



Friday 13th December
2024
Edition 13

Happy Christmas!

That is Autumn term 2024 completed. Thank you for all of your support this term. With all of the fundraising we have raised £7,000 for the playground refurbishments. £4,500 was raised at the Christmas fair on Monday. It is a quarter of what we need but it means we can start some of the works in the New Year.

Every year I speak to the students and the staff about wishes that they would like for the coming term and New Year. If you look back over the years they don't alter much. So here they are

All uniforms have children's names written in them clearly so we can ensure that they are returned to the correct person.

No.1

That for all of you who get a new mobile phone for Christmas, that you remember to give the office your new contact details.

2 For all children to receive a 100% attendance certificate in the new year.

3 That everyone remembers that this is a place for learning and I expect parents to respect the school rules when in the grounds like the children do.

4 That parents read my newsletter every week to make sure that they are aware of events. If you would like a paper copy please collect one from the office.

5

If everyone follows my 5 golden wishes 2025 will a fantastic year for us all at Mission Grove.

Unfortunately, a small minority of parents have again forgotten the code of conduct. A parent on south aggressively addressed a member of the midday team. This is totally unacceptable. I have put the code of conduct in this newsletter again to remind people.

Have a wonderful break and we look forward to seeing you on the 7th January 2025.

Merry Christmas to you all Katie Jennings

Headteacher



If you are entitled to free school meals you should have received an email from Edenred for the £15 holiday vouchers. These go to the email address we have on our school system. If you have not updated it then I am sorry but we cannot re-issue the vouchers. Please check your junk mail.

We are looking forward to welcoming Mrs O'Brien back in January and she will take over from Miss Poptani. Our thoughts this Christmas are with Ms Osbourne, Ms Zehra, Ms Brenda and Ms Aqeela, we hope they continue to recuperate and we hope to see them back at school very soon.

Clubs for January

The clubs will be starting the week beginning the 13th January. They will go live on the app the week before for you to join. If you had a space this term you do not automatically get a space next term please make sure you re-sign for clubs.

You can join the PTC clubs via this link

<https://ptcsports.classforkids.io/term/117>

I would like to take this opportunity to thank all the staff for all of their hard work and continuing to go above and beyond their roles for the children at Mission Grove. If it wasn't for their dedication and commitment we couldn't do the amazing trips and events that we do.

Thank you also to the school Governors who continue to support and challenge the leadership team of the school.

Thank you to all the staff for helping at all of the events we have had recently and all that you do in the school day. A special mention to Salim and the kitchen team.

Unlock the Amazing World of Computer science !

Calling all young coders!

MGPS - North Site.
Open to North Site & South site pupils

£6.50 per session*

3.30 pm – 4.30 pm

Mondays yr4 - yr6 | Fridays yr1 - yr3

Starting on 13 January 2025

*Siblings discount available.

What's in Store for Your Child:

Robotics	Game Designs	Digital Arts	Python	Algorithms	Engineering	Physics
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<https://acecodeclub.simplybook.it/v2/>

0754 231 8961 | ace.code.kc@gmail.com

Coding Club @ North Site Spring Term 2025

The club is designed to inspire children to discover and learn the skills of the future through fun projects that help them develop creativity, logical reasoning, and problem-solving skills.

Skilled computing educators will run the club, and it is open to pupils in **Years 1 to 6** at both the **North and South sites**.

Details:

- **Start Date:** 13 January 2025
- **Time:** 3:30 pm – 4:30 pm (11 sessions)
- **Schedule:**
 - o Mondays: Years 4 to 6
 - o Fridays: Years 1 to 3

Cost: £71.50 / Sibling rate: £60.50* (*per additional child)

Bookings can be made using the link below:

<https://acecodeclub.simplybook.it/v2/#book/count/1/provider/1/>

SPECIAL DATES IN NOVEMBER

Thank you

To the PTA, led by Chelsea King. In the new year they will start posting information on the newsletter about upcoming events that you can get involved with and ways that you can help.



January 2025

- 6th INSET
- 7th Children return to school
- 9th Reception 2025 open day
- 10th Reception 2025 open day
- 13th Year 5 swimming for 2 weeks
- 14th Parent Council—Parental engagement & AI
- 15th Reception 2025 closing date
Chiff Chaff & Crow—Science Museum
- 16th Curriculum Governors
Finance Governors
- 16th Chaffinch & Cuckoo Science museum
- 27th National Story Telling
- 29th Year 6 parent evening
- 30th Year 6 parent evening



Waltham Forest Mental Health Support Team Webinar Dates 2025

Waltham Forest Mental Health Team present to you webinar dates for 2025. These webinars cover a range of topics around mental health and wellbeing. They are accessible to all residents of Waltham Forest.

ALL webinars run from 4:30-5:30pm.

Register [HERE](#)



10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose. Instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep abreast of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screen time; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screen time can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently opt down on their screen time, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screen time and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screen time reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screen time is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page <https://thenationalcollege.com/guides/top-tips-for-safety-on-social-media>

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7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS



PLAN AHEAD

Have a plan in place for all your holiday tasks and activities.



DON'T WORRY

Don't feel obligated to complete every small thing on your list.



SET ASIDE DIFFERENCES

Enjoy other's company and talk about topics that bring happiness.



BE REALISTIC

Don't stress yourself out by trying to create the perfect holiday.



JUST SAY NO

If you have too much on your plate, let your friends and family know.



STAY ACTIVE

Exercise is a great way to deal with holiday stress, and anxiety.

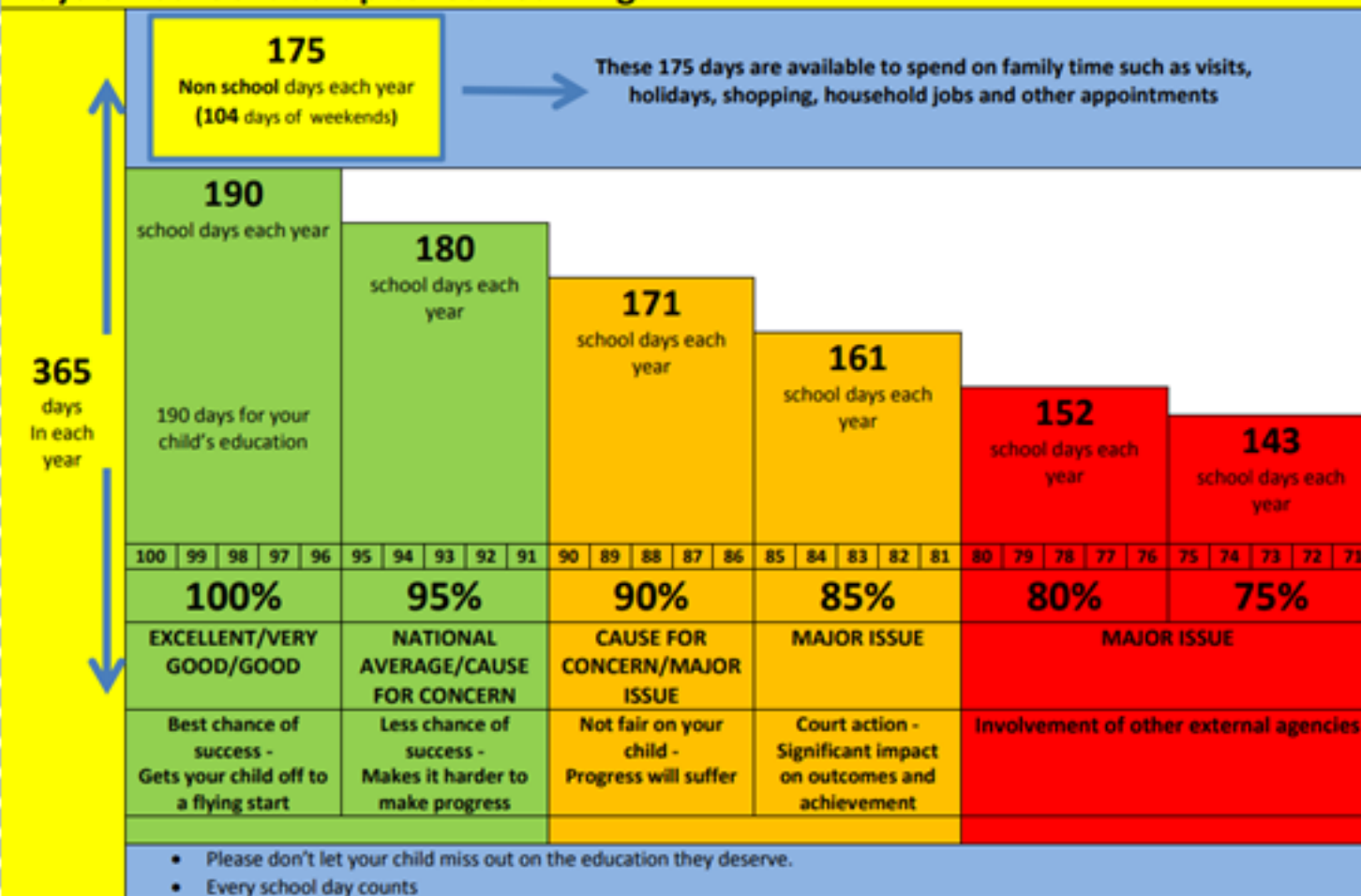


ACKNOWLEDGE YOUR FEELINGS

Have a plan in place for all your holiday tasks and activities.



Days off school add up to lost learning!



Here are some basic reminders about attendance.

- We all feel in our comfort zone if our child is achieving a high percentage in tests and examinations. 80% in a test is generally excellent news! The danger is that we may feel the same way about attendance until it is explained.
- If a child has an attendance percentage of **80%** then this is equivalent to **missing a whole day every single week**
- If a child has an attendance percentage of **80%** from **Year 7 to Year 11** then this is equivalent to **missing an entire year of school**.

One year in school is equivalent to **950** 1 hour long lessons
Five years in school is equivalent to **4750** 1 hour long lessons
Eleven years in school is equivalent to **10450** 1 hour long lessons
And all of this comes down to set of grades on a sheet of paper in an envelope

Attendance %	Missed Days	Missed weeks	Over 5 years	Annually	Impact over 5 years
100%	0	0	0	Excellent	
99%	1.9	0.38	9.5	Very Good	
98%	3.8	0.76	19	Very Good	
97% ¹	5.7	1.14	28.5	Very Good	
96%	7.6	1.52	38	Good	
95% ²	9.5	1.9	47.5	National average	Quarter Year missed
94%	11.4	2.28	57	Below Nat. average	
93%	13.3	2.66	66.5	Below Nat. average	Approx. Third year missed
92%	13.3	2.66	66.5	Requires improvement	
91%	17.1	3.42	85.5	Requires immediate improvement/worrying	
90% ³	19	3.8	95	Cause for concern	Half year missed
89%	20.9	4.18	104.5	Serious concern	
85% ⁴	28.5	5.7	142.5	Major issue	
80% ⁵	38	7.6	190	Major issue	1 Year missed



HOLIDAY ACTIVITY & FOOD CAMP

FREE multi-sports activities and engaging workshops for ages 8 to 18. Come along and try new activities, learn new skills, have fun & make friends.

Plus, enjoy hot and nutritious meals served every day!

	SCORE Leisure Centre, E10 5UN	Loxford Leisure Centre, IG1 2UT	
DATE	Monday 23rd December Thursday 2nd & Friday 3rd January	Monday 23rd December Thursday 2nd & Friday 3rd January	
TIME	10:00 - 14:00	Monday 12:00-16:00 Thursday & Friday 14:00-18:00	
AGE	8-14 years old *Waltham Forest resident in receipt of Free School Meals	11-16 years old *Redbridge resident in receipt of Free School Meals	11-18 years old *Not in receipt of Free School Meals
QR CODE TO REGISTER			
BOOKING LINK	www.eequ.org/experience/7132	www.eequ.org/experience/4050	www.eequ.org/experience/6155





NHS

Providing NHS services

Head Office:

Tower Hamlets GP Care Group CIC
1st Floor Island
Health 145 East
Ferry Road
London E14 3BQ

Waltham Forest Office:

Chingford Health Centre, 109 York Road, E4 8LF
Cyberlink, Beaumont Road, E10
SDE Lanthorns Health Centre, E11
4HX

October 2024

Dear Parent]Carer

The school nursing service recognises that starting primary school is a huge milestone for both you and your child. We offer vision and hearing screening to all reception children in school.

Our trained members of the school nursing team will see your child in school to undertake vision and hearing screening.

The UK National Screening Committee recommend vision screening for children aged 4 and 5 years to detect children forms of vision system development. The most common predisposing conditions are strabismus (squint) and refractive error (focusing problems requiring glasses). Early detection and treatment helps avoid permanent visual impairment* This is because treatment takes place while the visual system is in a period of growth and change.

It's important to identify hearing problems as early as possible because they can affect your child's speech and language development, social skills and education. Treatment is more effective if any problems are detected and managed accordingly early on. An early diagnosis will also help ensure you and your child have access to any special support services you may need.

For further information please click on the below links:

[Vision Screening](#) [Hearing Screening](#)

Once your child has been seen, we will make any necessary referrals and notify you of the outcome of the screening.

If you do not wish for your child to be seen, please e-mail our service at thapcg.walthamforestschoolscreening@nhs.net with the details below by 6th January 2025.

- Child's full name
- Date of Birth
- Address; including postcode
- Parent's mobile number
- School name and class

If you have any other health related queries, you can always contact our Single Point of Access to speak a member of our team on 0300 033 6200 Mon-Fri 9am-5pm.