



We hope you all had a fabulous summer no matter what you did.

The school vision :

- ♦ Everyone aims high
- ♦ Everyone is included
- ♦ Creativity is valued

Then we have values:

- \* Respect
- \* Integrity
- \* Inclusivity
- \* Creativity
- \* High Aspirations
- \* Lifelong learning
- \* Resilience



### Quick reminder!

- PE kits **RED** top (**NOT black** including sweatshirt or hoodie as we go into the colder months) , black trainers or plimsolls, black shorts or jogging bottoms. Children to come in their PE kit on the day of their lesson. NO jewellery at all on PE days - including earrings.
- No jewellery anytime - except **small** studs/hoop earrings
- No toys to be brought in unless for a specific lesson, when you will be informed.
- Book bags with reading records and journals every day.
- No birthday/ celebration sweet bags or cakes - buy a game or a book for the class to share. Believe me they love this when it is wet play! If you write the class name on it will go up with them.
- Greeting your child with a smile and how's your day been, not you on your mobile phone at the end of the day.

**Clubs** have gone live on the app. Some you will be redirected to the company running the club. Others you will fill the form on the app. If the form does not let you complete it, then it will mean the club is full. Then ask at the office to go on a waiting list. The diary will start filling up with events, starting next week with clubs and a **Party in the Playground** on Friday, weather permitting. There is no cost to this, but children must be supervised. There will be refreshments on sale. It will be in both playgrounds so come along and meet other families.

We continue to be a Green Flag school, we are a Silver Rights and Respecting School and have recently been re-awarded the platinum sports mark! I am looking forward to a fantastic year. I do hope our attendance will improve on last year.

We have a new school business manager Mrs Ali, who will be working across both sites.

Have a great weekend, Miss Jennings

## SPECIAL DATES

### ATTENDANCE PERCENTAGE BY CLASS

| Form               | %       |
|--------------------|---------|
| 2yr North AM       | 72.73%  |
| R Robin            | 78.71%  |
| Nursery North PM   | 80.95%  |
| Nursery South AM   | 81.25%  |
| 5 Waxwing          | 86.54%  |
| 3 Merlin           | 86.67%  |
| 2 Chiff Chaff      | 87.26%  |
| 2 Chaffinch        | 88.79%  |
| 4 Kestrel          | 88.80%  |
| 6 Sparrow          | 90.85%  |
| 4 Kinglet          | 91.15%  |
| 6 Skylark          | 91.33%  |
| Nursery North AM   | 91.43%  |
| 3 Mallard          | 91.67%  |
| 5 Woodpecker       | 91.85%  |
| 5 Wagtail          | 92.86%  |
| 1 Grouse           | 93.53%  |
| R Rook             | 93.86%  |
| 4 Kingfisher       | 94.80%  |
| 1 Goldfinch        | 95.10%  |
| 6 Swan             | 95.37%  |
| R Raven            | 95.52%  |
| 6 Swallow          | 95.68%  |
| 1 Goose            | 95.71%  |
| 4 Kittiwake        | 95.83%  |
| 3 Moorhen          | 96.55%  |
| 1 Goldcrest        | 97.23%  |
| 5 Wren             | 97.39%  |
| Nursery North Full | 97.62%  |
| 2 Crow             | 98.75%  |
| 2 Cuckoo           | 99.12%  |
| 2yr North PM       | 100.00% |
| 3 Magpie           | 100.00% |
| Nursery South Full | 100.00% |
| Nursery South PM   | 100.00% |

The class with the highest attendance will now get an extra playtime!

### SEPTEMBER Article 28 Access to Education

- 14th Rock Steady lessons  
After school clubs start
- 15th Guitar lesson start
- 18th Enrichment starts  
Party in the Playground—end of the day until 5.30pm Refreshments on sale
- 21st—25th year 3 swimming
- 22nd –25th Coffee mornings  
Across the 4 days please see the app for your year group date.  
It is a chance to meet your child's teacher, and other parents
- 24th Full Governors
- 29th & 30th year 3 coffee mornings

This year we will combine PTA meetings with the learning mentors coffee mornings .  
Reminder w do have nearly new uniform if you need anything.

How can you support the school?

#### Parent Help in school

There are lots of ways you can support your child in school.

PTA – Parent Teacher Association—to help organise events and help raise funds for the school which we use to pay for theater trips, pantomimes, residentials, books, sound systems, ipads and much more.

Parent Council—The Mission Grove Parent Council was set up with the intention of improving parental engagement at the school. Check the website [here](#) for more information. At the upcoming coffee mornings we will be getting a parent from each class to sign up.

Parent Governors—We have 3 Parent Governors and all positions are currently taken.

And by supporting your child to be in everyday. At home hearing your child read, supporting them with home projects and attending meetings with staff.

28



ACCESS TO  
EDUCATION

**JOIN OUR FREE**



## **Black Boys & Young Men's Healthy Cooking Masterclass**

**Cook, create, and share unforgettable moments  
while mastering new recipes and kitchen skills.  
Complete the course with an optional:  
Level 2 Food Safety Certificate**

### **Course Highlights:**

- International Cuisine
- Knife Skills & Food Preparation
- Professional Cooking Tips
- Enjoy Your Homemade Creations
- 6 Weeks Course: Age 11-22yrs.

**24<sup>th</sup> September - 29<sup>th</sup> October 2026**

**Family Hub, 215 Queens Rd, E17 8PJ**

**Thursday 4:15 PM – 6:15 PM**



**Scan To Register  
or Further information**



**Learn new recipes and bring home delicious creations!**

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.

### 1 RE-ESTABLISH ROUTINES



Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.

### 2 TALK ABOUT FEELINGS



Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.

### 3 SUPPORT WITH SLEEP



Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.

### 4 LOOK OUT FOR SIGNS



Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.

### 5 REFRESH SOCIAL CONNECTIONS



Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.

### 6 CREATE A CALM MORNING



Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.

### 7 FOCUS ON POSITIVES



Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.

### 8 VISIT OR VISUALISE SCHOOL



If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.

### 9 PLAN AHEAD TOGETHER



Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.

### 10 STAY POSITIVE AND PRESENT



Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

### Meet Our Expert

This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.



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Booking.com

 **TUI**

**SCREWFIX**



Join us for a

# PARTY IN THE PLAYGROUND

to celebrate

*Being back at school!*

.....

Friday 18th September 2026  
From the end of school until 5.30pm  
Both sites  
FREE Entry  
Refreshments on sale

Music & a chance to meet other  
families.



# Family Learning

Helping children grow and thrive.

September Courses and Workshops for Families and Parents



## Parenting Courses

### Calm Parents Calm Children

Queens Road Family HUB  
23/09/2026 until 21/10/2026  
Wednesday  
10:00am - 12:00pm



### Supporting children and young people with school avoidance

Online  
23/09/2026 until 30/09/2026  
Wednesday  
7:00pm - 9:00pm



WALTHAM  
FOREST  
**ADULT**  
LEARNING  
SERVICE



Click on  
QR code to  
sign up today !



## Family workshops

### Let's Get Creative with books Craft Activities for Early years

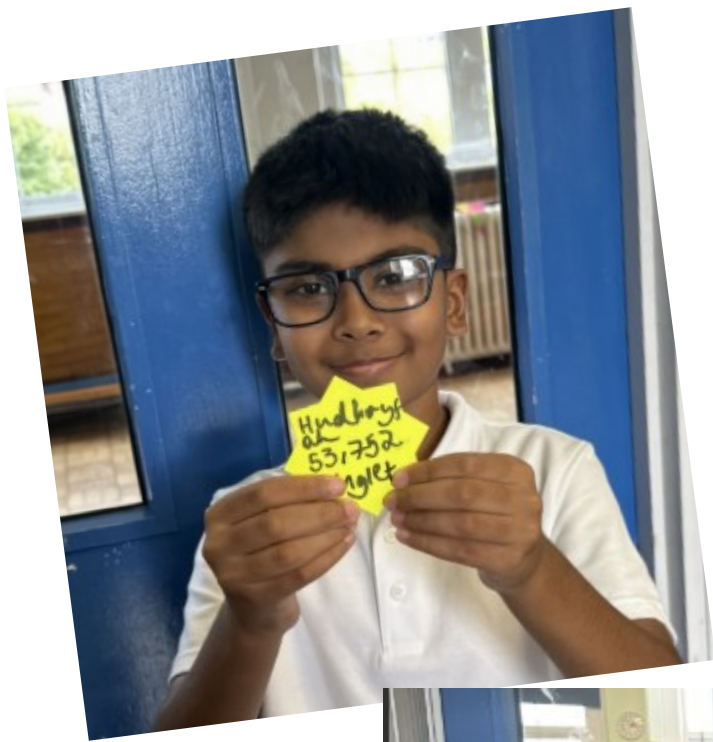
Walthamstow Library  
22/09/2026-20/10/2026  
Tuesday 10:00am-12:00pm

### Art Club for SEND families

Queens Road Learning Centre,  
Queens Road E17 8QR  
26/09/2026  
Saturday 10:00am - 12:00pm

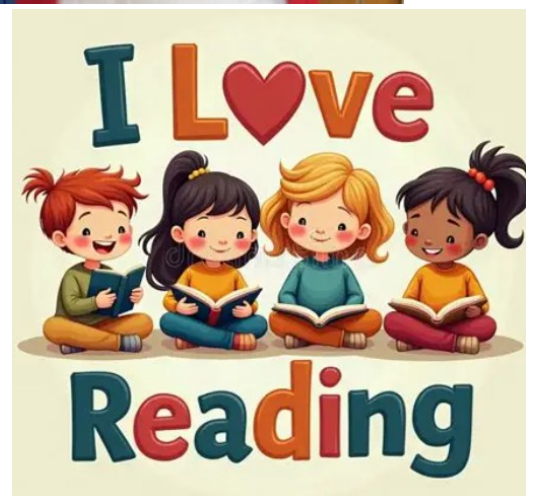
## Contact Info

Email: [adult.learning@walthamforest.gov.uk](mailto:adult.learning@walthamforest.gov.uk)  
Phone: 020 8496 2974  
Waltham Forest Adult Learning Service



An excellent start to the year with children already sharing their reading achievements!

Keep up the great work.



# SPURS FOOTBALL DEVELOPMENT PROGRAMMES

Our programmes give young players the chance to train with Spurs coaches across term-time evenings and school holidays. Designed for players of all abilities to reach their potential!

## *LONDON:*

Woodhouse College, North Finchley  
Prendergast Ladywell School, Lewisham  
Harrow School Sports Centre, Harrow

## *HERTFORDSHIRE:*

The Hemel Hempstead School,  
Hemel Hempstead  
Richard Hale School, Hertford  
St Clement Danes School, Chorleywood

## *ESSEX:*

Notley High School, Braintree  
Chelmer Valley School, Broomfield  
Epping Upper Clapton RFC, Epping



SCAN TO FIND  
OUT MORE!

\*Venue availability varies for different  
Evenings and Holiday programmes.



# HELP US SHAPE EXPERTS AT HAND

## IN WALTHAM FOREST



Right support,  
right time,  
right for you  
& your child.

**Parents and carers – we want to hear from you!**

Experts at Hand will bring Educational Psychologists, Occupational Therapists, Speech and Language Therapists and Specialist Teachers into schools and settings to provide earlier support.

**Have your say on how it  
should work in Waltham Forest.**



Children  
and young  
people  
at the heart

Stronger support  
brighter futures



**SURVEY OPENS:**  
**9am Friday**  
**4 September**



**SURVEY CLOSES:**  
**5pm Friday**  
**25 September**



You can choose to enter our  
draw to win one of

**5 x £20**

Amazon vouchers.

**SCAN THE QR CODE  
OR CLICK THE LINK  
TO TAKE PART!**



**CLICK HERE  
TO TAKE PART**

<https://forms.cloud.microsoft/r/c3yqR1E81G>

