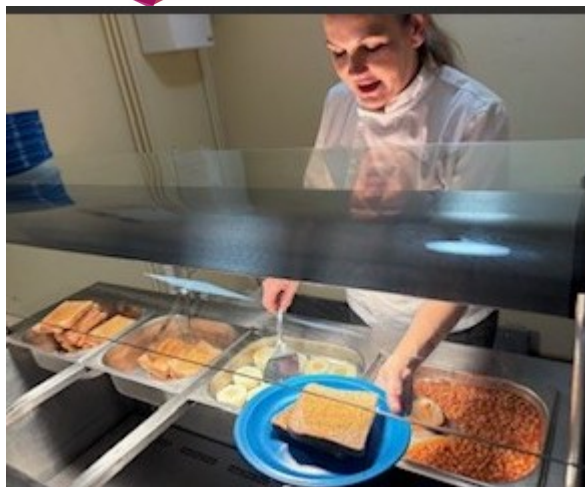




Good afternoon,

I hope you have all had a great week back.

The Curriculum review was published this

week and it was fantastic to see that there is now recognition for enrichment in the primary curriculum. The children will be starting their second enrichment activity of the year today.

Breakfast club

We have spaces in our breakfast clubs. If you want your child to attend it starts at 7.30 am and it costs £4 per day. This includes a full choice of breakfast everyday, This can be scrambled egg, sausages and /or beans as well as a choice of 3 cereals, toast and butter and/or jam. They have different games and activities. All of the staff are Mission Grove staff that your children will know. They then take them directly to class. Sign up forms are on the website, click [here](#)

Remembrance Day

The school captains have been busy selling poppies and merchandise this week. Madam Zanon and the sewing club have made some amazing poppies that are selling fast. On Tuesday 11th November we will be celebrating Remembrance Day and ask that we have a red day.

Book Fair

We currently have a book fair on the North. There will be opportunities at the end of the day for you to look at the books and the children will have an allocated slot with their class during the day. Book prices are from £5 to £10. It will be on the South from next Friday.

Prayer club

There has been some confusion with children and parents thinking that we have a prayer club at lunch. We do not. Around Eid we allow children in year 5 & 6 the opportunity to fast, we also offer prayer sessions. Parents have to complete a consent form for this. We do NOT have one now.

Have a good weekend.

Miss Jennings—Headteacher

Children In Need

Friday 14th
November

The school council have met and would like children to :

Wear pyjamas or something that makes them happy

Bake sale during breaktime and after school (Each class to bake or bring in treats)

Class competition – who will raise the most money.



**Greet your child
with a smile
and
not a mobile!**

SPECIAL DATES

ATTENDANCE PERCENTAGE BY CLASS

Form	%
R Grouse	81.17%
2yr North AM	81.96%
R Goose	83.54%
Nursery North Full Time	85.87%
4 Wren	87.68%
Nursery North PM	87.78%
Nursery South AM	87.92%
Nursery North AM	88.53%
5 Swan	89.88%
R Goldfinch	91.04%
5 Sparrow	91.59%
2yr North PM	91.79%
1 Crow	92.02%
1 Chaffinch	92.51%
1 Cuckoo	92.56%
2 Mallard	92.87%
2 Magpie	93.81%
3 Kittiwake	93.84%
6 Blackbird	93.85%
4 Woodpecker	93.94%
Key Stage 1-4	94.06%
4 Waxwing	94.52%
4 Wagtail	94.63%
R Goldcrest	94.75%
6 Barn Owl	95.05%
5 Swallow	95.26%
3 Kingfisher	95.32%
2 Merlin	95.39%
3 Kinglet	95.49%
6 Buzzard	95.58%
Nursery South Full Time	95.59%
Nursery South PM	95.89%
1 Chiff Chaff	95.97%
3 Kestrel	96.37%
5 Skylark	96.60%
2 Moorhen	96.70%

November Article 2 & 3 No Discrimination & Best Interests of the child.

7th—12th Book Fair North

10th Year 4 Tottenham Hotspurs workshop

11th Parent Council meeting 9am North
Wear Red for Remembrance day
Mallard & Merlin British Museum
KS2 sports competition—selected children

12th Reception IntoFilm festival trip
Year 3 IntoFilm festival trip

13th Book Fair South
Magpie & Moorhen Museum trip
Year 3 Tottenham |Hotspurs workshop
Parent Evening

14th Year 4 Intofilm
Kingfisher Class Assembly
CHILDREN IN NEED

17th Kingfisher & Kittiwake Swimming for a week.
Year 5 & 6 Girls football competition

19th Year 6 Intofilm

20th Year 5 Intofilm
PGL meeting—year 6 parents North 3pm & 5pm



NO DISCRIMINATION



BEST INTERESTS
OF THE CHILD

Young Voices—Year 5 & 6 children

Today is the deadline to book the tickets for you to go and watch your child in the young voices choir. The choir is an optional in school activity . We have 40 places booked for the choir to attend the young voices event at the O2 in January. If you want to book a ticket for you to come along and watch or to buy them a young voices T-shirt please go to the young voices website.

[YV Music Room](#)



The vision is:

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

Then we have values:

Respect

Integrity

Inclusivity

Creativity

High Aspirations

Lifelong learning



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



National Online Safety®

#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

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Mission Grove Primary School



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TESCO

 trainline

MONEYSUPERMARKET

ASDA

 **JUST EAT**

Etsy

M&S

Booking.com

 **TUI**

SCREWFIX

Contact: School Health
thgpcq.wfncmp@nhs.net
September 2025

Dear Parent/Carer,

The Waltham Forest school nursing service will be undertaking hearing and vision screening in primary schools as part of an holistic health assessment. As part of this, you will also be expected to complete a digital health questionnaire about your child. Collectively, these assessments will help us better understand your child's health and wellbeing needs and provide the appropriate support.

Also included in this check are height and weight measurements for children in Reception and Year 6. Every year in England, all school children in these years have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). Your child's class will take part in this year's programme. These measurements are used to calculate weight status. We collect this information to build a picture of how children are growing, and so we can offer appropriate support to maintain healthy lifestyles. Parents are able to opt-out of the height and weight measurements and still receive the other tests outlined above.

Maintaining the wellbeing of children in the NCMP

Measurements are conducted by trained members of the school nursing team in a sensitive manner, in private and away from other children while fully clothed except for their coats and shoes. The results are not shared with your child or their school. It is shared only with you in the parent or carer feedback letter and to your GP. It is your choice if you share the information with your child.

In case you have any concerns about the weighing itself, I would like to reassure that the emotional impact on children of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing and restrictive eating behaviours do not worsen as a result of being measured or receiving feedback.

Withdrawing your child from the National Child Measurement Programme

*If you are happy for your child to be measured, **you do not need to do anything.***

*If you **do not** want your child's height and weight to be measured, please email their name, year, class, school, NHS number (if you know it) and parent/carer's name to thgpcq.wfncmp@nhs.net or call the School Nursing service on 0300 033 6200 by **07/11/2025**.*

Children will not be made to take part on the day if they do not want to.

The QR code below can be used to view information on a) information we collect and what it is used for, such as your child's data b) why we need your contact details c) various ways in which data is used d) information on eating well and healthy lifestyle resources.



Or visit : <https://www.walthamforest.gov.uk/ncmp>

Please note if you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse using the contact details above, or from your GP.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Joe McDonnell'.

Joe McDonnell
Director of Public Health
London Borough of Waltham Forest

A handwritten signature in black ink, appearing to read 'Mary Jarrett'.

Mary Jarrett
Director of Education
London Borough of Waltham Forest