



Friday 10th October 2025

Happy Mellow Yellow Friday,

The school helped celebrate mental health awareness day by choosing to wear yellow. This was not a fundraising day it was just about taking part and remembering that as well as keeping our body safe we also need to keep our mind healthy. As you know we follow the zones of regulation in school which is a great way for the children to be able to describe their feelings.

There have been a few incidents during lunchtimes on north this week which have seen unacceptable behaviour. Ms. Atwal is working with the middays, and using the zones of regulation, so we can address the behaviour and make sure all the children are feeling safe.

Year 6 parents' secondary deadline

It isn't long until the 31st October when the deadline is to apply for secondary school places. I have already helped a couple of families and am willing to help anyone else to complete the forms. If you do need help just let your child's teacher or the office know.

Plant donations

On the North we now have 2 lovely, new flower beds. We would like to make them into sensory gardens. If you would like to donate a plant that would be suitable, lavender, rosemary, thyme, calendula are just a few, please drop them into the office and they will make sure that the correct person gets them. If you would rather just donate money to let the school purchase the plants, please drop the money into the office.

Thank you to the parents who came along to the year 1 Come Dine With Me. The next one will be for the Year 3 children on the 20th October and then year 2 on the 22nd October.

Phonics workshops for parents.

Ms. Khan will be running parent workshops, highlighting how we teach phonics and how you can help at home. Please see later in the newsletter for more information.

Halloween disco and film tickets will be on sale next week. Watch out on the app for more information.

Good luck to Ms. Khan who is running a half marathon tomorrow!

Have a great weekend.

Best wishes

Miss Jennings—Headteacher



HALF TERM HOLIDAY CLUB

Bookings are being taken for the October Half Term Holiday club. We take from 3 years upwards and they do not have to attend Mission Grove. Please book your place via the school website

[Mission Grove Primary School - Holiday Club](#)



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

SPECIAL DATES

ATTENDANCE PERCENTAGE BY CLASS

Lates—we are getting lots of parents running in at 8.45 South and 9am on North. This means

Form	%
R Grouse	77.49%
2yr North AM	81.55%
Nursery North Full Time	82.74%
5 Swan	83.50%
Nursery North AM	86.70%
Nursery North PM	87.23%
1 Cuckoo	88.81%
4 Wren	89.00%
R Goose	89.04%
1 Chaffinch	89.06%
4 Woodpecker	90.82%
1 Crow	90.90%
R Goldcrest	91.52%
3 Kingfisher	91.54%
R Goldfinch	91.61%
6 Buzzard	91.66%
2 Merlin	92.54%
5 Sparrow	92.65%
2 Mallard	93.04%
Nursery South AM	93.33%
3 Kinglet	93.34%
2yr North PM	93.50%
6 Blackbird	94.19%
4 Waxwing	94.58%
5 Skylark	94.66%
1 Chiff Chaff	94.70%
6 Barn Owl	94.88%
4 Wagtail	94.93%
3 Kittiwake	95.25%
2 Moorhen	96.01%
2 Magpie	96.30%
5 Swallow	96.42%
3 Kestrel	96.91%
Nursery South Full Time	97.37%
Nursery South PM	98.90%

October Article 17 Access to information

14th Photo Day—Individual & Sibling

1. Head to www.carmeljaneshop.co.uk

2. Enter your unique code : JRBXV4XARP

3. Include your child's full school register name.

Year 5/6 Boys football competition

15th Kingfisher & Kittiwake Hackney Museum trip

16th Curriculum Governors

Kestrel & Kinglet Hackney Museum trip

17th Quidditch Competition

20th Year 6 Natural History trip

Year 3 Come Dine with me

21st Year 3/4 girls football

22nd Year 4 British museum trip

Year 2 Come Dine with me

Reception @Coppermill Park

PTA—Halloween Movies

23rd Halloween Discos

27th—31st HALF TERM

3rd November Cildren return to school.



ACCESS TO
INFORMATION

Do you have a child who was born between 1 September 2021 and 31 August 2022?

Or do you have a friend who does?

There are due to start Reception in September 2026. Although the deadline to apply isn't until January 15th, we will be hosting some Open Days.

Please visit the website [Mission Grove Primary School - Reception 2026 Open Days](https://www.missiongroveprimaryschool.co.uk/reception2026)

All of the dates and times and booking forms are on their.



The vision is:

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

Then we have values:

Respect Integrity Inclusivity Creativity High Aspirations Lifelong learning

North Site Pond

Our pond needs some serious TLC. The lining needs replacing and we need to check which plants should be there and shouldn't. If you know of a company or a person who could help us please can you let the office know. We have reached out to some companies but have not heard anything from them. The pond is a haven for tadpoles and a fantastic resource for our Science Curriculum. Miss Hakeem the Science Lead is keen to utilize the resource more then it is at the moment.

This is what we would like it look like!



Individual Photos



Dear Parent,
IMPORTANT – REGISTER TO VIEW SCHOOL PHOTOS

Exciting news! Carmel Jane Photography will be visiting our School on the 14th of October 2025, to take Individual & Sibling Photos.

All parents are requested to pre-register for instant access to your child's photographs once they are ready, pre-registration is required for every photo shoot.

Register in 3 easy steps in less than a minute:

1. Head to www.carmeljaneshop.co.uk
2. Enter your unique code : JRBXV4XARP
3. Include your child's full school register name.

Don't miss out – pre-register today!

Please log on to the school app if you would like your children to have a sibling photo.

Online
Course

strengthening families strengthening communities

For Fathers/Male Caregivers Only starting 13/10/25 at 6:00pm

Want to get some new ideas to help
you be the best parent you can be?

Enhance your relationship with your children?

Learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Find out more or register for the course by scanning the
QR code or emailing us at: sfscparent@racefound.org.uk

Shop with your favourite brands 
and you'll raise donations for
Mission Grove Primary School



Scan the QR code to visit our cause page



Make a difference, sign up today!

Shop with thousands of brands

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 **JUST EAT**

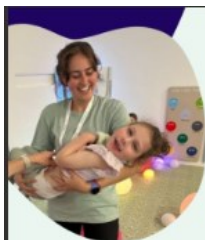
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SCREWFIX



THE
TOGETHER SPACE



October Half Term Play Scheme

For SEND children & their siblings

Mon 27th - Weds 29th October 2025, 9am-3pm

- For children (aged 4-12) with SEND & their siblings
- Experienced staff offering 1:1 care
- Thoughtfully planned daily timetable
- Range of activities including art, dance & cooking workshops
- Daily attention bucket & social communication games
- Inflatables, ball pit & fitness equipment
- Garden, sensory space & reading corner



The Together Space
Gnome House
7 Blackhorse Lane
E17 6DS



FIND OUT MORE
AND BOOK

thetogetherspace.co.uk

WALTHAM
FOREST
ADULT
LEARNING
SERVICE



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
FA0430C5	Calm Parents, Calm Children - Taster	Leytonstone Library	14/10/2025 - 14/10/2025	10:00 - 12:00pm	Tuesday
FA0437C6	Create Halloween Paper Plate Art - Families Learning together	Queens Road Family Hub	27/10/2025 - 27/10/2025	10:00 - 12:00pm	Monday
FA0439C6	Create Halloween Paper Plate Art - Families Learning together	North Chingford Library	28/10/2025 - 28/10/2025	9:45 - 11:45am	Tuesday
FA0440C5	Creative activities for Early Years	North Chingford Library	04/11/2025 - 02/12/2025	9:45 - 11:45am	Tuesday
FA0160C4	Raising Resilient and Confident Children - Parenting	Queens Road Family Hub	05/11/2025 - 19/11/2025	10:00 - 12:00pm	Wednesday

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



Helping Your Child Become a Confident Reader

We're excited to invite you to a special workshop to help you understand how we teach reading and phonics using Read Write Inc. This fun and interactive session will give you:

Insight into how phonics is taught in class

Strategies to support your child's reading at home

Tips to boost your child's confidence and love for reading

Date: 23rd October ■ Time: 9:30am - 10:30am ■ Location: Mission Grove NORTH SITE

Date: 7th November ■ Time: 9:30am - 10:30am ■ Location: Mission Grove SOUTH SITE

Why Attend? - See a phonics demonstration - Learn the RWI sounds and routines - Get practical take-home resources

Let's work together to give every child the best start in reading!

If you are interested in attending please let your child's class teacher know or register with our school office.



Peaceful paths to wellness! Health and Wellbeing Courses



Take steps toward a healthier, happier you – join our free Health and Wellness courses to boost your physical and mental wellbeing.

List of upcoming courses / workshops

Code	Course Title	Start Date	Time	DAY	Hr	WK	Venue
HE0150C6	Making sense of ADHD (Online)	02/11/2025	19:00:00	SUN	1.5	1	ONL
HE0100C6	Live Well: Managing Pain & Fatigue (Online)	09/11/2025	19:00:00	SUN	1.5	1	ONL
HE0101C6	Make Time Work for You: Productivity Made Simple	02/12/2025	19:00:00	TUE	1.5	1	ONL
HE0103C6	Breathe; Move; Reflect: New Year Wellbeing Retreat	10/01/2026	10:00:00	SAT	3	1	QRC
HE0110C6	Yoga for Wellbeing	13/01/2026	19:00:00	TUE	1.5	10	ONL
HE0151C6	Gentle Yoga at the Gurdwara Centre	15/01/2026	10:00:00	THU	1.5	10	GS
HE0111C6	Yoga for Wellbeing T2 @ The Junction Centre	17/01/2026	11:00:00	SAT	1.5	9	TJ
HE0152C6	Gentle Yoga at the Gurdwara Centre	16/04/2026	10:00:00	THU	1.5	10	GS
HE0112C6	Yoga for Wellbeing T3 @ The Junction Centre	18/04/2026	09:30:00	SAT	1.5	10	TJ
HE0140C6	Yoga for Wellbeing T3 @ The Junction Centre	18/04/2026	11:00:00	SAT	1.5	10	TJ
HE0113C6	Yoga for Wellbeing T3 @ Queen's Road Centre	21/04/2026	19:00:00	TUE	1.5	10	QRC

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



10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

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



#WakeUpWednesday

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