



Friday 2nd February 2024
Volume 1, Issue 18

This term is a very short one but we are still managing to fit lots in. Thank you for all your continued support with events and for volunteering on trips. It was a shame however, after the initial interest in the **empowering parents, empowering communities**, we only had 2 parents from school turn up yesterday. Please remember it is on a Thursday morning on north site.

Next Friday there will be a **PTA event** again on the north site at 9am. All parents are welcome to help discuss further events to help raise funds for the school. With some of the money raised at previous events we have invested in more chrome books for the children.

Language in the playgrounds – this week we have had to talk to the children about unkind things that are being said in the playground. I am mentioning it here as we have noticed a massive increase which has led to some children retaliating with violence. One of the new things that we have noticed is children telling each other to remove letters from the word vinegar. We are dealing with all incidents and speaking to parents as and when necessary. I have also had to speak to some parents about language and behaviour when on the school grounds. I am working with the **parent council** on a booklet about parental conduct and what to do if you have concerns about your child's safety, especially regarding playground incidents. If I can ask the members of the parent council if we can meet the first Tuesday (20th February) after half term at 9am to continue with this work. Thank you again for your support with these matters. Remember 'if you can be anything, be kind.'

Thank you to **Salim** and the kitchen team for helping support storytelling week with a book themed lunch on Wednesday. The kitchen will also be helping us celebrate pancake day (Shrove Tuesday) and the Chinese new year. It was nice to have some year 6 parents join us for lunch this week too.

After the half term Year 4 will be going **swimming**, the last year group to attend the Olympic pool at Stratford. Letters will come out next week with more information.

We will welcome members of the Local **Gang Prevention** Police Team for a parent workshop on the 20th February. This will be for parents of children in years 5 & 6. It will be after school and refreshments will be provided. Please try and come along to it. Next Friday to round off the half term and the end of mental health & wellbeing it will be a **non uniform day**.

Have a great weekend

Katie Jennings (Headteacher)



Thank you to Miss Hakam and Woodpecker class for a wonderful assembly all about The Great Fire of London. It was so positive to see so many parents coming along to see it. Check out the year 2 webpage for more pictures.



Height and weight survey

The proportion of Reception children who were overweight or living with obesity (26%) is statistically similar to other schools across England (22%). 22% of Reception children were overweight or living with obesity in Waltham Forest local authority. The proportion of Year 6 children who were overweight or living with obesity (46%) is higher than in most other schools across England (34%). 40% of Year 6 children were overweight or living with obesity in Waltham Forest local authority.

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.

February

5th Mental Health & Well Being Week

6th Mallard & Moorhen @ Science Museum

Cricket Skills Festival

Safer Internet Day

7th Magpie & Merlin @ Science Museum

8th Year 5/6 netball competition

9th 9am PTA meeting North site

9.10am Barn Owl Class assembly

Pancakes at lunch

Non Uniform Day

10th Chinese New Year—Year of the Dragon

12th—16th Half Term

13th Shrove Tuesday

19th Children return to school

Year 4 swimming until 29th February

20th 9 am Parent Council meeting

Football tournament

Year 5 Viking visit

Year 5 & 6 Parent Police Gangs workshop

23rd Goldfinch Class assembly

27th Year 3 Girls Football competition

29th Last day of swimming for year 4

March

1st St Davids Day

4th—8th Year 3 swimming

Home Fire Safety Checker link: <https://www.london-fire.gov.uk/safety/the-home/home-fire-safety/home-fire-safety-checker-hfsc/>

If the result recommends that a Home Fire Safety Visit is required, the service is booked by the parents/carers to their home and will be carried out either by Firefighters from the closest local fire station or by Community Safety Officers from London Fire Brigade. They will provide fire safety advice to the adults and children in the home and fit smoke alarms where needed. The visits and smoke alarms are completely free of charge, so please do ensure that parents and carers are aware of this.

Thank you for booking a visit from the London Fire Brigade Education Team and helping to keep your pupils and their families safe from fire. We look forward to visiting your school next year.

Fire plan KS1 **LFB**
LONDON FIRE BRIGADE

- 

1 Practise your fire plan whenever you can.
- 

2 When you hear the alarm, get out quick, safe from harm.
- 

3 Touch the door, so you're sure.
(If the door is hot, it is not safe to open!)
- 

4 On the way out, give everyone a shout.
- 

5 Close the door for 20 minutes more.
(A closed door will hold fire back for 20 minutes!)
- 

6 Crawl under the smoke, so you don't choke.
- 

7 Don't hide, go outside!
- 

8 Call 999 – you will be fine.

Home fire safety checklist



Homework for the grown-ups!

At school today, a child in your care learnt about home fire safety. Please use the checklist below to ensure you and your family stay safe.

You should aim to have every 'Yes' box ticked.



Prevention

- 1 We know we should keep matches and lighters securely away from children.
- 2 We never leave cooking unattended and always turn off the oven, grill or hob when we have finished.
- 3 It is better for adults not to smoke, but if they do, it is safer to smoke outside and make sure cigarettes are put out properly.
- 4 We know we must not overload electrical sockets.
- 5 We switch off and unplug all electrical appliances at night, except for those that are meant to be left on like the fridge or freezer.
- 6 We should not charge electrical devices including mobiles and computers overnight.
- 7 We only use the charger that came with our device or a genuine replacement.
- 8 We know not to leave lit candles or tea lights unattended, to put them in heat resistant holders and never place them near anything that could catch fire such as curtains or furniture.
- 9 We close all doors at night to prevent fire and smoke spreading.

Detection (alarms)

- 1 We have at least one smoke alarm fitted on every level of our home and in any room where a fire could start (except for the bathroom).
- 2 We know that fitting multiple linked smoke alarms, that all activate together, is the best way to be alerted in the event of a fire.
- 3 We should never remove batteries from the smoke alarms.
- 4 We know to fit a heat alarm in the kitchen.
- 5 We should test all our alarms once a month by pressing the button.

Escape

- 1 We know and have practised our 'fire escape plan' (see overleaf).
- 2 If our alarms go off, we shout 'FIRE' to alert others in the home.
- 3 We know not to try and tackle the fire ourselves as many people are injured this way.
- 4 We know where the keys for windows and doors are kept.
- 5 We never go back into the building once we are safely outside.
- 6 We call 999 and ask for the fire brigade, as soon as it is safe to do so – remember 999 calls are FREE.

If our escape route is blocked

- 1 We know to find a safe room with a window and phone if possible.
- 2 We close the door and put bedding or any soft materials around the bottom of the door to block the smoke, then open the window and shout "HELP, FIRE".
- 3 We are ready to give our address; including our postcode, describe where we are and the quickest way for the firefighters to reach us.

MISSION
PRIMA
RESPECT YOURSELF

PREPARE your child

FOR THE FUTURE

Tuesday
March
20th
@6PM

Year 5 & 6 Parents please attend a presentation by the police on how you can help your child stay safe and prepare for secondary school.

It will be on the North site.
Refreshments (teas, coffees & Curry), creche child care





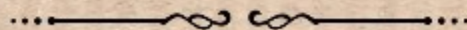
PANCAKES DAY

9 february 2024

Mission Grove Primary School

**North Site - Buxton Road,
Walthamstow, London, E17 7EJ**

**South Site - 108 Edinburgh Road,
Walthamstow, London, E17 7QB**



Tel 020 8520 3487

What to do: Chicken Pox



Treat it yourself by:

- Drinking plenty of fluid (try ice lollies if your child is not drinking)
- Putting socks on your child's hands at night to stop scratching
- Bathing in cool water and pat skin dry
- Wearing loose clothes

Stay off school and stay away from pregnant women and people with a weakened immune system

Speak to a pharmacist about antihistamines to help with itching. DO NOT use Ibuprofen as it can cause skin irritations.

Friendly February 2024

MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

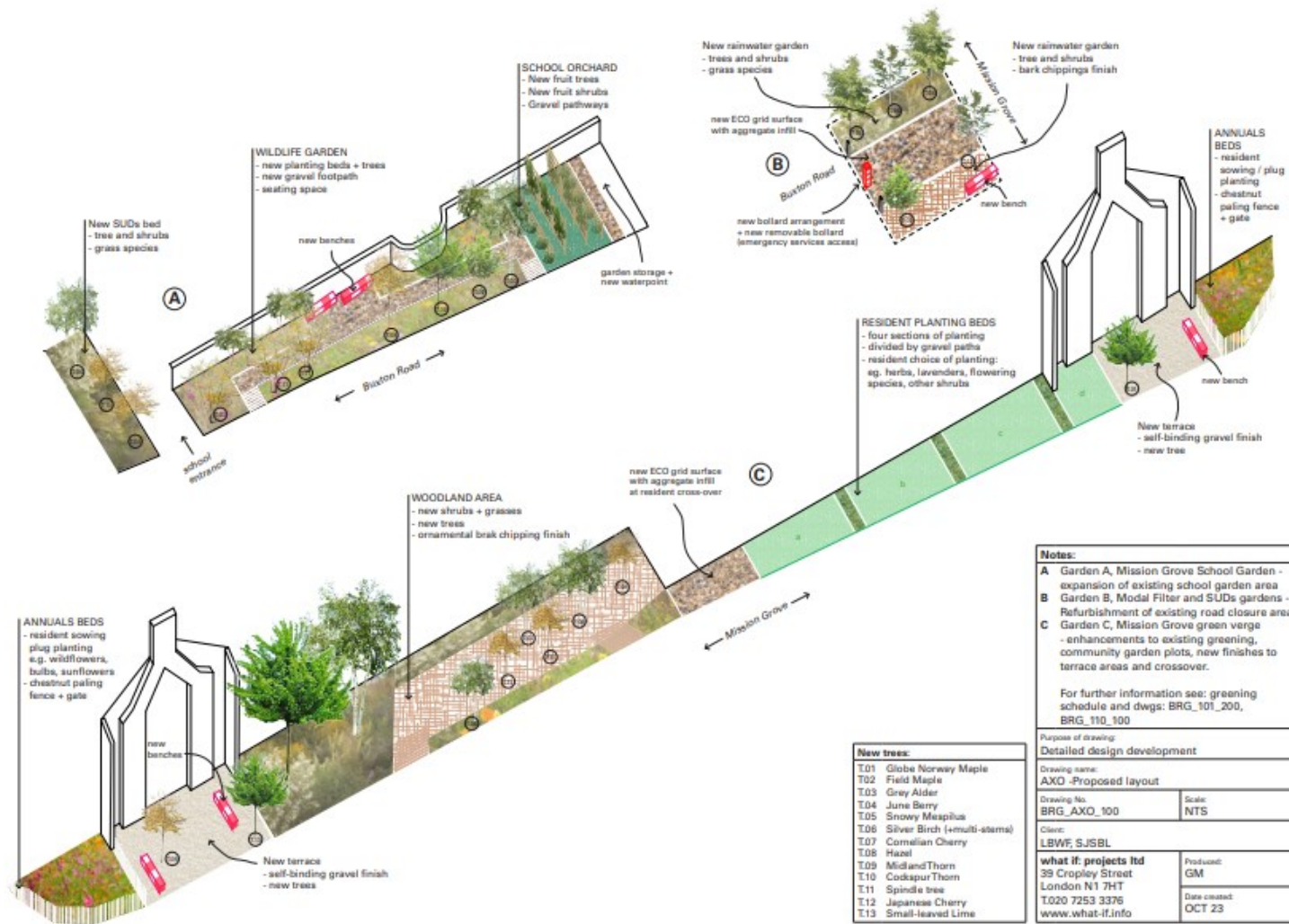
26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it





New trees:	
T01	Globe Norway Maple
T02	Field Maple
T03	Grey Alder
T04	June Berry
T05	Snowy Mespilus
T06	Silver Birch (multi-stems)
T07	Cornelian Cherry
T08	Hazel
T09	Midland Thorn
T10	Cockspur Thorn
T11	Spindle tree
T12	Japanese Cherry
T13	Small-leaved Lime





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