

Sustrans Big Walk and Wheel

Dear Parents/Carers,

We have some exciting news for you! We are taking part in the 15th year celebration of Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 11th - 22 March 2024. It's free to take part and we would love everyone to be involved.

What do you need to do?

Encourage your child/children to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

Including everyone

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel.

We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child/children's specific needs, please contact your child's class teacher and we will make sure to look into how your child/children can take part.

Why we are taking part?

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. A 2021 YouGov study showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels. Plus there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

Download your free family guide using this link:

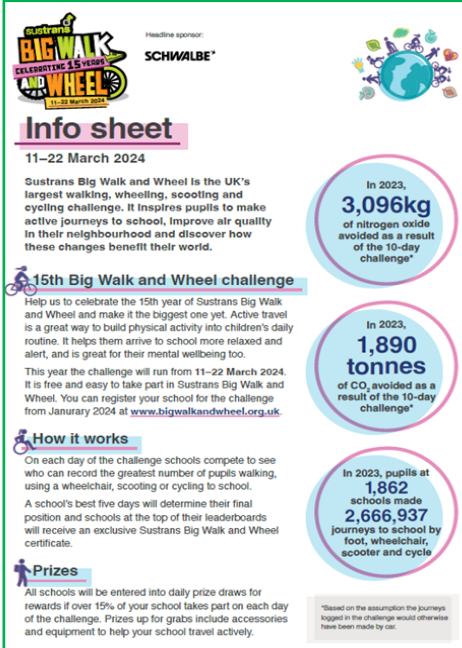
<https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to

www.bigwalkandwheel.org.uk.

Enjoy the

challenge!



Sustrans BIG WALK AND WHEEL
CELEBRATING 15 YEARS
11-22 March 2024

Info sheet
11-22 March 2024

Sustrans Big Walk and Wheel is the UK's largest walking, wheeling, scooting and cycling challenge. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world.

15th Big Walk and Wheel challenge
Help us to celebrate the 15th year of Sustrans Big Walk and Wheel and make it the biggest one yet. Active travel is a great way to build physical activity into children's daily routine. It helps them arrive to school more relaxed and alert, and is great for their mental wellbeing too.

This year the challenge will run from 11-22 March 2024. It is free and easy to take part in Sustrans Big Walk and Wheel. You can register your school for the challenge from January 2024 at www.bigwalkandwheel.org.uk.

How it works
On each day of the challenge schools compete to see who can record the greatest number of pupils walking, using a wheelchair, scooting or cycling to school.

A school's best five days will determine their final position and schools at the top of their leaderboards will receive an exclusive Sustrans Big Walk and Wheel certificate.

Prizes
All schools will be entered into daily prize draws for rewards if over 15% of your school takes part on each day of the challenge. Prizes up for grabs include accessories and equipment to help your school travel actively.

Headline sponsor: SCHWALBE

In 2023, **3,096kg** of nitrogen oxide avoided as a result of the 10-day challenge*

In 2023, **1,890 tonnes** of CO₂ avoided as a result of the 10-day challenge*

In 2023, pupils at **1,862** schools made **2,666,937** journeys to school by foot, wheelchair, scooter and cycle

*Based on the assumption the journeys logged in the challenge would otherwise have been made by car

Attendance 26th February - 1st March 2024

Well done to the following classes for achieving the highest attendance percentage in their Year Groups :- over 96%. The minimum target for attendance each week as set by the Government is 96%.

Year group	Class	Attendance
Year 1	Eucalyptus	99%
Year 2	Sassafras	96%
Year 3	Willow	96.9%
Year 4	Cherry	98.2%
Year 5	Elm	97.8%
Year 6	Aspen	97.3%



During the above period our overall school attendance was **96.1%**.

Book week/Book Fair

Thank you to everyone who supported Book Fair we had a wonderful turn out and have earned lots of book rewards which will be shared throughout the school.

Well done to everyone for a great Book Week where poetry and rhymes were shared in all classes and in the Nursery.

Thank you for the amazing efforts seen yesterday for World Book Day - we truly had a spectacular variety of different costumes and the children thoroughly enjoyed it!

Please remember to complete your competition entries over the weekend if you haven't already done so - these should be handed into your class teacher on **Monday 11th March**. There will be National Book Token gift cards for the winners in each year group.



Yesterday World Book day was celebrated with children at Blossoms Stay and Play dressing up as their favourite book characters. Every child got to choose a book to take home to keep.

Sycamore class and Ash class had some fantastic costumes. Let's not forget the teachers and office staff that made an effort too!



Dates for the Diary

Any additions/changes to the diary dates are highlighted in **purple** text

Spring Term 2 - 2024

Monday 19th February - Thursday 28th March 2024

Wednesday 13th March

3.45pm Chase Lane Football squad v Ainslie Wood (friendly)

Friday 15th March

Red Nose Day - upload silly make-up photos of parents to SeeSaw

Friday 15th March

6.30pm - 8.30pm PTA Family Bingo night

Saturday 16th March

10.00am Waltham Forest Orion Harriers Primary School Cross Country - Chingford Plains

Monday 18th March

Whole School Parent Consultations

Tuesday 19th March

Nursery Parent Consultations

Wednesday 20th March

Nursery Parent Consultations

Thursday 21st March

Whole School Parent Consultations

Friday 22nd March

Year 2 trip Sassafras William Morris Gallery trip - 11:45am returning at 3:30pm

Tuesday 26th March

Year 2 trip Baobab class William Morris Gallery trip - 9.00am returning at 1.00pm

Year 2 trip Acacia class William Morris Gallery trip - 11:45am returning at 3:30pm

Wednesday 27th March

9.15am & 2.45pm Year 3 & 5 Performance Shiny Hall

Thursday 28th March

Last day of Spring term - school will close 1 hour earlier

Easter Break Friday 29th March - Friday 12th April

Tuesday 2nd April - Friday 5th April

Easter School for Year 6 Week 1

Monday 8th April - Thursday 11th April

Easter School for Year 6 Week 2

Summer Term 1 - 2024

Monday 15th April - Friday 24th May 2024

Monday 15th April

8.45am School reopens for Summer term

Friday 10th May

PTA Year 2 & 3 Disco (details to follow)

Friday 17th May

PTA Year 4 & 5 Disco (details to follow)

Monday 13th May - Thursday 16th May

Year 6 SATs week

Monday 20th May - Friday 24th May

Year 6 Activity week

Tuesday 21st May

2.30pm Parents Forum meeting - meeting room

Friday 24th May

PTA Whole School Pyjama day (details to follow)

Whitsun half-term break Monday 27th May - Friday 31st May

Summer Term 2 - 2024

Monday 3rd June - Wednesday 24th July 2024

Sunday 7th July

PTA Summer Fair

Friday 19th July

Year 6 Leavers Disco

Wednesday 24th July

Last day of term - school will close 1 hour earlier for summer holidays



PTA News



BINGO IS BACK



Friday 15th March 2024
6.30pm to 8.30pm - Doors open at 6pm
Eyes down 6.30pm

Come to enjoy a fun family night, friends & family welcome, spread the word!!!!

£1.50 per adult / Children free
CASH ONLY EVENT!!!!

£1 per book - pens will be provided!
Refreshments (alcohol/soft drinks/cookies/doughnuts/ crisps) can be bought on the night, as can raffle tickets!!

Line prizes and cash prizes to be won on the NIGHT!!!!



PRIZE LIST

All these amazing prizes can be won on the night of Family Bingo on the 13th October 2023 from 6.30pm to 8.30pm
Doors open at 6.00pm
Buy your tickets on the door - £1 per tickets or £5 per strip at the entrance. The raffle will be drawn on the night

£30 cash prize
Tottenham Hotspur football top
Habitat dinner set
Salter 4 in 1 electronic kitchen scales
Habitat Bath and body set
Science museum Mechanics Floating Dragon
Pure home goodie bag
Pokemon cuddly toy
Thanos doll
Science kit
Enid Blytons The Secret Seven collection
Harry Potter puzzle set




Learn English in Waltham Forest

South Chingford Methodist Church

3 New Rd, London E4 9EU


We offer:

- Small, friendly classes
- Fully qualified teachers
- Nationally recognised qualifications
- All levels from beginner to GCSE equivalent
- Progression to vocational and functional skills classes.

For more information please text 'CHINGFORD ESOL' to 07423 502126 or email: adult.learning@walthamforest.gov.uk

Learn more on our website: bit.ly/als-esol-courses





ONLINE PARENT/CARER DROP-INS


ARE YOU A PARENT/CARER IN WALTHAM FOREST?
IS YOUR CHILD AGED 3-18?




Attend when its convenient for you and seek advice from our family practitioners on any of the following topics:

- Explore safeguarding and risks
- Explore the fundamentals to relationship building with your child
- Explore the benefits of positive discipline methods
- Gain and build parenting confidence
- Build a support network and meet other parents to create new friendships

NO NEED TO BOOK
DROP-IN ANYTIME
BETWEEN
1 - 3PM
ON FRIDAY 23RD FEB

ZOOM LINK:
[HTTPS://US06WEB.ZOOM.US/J/899169979457](https://us06web.zoom.us/j/899169979457)
PWD=1DHTYJOLY2JMAP
PBFLPAQGX7NW0DU.1
MEETING ID: 899 1699 7945
PASSCODE: 462035





EASTER SPORTS CAMP

2nd APR - 12th APR

Handsworth Primary School

Handsworth Ave, Chingford, E4 9PJ

DATE	ACTIVITIES
TUES 2nd APR: EASTER FUN DAY	<ul style="list-style-type: none"> ★ Easter Egg Treasure Hunt ★ Egg and Spoon Race ★ Eggcellent Dodgeball ★ Big team Rounders
WED 3rd APR: NINJA WARRIOR DAY	<ul style="list-style-type: none"> ★ Camouflage ★ Timed Challenges ★ Obstacle Courses ★ Balance & Agility Training
THUR 4th APR: TOURNAMENT DAY!	<ul style="list-style-type: none"> ★ Kickball ★ Cricket ★ Athletics ★ Benchball
FRI 5th APR: FOOTBALL FRIDAY & MULTI GAMES DAY!	<ul style="list-style-type: none"> ★ Multi Sports ★ Team Matches ★ Super Skill School ★ Penalty Shoot Outs
MON 8th APR: OLYMPICS DAY!	<ul style="list-style-type: none"> ★ Wacky Races ★ Throwing Challenges ★ Fun Field Events ★ Gymnastics
TUES 9th APR: EASTER FUN DAY	<ul style="list-style-type: none"> ★ Easter Egg Treasure Hunt ★ Egg and Spoon Race ★ Eggcellent Dodgeball ★ Big team Baseball
WED 10th APR: NINJA WARRIOR DAY	<ul style="list-style-type: none"> ★ Camouflage ★ Timed Challenges ★ Obstacle Courses ★ Balance & Agility Training
THUR 11th APR: BOUNCY CASTLE DAY	<ul style="list-style-type: none"> ★ Bouncy Fun ★ Coach Challenge Games ★ Creative Sports ★ Castle Dodgeball
FRI 12th APR: FOOTBALL & GYMNASICS DAY	<ul style="list-style-type: none"> ★ Gym Routines ★ The Euro Cup! (Trophy Giveaway) ★ Jumping and Balancing ★ The Goal Scoring Special

Welcome to our Easter Sports Camp Schedule!
Each day you can expect a number of different themed sports, games & activities, as well as even more Easter themed activities!

To book:
Visit www.superstarsport.co.uk, click "Book Now"
**There is a 4.5% platform fee on every booking*





EASTER SPORTS CAMP 2024

How many eggs can you find?

PRIZES to be won

Boys and girls welcome

Easter sports FUN!

Funded spaces available

Handsworth Primary School

Handsworth Ave, Chingford, E4 9PJ

2nd April - 12th April

65 Funded spaces available for children aged 5-12 who are in receipt of benefit related free school meals, call 01992 766 707 for information.

FULL DAY: £25 PER DAY

HALF DAY: £14 PER DAY

Waltham Forest

SCAN FOR FUNDED SPACES

SCAN FOR PAID SPACES




To Book:
Visit www.superstarsport.co.uk 'Book Now'
For more information call 01992 766 707
**There is a 4.5% platform fee on every booking*

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.



CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.



CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.



MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.



LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!



Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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