

Happy Half Term Holiday.

It is just a week and we are due back Monday 2nd June. We only have 2 families that have signed up for the fantastic gardening sessions that we are running free of charge. Please just drop the office an email or pop in. You just need to come along, all the refreshments and resources will be provided. The first session is the 5th June.

The Book fair will be coming to the North site on the 5th June . Each class will have an allocated time to view the books and then to purchase if they want. There will be an opportunity on Thursday evening for Reception, year 1 & 2 parents to view the books after school and on Friday for years 3,4,5, & 6. The book fair will be in the lower hall.

Children in Reception, Year 4 & 5 had the fantastic opportunity this week to go to the new Soho Theatre. There were many schools in attendance. The children had a great time and behaved brilliantly.

The Reception have really had a full, fun packed week as they also had Safari Pete come and visit today. After learning about Wild Animals this half term they celebrated their learning by coming dressed as wild animals to greet the creatures Safari Pete brought in. A fantastic way to end the half term.

Well done to the girls football team who took part in the Stadia Utilities Cup in Partnership with Leyton Orient Trust. They did an amazing job of getting to the final. They were a little disappointed but should be very proud for getting the silver medals.



When we return after the weeks holiday, year 6 are going to be in full swing for their Enterprise week. They will be hoping that no one says "You're fired" as they write business plans and make things to raise funds for their end of term leaving events.

Thank you to everyone who has signed up for an Estate agent board—there is still time.

Please remember to put 2 key dates in your diary 11th June Sports Day @ Douglas Eyre and Saturday 12th July—Summer Fair @ north site.

Have a great week and see you on Monday 2nd June.

Katie Jennings

PARENT COUNCIL MEETING

The next meeting is the **3rd June**. We will carry forward the wellbeing school and R&R update but also, have a learning walk of the North site (we will do South in the Autumn meeting)



June article 24

There will be no half term holiday club. There will be a 4 week scheme during the summer holidays. The cost will be increasing due to the increase in salaries and consumables.

The new price will be £25 for the normal daily session 8.45–16.45.

The cost of lunch will be £3.00 per day.

SPECIAL DATES

Estate Agent Boards

To help promote the Summer Fair, Estates 17 have agreed to use their boards outside people's houses. The board will go up a couple of days before the event and they will remove after. Please see the APP or your child's class teacher.

If you know of another company who will sponsor the event please let us know.

The School Photographer will be here on Tuesday 3rd June 2024 to take class photos.

All children will need to be in uniform on this day. This will be the children's class photos—NOT siblings.

26th—30th Half Term—NO Holiday club

JUNE— Article 24— Health, water, food, environment

2nd—6th Year 6 Enterprise week

3rd Parent council learning walk

Class photos

5th PTA selling sweets & Cakes for Eid

5th—11th Book Fair North

9th—13th Year 1 phonics screening

10th Year 4 Multiplication test

11th Sports Day @Douglas Eyre all day

12th Curriculum Governors

13th PTA selling cakes & Father's day cards at the end of the school day

16th—20th National Sports week

16th—27th Year 6 swimming

17th Value Games

19th Nursery open day

23rd—Film week

25th Tour de Waltham Forest

27th Governors afternoon

30th—4th July PGL

30th Nursery open days

30th Skylark & Sparrow @Camley Street National Park

JULY—Article 29 Aims of education

1st Nursery Open Day

Year 6 Ice skating

Swan @ Camley Street National Park

2nd Year 5 @ Little Theatre

Mission Globes



The world is full of kind people. If you can't find one, be one.



Help us create a safe and happy environment for everyone. Think before you shout or get angry with staff.
RESPECT YOURSELF, RESPECT OTHERS!

MissionGrove
PRIMARY SCHOOL
RESPECT YOURSELF RESPECT OTHERS



Shouting & swearing will not be tolerated anywhere in school.

After School Clubs Summer 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Coding Club, KS1 and KS2 North Site	Arts and Crafts, Reception and Year 1 North Site	Arts and Crafts, Years 2 and 3 North Site	KS2 Football Club, North Site	Fencing, KS1 and KS2, North Site
Cricket Club, KS2 North Site	Girls Football, Y5 and 6 North Site (Invite only)	Boys Football, Y5 and 6 North Site (Invite only)	Eco Club, North Site (Years 1-6)	Gymnastics, KS1 and KS2, North Site
Chess Club, KS2 North Site	Cricket Club, KS2 South Site	Musical Theatre Yr 5 & 6 North site	Tag Rugby, North Site (Invite only)	Ballet North Site
Creative Writing, Y4,5,6 North Site	Drama Club, KS2 South Site	British Sign Language, KS1 South Site		
Sewing Club, Years 5 and 6, North Site	Ballet South Site			Multi-sports, KS1 and KS2, South Site
	Forest School, Reception, Y1, 2, 3 South Site			

School Choir performing at the Big Penny Social!

Alongside other local schools they will be taking part in the opera 'Carmen' On Thursday 3rd July between 4pm—7pm.

If you look on the app there are some links to youtube to help learn the songs at home!

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



#WakeUpWednesday®

The National College®

Help your child grow and thrive! **Family Learning**



Our family learning programme delivers a variety of courses, workshops and events both in person, online and at different venues in Waltham Forest - courses and workshops are free for families.

List of upcoming courses / workshops

Course Code	Course Title	Venue	Date	Time	Day
FA0418F1	Create a Woven Pot- Families learning together	Queens Road Family Hub	29.5.2025	10:00 – 12:00pm	Thursday
FA0411F1	Calm Parents, Calm Children	Queens Road Family Hub	18/06/2025 - 18/07/2025	10:00 – 12:00pm	Wednesday
FA0216C4	Let's explore Nature inspired Art - Families learning together	Walthamstow Library	14/06/2025	10:00 – 12:00pm	Saturday
FA0419F1	Create a Fabric Name Pennant – Teenagers and Parents learning together	Queens Road Learning Centre	2/07/25	6:00- 8:30pm	Wednesday
FA0420F1	Create Birthday Iced Biscuits- Teenagers and Parents learning together	Queens Road Learning Centre	18/06/2025	6:00- 8:30pm	Wednesday

Enrol now through our website - www.lbwfadullearning.co.uk
For more information email adult.learning@walthamforest.gov.uk



WALTHAM FOREST **ADULT LEARNING SERVICE**



FREE Grow Vegetables Together – Family Gardening course 5 Week course

By attending this course, you will :-

- Understand the basics of vegetable gardening
- Learn how to prepare soil, sow seeds and transplant seedlings
- Know how to care for plants, including watering, weeding and pest control
- Identify common vegetables and their growing needs
- Foster teamwork and responsibility through shared gardening tasks

Time: 9:30 am – 11:30 am

Day: Thursday 12th June to 10th July 2025

Where: Mission Grove Primary School

To enrol contact the school office

This course will be delivered by Waltham Forest Adult Learning service



For further information about the ALS

Email: adult.learning@walthamforest.gov.uk

Website: www.lbwfadultlearning.co.uk

WELL-BEING COFFEE

Morning



Everyone Welcome
**Starting Wednesday 21st May at
9.10 in the studio.**

**Wednesday 4th & 25th June,
2nd & 16th July**

Stay and relax after dropping your child off
with a friendly chat over tea! Please come
along to share your experience, concerns
and support idea with each other.

Year 3 students recently embarked on a journey back in time to Ancient Egypt, bringing the rich history and culture of this ancient civilisation to life. The atmosphere at the school was buzzing with enthusiasm as the students arrived in an array of brilliant costumes, truly immersing themselves in the spirit of Ancient Egypt. The day was brimming with a variety of engaging activities that allowed the students to experience, first-hand, the wonders of this fascinating civilisation.

One of the highlights of the day was creating a Shaduf which is an irrigation tool that is used to lift water from a water source onto land into another waterway or basin, It is highly efficient and has been known since 3000 BCE. Another fantastic activity was creating canopic jars. Canopic Jars were used in Ancient Egypt funerary practices to hold the organs of the deceased.

Mummification, an iconic practice of the ancient Egyptians, was also on the agenda. In a playful twist, the students learnt how to mummify tomatoes, gaining an insight into the intricate process of preserving the deceased for the afterlife.

The children were set a challenge to create an Egyptian necklace using all of their knowledge and learning from their History lessons this term, thinking about the style of the necklaces worn and the patterns that could be found on them!

When it came to food, the students had the chance to taste traditional Egyptian fare, including flat-bread, hummus and Lentil curry.

To end this fantastic day, children took part in the Nowpressplay immersive educational experience to help them appreciate the diverse tapestry of human history and traditions. Check the website for more pictures.



This week in pictures



Spark **2** Life  ST. JAMES STREET
BIG LOCAL
BIG IDEAS. LOCAL VOLUNTEERS

Bouncy Castle
Basketball
XXXX
Arts & Crafts
Table Tennis

HALF TERM FAMILY FUN DAY

Archery
FREE food & drink
Games Consoles

FREE FOOD

INVITING ALL LOCAL YOUNG PEOPLE AND FAMILIES FOR A FREE FUN DAY!

NO NEED TO BOOK, JUST COME ALONG AND GET TO KNOW YOUR COMMUNITY WHILE HAVING LOTS OF FUN!

28TH MAY

THE OUTSET CENTRE
2a Grange Road, E17 8AH

FROM **2-4PM**

Find out how you can **GET INVOLVED!**

More info: ☎ 02045316208

 THE TOGETHER SPACE  QUEST LEARN

May Half-Term Play Scheme

Weds 28th-Fri 30th May 9am-1pm
Barn Croft Primary School, E17 8SB

- Led by a qualified teacher and SENCo
- Visiting magician
- Circus skills workshop
- Sensory stories and circuits
- Social communication games
- Attention builders/bucket group

Challenging behaviour or self care needs are no barrier to attendance

An inclusive drop off scheme for SEND children aged 4-11 & their siblings

FIND OUT MORE AND BOOK
thetogetherspace.co.uk



📍 The new Wanders resource [is here](#).

Discover Waltham Forest with our walking and cycling trails showcasing famous people and places in the borough and sharing some of Waltham Forest's lesser-known secrets. There are nine routes to choose from. Check out [the full guide \(PDF\)](#), or find the individual routes [on our website](#).

For ideas on how to link this with your Travel for Life targets, get in touch!

New 2025 Waltham Forest Wanders – get your school exploring the borough

We're excited to let you know the 2025 Waltham Forest Wanders resource is now available!

Building on the success of last year's edition, this update includes a fresh set of family-friendly walks across the borough – helping children and families explore their local area while staying active.

With easy-to-follow routes and inspiring destinations, it's a brilliant way to encourage walking to school, after-school adventures, or weekend outings.

Waltham Forest Wanders helps families get active, explore locally, and choose walking as a fun, sustainable travel option.

It's free, easy to use, and a great way to support your Travel for Life targets around active travel, community engagement, and environmental awareness.

You can share the attached resource in newsletters or use it for Walk to School Week, classroom projects, or eco council activities.



Need a cheap healthy recipe to make this weekend?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle with time AND finding something everyone will eat. Sounds familiar?

Check out our healthy pizza below for a taste of our recipe selection!

Ingredients:

1x8 inch tortilla wrap (or you can use pitta bread)

Tomato passata

30g grated light mozzarella or cheddar

Toppings of your choice, such as:

- Peppers
- Ham
- Mushrooms
- Spinach
- Sweetcorn
- Tomatoes
- Pineapple



Method

- Place tortilla/pitta bread on a plate and spread tomato passata over it
- Add your chosen toppings
- Sprinkle with the grated cheese
- Microwave on high until the cheese is just melted (45 seconds), or place in a pre-heated oven at 200/gas mark 6 for 5-10 minutes
- Leave to cool for a few minutes and then enjoy!



Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today

Our courses are for families with children aged 5+ and above their ideal weight.

Scan the code

...or click here
to find out more

Sign up today!



wlf.maximusuk.co.uk

Beezee
FAMILIES


Waltham Forest

24-1302

Good morning!

We know it can be difficult to find affordable, healthy, recipes that everyone in the family will eat! Our expert team are here to help.

We are **Beezee** Families, and our family nutritionists deliver FREE healthy lifestyles programmes to hundreds of families across Waltham Forest.

This is Parent Mail. It's a FREE resource (attached to this email) that we'll share with you twice a term to tackle the biggest challenges face in making healthy choices. Please share the attachment with parents via email / regular newsletters and on social media.

We also have FREE healthy lifestyle programmes to support families to build healthy habits around food and physical activity. You can attend in-person or online. [Visit our website for more details.](#)

If you have any questions, we'd love to hear from you.

Healthy wishes,

Sidra Hussain ANutr
she / her / hers
Nutritionist