



Weekly Bulletin - 3rd July 2026

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

Upcoming dates for diaries

- 4th July - FOTW Summer Fair
- 6th July - Class Photos
- 9th July - After School Clubs finish (tea time club continues into final week)
- 10th July - End of year reports sent home - **amended date** (please ensure the office have your most up-to-date email contact)
- 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 **managing digital boundaries for under 5s** from the National College ([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 **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](#))

The Winns Primary School

Calendar Dates Academic Year 2025-26

Please note, these dates are subject to change.

July 2026

2nd – Young Enterprise

4th – FOTW Summer Fair

6th - Class Photos

9th – ASC finish

10th – End of year reports sent home (amended date)

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

Class Assembly Dates

Summer 2
Thurs 11th Jun - Pine
Thurs 18th Jun - 4LT
Thurs 2nd Jul - 1GB
Tue 7 th Jul - Cedar
Wed 8 th Jul - Nursery singing concert
Thurs 9 th Jul - Elm

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EDUCATIONAL PSYCHOLOGY SERVICE

Speak confidentially
with an educational
psychologist about
your child

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

 educationalpsychologyservice@walthamforest.gov.uk

 07776 589 597

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



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.

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

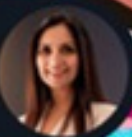
Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Yed Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



#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.



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

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