



Friday 4th April 2025
Edition 24



Some of you on South may have been wondering where Miss Nicola has been for the last few weeks. She has had an operation but is doing well and resting at home. We wish her a speedy recovery and look forward to having her back after the Easter break.

Today we say good luck and see you soon to Mrs Rashid. She will be starting her maternity leave. Mr Foster will be taking over the teaching of Kinglet class from after the Easter break. If you have any questions please email the office or speak to a member of staff.

Congratulations to Ms Maryum Ishaq who went off sick on Tuesday and had her baby girl early! Mum and daughter are both doing well in with the shock of the early arrival.

Today's Easter parade was definitely the best to date. Thank you to all of the parents who stood and cheered between the 2 sites encouraging the children. The hats never fail to impress—we had pulley systems, wooden eggs and real eggs and some of the tallest hats we have ever had.

We hope to have lots of photos on the website, but please be patient with us. But here are just a few. Thank you to the year 6 Captains for helping



judge the winners and a big thank you to the PTA for running a very fun Easter Egg Hunt. This may also become an annual event.

Have a wonderful Easter break. Enjoy the wonderful weather and stay safe and healthy.

See you on the 23rd April—St George's Day! I will be in red and white!

Katie Jennings

Headteacher



The annual **Spelling Bee** is back!

The children should have brought home the words to learn for the heats. They are also on the app and website.

Please ensure that your child is practicing over the holidays.



SPECIAL DATES

We would really like to see fewer reds in the summer term.

Nursery South Full Time	96.93%
2 Kinglet	96.29%
2yr North PM	96.01%
6 Goose	95.89%
1 Moorhen	95.53%
4 Skylark	95.34%
3 Wren	95.20%
4 Swallow	94.68%
5 Buzzard	94.64%
5 Blackbird	94.54%
2 Kingfisher	94.46%
4 Swan	94.33%
6 Grouse	94.28%
Nursery South PM	94.23%
3 Woodpecker	93.97%
Key Stage 1-4	93.50%
Nursery North PM	93.40%
6 Goldfinch	93.29%
3 Waxwing	93.00%
Nursery South AM	92.83%
5 Barn Owl	92.65%
1 Mallard	92.64%
Nursery North Full Time	92.45%
2 Kittiwake	92.13%
1 Merlin	91.96%
4 Sparrow	91.59%
6 Goldcrest	91.49%
2 Kestrel	91.39%
Nursery North AM	91.17%
1 Magpie	90.96%
3 Wagtail	90.90%
R Crow	90.57%
R Chiff Chaff	89.61%
R Chaffinch	89.46%
R Cuckoo	88.73%
2yr North AM	85.81%

April

7th—17th Easter Holiday club—book online

22nd INSET day—no school

23rd Children return

60 children visiting Peacock Theatre—My First Swan Lake

25th Year 3 & 4 Mini Tennis tournament

29th PARENT COUNCIL—Sustainability & UNICEF update

KS1 tennis tournament

Blackbird camping @Lambourne End

30th Kingfisher @ Chingford Assembly hall

Kestrel @ Chingford Assembly hall

Buzzard Camping @Lambourne End

May

1st Book Fair South

Barn Owl Camping

2nd Swan & Woodpecker Assemblies

5th BANK HOLIDAY

8th VE Day celebrations

Watch our Earth Day Live Lesson

Get the new term off to a great start by joining us for an expedition into the rainforest with our [Earth Day Live Lesson](#) which has curriculum links to **geography** and **science**.



Hosted by Naomi Wilkinson and Lizzie Daly, we'll visit the **Rainforest Biome at the Eden Project** to explore the water cycle.

As children follow the journey of the **water cycle**, they will solve riddles as they are challenged to put the different stages of the cycle in order, whilst learning about the endless movement of this precious resource.

Watch on **Tuesday 22 April at 11:00 on CBBC** and from **9:00 on BBC Teach**.
A **teaching guide and activity sheets** to accompany the lesson are [available to download now](#).
Email your shout-outs to live.lessons@bbc.co.uk with Earth Day as the subject.
Get in touch on social media using **#BBCLiveLessons**.

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

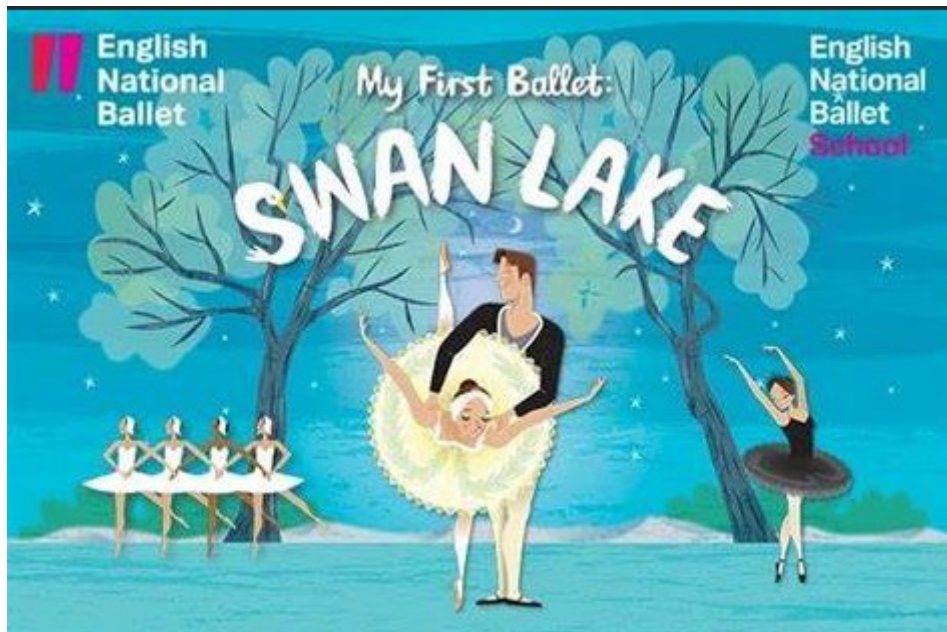


Help us create a safe and happy environment for everyone. Think before you shout or get angry with staff.
RESPECT YOURSELF, RESPECT OTHERS!

MissionGrove
PRIMARY SCHOOL



Shouting & swearing will not be tolerated anywhere in school.



Some of the children have been learning Ballet as part of their PE curriculum this term . The lessons have been in conjunction with The Royal Ballet.

We have got the fantastic opportunity to take 60+ children to watch the English National Ballet perform Swan Lake at the Peacock Theatre, Holborn.

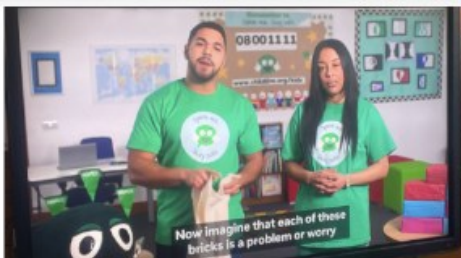
The cost for the trip is £10. The trip is on the first day back after the Easter break, Wednesday 23rd April.

We still have 27 tickets available. If you would like your child to attend please Sign up as soon as possible .

Attendance Ladder

How close is your child to 100%?

0 days off school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned



NSPCC: Speak out Stay safe Assembly!

Learning Intention

To understand the different types of abuse and that abuse is never a child's fault.

Success Criteria

- I can explain the different types of abuse.
- I know abuse is never a child's fault.
- I know I have the right to get help if I need it.
- I know who to talk to if I need help.
- I know the Childline number and how to access support.



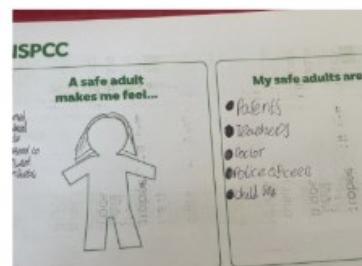
We learnt about the 5 types of abuse: Emotional, Sexual, Physical, Neglect and bullying.



We learnt that a child may feel worried, frightened or petrified if any of these types of abuse were happening to them.



We learnt that a safe adult has to be over 18.



We learnt that a safe adult can make us feel reassured, calm, accepted and listened to.

Easter activities for kids in London

1. Go on a gigantic London-wide egg hunt

What is it? Over 100 giant Easter eggs – decorated by everyone from Mr Doodle to Fortnum and Mason – have been scattered throughout the city for The Big Egg Hunt 2025, where they'll remain March 24 until April 27.

Where is it? Throughout London.

How much is it? It's free.

Why go? Because it's a little more than just a case of idly saying 'oh, nice egg'. Staged by wildlife charity Elephant Family – which will auction the eggs off at the end – serious egg hunters (or their

2. ...or hunt chocolate eggs at a host of classic London attractions

What is it? Easter equals chocolate. So says the Bible. Many London tourist attractions will pep up their offering with an in house Easter egg trail, which generally involves spotting various clues in exchange for an ovular chocolatey treat at the end.

Where is it? Do check in advance, but a lot of London tourists attractions offer an egg trail, from London Zoo to Hampton Court Palace, plus every National Trust property.

How much is it? It varies from free with admission to a small fee that basically pays for the egg.

Why go? Why wouldn't you? Your favourite attractions plus seasonally appropriate chocolate.

Check out more ideas at [The best 2025 Easter holidays activities for kids in London](#)



VE Day Afternoon Tea

THURSDAY 8 MAY 2025, 2PM



TO COMMEMORATE THE 80TH ANNIVERSARY OF
VE DAY, MISSION GROVE SCHOOL IS HOSTING
AN AFTERNOON TEA. PARENTS ARE INVITED
TO JOIN THEIR CHILDREN TO CELEBRATE
THIS SPECIAL OCCASION

**JUST £5 PER PARENT
INCLUDES SCONE & JAM,
CAKES, SANDWICHES AND
TEA & COFFEE**

PAY ON PARENTPAY
ALL PROCEEDS GO
TOWARDS THE SCHOOL
PLAYGROUND WORKS



WALTHAM FOREST LIBRARIES

Autism SUPPORT GROUP

Group leader Surna Khan

Starting 10th March 2025

Every Monday
2-3pm
Community Room
Walthamstow library

Are you looking for a safe, welcoming space to connect with others in the autism community?

Walthamstow Library is launching a new Autism Support Group - a series of drop-in sessions designed for individuals with autism, their families, and carers. Group leader Surna Khan.

When? Every Monday from 10th March 2025

Time: 2:00 PM - 3:00 PM

Where? Community Room, Walthamstow Library

Who can attend? Everyone is welcome! (Children under 16 must be accompanied by an adult.)

These informal and friendly sessions offer a chance to share experiences, find support, and build connections with others in a relaxed environment. Whether you're looking for advice, a listening ear or simply a place to feel understood, you'll find a warm and inclusive atmosphere here.

Register your interest by clicking the link below or just drop in!

<https://www.eventbrite.co.uk/e/autism-support-group-at-walthamstow-library-tickets-1261204339129#:~:text=Are%20you%20looking%20for%20a,Group%20leader%20Surna%20Khan>

For more information, visit the library or ask a member of staff. We look forward to seeing you there!

WALTHAM FOREST ADULT LEARNING SERVICE

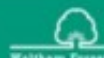
Help your child grow and thrive! Family Learning

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
FA0339C5	Create a woven pot	Leyton library	1.03.2025	1:00-3:00pm	Saturday
FA0409F1	Calm Parents, Calm Children - Parenting	Queens Road Family Hub	05.03.2025-02.04.2025	10:00 - 12:00pm	Wednesday
FA0113C4	Let's Explore Easter Arts and Crafts -	North Chingford Library	12.04.2025	12:30 - 2:30pm	Saturday
FA0303F1	Let's Explore Easter Arts and Crafts -	Leyton library	12.04.2025	12:30 - 2:30pm	Saturday
FA0256C4	Raising Confident and Resilient Children	The Junction Centre	30.4.2025 - 14. 5.2025	10:00 - 12:00pm	Wednesday

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



COMMUNITY DROP IN

Our volunteers and partners can:

Provide information and support to navigate online forms.

Help residents to access benefits such as universal credit, council tax support, disability benefits.

Help with forms such as school admissions, blue badge, freedom pass and referrals for food banks.

Provide information on community activities, including health and well being activities, adult learning opportunities and family activities at family hubs.

We can support with access to services including, employment support, support for Carers, talking therapies and Early Help Link Workers.

For additional support queries please use the following:

For general WF council queries about parking, penalty charge notices, planning and building control, rubbish and recycling. [London Borough of Waltham Forest](http://www.london-borough-of-waltham-forest.gov.uk)

Call 02084963000

For Housing Advice - please email housing.advice@walthamforest.gov.uk

Apply for the LBWF housing register [here](#)

For [Waltham Forest Community Housing Advice](#)

Complex benefits queries and debt advice: [Citizens Advice Waltham Forest](#) 0300 330 1175

[Age UK](#) - 020 8558 5512

[Step Change](#) 0800 138 1111

[Legal Aid](#) - 0345 345 4345



HOLIDAY ACTIVITY & FOOD CAMP

FREE multi-sports activities and engaging workshops for ages 8-14 year olds*. Come along and try new activities, learn new skills, have fun & make friends. **Also, enjoy hot and nutritious meals served every day!**



LOCATION	SCORE Leisure Centre, E10 5UN
DATE	Monday 14th - Thursday 17th April
TIME	10:00 - 14:00
AGE	8-14 years old *Waltham Forest resident in receipt of Free School Meals
QR CODE TO REGISTER	
BOOKING LINK	www.eequ.org/experience/7132



Funded by

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What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

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.



#WakeUpWednesday

The National College

How can you get your family to get more steps in a day?



At Beezee Families, we work with hundreds of families who want to start moving more, but struggle to find the time or motivation! Sounds familiar?

Try our Beezee bingo nature card! It's a great way to discover the wonders of walking. Keep an eye out for each object and cross off as you go!

We run FREE* healthy lifestyle programmes that focus on getting more active, eating healthier, and having fun while doing so!

Scan the code
to sign up today

...or click here
to get started



wlf.maximusuk.co.uk



Rabbits



Daisy patches



Horses



Convertible car



Bird of prey



Someone wearing
flip flops



Lake or pond



Butterflies



Someone having
a picnic

Remember to stay safe while you walk! Carefully check roads before you cross them and don't get too close to the edge of water.



Waltham Forest

*Our courses are designed for families with children aged 5 and up

Free Easter-break cycling activities

Looking for a fun, free way to keep the kids active (and away from screens) this Easter?

We are offering Bikeability-certified cycle training this Easter break – whether your child is learning to ride or ready to tackle the roads.

Courses for children

Each course runs over two consecutive days

Learn to Ride – For beginners who want to learn to cycle from scratch. (Reception age & up)

Level 1 – For riders who need more practice and confidence before going on the road (like signalling or looking behind). (Year 3 & up)

Level 2 – For confident riders ready to learn road safety on quiet streets. (Year 5 & up – must attend both days for certificate & badge)

- Bikes can be borrowed for children aged 7+. More details on booking page.

Locations & dates

Mon 7 – Thu 10 April: Feel Good Centre, 170 Chingford Rd, Walthamstow E17 5AA

Mon 14 – Thu 20 April: Buxton School, 234 Cann Hall Rd, Leytonstone, E11 3NN

Book for the Easter Cycle School: bit.ly/WF-Children

Family training also available!

We're offering free, private 2-hour cycle training for families who want to ride safely together.

Over 200 slots at Lloyd Park & Leyton Jubilee Park
Available 9am–5pm throughout April

Book family training: bit.ly/W-F-Cycle

