



# The Winns Primary School

## Weekly Bulletin - 5<sup>th</sup> June 2026

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

### Upcoming dates for diaries

- 16<sup>th</sup> June - Y1, 2, 3 Sports Day
- 17<sup>th</sup> June - Y4, 5, 6 Sports Day
- 4<sup>th</sup> July - FOTW Summer Fair

### 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 **Allergies and Anaphylaxis** 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](#))

# The Winns Primary School

## Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

### June 2026

#### Pride Month

wb 1<sup>st</sup> & 8<sup>th</sup> – Multiplication Tables Check (Y4)

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

### July 2026

2<sup>nd</sup> – Young Enterprise

4<sup>th</sup> – FOTW Summer Fair

8<sup>th</sup> – Y6 Leavers' Production (after school)

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 2
Thurs 11 <sup>th</sup> Jun - Pine
Thurs 18 <sup>th</sup> Jun - 4LT
Thurs 25 <sup>th</sup> Jun - Cedar
Thurs 2 <sup>nd</sup> Jul - 1GB
Wed 8 <sup>th</sup> Jul - Nursery singing concert
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 ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.

## HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS

### ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.



### WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



TWO DOSES:  
0.15 mg or 0.3 mg

### ANAPHYLAXIS SYMPTOMS

#### AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



#### BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



#### CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

### TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



CELERY



FISH



CRUSTACEANS



EGGS



MILK



SOYA



LUPIN



CEREALS



TREE NUTS



SESAME



MUSTARD



MOLLUSCS



PEANUTS



SULPHITES

### NON-FOOD ALLERGENS:



POLLEN



PET HAIR/DANDER



INSECT VENOM



MEDICATION/DRUGS

### LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more



AllergyWise®



EpiPen



Jext



ADRENALINE AND AADs

### Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.



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.

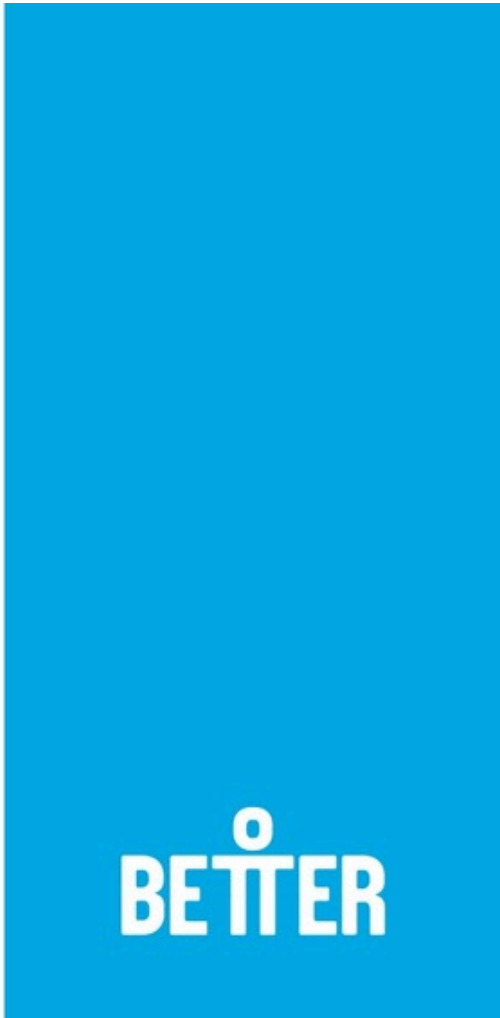


Join weekly lessons with Better Swim School and get 50% off your first payment with code SCHOOL50.



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](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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# 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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