



Weekly Bulletin - 10th July 2026

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

Upcoming dates for diaries

- 17th July - Final day of term

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 **a tech free summer** from the National College ([click here](#))
- Waltham Forest **Community Drop In Sessions** ([click here](#))
- A 50% discount code for **Better Swim School** lessons ([click here](#))
- Information about **Waltham Forest's Holiday Activities Programme** ([click here](#))
- Information about the annual **Chess Fest event** in Trafalgar Square from Chess in Schools and Communities, taking place on 12th July ([click here](#))
- Information about **Creative Minds Holiday Club** ([click here](#))
- Information about **Greenleaf Road Baptist Church's summer activities** ([click here](#))
- Information from **Front Row Music** about new sign ups for ukulele lessons in school next year ([click here](#))

The Winns Primary School

Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

July 2026

13th – Y6 Leavers' Production (after school)

14th – Leavers' BBQ

17th – Leavers Assembly

17th – Final day of the Summer term

20th – Inset day (staff only)

September 2026

2nd – INSET Day (staff only)

3rd – Children return

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10 Top Tips for Parents and Educators

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.

2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, perished products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.

3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.

4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.

5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.

6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.

7 USE PHONE-FREE CHALLENGES

Rather than simply saying, 'Put your phone away', turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.

8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.

9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.

10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.

Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

 @wake_up_weds

 /www.thenationalcollege

 @wake.up.wednesday

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#WakeUpWednesday

The National College

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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

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.



Better Swim School

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.

BETTER

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WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

SUMMER 2026

27 JULY - 21 AUGUST

**ARE YOU AGED BETWEEN 5-16
AND IN RECEIPT OF BENEFIT
RELATED FREE SCHOOL MEALS?**

Funded by the Department for Education, this Summer we have the opportunity for you to try a wide range of free activities, have fun, make friends and enjoy a free meal every day across the borough.

To book your place and find out more scan here:



or visit

WALTHAMFOREST.GOV.UK/HOLIDAYS

**Booking is essential on all activities
so book early to avoid disappointment**

For queries please contact the Waltham Forest Holiday Activity Programme team on:

**WFHOLIDAYACTIVITYPROGRAMME@
WALTHAMFOREST.GOV.UK**



Funded by
UK Government



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CHESSFEST

FRIENDS • FAMILY • FUN



FREE

Sunday 12th July 2026, 12pm to 7pm

Trafalgar Square, London

Fun, family-friendly chess in the open air, **free and open to all**



Free chess lessons
Grandmaster guests

Giant chess sets
Living chess
performances

Challenge the chess
master



Simultaneous
displays

Giant blitz chess
matches

Puzzle rush
competitions



Proudly supported by

[XTX]
MARKETS

No booking required – just turn up!

www.Chess-Fest.com



@Chess_Fest



@londonchessfest

Brought to you by

CSC

Chess in
Schools and
Communities



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ONE OF SIX & NOISY BOOK CLUB PRESENT...

**SUM
MER**

July &
August
2026

**CREATIVE
MINDS
HOLIDAY
CLUB**

"Alice LOVED
LOVED LOVED
today, thank you.
Your approach was
perfect for her."

AGES 5-11

WALTHAMSTOW
CENTRAL



Join us for a summer of Growth Mindset, making and creating...

When?

10am-3pm

Monday 27th - Wednesday 29th July

and

Tuesday 4th - Friday 7th August

What?

We're boosting confidence, building resilience, and finding our Growth Mindsets through a range of creative activities.

Join us for:

hand + machine sewing, fabric printing + dyeing, embroidery, collage, model making, weaving and more!

Where?

Mostly at the One of Six studio, a 3 minute walk from Walthamstow Central. Some days we'll spend time at Noisy Book Club's HQ, - 5 minutes from the studio.

Who?

Two ex-Primary school teachers, Becca (Noisy Book Club) and Carly (One of Six). We love teaching curiosity and confidence through creativity.



Carly, One of Six

Book Now



Becca, Noisy Book Club

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SUMMER

40
CHILDREN
MAXIMUM
ARRIVE
EARLY!

FREE
AIMED AT
PRIMARY
CHILDREN
& FAMILIES

FAMILY FUN

3 FUN THURSDAYS THIS AUGUST

10AM - 1:30PM

**13TH
INDOOR
FAIR**

**20TH
WORLD
DAY**

**27TH
DRAMA
& SONG**

**PLUS
TOTS
ZONE**

**ENDS
WITH
DVD**

**FREE
LUNCH
BOXES**

**GREENLEAF ROAD BAPTIST CHURCH
WALTHAMSTOW E17 6QQ**

1 ADULT : 3 CHILDREN (MAX). CHILDREN MUST BE ACCOMPANIED BY AN ADULT.



40
CHILDREN
MAXIMUM
ARRIVE
EARLY!

THURSDAY 13TH AUGUST: INDOOR FAIR

Face painting, splat the rat, hook a duck, mirror maze, ring toss, tin can alley, archery and more! With support from the Project Zero Youth Champions.

THURSDAY 20TH AUGUST: WORLD DAY

Flag hunt, Henna, Romanian tambourine making, Ghanaian bracelet making, Turkish paper marbling, Bangladeshi boardgames, fun Chinese language activities & chopstick challenge. With support from Akdeniz Supermarket, Ebru Art, Dialogue Society, Indian Cultural & Faith Friendly Group, Surna's Empowerment & Social Hub CIC and the WF Chinese Association.

Plus, be sure not to miss...

10.30am: West African Drumming workshop with Mbilla Arts.

11.30am: Bollywood Dancing with BollyX.

THURSDAY 27TH AUGUST: DRAMA & SONG

Fantasy-themed drama obstacle course, with dress-up and prop making (biscuit decorating included) followed by singing, body percussion and makaton signing workshop. Finishing with performances on the stage. Workshops led by Genesis Horizon Gospel Productions and Sing17.

PLUS, AT EVERY SESSION:

Toddler Zone, FREE Lunch Boxes and ending with a screening of episodes from **The Chosen Adventures** with popcorn!



GREENLEAF ROAD BAPTIST CHURCH
WALTHAMSTOW E17 6QQ

1 ADULT : 3 CHILDREN (MAX). CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

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FRONT ROW MUSIC

Hello!

Learn ukulele or guitar school!

Front Row Music is welcoming new students this September, and we'd love your child to join us! To sign up, simply visit www.frontrow-music.com/signup.

Our engaging, small-group lessons take place once a week, during the school day and give children the opportunity to develop musical skills, build confidence, and have fun learning songs they know and love. Through our structured six-Milestone programme, children learn to read music, develop strong playing techniques, and progress step-by-step over the year.

Lesson Information

- Ukulele lessons for students in Years 1 to 6
- Guitar lessons for students in Years 3 to 6
- 30-minute lessons during the school day
- Small groups of 6–8 children
- Instruments provided for use during lessons
- Learn new songs and fun technical exercises each half term to develop technique, confidence and musical skills
- Two performance opportunities each year for children to showcase their progress
- £36.50 per month (charged September–July)

How to Enrol

To enrol, please visit www.frontrow-music.com/signup or scan the QR code below and select East London as the area.

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

Kind regards,
Howard Rose
FRONT ROW MUSIC



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