



Weekly Bulletin - 17th July 2026

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

Upcoming dates for diaries

- 2nd September - INSET Day (Staff only)
- 3rd September - Children return
- 8th September - Year 2 & Year 5 Parent Induction Meetings
- 9th September - Year 6 & Year 3 Parent Induction Meetings
- 10th September - Year 4 & Year 1 Parent Induction Meetings

All induction meetings will be held online, after school; details to follow in early September.

Information from outside agencies and organisations

- Top tips for parents and carers about “**skin betting**” 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 **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](#))
- Information from Better about a **holiday Gymnastics Camp** at the Feel Good Centre ([click here](#))
- Information from Better about **gymnastics drop in sessions** at Walthamstow Leisure Centre ([click here](#))
- A list of where **kids eat free** (or for £1) this summer ([click here](#))

What Parents & Educators Need to Know about

SKIN BETTING

WHAT ARE THE RISKS?

'Skin betting' is the term used when players gamble using virtual in-game items, such as weapon 'skins' or character cosmetics. Although these items appear purely decorative, some can hold significant real-world value. Research suggests that children as young as 13 have engaged in this type of betting, often on sites with limited age checks or safeguards, blurring the line between gaming and gambling.

UNREGULATED PLATFORMS

Skin gambling typically takes place on third-party websites that are not licensed or regulated. These platforms often lack age verification, making them easily accessible to children. By linking their gaming accounts, users can deposit skins, place bets, and withdraw winnings as cash or higher-value items – often without adults being aware these activities are happening.

REAL-WORLD VALUE

Skins may look like simple cosmetic upgrades to in-game items and characters, but some are worth hundreds or even thousands of pounds. They can be traded or sold on online marketplaces, meaning they function much like real money. When young people bet with skins, they are risking items of genuine financial value, even if no physical cash is exchanged directly.

INFLUENCER PROMOTION

Some gaming influencers and streamers have promoted skin betting sites in their content. This can make the behaviour appear normal or even desirable, potentially encouraging younger audiences to engage in these activities without fully understanding the risks involved.

SOCIAL STATUS PRESSURE

In games such as Counter Strike: Global Offensive (CS:GO) and Fortnite, rare skins can act as status symbols. Young players may feel the pressure to own high-value items to fit in with peers. This can lead them to take risks – such as using gambling sites – to obtain desirable skins, similar to how branded goods can influence behaviour offline.

LIMITED OVERSIGHT

Skin betting can take place both in-game and on external websites that parents and educators may not be familiar with. Because skin betting does not always resemble traditional gambling, it can go unnoticed until significant losses have occurred, in both items or money.

GATEWAY BEHAVIOURS

Skin betting mirrors many aspects of traditional gambling, including chance-based outcomes, reward systems and excitement. Early exposure to these mechanics can normalise betting behaviours before children and young people even reach legal gambling age. Research indicates that this may increase the likelihood of developing unhealthy habits later, particularly if early wins create a false sense of control or skill.

Advice for Parents & Educators

UNDERSTAND IN-GAME ITEMS

Familiarise yourself with the games young people are playing and learn whether they include tradable or sellable items. Titles like CS:GO and Rust are known for skin marketplaces, but similar systems are increasingly common across games.

DISCUSS VALUE AND RISK

Help children and young people understand that cosmetic items like skins can carry real-world value. Explain that losing them through betting is comparable to losing money, therefore reinforcing the connection between in-game actions and real financial consequences.

LOOK FOR WARNING SIGNS

Be alert to changes in behaviour, such as secrecy around gaming, a strong focus on acquiring specific skins, or a sudden loss of in-game items. These could indicate involvement in skin gambling and provide an opportunity to start a conversation about it.

USE CONTROLS AND SAFEGUARDS

Make use of parental controls and platform settings to restrict trading, purchases, and access to external websites. Where possible, disable marketplace features on games and monitor young people's account activity to reduce the risk of unauthorised transactions.

Meet Our Expert

Nathan David is Head of Foundation and Programme Lead for Esports Coaching at the University Campus of Esports.

Bubba Goedert is a Senior Lecturer and Head of Events at the University Campus of Esports, as well as President and Co-Founder of the Videogames and Esports Foundation.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@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

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.

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BETTER



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**



**BEST
START
IN LIFE**



Funded by
UK Government



Waltham Forest

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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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GYMNASTICS HOLIDAY CAMP

AT

WALTHAMSTOW

LEISURE CENTRE

★ AGE 5-11Y ★



WEDNESDAY
29TH JULY
10AM - 3PM



THURSDAY
6TH OF AUGUST
10AM - 3PM



BRING BOTTLE OF
WATER AND
PACKED LUNCH



LEARN GYMNASTICS
+ FUN ACTIVITIES

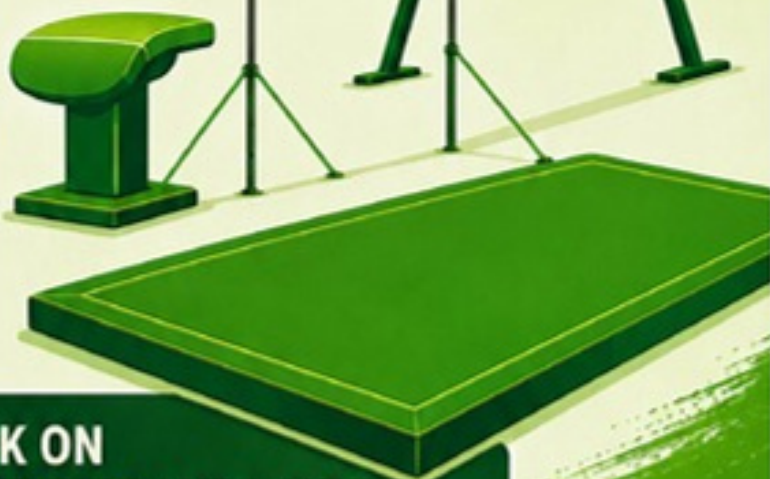


AVAILABLE TO BOOK ON
BETTER APP OR **BETTER WEBSITE**

BETTER



— FEE —
£35
PER DAY



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GYMNASTICS DROP IN SESSIONS

at
Walthamstow Leisure Centre

AUGUST 2026



Fee: £7.50

(Bookable at reception before lesson)

Spaces are subject to availability



GYMNASTICS LESSONS PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Discover 3 – 4 years		4.15-5pm	4-4.45pm				
Explore 5 – 7 years	4-5pm 6-7pm			4-5pm 5-6pm		9-10am 10-11am	11-12 noon 12-1pm
Explore Plus 8+ years	5-6pm		5-6pm	6-7pm		11-12 noon	1-2pm
Excel			6-7pm	6-7pm			
Young adult 12+			6-7pm				

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PLACES KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2026



moneysavingcentral.co.uk/kids-eat-free

ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free every day until Sept 6th 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with 1 paying adult

BILLS

Kids Eat Free weekdays until September 1st 2026

BREWDOG

1 Kid eats free with 1 adult, 19th July - 31st August

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

CHIQUITO

Kids eat free during all school holidays

COCONUT TREE

Kids eat free Mon 13th July - Sun 6th Sept

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult meal purchase

FARMHOUSE INNS

2 Kids eat FREE this summer holidays

FLAMING GRILL PUBS

Kids eat for 88p this summer holidays

FRANKIE & BENNY'S

Kids eat FREE during school holidays

FRANCO MANCIA

Kids eat FREE school holidays Mon-Thurs

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 every day until Sept 1st 2026

HUNGRY HORSE

Kids eat for 88p this summer holidays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE via the App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PREZZO

Kids up to age 12 eat for £1 during half terms

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TESCO

Kids eat free every day this summer with a 65p spend

TGI FRIDAYS

Kids Eat Free until 6th September (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for £1 with 1 adult breakfast

TOBY CARVERY

Kids eat for £1 every day until Sept 1st 2026

TURTLE BAY

Kids eat free with every £15 adult spend via app

VILLAGE HOTELS

Kids eat free 20th July - 4th Sept via the village app

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays

ZIZZI

Kids eat free via app during school holidays

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