



Friday 19th January 2024
Volume 1, Issue 16

There are work men on Buxton Road removing the emergency banner. The school, and especially the Eco-Council have been working with the Local Authority and the Local Residents (St James Street Project) to improve the area. The remit was to boost the neighbourhood's biodiversity and rain-water gardens that provide sustainable draining and will make the area more resilient to climate change. The plan is to use the rain water collected from the gutters on the nursery roof to be the irrigation system for some of the plants. The works will also go along the Mission Grove Road too, opposite the Lidl car park. The images are at the end of the newsletter. The school is contributing some funds to help improve this space.

We have had another scooter taken by mistake this evening. Please make sure that you only take your scooter and if possible that you lock your bikes and scooters up on the pods.

The year 5 & 6 choir took part in what is becoming a school annual event; Young Voices at the O2 . We joined over 8,900 children in the arena to sing a whole range of songs. To showcase to parents and family what an amazing job they did we will be reliving the event in school on Tuesday 30th at 5.30pm. Letters will come out to the choir next week.

The year 5 & 6 cricket team came so close to winning on Wednesday. Losing in the final after a nail biting run chase. It got to the penultimate ball with Sitharth bowling to protect 4 runs. It was an amazing game and all of the team showed great sportsmanship , determination and respect.

The after school activity clubs started this week. We still have spaces in coding, parkour, ballet, fencing and KS1 football. If you do not know how to book a place please speak to the office.

Half term

It will be here before we know it. The school is hosting the holiday club for the week. There are 2 trips in the week; adventure play and bowling . They cost an extra £15 on top of the cost for the club. You can book your place on the school website here [Holiday Club - Application - Mission Grove Primary School \(missiongroveschool.co.uk\)](https://missiongroveschool.co.uk) Please check out the dates page as more have been added since last week.

Have a great weekend and stay warm
Miss Katie Jennings
Headteacher

Clubs Please sign up on the app or speak to the office. Se clubs are already full.

Monday

North

Chess—free
Maths—Selected children
Coding—cost
Sewing—free
TT Rock stars—free
Arts & Crafts—free

South

Football—free
Chess—free

Tuesday

North

KS1 football—cost
KS2 Cricket—free
KS2 Girls football free

South

Forest school—free
Ballet— cost

Wednesday

North

Parkour/free running—cost

South

Sewing— free

Thursday

North

Tag Rugby—selected children
KS2 football—cost
Eco Council club

South

Parkour/freerunning cost

Friday

North

Fencing—Cost
Ballet—Cost
Gymnastics—cost
DT/Crafts—free
Coding—cost

South

Gymnastics—cost

SPECIAL DATES

We are looking for a Parent Governor on the North site

If you are interested you need to send us a paragraph about yourself and why you would like to be a Parent Governor.

WHY BECOME A SCHOOL GOVERNOR?

The benefits of being a governor are immense. These benefits include:

Developing your professional skills and experience such as strategic planning, chairing, financial planning, and team working, all of which are valued by employers and can assist your own career development; Building relationships and networks in your locality and; Supporting children and young people in your community.

We have 6 full GB meetings a year starting at 6.30pm . We also have 2 sub committees, 1 for looking at the teaching and learning in school and 1 to look at the finance.

We will put it on the school app for people to apply.

I want to take this opportunity to thank Sabah Dadabhoy for her time representing the parents on the Governing Body.

January

22nd Goldfinch and Grouse @ Library

23rd Merlin & Moorhen @ London Transport Museum

Goldcrest & Goose @ Library

24th NSPCC workshops

25th Primary panathlon—selected children

26th 14 children @BETT

29th Literacy week– National Story Telling Week

Wren & Woodpecker Science museum

Merlin local library visit

30th Year 4 Tate Modern

Waxwing & Wagtail Science museum

Year 6 Come Dine With Me

Choir O2 experience relived 5.30pm

Year 1 V & A Museum

6 children @horse riding

31st Year 6 Parent Evening

Moorhen Local Library visit

February

1st Year 2 Fire Brigade

Magpie @ library

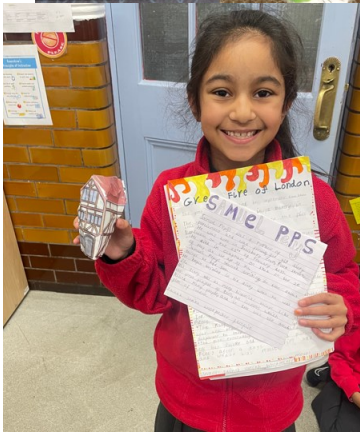
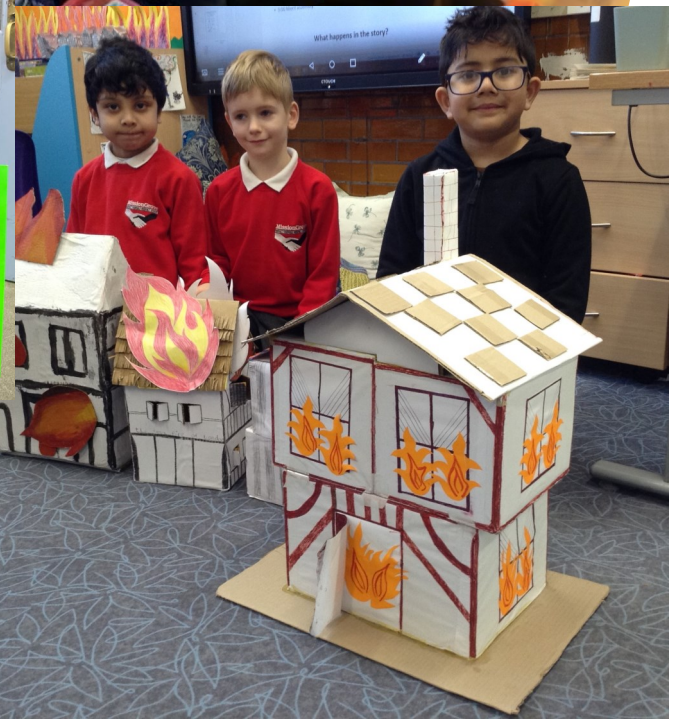
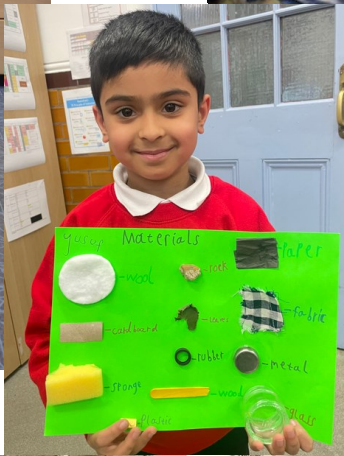
Year 6 Parents Evening

Full Governors Meeting

2nd Year 6 @ The Globe

Woodpecker class assembly 9am

Mallard @Library





EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

EMPOWERING PARENTS EMPOWERING COMMUNITIES

Parenting is difficult! It's a job we receive no training for, yet we are always expected to get it right

What do EPEC courses cover?

EPEC Parenting offers a variety of parent led courses and workshops both face to face and virtually. Each course is facilitated by x2 EPEC certified Parent Group Leaders (PGLS). Topics include Being 'Good enough parents, Feelings, Child led play, Spending time with your children, Understanding children's behaviour, Discipline strategies, Listening & Communication styles, Coping with stress etc.

What types of EPEC Courses are there in Waltham Forest?

There are 2 types of EPEC parenting courses:

1. Being a Parent Course - for parents/ carers of children aged 2-11 years
2. Parent Group Leaders Course – a unique parenting approach for parents of (children ages 2-11 years). The techniques & training has been designed for local parents and is run by local parents.



"As a father I feel I am a good enough parent and it's important we build safer relationships with our children."

"I'm not alone and other parents go through the same."

"It's a relaxed, friendly atmosphere."

"Open/talking, learning about us and not feeling alone as a father."

You can speak to a member of the EPEC Team for further information or to book onto a course
Phone: 0779913026 email: EPEC@walthamforest.gov.uk Web: bit.ly/EPECBAP

**Best Start
in Life**

WALTHAM FOREST
FAMILY HUBS


Waltham Forest



MUSKETEERS
— EDUCATION —



Extra Curricular PE Wellbeing Enrichment Birthdays Holidays Online

Mission Grove Primary School (North Site) - Musketeers Fencing Club

Years 3-6 After School Club - Spring Term 2024

Dear Parent / Guardian

Little Musketeers is an exciting club inspired by the Olympic sport of fencing. Our engaging and varied programmes appeal to a child's sense of play and are taught in a fun, safe and educational environment. What child has not grown up pretending to be a swashbuckling pirate, a duelling musketeer, or even the master of swordplay himself, Zorro? Why do they do it? Because it's fun!

Classes are designed and managed by Olympian and 4 time British Champion James Beevers. All our coaches are trained personally by James and hold enhanced DBS certificates.

Little Musketeers are proud to be internationally endorsed by Olympians, educators and scientists from across the world. All equipment is either plastic or foam and gives children the real feel of fencing.

BOOKING DETAILS

Years 3-6 - Friday 19th Jan - Friday 15th March - 3:30pm-4:30pm - 8 weeks
Cost: £36

- 1) Please visit musketeerseducation.com and select LOGIN and then PARTICIPANT.
- 2) New Users - register by completing PARENT/GUARDIAN REGISTRATION. Existing users continue to step 4.
- 3) Select MY PARTICIPANTS and register your child using ADD PARTICIPANT each time
- 4) Select BOOK then search by postcode and click FIND.
- 5) Select REGISTER for your desired class (NOTE: year groups, weekday, time etc.)
- 6) Select the child(ren) you want to register and follow online instructions to completion. A confirmation email will be sent to you upon successful registration. (for assistance, please email enquiries@musketeerseducation.com)

Yours Faithfully

Little Musketeers





Young coders club
Unlock the World of Fun Coding Sessions !

Starting on 15 January 2024

 Mondays yr1 - yr3  Fridays yr4 - yr6

 3.30 pm – 4.30 pm  **MGPS - North Site.**

What's in Store for Your Child:

-  Explore the exciting world of coding through hands-on activities and games.
-  Create your very own games and interactive stories.
-  Boost critical thinking and problem-solving skills.
-  Dive into the wonders of Science, Technology, Engineering, and Mathematics.

 <https://acecodeclub.simplybook.it/v2/>
 ace.code.kc@gmail.com
 0754 231 8961


HOW TO BOOK YOUR CHILD'S PLACE.





1. Click the link <https://acecodeclub.simplybook.it/v2/#book> and select the day (TUESDAY, WEDNESDAY or THURSDAY) for the course you need.

Want to register siblings, select the course for siblings

Tuesday coding - JUNIORS ONLY - Siblings

 1 hr./5 sessions

 £75.00  Recurring ⓘ

Select

[read more](#)

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday

