



Monday 5th October 2026



Apologies for this not coming to you like normal on Friday. The days are very busy at the moment. This newsletter is full of information.

Attendance is still something that we are working hard to improve across the school. Over the next couple of weeks if your child has attendance below 90% you will be asked to come in and see a member of the SLT. We will look at the days your child has been off so far this year and what their attendance was like last year.



Then we will have a plan to work on improving that attendance. The lessons we teach children build on their prior learning and if they have missed significant time away from school, then they will have gaps in their learning. Obviously, if a child is sick we do not want them to be in school. This week the new school captains and vice captains will be joined by some of the rights and respecting council for a trip to the Houses of Parliament. They will have a tour of the houses and get to speak to some MPs.

Unfortunately, we were informed that some children have been posting on snap chat out of school. Although, we have no jurisdiction of what children do out of school hours we have attached a guide for parents about snap chat which is for 13 years and older.

The year 5 & 6 choir have started practising for the young voices 2027. We will be taking 40 children to the O2. We have rehearsals during the school day and children have been given a sheet with gives more information about they can access the songs at home.

Next Tuesday is photo day. The children will have individual and sibling photos. The siblings that are in school will be taken during the day. If you want a younger sibling, who isn't at school, then please complete the form on the APP.

Friday 9th October—wear it yellow. This is a free event. Please see further in the newsletter for more information.

The PTA met last week and are in full swing for the fundraising events and community events. Please watch out for information about a family curry and quiz night, the children's spooky disco and the Christmas fair. If you are interested in being involved with the PTA please let the office know or email friends@missiongrove.org.uk.

Harvest festival collection—We will be delivering lessons and assemblies to the children over the next few weeks. Again, please watch the newsletter and the website and APP for more information.

Hiring the halls.

Yes, we do hire out the halls on both sites. We have a lettings policy that people need to complete to apply to hire the halls. Great for birthdays and celebrations.

Fire Drills—as part of our health and safety checks, we need to complete fire drills. We did that today. If your child comes home and says there was a fire, there wasn't, it was just a drill so we know everyone knows what to do.

Have a great week. Congratulations Magpie, Crow and Kingfisher for earning an extra play this week.

Miss Jennings

SPECIAL DATES

ATTENDANCE PERCENTAGE BY CLASS

Form	%
2yr North PM	87.36%
2yr North AM	88.07%
Nursery North PM	88.30%
R Robin	88.31%
1 Grouse	89.28%
5 Woodpecker	89.91%
R Raven	90.82%
6 Swallow	90.86%
4 Kinglet	91.90%
Nursery North AM	92.33%
3 Mallard	92.48%
3 Merlin	92.50%
6 Sparrow	92.60%
R Rook	92.72%
2 Chaffinch	92.73%
4 Kestrel	93.09%
6 Swan	93.19%
2 Chiff Chaff	93.33%
4 Kittiwake	93.39%
1 Goose	93.47%
6 Skylark	93.61%
5 Wagtail	93.91%
3 Moorhen	93.94%
5 Waxwing	94.72%
5 Wren	95.12%
4 Kingfisher	95.28%
1 Goldcrest	95.99%
Nursery South AM	96.32%
1 Goldfinch	96.35%
Nursery North Full Time	96.91%
2 Crow	96.94%
2 Cuckoo	97.34%
3 Magpie	98.61%
Nursery South Full Time	99.35%
Nursery South PM	100.00%

OCTOBER Article 17 Access to information

6th Parliament trip
Year 5 & 6 girls football competition
7th PGL meetings 9.15 am and 5pm North site
8th finance Governors
9th Wear it yellow
13th Individual and sibling photos.
15th Curriculum Governors
19th—23rd Year 4 Swimming
23rd Last day of term
26th—30th Half term holiday

We still have some spaces in some clubs ! The cost will be reduced if you start now.



CORNER YOUTH

YOUTH CLUBS

TERM TIME

A PLACE TO CHILL, MAKE FRIENDS, PLAY GAMES AND GROW

COME HANG OUT!

FREE FOOD

YEAR 7-13

TUESDAYS

6.30 - 8.30PM

THURSDAYS

4-6PM

BOARD GAMES

CONNECTIONS

TALKS

SNOOKER TABLE

SPORTS

PLAYSTATION

TENNIS TABLE

EVERYONE IS WELCOME
BRING A FRIEND!

CORNERSTONE CHURCH
149 CANTERBURY ROAD | LEYTON | E10 6EH

SNAP STREAK

97

WHAT ARE THE RISKS?

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

With over 800 million active monthly users and billions of 'Snaps' sent each month, Snapchat is a popular messaging app among children and young people. It allows users to share fun, spontaneous pictures and videos with friends and family while using playful filters. One of Snapchat's unique features is that pictures, videos and messages are only viewable for a short period of time.

ARTIFICIAL INTELLIGENCE

Snapchat's use of artificial intelligence (AI) includes features like the 'My AI' chatbot and AI-powered filters, offering interactive experiences that can be fun but also pose risks. These tools may share unfiltered or inaccurate responses, promote unrealistic beauty standards, and collect personal data. Advanced filters and deepfake-style lenses can distort reality, potentially leading to manipulation, impersonation, or inappropriate content.

SCREEN ADDICTION

Snapchat boasts user engagement and daily use with features like streaks (daily Snapchat exchanges between you and a friend). When a streak's been going for a few days, users will see a 🌟 emoji. The number alongside it shows the number of days, but if users miss a day and break the streak, the only way to restore it is to pay. This encourages daily use habits, and frequent notifications can keep users returning to the app even more often.

SEXTORTION

Because Snapchat's disappearing messages feature may foster a sense of safety, users may become targets of sextortion. For example, a predator may pressure someone into sending nude images, then somehow capture those images to threaten and intimidate the victim. This might involve claiming they will share the images with friends or family unless money is paid.

SNAPCHAT+

Snapchat+ is the platform's premium subscription service, offering early access to new and exclusive features. In June 2020, Snapchat introduced a new tier called Lens+, giving subscribers access to hundreds of lenses and AR experiences for playing, creating, and sharing Snaps. These paid features may encourage young users to spend money to access exclusive content, increasing the risk of overspending or feeling pressured to make in-app purchases.

ACCESSIBILITY

Snapchat is now accessible from a web browser, meaning children can use it on a laptop or tablet without downloading the app. This can make activity harder to monitor, reduce the effectiveness of parental controls, and increase the risk of unsupervised communication or exposure to inappropriate content.

INAPPROPRIATE CONTENT

Some content on Snapchat isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's disappearing messages feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

Advice for Parents & Educators

ACCESS THE SNAPCHAT FAMILY SAFETY HUB

Created with guidance from Common Sense Media, Snapchat has developed a Family Safety Hub that explains how the app works and how to use its in-app protections for teens. It's recommended that you review this guidance before allowing a child to download Snapchat. Remember, the app is only intended for children aged 13 and over.

BLOCK AND REPORT

If a stranger connects with a child on Snapchat and makes them feel uncomfortable by pressuring them to send or receive unwanted or inappropriate images, the child can tap the three dots on that person's profile to report or block them. There are options to state why they're reporting that user, with a tailored reporting section under the 'Nudity and Sexual Content' category. In this category, there's the option to report somebody for threatening to leak sexually explicit images, or 'nudes'.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

USE PRIVACY SETTINGS TOGETHER

Sit down with the children in your care and explore Snapchat's privacy settings as a shared activity. You can help them adjust who can contact them, view their stories, or see their location on Snap Map. It's a good opportunity to explain why some settings are safer than others, reinforcing their understanding of online boundaries. Encourage them to regularly review these settings, especially after app updates or changes in their friendship groups.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/snapchat>

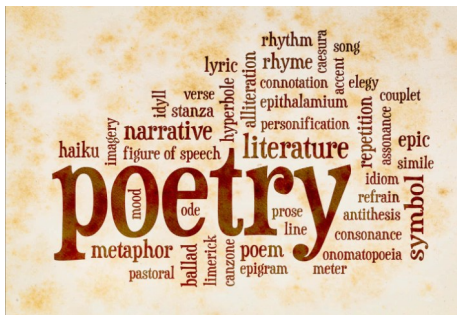
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POETRY CORNER

OCTOBER WHISPERS IN AMBER AND GOLD, A FLEETING DANCE OF LEAVES AND LIGHT.

In October's tender grasp, the mornings sigh,
Mist drapes the fields where soft winds lie.
Leaves of amber, gold, and russet twirl,
Fluttering hearts in a crisp, gentle swirl.
The harvest moon rises slow and bright,
Casting silver on fields in fading light.
Cider scents linger, warm and inviting,
As shadows dance with a magic uniting.
Beneath the oaks, where sunlight weaves,
We gather hopes as the season leaves.
Golden carpets underfoot, a crackling song,
Autumn's breath embraces, steady and strong.
The world wrapped in a sepia haze,
Nature's canvas painted in rust and blaze.
Each leaf a whisper, each branch a part,
Of October's fleeting, tender heart.
So pause amidst this celestial show,
In rust and gold, let wonder grow.
For every leaf that twirls and spins,
Holds the promise of new beginnings, as October begins

This poem draws inspiration from the vivid imagery and reflective tone found in original October poems and classic works by poets such as Dylan Thomas and Robert Frost, celebrating the beauty, change, and quiet magic of the month.

World Mental Health Day takes place on Friday 9th October.

World Mental Health day is a global event that aims to raise more awareness about mental health. Mental Health Day is something that affects everyone. When people talk about mental health, they're talking about how people think and feel, and how they're coping with things that happen in their life. It's completely normal to feel sad, angry or worried from time to time, but when those feelings won't go away and they start to really affect day-to-day life, that is when there can be a problem and it is time to seek help. To celebrate World Mental Health day on Friday 9th October children can wear yellow in line with Young Minds 'Hello Yellow' theme. Click the link below for more details. <https://www.youngminds.org.uk/support-us/fundraising/helloyellow/>

This is a free event.

Top Tips for Educators

PUPIL WELLBEING CONVERSATIONS

It can feel difficult to know how to start a conversation with a pupil about their wellbeing, either because you do not feel equipped with the information you think you need, or because you do not feel confident opening it up. You do not need to be a specialist. This guide covers how to start, what to say about confidentiality, and what to do with what you hear.

1 NURTURE WARM, TRUSTING, & KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who holds them in mind, they thrive. They are also far more willing to open up and seek support. Positive, trusting relationships are an important part of supporting pupil wellbeing and complement more formal wellbeing programmes or sessions.

2 KEEP CALM, EVEN IF YOU'RE WORRIED

When a pupil discloses, stay calm while showing that you take it seriously. Panic can raise their anxiety and teach them that telling an adult makes things worse. Your steadiness can help them to keep calm and give them enough space to say the rest. Calm does not mean unmoved, and it is fine to tell them that what they have said is important and will be heard.

3 HAVE SIDE-BY-SIDE CONVERSATIONS

Many pupils find it easier to talk when a conversation does not require them to sit face to face with an adult. For example, conversations might take place while walking, tidying the classroom, or taking part in a lunchtime club. Sitting alongside someone removes the demand of eye contact, allows longer thinking time and lowers the intensity of the exchange. This can be particularly true for neurodivergent pupils, and for anyone who needs a moment before answering.

4 THINK ABOUT WHERE YOU ARE

Consider whether the pupil can speak without being overheard or interrupted. If a pupil has already started talking, avoid unnecessarily disrupting the conversation by moving elsewhere. Where a more appropriate location is needed, explain why you need to move and give the pupil the opportunity to continue what they were saying.

5 BE HONEST ABOUT CONFIDENTIALITY

Never promise to keep information to yourself. Schools have a legal duty to share information relevant to a pupil's safety or welfare. Tell them at the start that you may need to pass something on, and who to. Then involve them in what happens next, as far as their age and understanding allow. Ask what they want to happen, what they want to say, and who they want to be told. Be honest that some things will need to happen whether they agree or not. A pupil who helped shape next steps is far more likely to tell someone again.

6 CREATE A SAFE ENVIRONMENT

Provide a classroom free from belittling and shame-based behaviour management. Pupils who expect to be humiliated will not disclose. Where they feel listened to and see that difficulties are acted upon, they share worries earlier and whilst those worries are still small. If pupils hear adults belittling or talking about other pupils openly, it damages trust and they are likely to assume their worries will also be handled this way.

7 DO NOT CARRY IT ON YOUR OWN

Hearing something difficult can stay with you. When informing your designated safeguarding lead, share with them how it left you feeling and whether you feel you need further support. Your role as a trusted adult is what makes all of the above possible, and just as you have a responsibility to protect pupils' welfare, your school has a responsibility to protect yours.

HELPFUL OPENERS

- I've noticed you've been quieter. How's your week been?
- You don't seem your usual self, when might be a good time to catch up today?
- Sometimes it's hard to know what to say, but I'd like to understand?
- You don't have to talk now. I'll check in with you later?

Meet Our Expert

Anna Bateman is a mental health and wellbeing specialist with nearly thirty years in education. She is a multi-academy trust director, special adviser, and a former adviser to the Department for Education on its mental health green paper.



#WakeUpWednesday

The National College

Get involved!

Waltham Forest is bursting with free opportunities for older people to enjoy themselves, stay active, spend time with their community and meet new friends.

From knitting groups and chair yoga, to walking cricket and support with your digital devices, activities take place in every corner of the borough throughout the week.

Unless otherwise stated, these opportunities are all:

- Free
- Suitable for all older people
- Drop-in, so no need to book
- Running every week until the end of July

Every effort is made to ensure accuracy; however, this cannot be guaranteed.

Health, wellbeing and social activities

Wellbeing Cafes

Residents are welcome to join for activities, talks, and support from friendly staff and volunteers, along with tea, coffee and snacks.

These cafes are for individuals experiencing anxiety, low mood, loneliness, or social isolation. The sessions are organised by three charities: Mind, Crest and The Hornbeam Centre.

To self-refer for Wellbeing Cafes, please follow the links below:

- Chingford: bit.ly/CafeChingford
- Walthamstow: bit.ly/CafeWalthamstow
- Leytonstone: bit.ly/CafeLeytonstone
- Leytonstone Women's only cafe: bit.ly/CafeLeytonstone

Feel Good Walks

These free weekly guided walks are open to everyone. No need to book in advance. They are designed to improve wellbeing by helping people explore the borough's green spaces, get active, and meet new people.

For more information and timetable, please email feel.good@walthamforest.gov.uk

Ageing Well - CREST Waltham Forest

Free weekly activities for people aged 60+ experiencing mental health challenges or early-stage dementia. Games, arts and crafts, singing and gentle exercise.

Chingford, every Monday, from 9.30am to 12.30pm,
82 Winchester Rd, E4 9JP

Walthamstow, every Thursday, from 10.30am to 3.30pm,
4 Greenleaf Rd, E17 6QQ

Leyton, every Friday, from 11.30 to 3pm,
25 Sidmouth Rd, E10 5QZ

Referrals and more information please call 07350 359 397
or email referrals@crestwf.org.uk



To find out more about any of these sessions, you can scan the QR code at the bottom of this page with a smartphone camera, or type the website address into your browser: bit.ly/wfactivities



Sign up for the upcoming Adult Learning Courses!

Wellbeing Courses

Residents can benefit from a various free courses that promote positive changes in mental and physical health. People can enhance their sense of wellbeing by signing up for gardening, self-development, mindfulness, yoga, or breathing workshops.

Find more information at: bit.ly/ALWellbeing
or scan the QR code



Creative Courses

Offer an exciting range of courses and workshops that are suitable for people of all abilities and are designed to inspire you and develop your skills. If you're on a low wage or receiving certain benefits, you may qualify for a 100% or 70% concession. Contact Adult Learning Centre to find out if you are eligible.

Find more information at: bit.ly/ALCreative
or scan the QR code



Diabetes Peer Support Group

For any adults with a diagnosis of Type 2 diabetes, pre-diabetes or gestational diabetes. Family and carers also welcome.

Walthamstow Second Tuesday of every month, from 6pm to 7.30pm
Shem Hall Methodist Church, E17 9HX

Leytonstone Last Tuesday of the month, from 6pm to 7.30pm
Allum Practice, 26 Fairlop Road, E11 1BN

And don't miss!

Ivy Grove Care Home run two free monthly sessions for older people. Take part in learning and sharing new skills while enjoying refreshments.

Coffee & Craft Cafe, every second Thursday on the month
from 11am to 12pm, 71 Hatch Lane E4 6LP

Fish n' Chips, last Friday on the month, from 2.30pm to 3.30pm
71 Hatch Lane, E4 6LP

Booking is required for both sessions.
Please call April on 0203 225 4075 to book your place.



HEALTHY FAMILIES: RIGHT FROM THE START

FOR PARENTS & CARERS

FREE 8-SESSION PROGRAMME

Helping families give their little ones the best start in life

Free
Creche

A unique programme supporting parents and carers of children aged 0–5 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

Programmes starting Oct 2026

- **Queen's Road Family Hub** - Tuesdays from the 6th October 2026, 1 -3 pm
- **Online** - Wednesdays from 14th October 1pm-2:15pm

Starting January 2027

- **Queen's Road Family Hub** - Tuesdays from the 26th January 2027, 1 -3 pm
- **Online Mid-day** Mondays 1st Feb 2027

Scan to sign up



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

Contact Information

- ☎ 020 8496 5223
- ✉ wfsupport@henry.org.uk
- 🌐 www.henry.org.uk/waltham-forest



Online
Kurs

strengthening families strengthening communities

Türkçe konuşan ebeveynler için

"Aileleri Güçlendirmek, Topluları Güçlendirmek" ebeveynlik programı, 2 Ekim Cuma günü saat 10.00'da başlayacaktır.

Daha iyi bir ebeveyn olmanız için yeni fikirler edinmek ister misiniz?

Cocuklarınızla olan ilişkinizi güçlendirmek ister misiniz?

Size uygun bir zamanda öğrenmek ister misiniz?



**online 6
seans**



**6 seans grup
sohbeti**



**Sertifika
verilecektir**

Sizi neler bekliyor?

- Çocuk gelişimi ve uygulanabilecek yöntemler hakkında bilgiler.
- Diğer ebeveynlerin deneyimlerini dinleme fırsatı.
- Çalışma sayfaları ve bilgilendirici materyaller.
- Videolar, sorular ve eğlenceli aktiviteler.
- Oturumları size uygun bir zamanda gerçekleştirme imkânı.
- Her hafta bir uzmandan birebir destek ve yardım.
- Cocuğunuzun yaşına uygun bir kurs seçme imkânı.

İşlenecek konular...

- Sağlıklı ilişkiler.
- Davranışları anlama ve yönetme.
- Çocukların özgüvenini geliştirme.
- Duygular ve empati.
- Cocuğunuzun yaşına göre neler bekleyebileceğinizi öğrenme.
- Bir topluluğun parçası olma.

Grup sohbeti...

1. Bir kurs uzmanıyla görüşün ve aklınıza takılan soruların yanıtlarını alın.
2. Uyguladığınız yöntemlerin evde nasıl işe yaradığını konuşun ve bunları sizin için nasıl uyarlayabileceğinizi öğrenin.
3. Ebeveynlikle ilgili karşılaştığınız diğer zorluklar hakkında destek alın.
4. Diğer ebeveynlerin deneyimlerini dinleyin ve onlar için nelerin işe yaradığını öğrenin.

