

## Every school day matters

Information for parents and carers

### Medical appointments during school hours

Where possible, please arrange medical and dental appointments **outside school hours** to minimise missed learning.

**If a school-time appointment is unavoidable:**

- If the appointment is **after 10am**, please bring your child into school beforehand.
- Please bring your child back afterwards wherever possible, regardless of the appointment time, provided they are well enough and school is still open.

### Absences

Please report your child's absence **as early as possible** using the [Report an absence form](#). You can also access the form by clicking 'Report an absence' on our [school home page](#).

### Fixed penalty notices: unauthorised absence

Headteachers can only grant term-time leave in **exceptional circumstances**. Holidays are generally not an exceptional circumstance.

A penalty notice may be issued for **10 sessions (usually 5 school days)** of unauthorised absence within **10 school weeks**. A notice may also be considered below this threshold in some circumstances.

**Within a 3-year period:**

**First notice:** £80 if paid within 21 days; £160 within 28 days.

**Second notice:** £160, payable within 28 days.

**A third notice cannot be issued:** legal action may follow, including prosecution.

For further information, please contact  
London Borough of Waltham Forest via:

[https://thehub-beta.walthamforest.gov.uk/fixed\\_penalty\\_notice](https://thehub-beta.walthamforest.gov.uk/fixed_penalty_notice)

Thank you for helping your child make the most of their learning time.

# BLACK HISTORY MONTH

PLANTAIN & CHICKPEA CURRY & RICE  
JERK CHICKEN  
JOLLOF RICE  
ROASTED VEGETABLE MEDLEY  
~DESSERT~  
OLD FASHIONED COCONUT CAKE  
TROPICAL FRUIT SALAD



Wednesday 21st October

Juniper  
**CLUB**



## Weekly Bulletin - 9<sup>th</sup> October 2026

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

### Upcoming dates for diaries

Please see the full list of important dates for this academic year, including Christmas Performances, [here](#) (class assembly dates to follow)

- wb 19<sup>th</sup> Parental Consultation meetings

### Information about school events

- Information about our Black History Month competition for children in school ([click here](#))

### Information from outside agencies and organisations

- What parents and carers need to know about Looksmaxxing from The National College ([click here](#))
- A complete guide to all the free Parent/Carer Support available from Waltham Forest ([click here](#))
- Information about family learning courses from Waltham Forest Adult Learning Service ([click here](#))
- The updated NHS Dental Practice List ([click here](#))
- Information about the SEND Youth Forum ([click here](#))
- Information about the Waltham Forest Educational Psychologist Service's parent/carers drop in sessions ([click here](#))
- Waltham Forest Parent SEND Forum - Autumn Update ([click here](#))
- Information about this year's Woodford Panto at Sir James Hawkey Hall, Beauty and the Beast ([click here](#))
- Information about Waltham Forest's Holiday Activity and Food Programme for October half term week ([click here](#))

## Calendar Dates Academic Year 2026-27

Please note, these dates are subject to change.

### October 2026

Black History Month

16<sup>th</sup> – ASC finish

wb 19<sup>th</sup> – Parental Consultation meetings (late close Thursday)

23<sup>rd</sup> – Y6 Careers Fair

26<sup>th</sup>-30<sup>th</sup> – Half Term Holiday

### November 2026

2<sup>nd</sup> – INSET Day (staff only)

6<sup>th</sup> – Diwali celebration

9<sup>th</sup> – ASC start

10<sup>th</sup> – Individual and sibling photos

16<sup>th</sup>-20<sup>th</sup> - Anti Bullying week

### December 2026

5<sup>th</sup> – FOTW Winter Fair (TBC)

2<sup>nd</sup> -11<sup>th</sup> – Christmas Concerts (see below for all Christmas dates)

11<sup>th</sup> – ASC finish

18<sup>th</sup> – Last day of Autumn term

### January 2027

4<sup>th</sup> – Inset Day (staff only)

11<sup>th</sup> – ASC start

wb 11<sup>th</sup> – Spring Meet the Teacher Online Meetings

## **February 2027**

5<sup>th</sup> – NSPCC Dress Up for Digits Day

9<sup>th</sup> – Safer Internet Day

12<sup>th</sup> – Children’s Mental Health Awareness Day

15<sup>th</sup>-19<sup>th</sup> – Half Term Holiday

22<sup>nd</sup> – INSET Day (staff only)

## **March 2027**

2<sup>nd</sup> – CJ Storyteller in (World Book Week)

3<sup>rd</sup> – Book Fair (3rd March – 10<sup>th</sup> March)

4<sup>th</sup> – World Book Day dressing up

5<sup>th</sup> – 14<sup>th</sup> – British Science Week

12<sup>th</sup>– Eid Celebration

19<sup>th</sup> – ASC finish

wb 22<sup>nd</sup> – Parental Consultation meeting (late close Wednesday)

25<sup>th</sup> – Last day of Spring term

## **April 2027**

12<sup>th</sup> – First day of Summer term (staff & children, no INSET day)

19<sup>th</sup> – ASC start

wb 19<sup>th</sup> – Summer Meet the Teacher Online Meetings

22<sup>nd</sup> – Earth Day

## **May 2027**

3<sup>rd</sup> – Bank Holiday (school closed)

wb 10<sup>th</sup> – KS2 SATs (Y6)

21<sup>st</sup> – ASC finish

wb 31<sup>st</sup> – Half Term Holiday

## **June 2027**

Pride Month

7<sup>th</sup> – INSET Day (staff only)

wb 7<sup>th</sup> – No ASC

wb 7<sup>th</sup> & 14<sup>th</sup> – Multiplication Tables Check (Y4)

wb 14<sup>th</sup> – Phonics Screening Check (Y1)

wb 14<sup>th</sup> – Y6 Treginnis week 1

wb 14<sup>th</sup> & 21<sup>st</sup> – Creativity Weeks (art work displayed at Summer Fair)

14<sup>th</sup> – ASC start

22<sup>nd</sup> – Y1, 2, 3 Sports Day

23<sup>rd</sup> – Y4, 5, 6 Sports Day

wb 28<sup>th</sup> – Y6 Treginnis week 2

## **July 2027**

4<sup>th</sup> – FOTW Summer Fair (TBC)

6<sup>th</sup> – Young Enterprise

7<sup>th</sup> – 9<sup>th</sup> – Y5 Residential to The Hive

16<sup>th</sup> – End of year reports sent home

16<sup>th</sup> – ASC finish

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

20<sup>th</sup> – Leavers' BBQ

22<sup>nd</sup> – Leavers’ Assembly

22<sup>nd</sup> – Final day of the Summer term

## Class Assemblies (all 9:10am - dates subject to change)

| Autumn 2                          | Spring 1                            | Spring 2                          | Summer 1                            | Summer 2                               |
|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|----------------------------------------|
|                                   |                                     |                                   | Thurs 22 <sup>nd</sup> April<br>1MS |                                        |
| Thurs 12 <sup>th</sup> Nov<br>6PB | Thurs 14 <sup>th</sup> Jan<br>6ES   | Thurs 4 <sup>th</sup> Mar<br>5ED  | Thurs 29 <sup>th</sup> April<br>5BB | Thurs 17 <sup>th</sup> June<br>4PH     |
| Thurs 26 <sup>th</sup> Nov<br>3CS | Thurs 21 <sup>st</sup> Jan<br>3NM   | Thurs 11 <sup>th</sup> Mar<br>2AS | Thurs 6 <sup>th</sup> May<br>4EB    | Thurs 24 <sup>th</sup> June<br>Elm     |
|                                   | Thurs 28 <sup>th</sup> Jan<br>4KB   | Thurs 18 <sup>th</sup> Mar<br>5CF | Thurs 13 <sup>th</sup> May<br>1BH   | Thurs 1 <sup>st</sup> July<br>1GB      |
|                                   | Thurs 4 <sup>th</sup> Feb<br>6AM    | Thurs 25 <sup>th</sup> Mar<br>2CP | Thurs 20 <sup>th</sup> May<br>Pine  | Thurs 8 <sup>th</sup> July<br>2EC      |
|                                   | Thurs 11 <sup>th</sup> Feb<br>Cedar |                                   | Thurs 27 <sup>th</sup> May<br>3AF   | Thurs 15 <sup>th</sup> July<br>Nursery |

## Christmas Performances 2026

|        | Tues 1 <sup>st</sup><br>Dec | Wed 2 <sup>nd</sup><br>Dec | Thurs 3 <sup>rd</sup><br>Dec | Fri 4 <sup>th</sup><br>Dec | Tues 8 <sup>th</sup><br>Dec | Wed 9 <sup>th</sup><br>Dec | Thurs 10 <sup>th</sup><br>Dec | Fri 11 <sup>th</sup><br>Dec |
|--------|-----------------------------|----------------------------|------------------------------|----------------------------|-----------------------------|----------------------------|-------------------------------|-----------------------------|
| 9:10am | Nursery                     | Reception                  | Year 1                       | Year 2                     | Year 3                      | Year 4                     | Year 5                        | Year 6                      |

All performances will take place in Green Hall

All concerts will last around 30 minutes.

## Class Christmas Parties – further details to follow

**Tuesday 15<sup>th</sup> December** – Years R, 1, 3 & 5

**Thursday 17<sup>th</sup> December** – Years N, 2, 4 & 6

## **Christmas Lunch**

Wednesday 16<sup>th</sup> December

[Back to index](#)

# What Parents & Educators Need to Know about LOOKSMAXXING

## WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

### TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

### DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

### EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmaxxing" – which involves trying to alter the cheekbones using blunt objects for a more "masculine" appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

### BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

### MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

### A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

## Advice for Parents & Educators

### WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

### LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "told" (a misogynistic term for a woman), and "mugging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestmaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

### CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

### TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

### Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



See full reference list on our website



@wake\_up\_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

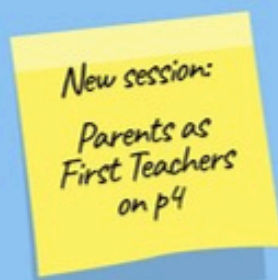
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.09.2024

# Parent/Carer Support

**September – December 2026**

A complete guide to free parenting support available in Waltham Forest

- ✓ Increase knowledge and understanding of children's development and needs
- ✓ Build positive relationships
- ✓ Improve behaviour and communication
- ✓ Meet other parents
- ✓ Reduce parenting stress



For full list of available support, please [click here](#)

[Back to index](#)

# Family Learning

Helping children grow and thrive.

September Courses and Workshops for Families and Parents



## Parenting Courses

### Calm Parents Calm Children

Queens Road Family HUB  
23/09/2026 until 21/10/2026  
Wednesday  
10:00am - 12:00pm



### Supporting children and young people with school avoidance

Online  
23/09/2026 until 30/09/2026  
Wednesday  
7:00pm - 9:00pm



WALTHAM  
FOREST  
**ADULT  
LEARNING  
SERVICE**



Click on  
QR code to  
sign up today !



## Family workshops

### Let's Get Creative with books Craft Activities for Early years

Walthamstow Library  
22/09/2026-20/10/2026  
Tuesday 10:00am-12:00pm

### Art Club for SEND families

Queens Road Learning Centre,  
Queens Road E17 8QR  
26/09/2026  
Saturday 10:00am - 12:00pm

## Contact Info

Email: [adult.learning@walthamforest.gov.uk](mailto:adult.learning@walthamforest.gov.uk)

Phone: 020 8496 2974

Waltham Forest Adult Learning Service

[Click here to follow the link in the QR code](#)

[Back to index](#)

# NHS Dentists in Waltham Forest



This is an up-to-date list of NHS dentists currently offering routine appointments and accepting new patients. At the time of writing there may be a waiting period before your first appointment



## Walthamstow

The Dental Design Studio  
127 High Street, E17 7DB  
02085214333  
Children Only

Chingford Road Dental Surgery  
31 Chingford Road, E17 4PW  
02085279062  
Children And Adults

Inspire Dental  
67 Palmerston road, E17 6PU  
02085216656  
Children and Adults

Forest Dental Care  
73 Hoe Street, E17 4SA  
02085213777  
Children and Adults

Abbey Dental Practice  
25 St James Street, E17 7JP  
02085212816  
Children and Adults

Church Hill Dental Practice  
18 Church Hill, E17 3AG  
02085212816  
Children and Adults



List up to date as of 14th September 2026



## Chingford

Woodford Green Dental Care  
80 Snakes Lane East, IG8 7QQ  
02085029966  
Children and Adults

Woodford House Dental Practice  
162 High Road, IG8 9EF  
02085042704  
Children Only

Chingford Smile Club  
252a Chingford Mount road, E4 8JL  
02085291587  
Children Only



## Leyton

Lea Bridge Dental Practice  
433 Lea Bridge Road, E10 7EA  
02085396152  
Children and Adults

Smile In London  
399 High Road Leyton, E10 5NA  
02085581122  
Children (above 3) and Adults

Cedars Dental Practice  
775 High Road Leyton, E10 5AB  
02085581122  
Adults Only



## Leytonstone

L Fong F Wong Dental Practice  
845 High Road Leytonstone, E11 1HH  
02085394720  
Children and Adults

Woodgrange Dental Practice  
80 Woodgrange Road, E7 0EW  
02085553336  
Children and Adults

020 8496 5223



wfsupport@henry.org.uk

Please note that we do not endorse or recommend any particular practice.  
This list is up-to-date as of the 14th September 2026.

**Best Start  
in Life**



**Waltham Forest**

# SEND YOUTH FORUM

Do you want your voice heard?

What would you like to see/hear for you in  
Waltham Forest?



Come along to our group.  
Make friends, have fun  
and have your voices  
heard



For ages 8 - 18 years old

For more information about the group and booking in for  
attendance please contact Mehrdad Razmjoo at  
sendiasswalthamf@centre404.org.uk or on



07494 280073

## Dates

24 September 2026

26 November 2026

4pm - 5.30pm

22 December 2026 (joint  
event) time tbc

Waltham Forest resource hub  
1 Russel Road, E10 7ES



# educational psychology



## PARENT/CARER DROP-IN

We offer Parents and Carers who live in Waltham Forest a **free 30-minute consultation with an Educational Psychologist** to discuss their child. Available by phone call or Microsoft Teams.

Our diverse educational psychology team is passionate about working with families and schools to support children and young people aged 0–25 years with their development, learning and wellbeing.



All sessions take place on  
Wednesdays between  
12:30–2 pm or 3:30–5 pm

- > 16th September 2026
- > 14th October 2026
- > 11th November 2026
- > 9th December 2026
- > 6th January 2027
- > 3rd February 2027
- > 10th March 2027
- > 21st April 2027
- > 19th May 2027
- > 23rd June 2027
- > 7th July 2027

## HOW TO BOOK?

Call, text or email us using the  
contact details below



07776589597

educationalpsychologyservice@walthamforest.gov.uk



## BHM Competition 2026

### Honouring Our Communities



This Black History Month, we invite our school community to recognise and celebrate the communities that shape, support and strengthen Britain.

This year, we are excited to mark the occasion with a **whole-school competition!**

This year's theme, "**Honouring Our Communities,**" reminds us that Black history is not only shaped by landmark events or famous individuals. It is also created through everyday acts of **leadership, care, service, creativity, courage and commitment.**

We would love for parents and carers to support their children in taking part in an **independent research project.** Children could choose to:

- 🧠 Create an art piece
- 🖼️ Design a poster
- 📁 Make a fact file
- 🚩 Design a Black History Month 40th Anniversary flag for the upcoming year
- ★ Create a profile of someone who inspires them

We encourage children to be creative, curious and thoughtful in celebrating the people, stories and communities that have made a difference.

Thank you for supporting your child and helping us make Black History Month 2026 a meaningful celebration for our whole school community.

#### Exciting prizes!

Participants will receive a **certificate** and be entered into a final prize draw. The winner of the final prize draw will win a mystery book (**1 winner per year group**).

#### SUBMISSION

All projects to be returned to Ms Dodge please!

#### **FINAL DEADLINE FOR ENTRIES**

Friday 6<sup>th</sup> November 2026

**BLACK  
HISTORY  
MONTH**

Multi Noda Award Winning Pantomime  
**WOODFORD PANTOMIME PRESENTS**

# *Beauty and the Beast*

*Written by  
Clarke &  
Clarke*

*1st-17th  
January  
2027*



Sponsored by  
**THE STOW BROTHERS**

**NODA**  
For every stage

This amateur  
production is by  
arrangement with  
NODA Limited



Sir James Hawkey Hall Woodford Green IG8 0BG

**07391 222464**

**www.woodfordpantomime.co.uk**



# WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME MONDAY 26 – FRIDAY 30 OCTOBER 2026

## AUTUMN 2026

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

Funded by the Department for Education, the Holiday Activity and Food Programme (HAF) offers you the opportunity to try a wide range of free activities, have fun, make friends and enjoy a free meal everyday 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**

You can apply for targeted free school meals at

**WALTHAMFOREST.GOV.UK/FREE-SCHOOL-MEALS**



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UK Government

