



The Winns Primary School

Weekly Bulletin - 20th March 2026

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

Upcoming dates for diaries

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

Dates and event information

- **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)
- Provisional **dates for diaries** for the whole academic year, including class assembly dates. ([click here](#))
- **Neurodiversity Parent Information Session** in school ([click here](#))
- Information for parents about a change to our catering providers ([click here](#))
- The **weird and wonderful world of lost and found!** Please check the photo for any items that you recognise! ([click here](#))

Information from outside agencies and organisations

- Top tips for parents and carers about **Online Trends Encouraging Violence** 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](#))
- Information about **Holiday and Food programmes in Waltham Forest** over the Easter break ([click here](#))
- Information about **taster music lessons** in the borough ([click here](#))

The Winns Primary School

Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

March 2026

20th – ASC finish

24th – Eid Celebration

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)

7th - Polling Day - Nursery and Reception closed (including wraparound care)

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

2nd – Y6 Leavers' Production (after school)

4th – FOTW Summer Fair

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 2	Summer 1	Summer 2
	Thurs 23 rd Apr – 1AS	Thurs 11 th Jun - Pine
	Thurs 30 th Apr – 5BB	Thurs 18 th Jun - 4LT
	Thurs 7 th May – 2ML	Thurs 25 th Jun - Cedar
Thurs 26 th Mar – 4KB	Thurs 21 st May – 1BH	Thurs 2 nd Jul - 1GB
		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 ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glorify gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



The National College

#WakeUpWednesday

See full reference list on our website

X @wake_up_weds

f /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: 18.03.2025

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.



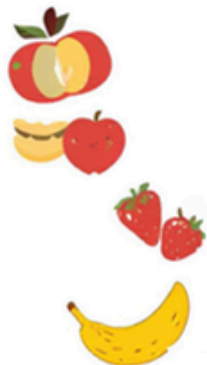
Terms and conditions apply. Offer open to new customers only for school children aged between 4 -12 years. Offer ends on 07/08/2026. Full terms at better.org.uk/offer-terms. Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered 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 16th

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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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 22nd 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 13th 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 10th 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
Email: 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, 16th 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

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Programme is funded by



ARTS & CRAFT

WISE YOUTH TRUST FREE EASTER HAF PROGRAMME

**For Waltham Forest Residents
Who are in Receipt of Statutory
Benefits Related Free School Meals
Ages 8-16 years**

- ART & CRAFT
- FOOTBALL
- MULTI-SPORTS
- TRIPS

VENUE:

**WALTHAMSTOW ACADEMY,
144 BILLET ROAD LONDON E17 5DP**



FOOTBALL



MULTI-SPORTS

FREE LUNCH PROVIDED

FOR ONLINE BOOKING PLEASE VISIT
<https://eequ.org/book/wise-youth-trust-easter-haf-camp-with-wise-youth-trust-17801>

or
Scan the
QR code



For further enquiries please contact:

**074 36 26 96 81
07944 68 28 49**

**Dates:
Monday March 30th 2026
Tuesday March 31st 2026
Wednesday April 1st 2026
Thursday April 2nd 2026**

Time: 11am to 3pm

WALTHAMSTOW

**The Cotch, Central Parade,
Hoe Street, E17 4RT**

Mondays and Wednesdays, 4.30pm to 6.30pm. Ages 14 to 25. Chill space, PS5, games, Zine and design club.

Saturdays, 12pm to 2pm, girls-only group. Ages 14 to 25. Chill space, podcasting, health, beauty, free period products, healthy relationships and mentoring. Catch sessions by LB Creative/Lymore Gardens. Drop-in but call 07874 144599 for access.

Worth venue at the Green, corner of The Drive and Prospect Hill, E17 3EL

Mondays, 3pm to 5pm, term time only. Ages 11 to 18. Hot chocolate, cooking and games at Worth Unlimited youth van.

Priory Court Community Centre, E17 5LU

Mondays, 6.30pm to 8pm. Ages 11 to 18. Indoor activities by Worth Unlimited.

MUGA, E17 5LU

Thursdays, 3pm to 5pm. Ages 11 to 18. Football with Footstepz Football Academy and Worth mobile youth van.

Big Penny Social, 1 Priestly Way, E17 6AL

Mondays, 4pm to 6.30pm. Ages 11 to 25. Creative activities, games and food by Creative Engagement Services.

**Wood Street Library,
1 Troubridge Square, E17 3HB**

Tuesdays, 3.30pm to 5.30pm. Ages 11 to 25. Podcasting, music production, games, VR, and a chill zone, by Creative Engagement Services.

**Troubridge Square, E17 3GN
Worth Unlimited Mobile Youth Venue**

Tuesdays, 3pm to 5pm. Ages 8 to 18. Fun activities, games, skateboarding, cooking and food.

elop, Walthamstow

Tuesdays, 4.30pm to 6.30pm, ages 12 to 15; **7pm to 9pm,** ages 15 to 18. elop and Space4All LOBTO+ youth group. Book: 07720 461158 / youth@elop.org.

**Walthamstow Family Hub,
313 Billet Road, E17 5PX**

Tuesdays 4.15pm to 6.30pm, term time only. Junior youth hub for ages 8 to 12. Email treasuremekidslondon@gmail.com to register. Games, crafts, indoor sports, cooking and free hot meals.

YMCA, Forest Road, E17 3EF

Wednesdays, 4pm to 6pm Ages 11 to 19. Multisports, basketball, and youth sessions, by YMCA Youth Services.

**Queens Road Family Hub,
215 Queens Road, E17 8PJ**

Wednesdays, 4.15pm to 6.30pm, term time only. Junior youth hub for ages 8 to 12. Email treasuremekidslondon@gmail.com to register. Games, crafts, indoor sports, cooking and free hot meals.

Fridays, 3pm to 6pm, term time only. Ages 11 to 25. Games, food, by Lymore Gardens / LB Creative.

lakam studios, 245 Wood Street, E17 3NT

Wednesdays, 6.30pm to 8.30pm. Ages 11 to 25. Music and podcasting, PS5 and VR, games and chill zone by Creative Engagement Services.

These sessions may change. Visit our Space4All Youth Directory for the latest updates: bit.ly/s4adirectory

SPACE4ALL

SPRING 2026 SESSION CALENDAR

**ALL SESSIONS
ARE FREE!**

Waltham Forest



Waltham Forest has loads of free activities to offer young people, from multisports and basketball to podcasting, crafts, cooking, gaming, and music and video production.

Our Space4All programme provides safe spaces where you can meet new people and try out fun activities with food and snacks. All sessions are free and welcome young people aged 8 to 25 – check individual session info for age ranges.

Check out this flyer for a full list of sessions happening across Waltham Forest. Schedules can change, so don't forget to visit our website for the latest updates!



FLYER DESIGNED BY
LAB YOUTH MARKETING AGENCY



Space4All Youth Directory: bit.ly/s4adirectory



LEYTONSTONE

Langthorne Park Pavilion, Birch Grove, E11 4YG

Tuesdays, 5.30pm to 7.30pm, term time and through the holidays. Ages 8 to 18. Arts and crafts, games and cooking, by Worth Unlimited.

Pastures, 15 Davies Lane, E11 3DR

Thursdays, 4.30pm to 6.30pm, term time and through the holidays. Ages 11 to 25. Games, food, workshops, trips and mentoring by Lymore Gardens/LB Creative.

Leytonstone Library, 6 Church Lane, E11 1HG

Fridays and Saturdays, 4pm to 6pm, term time and through the holidays. Ages 8 to 18. Badminton, table tennis, PS4, board games, T-shirt design, weekly competition, movie nights and arts and crafts by Wise Youth Trust.



CHINGFORD

The Salisbury Manor Hub, Burnside Avenue, E4 8YJ

Mondays, 4.30pm to 6.30pm. Ages 8 to 11 and 12 to 18. Commercial Streetdance, drama, leadership activities, chill-out zone and food by Leaders Community. Contact for details: 07831 224510 / leadersacademyenquiries@gmail.com

Neon Youth Club, Community Room, Aldriche Way, E4 9LZ

Tuesdays, 4.30pm to 6.30pm. Ages 10 to 19. Games, food, computers, indoor sports, TikTok room by WF Community Hub youth team.

St Peter and Paul Parish Hall, The Green Walk, E4 7EN

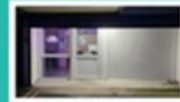
Wednesdays, 3.30pm to 5.30pm, term time only. Ages 11 to 25. Games, food, PS5, music studio and chill space by Project Zero.

Walthamstow Stadium, 63 Parade Gardens, E4 8DF

Wednesdays, 3pm to 6pm, term time only. Ages 11 to 25. Games, food, PS5, music studio, and chill space by Project Zero.

Chingford Family Hub, 5 Oaks Grove, E4 6EY

Fridays, 4.15pm to 6.30pm, term time only. Junior youth hub for ages 8 to 12. Email treasurekidslondon@gmail.com to register. Games, crafts, indoor sports, cooking and free hot meals.



LEYTON

Seddon Centre, 33 Clyde Place, Beaumont Estate, E10 5AS

Thursdays, 5pm to 7pm, term time only. Ages 12 to 18. Youth zone with multi sports, chill space, games and food by Leyton Orient Community Trust Youth.

Leyton Manor Park, E10 5AN

Wednesdays, 3.30pm to 5.30pm, term time and through the holidays. Ages 10 to 18. Worth Mobile Youth Van games, arts & crafts and cooking. Basketball in the MUGA from February.

Sidmouth House, 25 Sidmouth Road, E10 5QZ

Thursdays, 4pm to 7pm, term time and through the holidays. Ages 14 to 25. Podcasting, music, chill space, food, and gaming by Creative Engagement Services.

SCORE Centre, 2 Coronation Square, E10 5UN

Fridays, 4.30pm to 6.30pm, term time only. Ages 11 to 18. Youth zone with multi sports, chill space, games and food by Leyton Orient Community Trust Youth.



NEW SESSIONS AND OFFERS!

More Space4All session information: bit.ly/wfspace4all

Creative Futures Hub, Leytonstone Library Community Room

Mondays, 1pm to 3pm. Free support for young people aged 16 to 24 into training and employment. Can meet elsewhere in the borough.

Young Carers Club

For children and young people under 18, who provide unpaid care to a family member who is physically or mentally ill, disabled, or misuses substances. Email for more information: young.carers@walthamforest.gov.uk



Find out more

Please [click here](#) for the full programme of HAF activities this Easter.

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TRY MUSIC LESSONS!

Age 6+

FUN!

£5

TRUMPET, TROMBONE
FLUTE, CLARINET, SAXOPHONE
VIOLIN, VIOLA, CELLO



22nd & 25th April in Walthamstow

Find the instrument that inspires you!

Scan QR to book a Taster Lesson Slot >>



These items have been in lost property for a number of weeks and in some cases, months. They will be kept in the main office until drop off on Friday 27th March before being recycled.



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