering young minds



**Is your child struggling to go to school ?**

Join our free workshop for parents to help your child attend school with confidence.



**We listen.  
You lead.**

**When: Wednesday 22<sup>nd</sup> April 2026  
10:00am - 12:00 noon**

**Where: Queen's Road Family Hub  
(215 Queen's Road, E17 8PJ)**



**Scan the QR code to book:**



**THE ROOTS**  
Empowering young minds



**Is your child struggling to go to school ?**

Join our free workshop for parents to help your child attend school with confidence.



**We listen.  
You lead.**

**Online Workshop (via Zoom)**

**Wednesday 13<sup>th</sup> May 2026  
10:00am - 12:00 noon**



**Scan the QR code to book:**



# THE ROOTS

Empowering young minds



**Is your child struggling to go to school ?**

Join our free workshop for parents to help your child attend school with confidence.



**We listen.  
You lead.**

**When: Wednesday 10<sup>th</sup> June 2026  
10:00am - 12:00 noon**

**Where: Queen's Road Family Hub  
(215 Queen's Road, E17 8PJ)**

**Scan the QR code to book:**



# THE ROOTS

Empowering young minds



**1 in 10 children feel upset or  
anxious about attending school.**



## The workshop explores:

- Why children struggle to attend school
- Tips for overcoming anxiety about school
- Self-care and connecting with school
- Action plan to take steps forward.

## Who we are

The Roots was established in partnership with Waltham Forest Council in 2024. We are a team of specialist clinicians who support young people and their families with common wellbeing and mental health difficulties such as anxiety, low mood, and school avoidance.

Scan the QR code to book and find out more:  
Website: [TheRootsLondon.co.uk](https://TheRootsLondon.co.uk)  
Email: [Roots@groundwork.org.uk](mailto:Roots@groundwork.org.uk)



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**WALTHAM FOREST MENTAL  
HEALTH SUPPORT TEAM**  
are delighted to host

# NEURODIVERSITY

## PARENT INFORMATION SESSION

Want to learn  
more about  
neurodiversity?

### ADHD

Wondering how  
neurodiversity  
can affect your  
child's  
wellbeing?



### AUTISM



### LEARNING DIFFICULTIES

Would you like to  
explore ways you  
can support your  
child?

**Date: Thursday, 16<sup>th</sup> April  
2026**

**Time: 9.15am - 10:15am**

**Location: The Winns Primary  
School**

FREE COFFEE/TEA PROVIDED



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Hello from Juniper – new school meals at your school!

We're really excited to let you know that from April, Juniper will be looking after school meals in your school.

Juniper began in Newham with a simple idea – that school food should be fresh, healthy, and enjoyable. We're proud to be rooted in local communities working closely with schools and families to make mealtimes something children look forward to every day.

Here's what you can expect with Juniper:

- Nutritious menus that help children feel happy, healthy and ready to learn
- Fresh, seasonal ingredients with a chance to try new tastes alongside familiar favourites
- Fun theme days and events that make lunchtimes exciting
- A caring, friendly team who create a welcoming dining space

We can't wait to get started and share mealtimes with your children.

With warm wishes,  
The Juniper Team

[juniperventures.co.uk](http://juniperventures.co.uk)

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