



Friday 13th October 2023  
Volume 1, Issue 6

If you want your children to  
be **INTELLIGENT**, read them  
*fairy tales*. If you want them to be  
**MORE INTELLIGENT**, read  
them *more fairy tales!*



**Albert Einstein**

Year 6 please don't forget that you have swimming next week. I know that it is tricky for some parents with the 2nd session swimmers but to get the best possible lessons we can not do it any other way.

Half term is only a week away—Edenred vouchers of £15 per child for the half-term holiday, will be issued next week to all families in receipt of benefit related Free School Meals (FSM). Families will receive an email from Edenred and not from the school email, so please check your junk/spam mail in case it appears in there.

Please note, these vouchers expire after 2 months and cannot be reissued if they are redeemed by then. They will go to the email address we have on the system so if you think it is wrong please tell us on Monday.

We will be having our usual October Half Term holiday club from the 23rd to the 27th October. Daily sessions start at 08:45am and finish at 16:45pm and cost £20:00. We also provide an additional hour in the morning (07.45 to 08:45) and an additional hour in the evening (16.45 to 17.45), the cost is £5 for each additional hour attended. You can also have a hot meal for £2.50 everyday. The application form is on the school website on the parent page.



We know that social media is an important way for many in our community to share their day-to-day lives and special events with others. However, we ask that parents think carefully before posting things on social media that contain the names or images of other parents, children and staff.

The school has a responsibility to keep pupils safe online, and posting information about children other than your own (including pictures or videos), without the consent of their parents, can present a safeguarding concern.

We have also seen an increase of children having access to Tik Tok and posting short clips of themselves on TikTok. It has an age restriction of 13 years. I have posted some information in this newsletter that you may find useful about whatsapp and TikTok.

Have a relaxing weekend and don't forget to read.  
And thank you for all the kind birthday wishes.

Miss Katie Jennings  
Headteacher

Please remember that school meals are free for all children now. If you want to look at the school menus please go to the website or click [here](#).

You can also help the school by applying for free school meal status, which boosts the schools budget. I know that sounds a bit crazy when all children are now entitled to free school meals. But the school gets funding for pupil premium for children who have completed the free school meal forms if you earn **£7,400** a year. You will also be eligible for the Edenred vouchers if you claim.

You can apply here [Apply for Free School Meals | London Borough of Waltham Forest](#)

## SPECIAL DATES

### Year 6 Secondary school

It is already that time of year when parents of children in year 6 need to start looking at secondary schools.

**The deadline for applications is the 31st October 2023.**

Please can I ask that you make sure that you go and visit the secondaries, and complete the form on time. If you need help with completing the form please ask at the office and we will book a slot for someone to help you.

There is more information on the council website and on our website. Please click [here](#) to go to the

16th—20th Year 6 swimming  
16th Wagtail & Wren Lloyds Park  
17th Phonics workshop  
Year 5 Boys Table Tennis—selected pupils  
Woodpecker & Waxwing Lloyds Park  
18th Year 3 @ Kew Gardens  
Year 1 Market adventure  
Year 2 parents come dine with us  
19th Curriculum committee  
Year 5 Girls Table Tennis—selected pupils  
Parents evening  
23rd—27th Half term  
30th Children return to school  
31st Phonics workshop  
Spooky Disco  
1st November—Flu Vaccinations

### Attendance

2 Waxwing	95.16%
1 Kestrel	95.27%
6 Cuckoo	95.70%
6 Chaffinch	95.74%
Nursery South Full Time	95.76%
1 Kingfisher	95.92%
2yr North PM	96.02%
4 Blackbird	96.48%
4 Buzzard	96.49%
3 Swallow	96.61%
2 Wren	97.17%
Nursery South AM	97.20%
2yr North AM	97.54%
3 Sparrow	98.02%
6 Crow	98.24%
Nursery North PM	99.32%

**KINDNESS**  
is a gift  
everyone can  
afford to give.

UNKNOWN

STORIES by stonie

## What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**16+**

in UK and Europe;  
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

### WHAT ARE THE RISKS?

#### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

#### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

#### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a 'Forwarded many times' label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

ONLINE

#### VIEW ONCE CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

#### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

#### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

#### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know *never* to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

#### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

#### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

#### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

### 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.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/10770/8839582332> | [https://faq.whatsapp.com/38/006896189245/?helpref=hc\\_inov](https://faq.whatsapp.com/38/006896189245/?helpref=hc_inov) | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>

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@nationalonlinesafety

@national\_online\_safety

# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

### ADDICTIVE NATURE

TikTok can be addictive, especially for young people; compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are falling to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



**NOS** National Online Safety  
#WakeUpWednesday



The closing date for applications for next year's Reception class is Monday 15th January 2024. Parents of nursery aged children (born between 1st September 2019 and 31st August 2020) must make sure they apply before the closing date. Any applications received after this date will be considered as late applications and processed after National Offer day which is 16th April 2024. Applications can be made on the eAdmissions website. For more information, click the link below. [https://www.walthamforest.gov.uk/schools-education-and-learning/ apply-primary-school](https://www.walthamforest.gov.uk/schools-education-and-learning/apply-primary-school)

We will be hosting Reception tours on the following dates:

- North –Wednesday 8th November 9.30am & 5.30pm
- Thursday 11th January 10am
- South – Thursday 9th November 9.30am & 5.30pm
- Friday 12th January 10 am

To book a place on one of the tours, either call or email the office@missiongrove.org.uk or book online on the website in the parent carer section.



Throughout Black History Month, young people at the new Walthamstow Stadium Youth Hub and Project Zero, have worked with youth mentor Efe Ezekiel to create a display celebrating Black women, in Waltham Forest and beyond.

Why not join the community open day on **Saturday 28th October, 4pm - 6pm** to see the exhibition. You can enjoy music, free refreshments, and find out more about future projects at Walthamstow Stadium.

This event is **Free** and all welcome.

## EARLY HELP 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

ACCESS, RELATIONSHIPS, CONNECTION

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

<p style="font-size: x-small; background-color: white; color: #4b0082; padding: 2px;">TUESDAY</p> <p style="font-weight: bold; font-size: small;">LEYTON FAMILY HUB</p> <p style="font-size: x-small;">215 QUEENS ROAD E17 8PJ</p>	<p style="font-size: x-small; background-color: white; color: #4b0082; padding: 2px;">WEDNESDAY</p> <p style="font-weight: bold; font-size: small;">CHINGFORD FAMILY HUB</p> <p style="font-size: x-small;">5 OAKS GROVE E4 6EY</p>
<p style="font-size: x-small; background-color: white; color: #4b0082; padding: 2px;">THURSDAY</p> <p style="font-weight: bold; font-size: small;">WALTHAMSTOW FAMILY HUB</p> <p style="font-size: x-small;">313 BILLET ROAD E17 5PX</p>	<p style="font-size: x-small; background-color: white; color: #4b0082; padding: 2px;">FRIDAY</p> <p style="font-weight: bold; font-size: small;">LEYTONSTONE FAMILY HUB</p> <p style="font-size: x-small;">2-8 CATHALL ROAD E11 4LF</p>

Waltham Forest

# Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

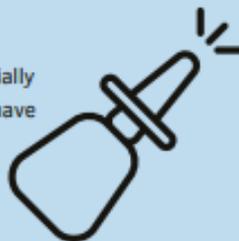
To give consent for your child to have the flu vaccine, please click here:

<https://london.schoolvaccination.uk/flu/2023/walthamforest>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

## THE NASAL FLU VACCINE

- ✓ Protects your child from the flu.
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions).
- ✓ Is painless, quick and effective.
- ✓ Is free



## THE IM FLU VACCINE



We also offer the flu vaccine as an injection, which is **gelatine-free**. This *may* also be the vaccine of choice for vegans. Please go to our website where you can find out more about the manufacturing of the flu injection, and then decide if the injection is more suited to your child.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQ's, as well as details of our community catch up clinics. We also have some FAQ's enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,  
*Your Local Immunisation Team*  
Vaccination UK



Vaccination UK

WALTHAM FOREST  
Immunisation Team  
Contact Details



walthamforest@v-uk.co.uk



0208 0174291

WORKING ON BEHALF OF

**NHS**  
*England*

## USEFUL INFO



We endeavour to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.



**PLEASE NOTE** the flu vaccine will **NOT** be available to otherwise healthy children after **December 15th** at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.



Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

## USEFUL LINKS



[www.schoolvaccination.uk/nasal-flu](http://www.schoolvaccination.uk/nasal-flu)

[www.youtube.com/@vaccinationuk](http://www.youtube.com/@vaccinationuk)



## PRIVACY POLICY

Our 2023/24 policy can be viewed here:

[www.schoolvaccination.uk/privacy-policy](http://www.schoolvaccination.uk/privacy-policy)

For data protection queries, please contact:  
dpo@vaccinationuk.co.uk



## ADDITIONAL INFORMATION

\*The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

# FREQUENTLY ASKED QUESTIONS

### *Are there any side effects of the vaccine?*

Possible side effects are: decreased appetite, headache, a runny or blocked nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or ibuprofen if you feel your child needs it.

### *Are there any children who shouldn't have the nasal vaccine?*

You should let us know if your child has any of the following:

- A very severe allergy to eggs, egg proteins, gentamicin or gelatine – it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
- Are currently wheezy or have been wheezy in the past 72 hours with asthma. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
- Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with very severely weakened immune systems for around two weeks following vaccination (By severely weakened, we generally mean people who are isolating, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

### *We do not eat pork products.*

### *Can my child have a different flu vaccine?*

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.

If your child is vegan, please note that the flu injection is a cell based vaccine. For more information, please see our FAQs page on our website:

<https://www.schoolvaccination.uk/nasal-flu>

Mission Grove

# Spooky

31<sup>st</sup>

Additional drinks, pop

Tickets— £5 per child (

D,

North Site—EYFS & Years 1 & 2 time 3.30pm—5pm

Year 3 ,4,5, & 6 time 5.15pm—6.45pm



Primary School

# Disco!

October

corn and glow sticks 50p

each

includes hot dog, chips &

rink)

South Site—EYFS & Years 1 & 2 time 3.15pm—4.45pm

Year 3 ,4,5, & 6 time 5.00pm—6.30pm