



Monday 29th September 2025



It is the time of year when year 6 parents need to start making the decision about which secondary school they want their child to attend. For many the decision will be easy for others it will be more challenging. The most important thing is to get your application in on time. The deadline is the 31st October. You can apply before the 31st, but if you miss the deadline your application will be classed as a late application. The secondary schools are doing open events for you to go and visit. There is more information on our website and on the app. You can also get more information for the Waltham Forest website [How to apply for a secondary school place | London Borough of Waltham Forest](#)

PGL—Summer 2026

We will be having a year 6 parent meeting to discuss the arrangements for this year's PGL. If you already know you want your child to attend it is already on parentpay to start your payments.

OCTOBER HALF TERM—27th—31st

The school will be running an October holiday scheme. The application forms are on the website for you to book a place. There are some optional trips too.

JOB VACANCIES

We have some job vacancies that are being advertised on the school website. The school is looking for an admin and attendance officer to replace Miss Janine. We are sorry to announce we will also be looking to replace Jack in the office as he has decided to continue with his studying and so will be leaving us at half term. There are also vacancies for 3 early years apprentices, one with a SEND focus. The job descriptions and forms can be found on the website under the contact us tab. Any questions please ask to see the School Business Manager, Mrs Amrine Uddin.

Walking home alone/ mobiles Year 6

We would like to remind Year 6 parents that your child is only allowed to walk/cycle home at the end of the school day if written permission has been given to the school. Year 6 children are permitted to walk home after school for the whole year; however, Year 6 children are not allowed to walk home alone after any extra curricula clubs. All children must be collected by an adult if they attend an after school club. If you need your child to bring their mobile phone, you must complete a form from the office and the children must sign it in to the office as soon as they arrive in a morning and not collect until they are leaving the school premises.

PTA

The Parent Teacher Association had an AGM and Chelsey King was voted in to continue as the chair, Karla Thomas and Laura Childs-Young are the Vice Chairs.

Fundraising

Please make sure that you have returned the designs and placed your order online. Deadline to return Tuesday 30th September.

Best wishes

Miss Jennings—Headteacher



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

SPECIAL DATES

ATTENDANCE PERCENTAGE BY CLASS

Form	%
R Grouse	78.75%
5 Swan	84.40%
Nursery North Full Time	86.10%
1 Cuckoo	87.50%
2yr North AM	87.57%
4 Woodpecker	89.19%
Nursery South AM	89.23%
R Goose	89.74%
1 Crow	90.44%
1 Chaffinch	90.80%
R Goldfinch	90.87%
6 Barn Owl	91.19%
6 Buzzard	91.54%
4 Wren	91.56%
Nursery North AM	91.67%
R Goldcrest	92.15%
2yr North PM	92.19%
5 Sparrow	92.35%
3 Kingfisher	92.62%
3 Kinglet	93.11%
Nursery North PM	93.15%
2 Mallard	93.63%
6 Blackbird	93.86%
2 Merlin	93.94%
4 Waxwing	94.44%
4 Wagtail	95.16%
5 Skylark	95.21%
1 Chiff Chaff	95.39%
2 Magpie	95.77%
2 Moorhen	96.00%
5 Swallow	96.02%
3 Kittiwake	96.41%
3 Kestrel	97.55%
Nursery South PM	98.18%
Nursery South Full Time	98.33%

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

SEPTEMBER Article 28 Access to Education

30th School Council tour of Parliament
2nd National Poetry Day

October Article 17 Access to information

3rd Year 5/6 Girls football competition
6th Year 6 Boosters starting
7th Year 3/4 boys football competition
Year 1 High Tea
8th Year 5 Wonderlab trip
Year 1 Come Dine with me
9th Finance Governors
10th Mental Health Day
14th Photo Day—Individual & Sibling
Year 5/6 Boys football competition
16th Curriculum Governors
17th Quidditch Competition



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](#)

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

Late to school does impact on the children's attendance record.



The vision is:

- ◆ Everyone aims high
- ◆ Everyone is included
- ◆ Creativity is valued

Then we have values:

- * Respect
- * Integrity
- * Inclusivity
- * Creativity
- * High Aspirations
- * Lifelong learning



SNAP STREAK

97

WHAT ARE THE RISKS?

What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION
13+

With over 900 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 boosts 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 2025, 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.

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.

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'.

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.



#WakeUpWednesday

The National College®

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

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PRIMARY SCHOOL ADMISSIONS 2026

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

**If so, your child is eligible to start
primary school in September
2026.**

**To make an application, please
apply online at
www.eadmissions.org.uk
by 15 January 2026.**

**For more information, visit the Waltham
Forest Primary Admission page:
[https://www.walthamforest.gov.uk/
schools-education-and-learning/apply-
primary-school](https://www.walthamforest.gov.uk/schools-education-and-learning/apply-primary-school) where you can download a
copy of the Starting Primary School 2026
brochure with full details on how to apply.**

SECONDARY SCHOOL ADMISSIONS 2026

Do you have a child who was born between
1 September 2014 and 31 August 2015
or who is currently in Year 6?

If so, they are due to start Secondary School
in September 2026.

To make an application please apply online
www.eadmissions.org.uk by
31 October 2025.

For more information visit the Waltham Forest
Secondary admission page
<https://www.walthamforest.gov.uk/content/applying-secondary-school-place> where you can download a copy
of the Starting Secondary School 2026 brochure
which has full details of how to apply.



10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

















The National College

World Mental Health Day takes place on Friday 10th 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 10th 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.

What Zone Are You In?

Blue Zone	Green Zone	Orange Zone	Red Zone
 SAD	 HAPPY	 SURPRISED	 ANGRY
 HURT	 FOCUSED	 CONFUSED	 RAGING
 SICK	 CALM	 WORRIED	 TERRIFIED
 TIRED	 EXCITED	 SILLY	 ANNOYED
What can I do?	What can I do?	What can I do?	What can I do?
REST	GO	SLOW DOWN	STOP
Take a break Ask for help Talk to someone Jump up and down 5 x I can also.....?	Think happy thoughts Finish my work Help others Share ideas I can also.....?	Take deep breaths Talk to someone Go for a short walk Count to ten I can also.....?	Take a time out Run a lap Squeeze a stress ball Drink water I can also.....?