

Frida 9th January 2026



I hope that you all had a wonderful break and are looking forward to 2026. Unfortunately, we start with a very low attendance across the school. For the first time we have dropped to only 2 classes being in the green zone, above 95%. I know this time of year breeds colds and sickness, but if your child is well please get them in to school on time. We will be issuing attendance letters in the next 2 weeks to parents.

Thank you to everyone who has signed up for a club. If you filled in the form then your child has a place. Mr Taylor's cricket club and Miss Hakeem's Maths club are both now full, but there are spaces in all other clubs. It is a bargain at £2.50 a session for an hour long session. If you have registered for a club the cost will be added to your parentpay account. The clubs start next week. If you haven't signed up please do so now. Coach Paul's rugby club will continue on a Thursday with the same children that attended last term. You can join the PTC clubs via this link

<https://ptcsports.classforkids.io/term/151>

The fencing club is through this link [Book That In Online Booking](#)

Coding club—see the picture. All of these and the school run ones are live on the app.

### Parent Council

Unfortunately, there will be no parent council meeting next week. We will hopefully reschedule later in the half term.

I hope that you all have a wonderful weekend. Stay warm and please be on time for school on Monday!

Miss Jennings—Headteacher

### Choir News.

Some of the choir will be attending the Young Voices concert on Tuesday 20th January. Letters have already been given to the children in the choir. Due to the fact that we won't be returning to school until 10.30pm on that evening the children who attend will be able to have a late start on the Wednesday with the latest a 11am start. If you have any questions about the Young Voices please ask Miss Jennings or visit the website [The Largest Children's Choir in the World | Young Voices](#)



Unlock the Amazing World of Computer science !

*Calling all young coders!*

MGPS - North Site.  
Open to North Site & South site pupils

£6.75 per session\*

3.30 pm – 4.30 pm

Mondays yr1 - yr6

Starting on 09 January 2026

\*Siblings discount available.

**What's in Store for Your Child:**

Robotics	Digital Arts	Algorithms	Physics
Game Designs	Python	Engineering	

<https://acecodeclub.simplybook.it/v2/>

0754 231 8961 | [ace.code.kc@gmail.com](mailto:ace.code.kc@gmail.com)



## SPECIAL DATES

### ATTENDANCE PERCENTAGE BY CLASS

Form	%
2yr North PM	73.66%
Nursery North AM	77.62%
Nursery North PM	81.38%
2yr North AM	82.96%
R Grouse	83.29%
R Goose	84.45%
Nursery North Full Time	84.78%
Nursery South AM	89.05%
2 Mallard	89.66%
5 Swan	89.76%
4 Woodpecker	90.55%
4 Wren	90.68%
4 Wagtail	90.83%
R Goldfinch	91.09%
1 Chaffinch	91.42%
3 Kittiwake	91.58%
2 Merlin	91.92%
1 Crow	92.07%
1 Chiff Chaff	92.41%
R Goldcrest	92.55%
5 Sparrow	92.63%
6 Barn Owl	92.73%
Nursery South PM	93.17%
2 Magpie	93.27%
5 Skylark	93.53%
4 Waxwing	93.56%
6 Buzzard	93.62%
1 Cuckoo	93.89%
3 Kingfisher	93.89%
3 Kinglet	94.01%
6 Blackbird	94.10%
5 Swallow	94.37%
3 Kestrel	94.45%
Nursery South Full Time	95.27%
2 Moorhen	96.23%

### January 2026 Article 27—Food clothing, a safe home

12th After school clubs start

Mallard @ Archive museum

13th Goldfinch Science museum

Merlin Archive trip

14th Goose at Science museum

15th RECEPTION 2026 closing date

Grouse at Science museum

Magpie Archive trip

Curriculum Governors

Finance Governors

### SPRING CENSUS—please be in and on time

16th TriGolf competition

19th Kingfisher @@ Natural History Museum

20th Young Voices

Goldfinch & Grouse @ Transport

museum

Pentathlon competition

21st Goldcrest@Science museum

22nd Swallow Class assembly

Year 3,4,5 & 6 Fun run @ Douglas Eyre

27



FOOD, CLOTHING,  
A SAFE HOME

### Reception September 2026

The closing date for applications for next year's Reception class is **Monday 15th January**.

Parents of nursery aged children (born between 1st September 2021 and 31st August 2022) must make sure they apply before the closing date. Any applications received after this date will be considered as late applications and processed after National Offer day which is 16th April 2026.

Applications can be made on the eAdmissions website. For more information, click the link below. [Home | eAdmissions](#)



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:

22 January 2026

5 February 2026

19 March 2026

23 April 2026

7 May 2026

11 June 2026

9 July 2026



Special Educational Needs Disabilities (SEND) Information Advice and Support service (SENDIASS) provides impartial information advice and support on all matters relating to children and young people with SEND.

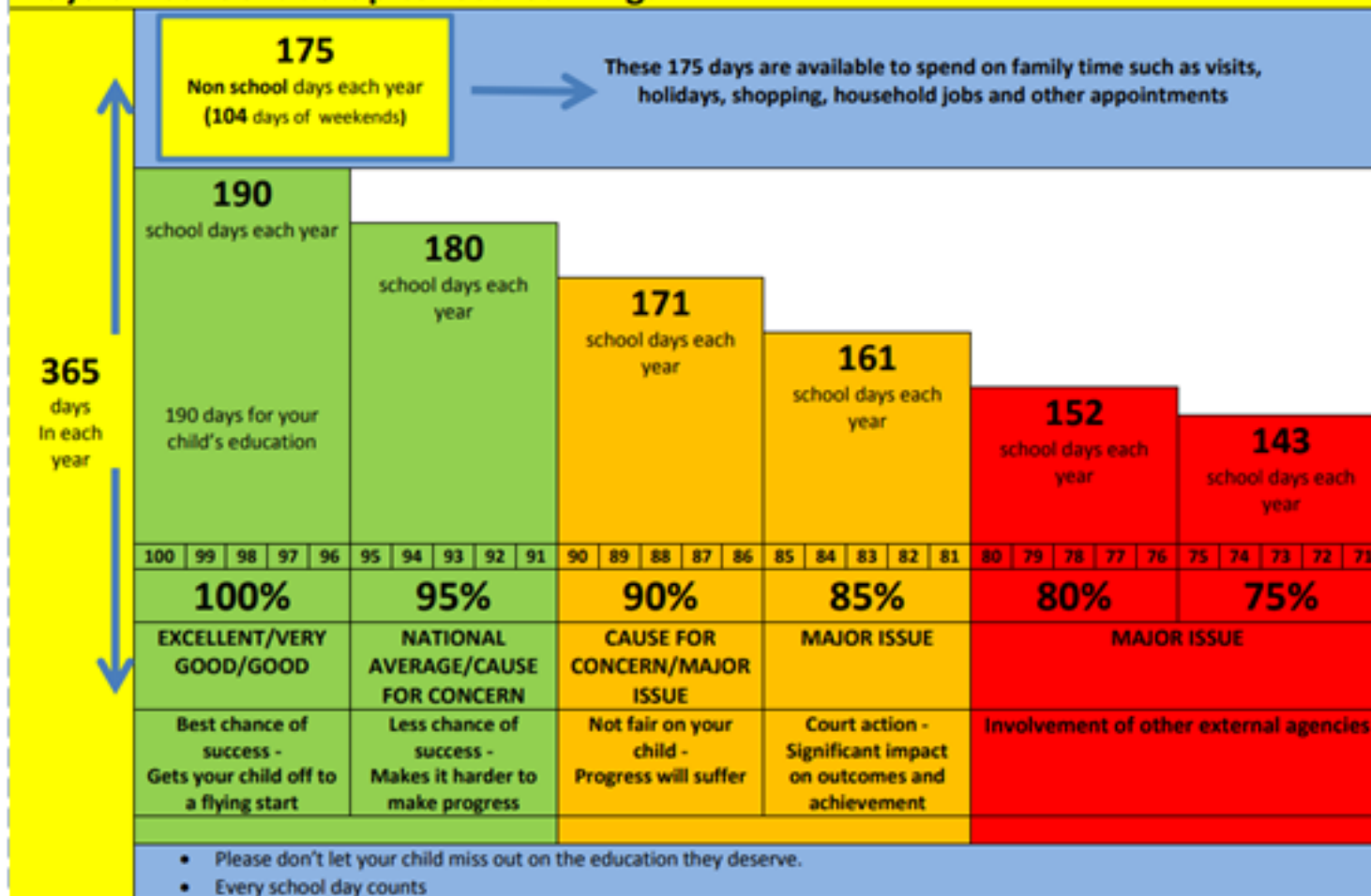
Waltham Forest SENDIASS (Special Educational Needs and Disabilities Information Advice and Support Service) aims to help parents/carers, children, young people and professional staff to work together to provide the best possible support to children and young people with SEND.

A link on YouTube shows a brief video about the service, which we have published on the app under our News section.

Ben Darling

Assistant Headteacher and Inclusion Manager

## 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.



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



Shouting & swearing will not be tolerated anywhere in school.



### Strengthening Families Strengthening Communities – Online 6-week course

#### How to register onto the course:

**STEP 1** – Click on the registration link: <https://strengthening-families.net/parenting-courses/>

#### Aims of the course

*Aimed for parents who want to build a better relationship with their child/children, understand the developmental stages of their child/children, for parents to learn how to put boundaries in place, help motivate their child/children to complete tasks and learn what services are available within the community.*

*This course aims to provide a safe space for parents to develop new ideas on how they can make best decisions for bringing up their child/children and supporting parents support in developing new skills, confidence and connections with the wider communities and services in their area.*

# Vaping... the Parents' Guide

## What parents need to know

### Contents

What is Vaping?

UK's Law on Vaping

Why are E-Cigarettes bad?

Why is vaping so popular among young people?

How do I talk to my child about vaping?

How do I know if my child is vaping?

How can I support my child to quit vaping?

### What is vaping?

Vaping is the use of an electronic device to inhale vapour from an 'e-liquid'. The main ingredients found in e-liquids are vegetable glycerine and propylene glycol – food additives which are also commonly found in cosmetics, dog food, and hygiene products. Most e-liquids also contain nicotine, as well as small amounts of flavourings and sweeteners. Despite the Department of Health and Social Care introducing strict regulations and setting a 2% (or 20mg per ml) limit on nicotine strength in e-liquids, there has been a surge in illegal vapes on UK's High Streets which contain illegally high levels of nicotine and unregulated ingredients.

Many vapes may visually resemble traditional cigarettes, USB memory sticks and highlighters. The devices can be sold under such product names as vape pens, Elf Bar, Hexa Go, e-cigars, mods and vapes.

### UK's Law on Vaping

- Vapes and vaping products containing nicotine are age-restricted, and it is illegal for them to be sold to under-18s and for adults to buy them on their behalf.
- Certain ingredients, such as caffeine and taurine, are banned in e-liquids.
- All vapes and e-liquids containing nicotine have to be certified by the Medicines and Healthcare Products Regulatory Agency (MHRA) before they can be sold in the UK. You can search for brands on the MHRA website here: [ECIG Dynamic Search | MHRA](#).
- Any product that is not listed on the above website should be returned to the shop it was purchased from, or to your local Trading Standards office.

Research from the Chartered Trading Standards Institute (CTSI) has found that a third of vape products sold in the UK are not compliant with regulations.

If you know of anyone who sells vapes illegally, you can report them to Trading Standards through the [Citizens Advice online portal](#).



## How do I talk to my child about vaping?



It may be a good plan to start talking openly with your children about vaping, asking them what they already know, do they see it at school and talking through your concerns.

Be calm, talk to them on the same level and as though it is a general conversation. Bringing up vaping in a natural way is much more effective than sitting them down for a lecture.

Try and educate them early, before they have been exposed to or offered a vape so they have all the information and support they need ready.

If you suspect your child is vaping - Do not accuse them, listen to what they have to say without judgement and calmly state your concerns.

Avoid extremes (i.e. "the vape device will blow up and kill you."). Be factual and fair in delivering the message.

## How can I support my child to quit vaping?

Reacting with anger or intense emotion can make a child defensive and less likely to hear what you have to say. Tell your child you are here to support and help them quit. Find out about the support that is available through the local Stop Smoking Service for helping adults as well as young people to stop vaping.

**If your child is experiencing flu-like symptoms, like coughing, chest pain, difficulty breathing or vomiting, take him or her to the hospital immediately.**

The first step to help your child is to talk openly and without judgement about nicotine addiction and how easy it is to become dependent on nicotine through vape use. If your child is not able to stop using a vape, then nicotine free vapes are available as an option to support quitting and the advice of the local Stop Smoking Service is recommended:

**[www.healthyyou.org.uk/services/stop-smoking/](http://www.healthyyou.org.uk/services/stop-smoking/)**

It is important to identify any habits or rituals that are associated with your child's vape use. For example, when do they vape, is it only when they are out socialising with friends? It may be helpful to discuss any peer pressure your child may be feeling in relation to vaping. Being able to recognise the 'trigger(s)' for them to vape will allow you both to set up a plan to help break those cycles.

Having a distraction will be a big help. A distraction could be anything from taking up a new hobby, like reading or baking, or starting to exercise more – this could just be going for a simple walk. When cravings kick in, having an easy distraction to turn to will make it a lot easier to ignore and curb those cravings.

## How do I know if my child is vaping?

- You may notice a sweet smell – e-liquids come in thousands of flavors.
- They're spending more money than usual.
- You find pods/cartridges or other unusual devices.
- They're irritable, which can be a sign of withdrawal or cravings.
- They have new or increased coughing, sore throat, difficulty breathing, nausea.
- They experience more or more sudden nosebleeds.
- They're thirsty – nicotine can make you dehydrated.
- They lose concentration easier than usual.

We have added this to the newsletter as there have been sightings of young people vaping as they are walking down the market. We are not saying that they are our pupils but we felt that it was important to share this on the newsletter.



# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

## 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

## 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

## 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

## 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

## 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

## 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

## 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

## 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

## 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

## 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

### Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>



A man with grey hair, wearing a green vest over a dark shirt, is smiling and holding out several red apples with both hands. He is standing in front of a bright green van. The van has the word 'Felix' written in large white letters on its side. A yellow banner is overlaid on the top right of the image.

**FREE FOOD**  
Just bring bags!

# FELIX FRESH

The Felix Project, in partnership with BETTER, will be distributing free fresh fruit and vegetables.

## WHEN

Tuesday 27<sup>th</sup>  
January  
1-3pm

## WHERE

Walthamstow Leisure Centre,  
243 Markhouse Rd, E17 8RN  
W3W [///clubs.models.such](http://clubs.models.such)

BRING YOUR BAGS, BOXES, TROLLEYS AND STRONG ARMS, AND TAKE HOME WITH YOU A VARIETY OF DELICIOUS, FRESH FOOD!

*Felix* | THE  
FELIX  
PROJECT



Waltham Forest Town Hall, Fellowship Square, Forest Road, London E17 4JF

Email: Mary.Jarrett@walthamforest.gov.uk

Date: 08/01/2026

Dear Parents and Carers,

As the Corporate Director for Education in Waltham Forest I am writing to share important information about the revised Ofsted inspection framework, which came into effect in November 2025.

Ofsted will no longer give schools one overall grade such as "Outstanding" or "Requires Improvement." Instead, schools will receive a new report card with a 5-point grading scale across several areas.

The new gradings are:

- Exceptional
- Strong Standard
- Expected Standard
- Needs Attention and
- Urgent Improvement.

Ofsted have been very clear to point out that you cannot compare the old judgements with the new grades: e.g. the old judgement of 'Requires Improvement' does not mean the same as the new grade of 'Needs Attention' and the old judgement of 'Outstanding' is not the same as the new grade of 'Exceptional'.

Ofsted have stated that 'Needs Attention' should be seen by a school as advisory, suggesting that work needs to be done to reach the Expected Standard in that area. It is not a fail, but it highlights where issues can be addressed before they become bigger problems where they may need urgent improvement.

Ofsted continues to have high expectations, and the bar has risen again. When evaluating schools, using the new Ofsted Toolkit, Ofsted are expecting most schools to be graded at the 'Expected Standard' which means that the school is providing an effective education for its pupils and doing everything it should be doing

in that area. Some schools may have areas graded at the 'Strong Standard' and Ofsted expect that very few schools will be graded as 'Exceptional' in an area.

Therefore, a school that was previously judged as 'Good' that is now graded at the 'Expected Standard' may well have improved its provision for pupils but sits within the grade banding within the new toolkit as meeting the 'Expected Standard,' because expectations are higher than in the previous Ofsted framework.

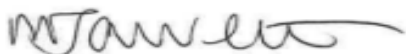
More information for parent/carers about the Ofsted framework can be found here:

[Understanding Ofsted report cards and grades - GOV.UK](#)

We are very proud of our schools in Waltham Forest and are confident that Waltham Forest schools are well prepared for their next inspection. Schools will generally be inspected within four years of their last inspection, but the statutory framework requires them to be inspected within five school years of the end of the academic year of the previous inspection.

Thank you for your continued support in helping us provide the very best education for your children.

Yours sincerely,




**Mary Jarrett**  
Corporate Director of Education  
Waltham Forest Council



# Men's Wellbeing

Wednesday 14 January 2026

Time: 6pm - 9pm

 **Reverse The Trend**



## Errol McKellar MBE - 'Let's Talk Prostate Cancer'



Come, and listen to the remarkable story of Errol McKellar (MBE) prostate cancer Survivor his journey from diagnosis to remission and other health complications he is dealing with now. Also, one of the main ambassadors for Prostate Cancer UK championing a number of campaigns. His voluntary work and charity set up in 2018 educating men to increase their knowledge and learn to recognise the signs and symptoms in order to avoid the risks as much as possible to stay cancer free. His message urging men over the age of 45 or have a family history of the condition e.g., son, father, grandfather to visit GP for a health check and PSA test to find out if they are vulnerable.

Black men are twice as likely to develop prostate cancer at a ratio of 1 in 4, this needs to change. Most importantly Black men must actively play their part to know the risks and consult GP for any reason if they are unwell, this will dispel feelings of anxiety and fear and in some cases lead to earlier diagnosis and treatment. Just like a car, athlete or footballer it is Important to monitor health to enhance performance and fitness. MOT yourself Today! Together we can 'Reverse The Trend' for Black men. More information about The Errol McKellar Foundation can be found at <https://theerolmckellarfoundation.com>.

## Prostate Cancer UK - Black Health Engagement TBC - Awareness Talk

**Community Stalls:** Men organisations supporting men to connect with peers, motivational / morale support, physical and leisure activities to stay active and well. And more...

**Places for 30 People Drop In On The Day or book in advance with refreshments.**

**Where: St John Church Hall  
High Road Leytonstone  
London E11 1HH  
opposite ALDI / M&S**

For more information about the African & Caribbean Community Health Network (ACCHN) register and book events, or a stall email [hello@mbswellbeingcic.com](mailto:hello@mbswellbeingcic.com). Older people call Joan on 020 8539 6976.

**Directions:** Bus: 66, 145, 257, W13, W14, W15, W16, W19, alight at Leytonstone station, walk up Church Lane 2 minute.  
By Underground station Leytonstone, take the left hand exit out of the station, walk up Church Lane 2 minute walk.

