



The Winns Primary School

Weekly Bulletin - 17th April 2026

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

Upcoming dates for diaries

- 20th April - After School Clubs start
- 21st April - Y1 Phonics Screening Check - online parent information session at 4pm ([more info here](#))
- 22nd April - Earth Day (please send in your old adult-sized t-shirts for our art project!)

Dates and event information

- Provisional **dates for diaries** for the whole academic year, including class assembly dates. ([click here](#))

Information from outside agencies and organisations

- Top tips for parents and carers about **The App and Play Stores** 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](#))
- A parent resource from the **Haringey Education Partnership about screen time** ([click here](#))
- Information from Serenity Youth Services about a parent workshop titled "Raising Emotionally Balanced Children" ([click here](#))

The Winns Primary School

Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

April 2026

20th – ASC start

21st - Y1 Phonics Screen Check Parent Information Session

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

Summer 1	Summer 2
Thurs 23rd Apr – 1AS	Thurs 11th Jun - Pine
Thurs 30th Apr – 5BB	Thurs 18th Jun - 4LT
Thurs 7th May – 2ML	Thurs 25th Jun - Cedar
Thurs 21st May – 1BH	Thurs 2nd Jul - 1GB
	Thurs 9th 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 APP & PLAY STORES

WHAT ARE THE RISKS?

Since the introduction of Apple's App Store and Google's Play Store, an estimated two million apps have been made available on each. Ofcom's 2025 media use and attitudes report states that more than half of children aged between 3 and 7 use apps or sites to communicate with each other, and, by the ages of 10 to 12, 45% of children are playing games on their mobile phones. This guide will help you ensure that children use the app stores and their content safely.

MALICIOUS APPS WITH MALWARE

Although Google and Apple must approve the apps on their official stores, inappropriate content sometimes slips through the net. For example, in 2025, the security company Kaspersky found that multiple iOS and Android apps contained screen-reading software, primed to look for passwords and stealing crypto-wallet recovery phrases captured in screenshots.

UNOFFICIAL COPYCAT APPS

Both official app stores contain copycat apps – often games – designed to look like popular rivals, mimicking their branding, layout and logos. While these will usually just offer a poor experience packed with ads as a quick money-making exercise, they're also more likely to be vessels for malware than the products they're counterfeiting.

INAPPROPRIATE CONTENT

As the App Store and Play Store are for all ages, there's a lot of content available that's inappropriate for children. Examples include apps that have references to alcohol, drugs, sex, violence or gambling. In general, these are sensibly age-rated, but social media sites such as YouTube and TikTok, which both have an App Store age rating of 12+, can be gateways to adult material.

PREDATORY IN-APP PURCHASES

App-making is a business, and most creators have found that 'freemium' software is the way to make money. That means the app will be free initially but will either require the user to watch ads or rely on them making in-app purchases. Some 'free' apps can be predatory, and there are plenty of examples reported where parents have racked up huge bills on behalf of their children's app activity.

ADDICTIVE BY DESIGN

Phone addiction is fast becoming recognised as a real concern, and apps are a big part of this. Freemium apps have a real incentive to keep children checking in every day in order to generate more ad views or secure extra in-app purchases. This can interfere with schoolwork and other offline hobbies.

SIDeloaded BANNED APPS

'Sideloading' – the more complicated practice of installing applications on a device from sources other than the official app stores – bypasses Google's and Apple's security procedures; however, it is possible for tech-savvy users. This opens up huge risks – not just apps that would be forbidden by Apple and Google, but pirate ones packed with malware too.

Advice for Parents & Educators

ACTIVATE PARENTAL CONTROLS FOR APPS

Both Google and Apple have apps that can give adults greater control over children's phone activity. 'Screen Time' (iPhone) and 'Family Link' (Android) have a range of features, such as letting you set age-related restrictions on the app stores, require permission to download an app, set daily time limits on specific apps, and control real-world spending.

DO YOUR RESEARCH

If children ask permission to download an app, do your due diligence and research it. Read the app summary and search the internet for reviews and discussions to establish its legitimacy, safety and appropriateness – if it doesn't seem to be appropriate, look for safer alternatives instead.

LOOK BEYOND THE REVIEWS

App store reviews are helpful, but they are easily gamed, and some unscrupulous developers will pay for quick reviews to give their work perceived legitimacy. Take more than a cursory glance at ratings by digging out the one- and two-star reviews and looking closely at the developer – for example, if they've published a lot of unrelated apps, that's a red flag.

TALK TO YOUR CHILD

Talk to children and make sure they're aware that apps can be risky. As part of a wider talk about internet literacy, ensure they don't download apps outside of the official channels, nor grant apps permission to access their camera, microphone, or photos without a good reason. Make sure they understand that in-game currency costs real-world money.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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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.

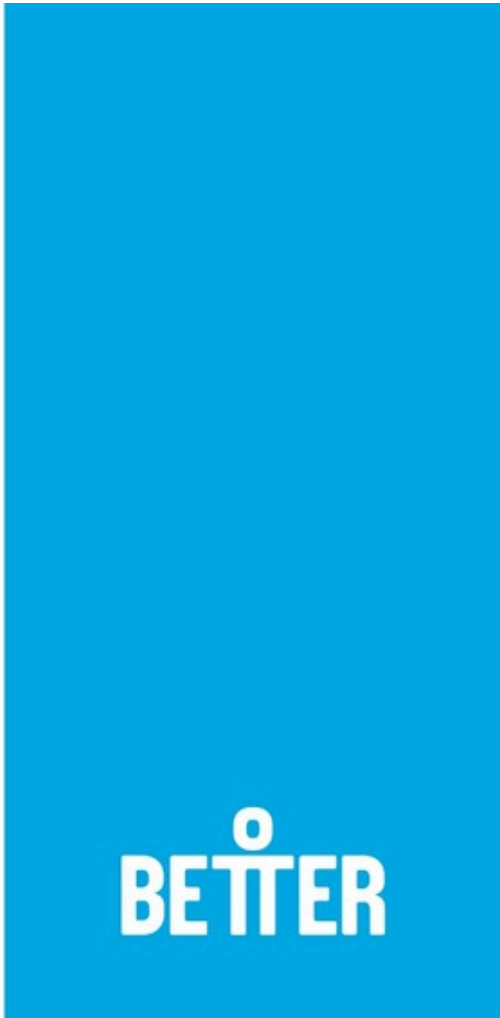


Join weekly lessons with Better Swim School and get 50% off your first payment with code SCHOOL50.



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. 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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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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YEAR 1 PHONICS SCREENING CHECK

Online parent information session

Tuesday 21st April
4.00 - 4.20pm



Please scan the QR code to join. This session is to find out more information about the statutory test taking place for Year 1 pupils in June 2026.



Scan the QR code for the meeting join link or [click here](#).

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Screen Time for Under 5s



The UK government has issued [national guidance on screen time for children under five](#). Evidence shows that too much solo screen use can affect language, sleep, social skills and healthy weight — but not all screen use is equal. Small changes make a big difference.

Age by Age Guidance

0-2

Avoid screen time

Babies & very young children

Avoid screens other than for shared activities that encourage **bonding, interaction and conversation**, such as a video call with grandparents. These early interactions build the foundations for language and social development.

2-5

Max 1 hour per day

Toddlers & pre-schoolers

Try to keep it to **no more than one hour a day — less is possible**. Choose slow-paced, age-appropriate content. Avoid fast-paced social media-style videos and AI toys or tools.

Why This Matters

- **98% of 2-year-olds** in the UK watch screens every day. Children with the highest screen time show a measurable impact on **language development**.
- Long solo screen time can get in the way of **sleep, physical activity, creative play and parental interaction** - all critical for healthy development.
- Reading together, simple games, play and back-and-forth conversations build **language, problem-solving skills, self-control** and social understanding from birth.
- How parents use their own devices also matters - **children learn from watching us**. Modelling healthy screen habits is just as important as setting limits.

Key Rules to Follow

AVOID: Screens at mealtimes. Meals are a vital opportunity for conversation, turn-taking and language development.

AVOID: Screens in the hour before bedtime. Screen use can disrupt sleep - which is critical for young children's health and brain development.

AVOID: Fast-paced or social media-style videos and AI toys or tools designed for young children.

DO: Watch together and talk. Co-viewing - where a parent or carer watches and asks questions about the content - is linked to better cognitive development than solo screen use.

SEND exception: Time limits may not apply in the same way for screen-based assistive technology used by children with special educational needs and disabilities.

Screen Swap Ideas

Bedtime

Read a bedtime story together

Builds vocabulary, imagination and a calming routine before sleep.

Mealtimes

Play 'I Spy' or simple table games

Background music, colouring or conversation all work too.

Keeping in touch

Video calls with family

This counts as a shared, bonding activity — great for all ages.

After nursery

Creative or physical play

Play, drawing and movement support language, self-control and problem-solving.

Remember: It's not about eliminating screens - it's about balance, boundaries and being present. The goal is healthy habits, not perfection.

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PARENT PROGRAMME: RAISING EMOTIONALLY BALANCED CHILDREN

Programme Goals


- **Help parents understand children's emotional and mental health**
- **Build skills to support anxiety, stress, and mood challenges**
- **Equip parents to respond to bullying and school-related issues**
- **Improve parent-child communication and emotional connection**
- **Promote long-term emotional resilience and balance**


Programme Structure


Session Length: 60 minutes

Format: Group (ideal) or individual sessions

Includes: Teaching + discussion + practical exercises + take-home tools

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