



I am sorry to start the newsletter with a moan but there has been a deterioration of the wearing of the school uniform. Some children/parents think that a **black hoodie/ jumper** is part of the school uniform—it **isn't**, not for PE and not for day to day wear. Children will be asked to remove them if they are wearing them in school. Shoes—these should be black. Trainers are acceptable. I have spoken to some children this week, but appreciate they are not the ones buying the footwear. As parents, please make sure that you are following the schools uniform code. High top trainers are not acceptable footwear.

I have also sent out a text this week reminding that there should be no chewing gum/bubble gum on the school premises or taken on school trips.

It was very pleasing to see a message that had been posted on social media stating how well behaved a group of year 4 Mission Grove children were on the underground this week. It is always lovely to hear positive comments about the children in school.

If you have changed address, email or telephone number, please make sure you inform the office.

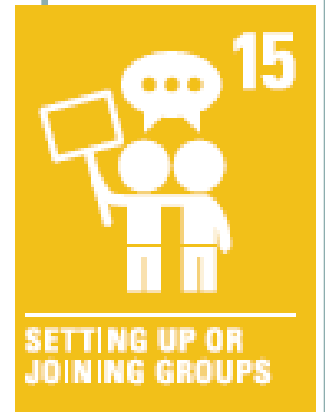


Apologies, on last weeks newsletter it stated that Reception were going to visit the pumphouse. This trip has now been cancelled.

The PTA met this week and discussed plans for this years Easter Egg Hunt. There will be another meeting on Thursday 26th February at 9am on North site.

If you have had your child's parents evening you will have targets for your children to work on at home to help support their learning. If you haven't made an appointment yet please check the app as there are more evenings the week beginning the 9th February.

I hope you all have a wonderful weekend.



Thank you to Miss Dar and Chiff Chaff for their POWER assembly today. It was great to see so many parents coming along in support.

Next week we have 2 class assemblies, Wren and Waxwing.

## ATTENDANCE PERCENTAGE BY CLASS

**Thank you to the parents who have checked their child's certificates and informed us of medicals and other errors.**

| Form                    | %      |
|-------------------------|--------|
| Nursery North AM        | 79.36% |
| Nursery North PM        | 82.65% |
| 2yr North PM            | 83.72% |
| R Grouse                | 84.43% |
| R Goose                 | 84.90% |
| 2yr North AM            | 85.12% |
| Nursery North Full Time | 87.25% |
| 2 Mallard               | 88.81% |
| Nursery South AM        | 90.81% |
| R Goldfinch             | 91.07% |
| 5 Swan                  | 91.15% |
| 4 Wagtail               | 91.19% |
| 1 Chaffinch             | 91.23% |
| 4 Woodpecker            | 91.58% |
| 3 Kittiwake             | 92.19% |
| 4 Wren                  | 92.25% |
| 2 Merlin                | 92.44% |
| 1 Chiff Chaff           | 92.45% |
| 5 Sparrow               | 92.82% |
| 2 Magpie                | 92.85% |
| 4 Waxwing               | 93.01% |
| 6 Barn Owl              | 93.03% |
| 1 Crow                  | 93.11% |
| R Goldcrest             | 93.40% |
| 5 Swallow               | 93.75% |
| 1 Cuckoo                | 94.19% |
| 3 Kingfisher            | 94.27% |
| 5 Skylark               | 94.42% |
| 6 Blackbird             | 94.46% |
| 6 Buzzard               | 94.61% |
| Nursery South PM        | 94.65% |
| 3 Kestrel               | 94.84% |
| 3 Kinglet               | 95.48% |
| Nursery South Full Time | 96.14% |
| 2 Moorhen               | 96.31% |

## SPECIAL DATES

February 2026 Article 15—to meet with friends & join groups/clubs

- 2nd year 6 cycling starts  
Step counting week
- 3rd Year 6 energy Garden workshop  
Year 5 visiting British Museum  
Goose & Goldcrest @ transport museum  
YEAR 6 COME DINE WITH ME
- 5th Year 4 energy Garden workshop  
Full Governors  
Nurse drop in sessions
- 6th Wren Class Assembly  
Waxwing Class Assembly  
Dodgeball festival year 5 & 6
- 9th Goose class stay & Play  
Last week of clubs
- 10th Goldcrest stay & play
- 11th Goose stay and play
- 12th Parent Evening
- 13th Chaffinch @ Young V & A
- 16th—20th Half term Holidays
- 23rd Children back to school
- 23rd School dentist in
- 24th Girls football competition
- 26th 9am PTA North



**FOOD, CLOTHING,  
A SAFE HOME**



**SETTING UP OR  
JOINING GROUPS**

### Half Term Holiday Club

This will be running for the full week. The application form is on the website.

The half term is from Monday 16th to Friday 20th February.

The club is held on the North site.

Please visit the website to complete the application form for a place.

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



At Mission Grove, everyone aims high, everyone is included, and creativity is valued.

We live our motto: *Respect yourself, respect others.*

Our values guide us—respect, inclusion, life-long learning, high aspirations, resilience, and integrity.

Dates for our NHS drop-in n  
the North Site, 9.30am start:

5 February 2026

19 March 2026

23 April 2026

7 May 2026

11 June 2026

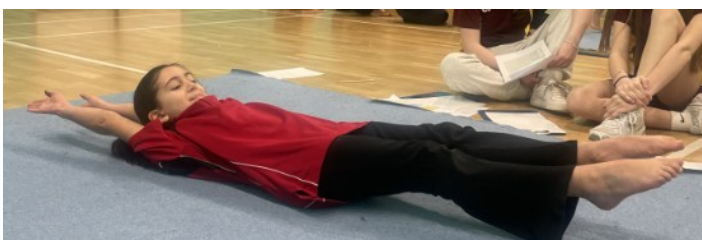
9 July 2026



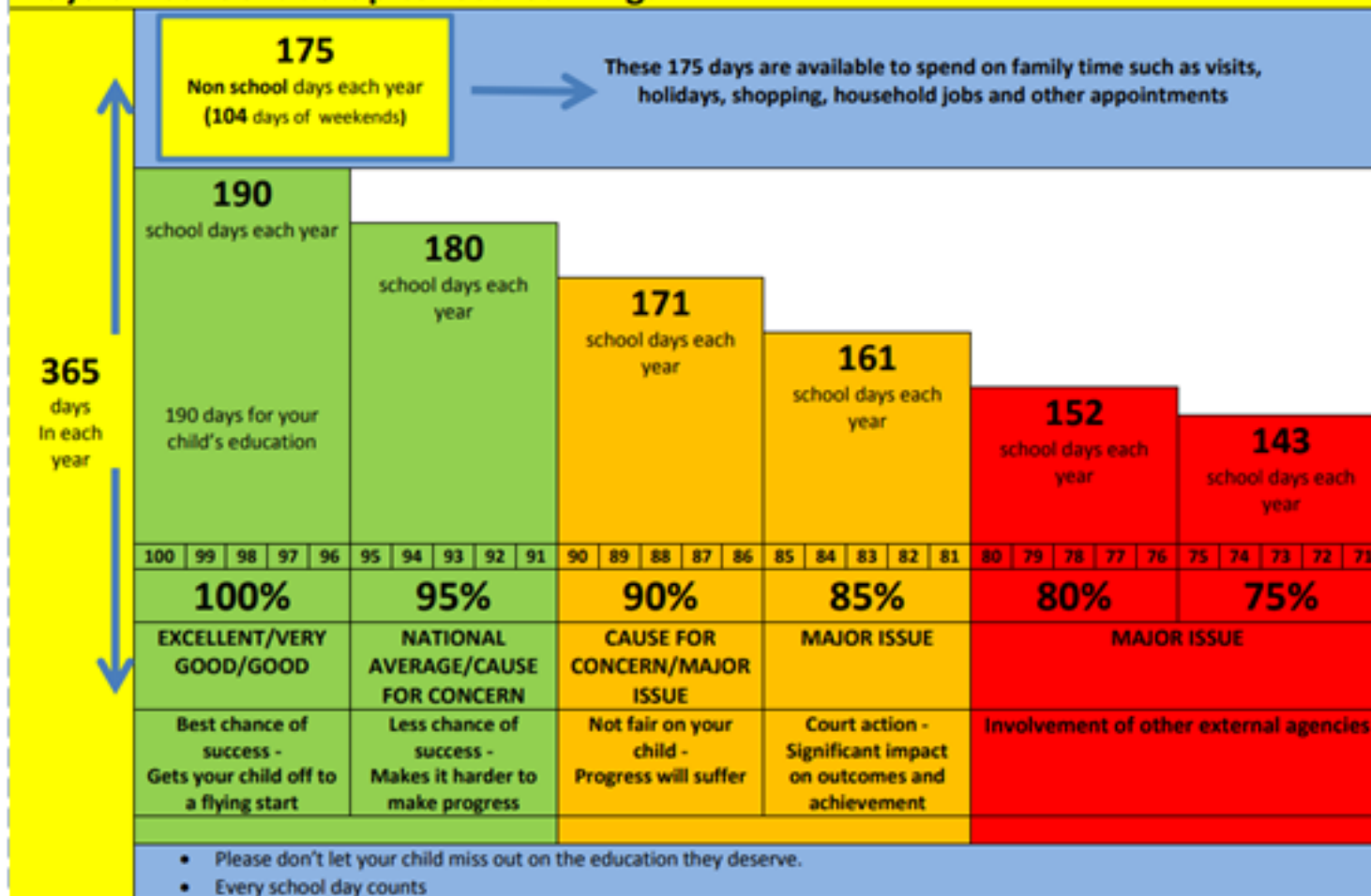
**GYMNASTICS** Zahra Kazi Sparrow: There were three routines, one on a bench, one on a mat and one with a hula hoop. If you pass all with a couple of mistakes you get gold! You can also achieve silver (what I got) and a bronze. I enjoyed doing the activities, I was a bit scared but my team mates made me feel confident again. I am so happy I got chosen to attend the gymnastics competition.

Junyao Skylark: Our first routine was with the hula hoop. Second was on the bench and the third was a floor routine. The coaches were from year 9 and they were really supportive, I had a great day and enjoyed attending the competition.

Tehzeeb Blackbird: The gymnastics festival was a really fun experience. We were judged by secondary school children and one of the best parts was when we got to do some of our favourite positions, for example, I loved using the hoops and something that was hard was the frog balance.



## Days off school add up to lost learning!



Here are some basic reminders about attendance.

- We all feel in our comfort zone if our child is achieving a high percentage in tests and examinations. 80% in a test is generally excellent news! The danger is that we may feel the same way about attendance until it is explained.
- If a child has an attendance percentage of **80%** then this is equivalent to **missing a whole day every single week**
- If a child has an attendance percentage of **80%** from **Year 7 to Year 11** then this is equivalent to **missing an entire year of school**.

One year in school is equivalent to **950** 1 hour long lessons  
 Five years in school is equivalent to **4750** 1 hour long lessons  
 Eleven years in school is equivalent to **10450** 1 hour long lessons  
 And all of this comes down to set of grades on a sheet of paper in an envelope

| Attendance %     | Missed Days | Missed weeks | Over 5 years | Annually                                | Impact over 5 years       |
|------------------|-------------|--------------|--------------|---|---------------------------|
| 100%             | 0           | 0            | 0            | Excellent                               |                           |
| 99%              | 1.9         | 0.38         | 9.5          | Very Good                               |                           |
| 98%              | 3.8         | 0.76         | 19           | Very Good                               |                           |
| 97% <sup>1</sup> | 5.7         | 1.14         | 28.5         | Very Good                               |                           |
| 96%              | 7.6         | 1.52         | 38           | Good                                    |                           |
| 95% <sup>2</sup> | 9.5         | 1.9          | 47.5         | National average                        | Quarter Year missed       |
| 94%              | 11.4        | 2.28         | 57           | Below Nat. average                      |                           |
| 93%              | 13.3        | 2.66         | 66.5         | Below Nat. average                      | Approx. Third year missed |
| 92%              | 13.3        | 2.66         | 66.5         | Requires improvement                    |                           |
| 91%              | 17.1        | 3.42         | 85.5         | Requires immediate improvement/worrying |                           |
| 90% <sup>3</sup> | 19          | 3.8          | 95           | Cause for concern                       | Half year missed          |
| 89%              | 20.9        | 4.18         | 104.5        | Serious concern                         |                           |
| 85% <sup>4</sup> | 28.5        | 5.7          | 142.5        | Major issue                             |                           |
| 80% <sup>5</sup> | 38          | 7.6          | 190          | Major issue                             | 1 Year missed             |



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



**MissionGrove**  
PRIMARY SCHOOL



Shouting & swearing will not be tolerated anywhere in school.

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

Year 3 had an exciting and memorable trip to the Natural History Museum this term. The children explored the fascinating Mary Anning exhibition, where they learned about her important discoveries and how fossils help us understand life from millions of years ago. They also took part in a practical, hands-on dinosaur dig workshop, working like real palaeontologists to uncover clues from the past. The visit linked perfectly with our science unit on rocks and soils, helping to bring classroom learning to life and sparking lots of curiosity and enthusiasm.





**MissionGrove**  
PRIMARY SCHOOL  
RESPECT YOURSELF RESPECT OTHERS



**Year 6**  
**12.30 pm**

Save the date  
**Come dine  
with us**

**Tuesday 3rd February 2026**

**Eat well. live better.**

Come and join your child for lunch at 12.30  
on 3rd February Cost £4.00

## Half Term at the Hive

Monday 16 February  
The Owl who was Afraid of  
the Dark Woodland Storytime

Wednesday 18 February  
Hoo-Dunnit: Owl Pellet  
Dissection

Friday 20 February  
Brilliant Birds



**£12/child**  
Register via  
Eventbrite

# Conversation Clubs



**Practise Speaking English**  
**All welcome -**  
**no booking needed**

**We run FREE English conversation clubs in small friendly groups in a relaxed environment.**



Scan the QR code to see the timetable  
In-person and zoom sessions available

Website: [lbwfadultlearning.co.uk/conversation-clubs](http://lbwfadultlearning.co.uk/conversation-clubs)  
Email: [conversationclub.als@walthamforest.gov.uk](mailto:conversationclub.als@walthamforest.gov.uk)  
Telephone: 020 8496 2974



# Join The Hive this February!

The Hive is an environmental education hub nestled in the heart of Epping Forest, offering enriching day and residential visits all year round.

To support your outdoor learning, The Hive has created a fun and educational bird spotting activity. 🐦 See the worksheet attached and try them out on your next outdoor adventure!

## Woodland Storytime

Join The Hive on one of their popular Storytime events in Epping Forest; based on the beloved classic **The Owl who was Afraid of the Dark.**

Monday 16 February 2026 | 10am to 12pm

<https://www.eventbrite.co.uk/e/the-owl-who-was-afraid-of-the-dark-woodland-storytime-tickets-1980090056662?aff=oddtcreator>

## Hoo-Dunnit: Owl Pellet Dissection

Calling all animal detectives! Come and investigate what bony treasures can be found in the pellets of British owls.

Wednesday 18 February 2026 | 10am to 12pm

<https://www.eventbrite.co.uk/e/hoo-dunnit-owl-pellet-dissection-tickets-1980094544084?aff=oddtcreator>

## Brilliant Birds

Celebrate spring & the arrival of birdsong with our family friendly bird-themed bonanza. Make feeders, play games and cook chocolate nests!

Friday 20 February 2026 | 10am to 12pm

<https://www.eventbrite.co.uk/e/brilliant-birds-tickets-1980096190007?aff=oddtcreator>

[thehive@walthamforest.gov.uk](mailto:thehive@walthamforest.gov.uk)



## Basketball opportunities

We're pleased to share access to **specially discounted tickets (50% off)** for the upcoming **Super League Basketball Playoff Finals**.

The Finals will see the two top teams from the Men's and Women's Super League Basketball battle it out to become the last teams standing in the 2025/2026 season, earning the ultimate bragging rights, and waltzing off into the summer with the Playoff title to show for their efforts.

With both the women's and men's Playoff Finals taking place in a spectacular double bill, a capacity crowd of over 16,000 is expected to, once again, pack out the O2 and witness some of the best ballers in the country do battle, as well as enjoying first-class entertainment from some of the biggest artists in the world.

You can find out more on the event, including our promotional video, by visiting <https://www.superleaguebasketballm.co.uk/2026playoffs/>

### Ticket Offer & Booking

Our school has secured tickets for just **£10 per person** — a saving of at least 50% (normal prices: £28 Adult/ £20 Child).

Book your tickets here: <https://www.britishbasketballshop.com/products/2026playoffprimary>

Simply click **"Add to Cart"** and adjust the quantity as needed. Tickets will be dispatched directly by Super League Basketball.



**SUPER  
LEAGUE  
BASKETBALL**



# WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

**'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'**

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING!

## ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



## GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community of school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



## GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



## HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



## COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



## KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency: 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



**'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'**

RA KATVIST

The National College

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 for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>