



The Winns Primary School

Weekly Bulletin - 1st May 2026

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

Upcoming dates for diaries

- 4th May - Early May Bank Holiday
- 7th May - Polling Day - Reception and Nursery closed

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 **Managing Exam Stress** 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 about three workshops from The Roots about **Emotionally Based School Avoidance** ([click here](#))
- **Met Police Free Bike Marking Event** - 30th May, 12:00-2:00pm, Forest Road outside William Morris Gallery

The Winns Primary School

Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

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 7th May – 2ML	Thurs 11th Jun - Pine
Thurs 21st May – 1BH	Thurs 18th Jun - 4LT
	Thurs 25th Jun - Cedar
	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

10 Top Tips for Parents and Educators

MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support - rather than overwhelm - their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing - including timed activities - to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett - a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College

See full reference list on our website

X @wake_up_weds

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@wake.up.wednesday

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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.

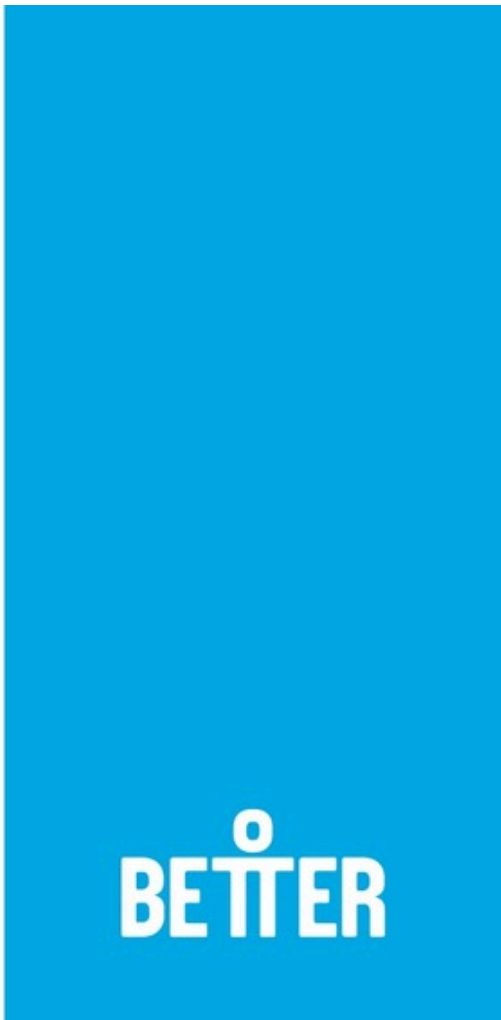


Join weekly lessons with Better Swim School and get 50% off your first payment with code SCHOOL50.



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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