



# The Winns Primary School

## Weekly Bulletin - 27<sup>th</sup> March 2026

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

### Upcoming dates for diaries

- 13<sup>th</sup> April - First day of Summer term (no INSET day)
- 20<sup>th</sup> April - After School Clubs start
- 22<sup>nd</sup> April - Earth Day (see details below)

### 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](#))
- **Earth Day 2026** - we need your old t-shirts! ([click here](#))
- Information for parents about a **change to our catering providers** ([click here](#))
- A **parent information session** for the **Y1 Phonics Screening Check** will take place online on **Tuesday 21<sup>st</sup> April at 4pm**. A link to join will be emailed to year 1 parents before the session.

### Information from outside agencies and organisations

- Top tips for parents and carers about **Effective Revision and Study Skills** 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](#))
- Information from **Front Row Music**, who provide ukulele and guitar lessons in school ([click here](#))
- Information from the UK Health Security Agency about Meningitis and Septicaemia ([click here](#))

# The Winns Primary School

## Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

### April 2026

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

20<sup>th</sup> – ASC start

21<sup>st</sup> - Y1 Phonics Screen Check Parent Information Session

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

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 7 <sup>th</sup> May – 2ML	Thurs 25 <sup>th</sup> Jun - Cedar
Thurs 21 <sup>st</sup> May – 1BH	Thurs 2 <sup>nd</sup> Jul - 1GB
	Thurs 9 <sup>th</sup> Jul - Elm

[Back to index](#)



# 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

# 10 Top Tips for Parents and Educators

## EFFECTIVE REVISION AND STUDY SKILLS

As exam season ramps up, revision often becomes louder, busier, and less effective. Many pupils still rely on comfort strategies like re-reading and highlighting. These can feel productive but rarely build long-term memory. This guide will help you create a low-effort, high-impact revision system that teaches pupils how to revise, rather than merely emphasising its importance.

### 1 DIAGNOSE BEFORE DOING

Before adding more sessions, identify why a pupil is underperforming: knowledge gaps, weak routines, poor choices, or low effort driven by a lack of confidence. Treating every issue as 'needs more revision' creates noise. Use a quick check: what do they know, what do they misunderstand, what can't they retrieve under pressure, and what do they avoid? Then match revision to the actual problem.

### 2 TEACH REVISION EXPLICITLY

Most pupils haven't been taught how to revise well, so they pick what feels easiest. Build short revision mini-lessons into curriculum time, demonstrate retrieval, spacing, and how to self-check. Model it live, do it together, then gradually hand over responsibility. The goal is independence, not dependency. When pupils understand why strategies work, they're more likely to use them when it matters.

### 3 PRIORITISE RETRIEVAL PRACTICE

Make recall the default. Use methods such as low-stakes quizzes, flashcards, free recall, blurring, and 'answer then check'. Effective testing helps to measure and strengthen learning. Keep it specific and frequent – small chunks, lots of repetition, and immediate feedback. For parents, the best question isn't 'Have you revised?' but 'What can you remember today, without notes?'

### 4 SPACE IT OUT

Cramming can boost short-term performance, but it's weaker for long-term retention. Help pupils spread practice across days and weeks, revisiting content after memory has faded. That 'slight struggle' is the point. Use a simple rhythm: new learning, next-day retrieval, a three-day revisit, a weekly revisit, and mixed practice before the exam. This turns revision into a routine, not a panic.

### 5 MIX, DON'T BLOCK

Practising one topic for a long stretch – known as 'blocked practice' – can feel easy, but it can hide fragile learning. Mixing topics, question types, or methods strengthens long-term learning and helps pupils apply knowledge later. For educators, design homework and revision packs so topics reappear in a planned cycle. For parents, encourage sessions that mix two topics rather than focusing on just one.

### 6 USE DESIRABLE DIFFICULTY

Revision should feel effortful, not effortless. Durable learning comes from challenging revision techniques: attempting answers before looking, explaining ideas aloud, writing from memory, or tackling unfamiliar question formats. The key is 'hard, but doable': if a pupil always gets everything right, it's too easy; if they always fail, it's too hard. Aim for productive struggle with quick feedback loops.

### 7 CENTRALISE MATERIALS SIMPLY

Revision fails when pupils waste energy finding resources, navigating platforms, or guessing what matters. Reduce cognitive overload by centralising what they need: a single hub per subject, a clear list of priority knowledge, and a small set of standard task types such as quizzes, flash cards, exam questions, or corrections. Less admin clutter means more working memory for learning.

### 8 PLAN, MONITOR, EVALUATE

Strong revision is self-regulated. Pupils plan what they'll do, monitor if it's working, and evaluate what to change next time. Use a weekly revision review routine that asks: 'What did I try?' 'What improved?' 'What didn't?' 'What's my next micro-goal?' Post-mock action plans are powerful here because they force honesty about time spent, strategy used, and impact achieved.

### 9 WRAP MOCKS PROPERLY

Mocks only help if pupils learn from them. Use an exam wrapper approach: before the mock, set strategy goals; afterwards, analyse errors such as knowledge gaps, misread questions, weak methods, and timing issues, then create a targeted relearn and retest plan. Parents can support by asking, 'What type of mistake was it, and what's your fix?' rather than 'What grade did you get?'

### 10 MAKE TIME VISIBLE

Revision becomes real when time is protected and predictable. Help pupils build a timetable that's short, repeatable, and realistic: 30–40 minute blocks, clear start and stop times, and specific tasks, not 'revise science'. Avoid perfectionist plans that look pretty and collapse by Tuesday. Consistency beats intensity. Build momentum with small wins, then build from there.

## Meet Our Expert

Amjad Ali is the creator of Try This Teaching and the CPD and Inclusion Lead for the Children Learning Trust. With over 19 years' experience in education, including leadership roles in diverse and high-need schools, he specialises in inclusive, evidence-informed practice. His work focuses on practical, low-effort, high-impact strategies that help students learn more and retain knowledge over time.



#WakeUpWednesday

The National College

@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: 25.03.2024

# 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.

[Back to index](#)





# 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

[Back to index](#)



# 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)



[Back to index](#)



**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



[Back to index](#)



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)

[Back to index](#)

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](mailto: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](mailto: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](http://bit.ly/s4adirectory)

# SPACE4ALL

## SPRING 2026 SESSION CALENDAR

**ALL SESSIONS  
ARE FREE!**

Waltham  
Forest  
Space4All



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](http://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

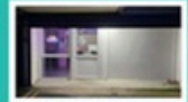
Wednesdays, 3.30pm to 5.30pm, term time only. Ages 11 to 25. Games, food, PS5, music studio and chill space by Project Zero.

### 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](mailto: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](https://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](mailto:young.carers@walthamforest.gov.uk)



Find out more

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

[Back to index](#)



# TRY MUSIC LESSONS!

Age 6+

FUN!

£5

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



22<sup>nd</sup> & 25<sup>th</sup> April in Walthamstow

Find the instrument that inspires you!

Scan QR to book a Taster Lesson Slot >>



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



020 8496 1584  
music.service@walthamforest.gov.uk  
Follow us @wfmusiclub

Dear Parents and Carers,

On Wednesday, 22nd April, we will be celebrating Earth Day with a truly spectacular, whole-school Geography and Art project. This year is particularly special as we are also marking the upcoming 100th birthday of Sir David Attenborough, a true hero of our planet.

### Our Vision: A Giant "Art Attack" Installation

Each year group, from Reception to Year 6, will be heading out to the playground to create a massive, collaborative "Art Attack" style installation. Using the playground as a giant canvas, the children will arrange recycled t-shirts to create high-impact geographic images, celebrating Sir David.

### How You Can Help: The Great T-Shirt Collection

To make this vision a reality, we are asking every child to bring in one old, oversized T-shirt from home (an old adult T-shirt from a parent or older sibling is perfect!). Any size, any colour and the more patterns and textures the better!

In the spirit of Earth Day, we aren't just making art; we are practicing sustainability. Once the playground installations are photographed, these T-shirts will be gathered and repurposed by our Art Department to be used as protective aprons for future creative projects.

This project is a fantastic opportunity for the children to explore global geography, understand the importance of sustainability, and celebrate a century of Sir David Attenborough's work in a memorable way.

Please send your child to school with their recycled T-shirt by Friday the 17th April (first Friday back after easter).

Thank you for your continued support in helping our children become conscious geographers.

Warm regards,

Mr Search

Geography Lead

[Back to index](#)

# FRONT ROW MUSIC

Hello,

## Learn ukulele or guitar at school!

Front Row Music visited The Winns Primary School for a music assembly, giving students a taste of live music and introducing the instruments we teach. To start your child's musical journey and secure their place, please visit [www.frontrow-music.com/signup](http://www.frontrow-music.com/signup).

Our lessons are fun and engaging and follow a six-milestone curriculum that builds skills step-by-step in reading music, playing confidently and performing proudly. We specialise in ukulele and guitar and are on a mission to teach the next generation how to play by learning their favourite songs. Our tutor teaches weekly lessons at school every Tuesday and, from next term, will also be teaching on Wednesdays. We'd love for your child to join us!

### Lesson Information

- Ukulele from Year 1 and guitar and from Year 3
- 30-minute lessons during the school day
- Small group sessions with 6–8 children
- Instruments provided for use during lessons
- Two performance opportunities each year for children to showcase their progress
- £36.50 per month (charged September–July)

### How to Enrol

To register, please visit [www.frontrow-music.com/signup](http://www.frontrow-music.com/signup) or scan the QR code below and select East London as the area. Sign up and set up payment by 10 April and get your first lesson free!

If you have any questions, please don't hesitate to contact us on 020 3633 6188 or by email at [eastlondon@frontrow-music.com](mailto:eastlondon@frontrow-music.com).

Kind regards,  
Howard Rose

FRONT ROW MUSIC

Sign up *HERE* →



# MENINGITIS + SEPTICAEMIA

Meningitis  
now

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

## MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

## SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

**EARLY TREATMENT CAN BE LIFE-SAVING.**