



Friday 28th September 2023  
Volume 1, Issue 4



We have been back in school 3 full weeks now.

Hopefully your child/ children have settled and back into school routine. Lots of children have not been bringing their reading books and reading records into school. Please can they be in school everyday.

There will be a Parent evening in the next few weeks. You will be able to come along and speak to your child's class teacher and look at the work they have been completing so far.

Obviously, if you have concerns before the parents evening please speak to the office about having a meeting with the class teacher. Hopefully this will resolve any issues. If not, then ask to speak to the Head of year.

Miss Poptani,  
Mrs Osbourne,  
Mrs O'Brien,  
Miss Harper,  
Miss Hakeem,  
Mrs Brash,  
Miss Mozir.

It was so nice to see so many of you at the coffee mornings to meet the class teachers. There were lots of questions asked and I just wanted to clarify a few here.

1 homework.

We are a non-homework school, a policy that was past a few years back after looking at research on the benefits or non-benefits of homework, discussion with staff, children, parents and governors. However, we do expect children to read for 20 minutes every day, practise their timetables and spellings. Also, we have always encouraged children to do home projects around what they are learning in school. So, get creative with your children.

2- SATs/Tests

Yes, there will be national tests this year in 6. There is no longer a compulsory test in year 2. There will be specific SATs meetings in the new year to talk you through how they will happen in school and the timetables. Year 6 do a spelling and grammar paper, reading comprehension, an arithmetic paper and 2 more maths papers.

Year 1 do a phonics test in the summer term.

Year 4 will do a timetables test also in the summer term.

We do regular reading assessments to ensure that the children are reading books at their correct levels. They should be bringing a book home daily and years 3 to 6 are already set up to do quizzes about the books they read. They can also access online books through their myOn account.

All of the children have a login for an online maths tool, Numbots in Reception and Year 1 and the same login works for TTRockstars that years 2 to 6 use.

At the end of every term the children do a piece on unaided writing that the teachers mark to enable them to see what the children need to develop in the spelling, grammar and punctuation.

Miss Katie Jennings  
Headteacher



## SPECIAL DATES

Parent Council  
 The Parent Council was set up with the intention of improving parental engagement at the school and is your chance to find out more, and contribute to, the running of the school and to gain a better understanding of the priorities.

The aim is to have one parent member per class and we currently have vacancies across all year groups. If you are interested then please speak with your child's class teacher or complete the form on the APP.



- week beginning 2nd Oct –Library's week.
- 3rd Oct Parent Phonics workshop
- 4th PTA meeting 9.15 South site
- 5th Oct National Poetry day
- 6th Oct Year 5 Sleepover – unfortunately this has been postponed.
- 10th Oct Phonics workshop
- World Mental Health Day
- 12th Oct Year 1 parents to come dine with us
- 12th Oct Year 5 @ British museum
- 12th Oct Parents evening
- 16th—20th Year 6 swimming
- 17th Phonics workshop
- 18th Year 3 @ Kew Gardens
- Year 1 Market adventure
- Year 2 parents come dine with us
- 19th Curriculum committee

We also need parents to join our PTA—come along to a meeting next Wednesday to find out more. 9.15am South site E17 7QB



Is my child too sick to come to school?

If you are not sure there is a very thorough NHS website. Click [here](#) to take you to it.

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. Please do make sure you let us know if your child is off due to sickness. You can call or complete the form on the APP.



## My School Fund

### How does it work?

Parents, guardians and carers can sign up to the scheme for free and start earning cashback on the things they buy in participating retail stores, including Sainsbury's and Argos. As you spend you'll receive 2% cashback in the form of eGift vouchers that can be redeemed in participating stores. By linking your spend to our school on the My School Fund website we'll also earn 1% cashback on your spend.

Add that all up across our school's network of families and together we can all make a big difference!

### How to get involved

Visit [myschoolfund.org](https://myschoolfund.org) to register for free and link to Mission Grove Primary. From there, everything you spend in participating stores will go towards helping boost our budget, plus your own! Sign up today at

[myschoolfund.org](https://myschoolfund.org)

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

# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



[www.nationalonlinesafety.com](https://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.09.2020



HEALTHY EATING ISNT JUST RABBIT FOOD...

# LET'S MAKE CARROT CUPCAKES!



## WHAT YOU'LL NEED:

- 3 medium/large carrots (peeled & grated)
- 150ml orange juice
- 140g sultanas
- 80ml vegetable oil
- 3 tablespoons natural yoghurt
- 115g plain flour
- 115g self-raising flour
- 1 teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 1 teaspoon ground cinnamon
- 100g dark muscovado sugar
- 2 eggs

## WHAT TO DO:

1. Pre-heat the oven to 160C/ fan 140C/ Gas mark 3. Put paper cases onto a bun tray.
2. Put the sultanas and orange juice in a bowl and leave to soak.
3. Mix together the plain flour, self-raising flour, baking powder, bicarbonate of soda and cinnamon.
4. Combine the eggs and sugar in a separate bowl and whisk until thick and foamy.
5. Slowly add the oil and yoghurt and continue whisking until combined.
6. Add the flour mixture in batches and fold in gently.
7. Drain the sultanas, then add the sultanas and carrots into the cake mixture.
8. Spoon the mixture into the paper cases and bake in the oven for 25 minutes. You can tell when the cakes are cooked by inserting a skewer into the cake – if it comes out clean, they're done!

**MAKES 16**

Each cake contains

164 kcal

86 fat

13.56 sugar



HELLO, PARENTS & GUARDIANS!

WE ARE BEEZEE BODIES, AND WE WORK WITH WALTHAM FOREST COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

## WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU THIS MONTH (PLUS LOTS OF ONLINE SUPPORT AVAILABLE TOO).

## SIGN UP FOR FREE TODAY!



SCAN ME WITH YOUR SMARTPHONE CAMERA!

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Waltham Forest and include one child aged 5 - 15 who is above their ideal healthy weight.



Hello, Parents & Guardians! We are BeeZee Bodies, and we work with Waltham Forest Council to provide FREE (and FUN!) healthy lifestyles support for families in the London Borough of Waltham Forest.

Monday	WALTHAMSTOW	Peterhouse Community Centre E17 3PW 5-7PM
Tuesday	LEYTON	Leyton Cricket Ground E10 6RJ 5:30-7:30PM
Wednesday	CHINGFORD	Chingford C of E Primary School E4 7BP 5-7PM
Thursday	WALTHAMSTOW	Walthamstow School For Girls E17 9RZ 5:30-7:30PM

Places are limited, so get in touch with us today.

12 week BeeZee Families courses starting w/c 18<sup>th</sup> September 2023

Sign up for your family's **FREE** place at

[beezeebodies.com/families](http://beezeebodies.com/families)

## BUILD A BALANCED LUNCHBOX!

SEND 'EM BACK TO SCHOOL THIS SEPTEMBER WITH A PERFECTLY PACKED, HEALTHY LUNCH! YUM!

### CHOOSE YOUR CARBOHYDRATES

- Bread • Tortilla wraps • Chapattis • Pitta
- Pasta • Rice • Potatoes • Cassava • Naan

### PACK SOME PLANTS

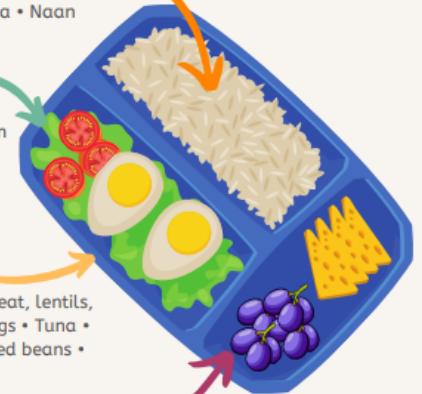
- Frozen, tinned or fresh fruit & veg
- Hide peppers, sweetcorn & peppers in tuna mayo!
- Disguise onions and tomatoes in a curry/stew
- Celery or carrot sticks with their favourite dip.

### PICK YOUR PROTEINS

- Leftover protein from dinner (e.g. meat, lentils, tofu or paneer)
- Peanut butter • Eggs • Tuna • Tinned beans or low sugar/salt baked beans • Cheese • Prawns

### SELECT A SNACK

- Cheese slices • Yogurt (try low fat and low sugar options) • Popcorn • Pita/carrots with hummus • Grapes • Pepper slices • Raisins • Crackers
- Mix and match these to get all those nutrients in!



[beezeebodies.com/families](http://beezeebodies.com/families)

[f](#) [@](#) BeeZee Families

03308 186308



# Reminders

Please can we ask that

- You are on time for school everyday
- Children have the correct uniform, including black shoes
  - Red jumper/cardigan
  - Black/dark grey trousers/skirts /dress/shorts
  - White shirt/polo shirt
- Children have correct PE kit
  - Red t shirt
  - Black shorts/jogging bottoms
  - Black trainers/plimsolls
- They wear their PE kit on their PE Days
- You download the school app
- If your child is sick you let us know
- You use parentpay and pay for meals and clubs in advance
- Any changes in contact details are given to the school office as soon as possible
- Children read at home daily for 20 minutes
- They come to school with their reading journals or diaries
- If your child has an inhaler or epipen you make sure we have them in school

Thank you for your ongoing support it is greatly appreciated.

The MORE  
that you read,  
the MORE things  
you will know.  
The MORE that you  
LEARN,  
the MORE places you'll go.



# MISSION GROVE APP

Our app is designed to keep you well informed about life in school. We post school news, events and photos. We also use it to send out important messages.

The app also links directly to our twitter account, so you can read all the Mission Grove tweets from the app!

To download the app visit the Apple app store or Google Play on your device and search for "Piota Schools". Once downloaded, type 'Mission Grove' into the white box and select our school from the dropdown list.

When asked about push notifications, click 'Set up now', and then 'Allow'.

Once, you have downloaded the app, we suggest you go to the Settings page (reached via 'More' tile on the Home page), where you can filter the alert messages you receive. Please select 'Urgent alerts' - these are messages intended for everyone. Then also select the classes your children are in.

## YOUR PRIVACY

At Mission Grove we take your family's privacy extremely seriously. We seek your permission to use photos of your children on our online platforms via our admissions form.

You can change this at any time. Please speak to the office staff if you would like to review this.



## TWITTER

@Mission1

On our twitter account we post regular photos and updates showing what the children have been up to in school.

We also post messages and reminders about up-coming events

