



Happy Friday.

And happy start of October. That means we change our rights focus. The October rights and respecting is article 17 the right to access information. Hopefully, your child/ren have already been coming home with new knowledge.

## SWIMMING

As a school we try to ensure all children experience swimming across multiple years. Swimming is a vital skill because it's a form of water safety that can prevent drowning and save lives in emergencies. Beyond safety, it provides excellent full-body physical exercise, improves cardiovascular health, flexibility, and strength, and promotes mental well-being by reducing stress and anxiety. Learning to swim also builds confidence, resilience, and social skills, while opening doors to other water sports and activities for a lifetime of enjoyment and fitness.

We track the achievements in swimming when the children attend with school and there is no surprise that the children who swim on holidays or go with their family outside of school, are the ones who are most confident and can swim more than 25 metres. I say 25 metres as we must report to the government how many children can swim 25 metres.

As a school we use the pool at the feel good centre on Chingford Road, but there are other pools in the borough. Why not have a family trip to a swimming pool this weekend and help your child learn to swim.

During school holidays swimming is free for under 18s. See here for more details

[Free swimming | London Borough of Waltham Forest](#)

## Rock Steady

We still have spaces in the Rocksteady bands. Please look here <https://portal.rocksteadymusicschool.com>.

Please remember if you have concerns about your child please speak to the class teacher first. They are around in the playground at the end of the day. Or you can call the office and leave a message.

Storm Amy is here this weekend. Stay safe

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 your child is late.**

Form	%
R Grouse	79.25%
5 Swan	83.84%
1 Cuckoo	87.25%
1 Chaffinch	89.30%
R Goose	89.59%
4 Wren	89.63%
4 Woodpecker	90.26%
6 Buzzard	91.03%
R Goldcrest	91.10%
R Goldfinch	91.25%
1 Crow	91.39%
3 Kingfisher	92.13%
5 Sparrow	92.70%
2 Mallard	92.99%
3 Kinglet	93.39%
2 Merlin	93.52%
6 Blackbird	94.35%
6 Barn Owl	94.39%
4 Waxwing	94.59%
5 Skylark	95.01%
4 Wagtail	95.13%
1 Chiff Chaff	95.69%
2 Moorhen	95.73%
2 Magpie	95.95%
5 Swallow	96.34%
3 Kittiwake	96.79%
3 Kestrel	97.82%

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

### October Article 17 Access to information

- 6th Blackbird & Barn Owl swimming for the week  
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—wear yellow
- 14th Photo Day—Individual & Sibling  
Year 5/6 Boys football competition
- 16th Curriculum Governors
- 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  
PTA—Halloween Movies
- 23rd Halloween Discos
- 27th—31st HALF TERM



### 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.



The vision is:

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

Then we have values:

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

**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.

### 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!





# What Parents & Educators Need to Know about EA SPORTS FC 26

AGE RESTRICTION  
PEGI  
3

## WHAT ARE THE RISKS?

### AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

### VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

### IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

### SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

### POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

## Advice for Parents & Educators

### PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

### LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

### MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

### BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

### Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>

@wake\_up\_weds

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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](http://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?

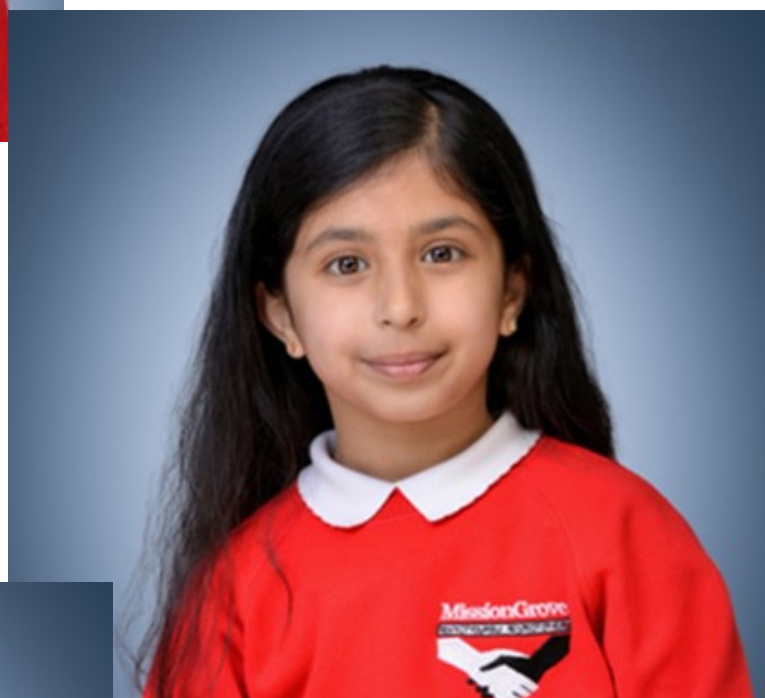
If so, they are due to start Secondary School  
in September 2026.

To make an application please apply online  
[www.eadmissions.org.uk](http://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.

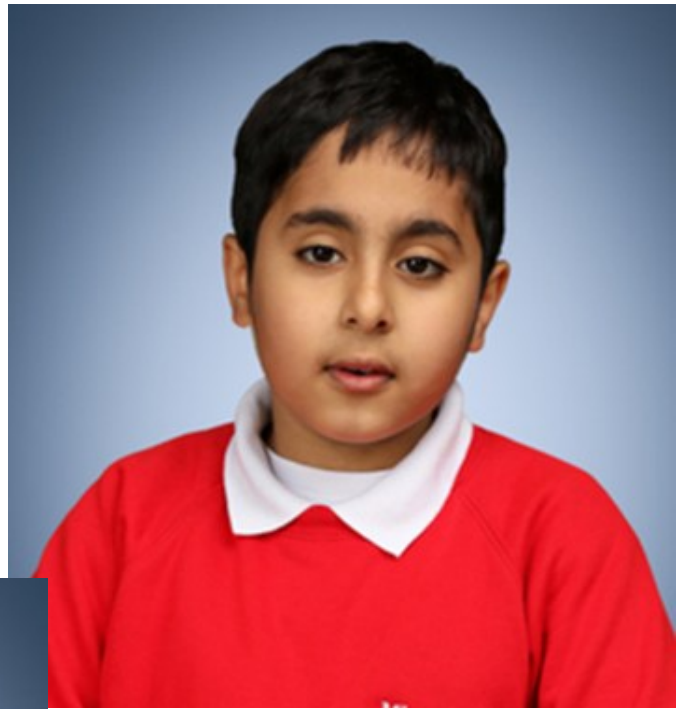


Welcome to the  
2025/26 School  
Captains





## And the Vice Captains



## School Council Parliament Trip 30<sup>th</sup> September 2025

Mr Taylor and some of the school council members started the year with a trip to see democracy at work.

Here are just some comments about their trip.

Recently, the student body was granted with the sumptuous opportunity to visit the world renowned Westminster Palace or as some might say the Parliament. During this trip the student body was able to learn unusual facts about Parliament. These facts include: why monarchs are never allowed to enter the House of Commons, Walthamstow's MP, how and when Parliament started and so much more as this is barely scraping the iceberg. The student body has taken so much back from this astonishing trip and for those who did not sadly get to go to the house of Parliament, can go onto Parliament's online tour and see it for themselves.

By Lucas.



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Hello, my name is Kavisa. The house of parliament was the best experience ever. The tourist was super kind to be honest I would want more people to come visit the house of parliament. She (tourist) made everyone excited and love history, my favourite part is when we saw the Queens and Kings throne. After, we saw the room where they do their debate and there was a glass balcony were people see the debates.

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### Houses of Parliament

When I went to the Houses of parliament with school councils I liked it because the history of parliament is quite interesting and everyone giving us the tour was very kind and funny .I also enjoyed seeing all the halls and paintings.

Ismaeel Malik

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### Our Trip to the Houses of Parliament

This week, I had the best trip of my life! I went to the famous, fancy Houses of parliament! And what I tell you next will be the most interesting things you ever heard. Firstly, I went to an electronic, purple room where I watched the House of Parliaments movie . After the movie, the teacher told us to put on these cool, red headphones and after we put on our comfy headphones we split up into 2 groups. One group were the year sixes and the group that I was in were all the other years. But there were no years younger than year 3 . After settling the groups, we went to a humungous room where the King drove in the door to enter. Then a teacher called Kadija took us into a room were we talked about houses of parliaments. Then we went to the debate room which was so golden and expensive. After that, we went somewhere but I dont know what its called but it was nearly lunchtime and I was starving . Finally we went to the oldest room in the house of parliament and then we finally had lunch!! Trey



# Healthy Waltham Forest – air, water, travel



## Daily Action

### Active travel - walk or cycle to and from school

If you already walk or cycle is there another journey you can making using active travel instead of a vehicle?

Or encourage someone else in your family to walk/cycle.

**Plan an action that is challenging for you.**

### Why travel matters?

In the UK the transport sector is responsible for emitting more greenhouse gases than any other industry, including electricity production and agriculture. Globally, transport accounts for about ¼ of total CO2 emissions.

[Learn more here](#)

#### Health & Well-being

Do you know where your nearest stream or river is?

It might be closer than you think.

Can you plan a cycle or walking route to the river, or to school or another regular destination that avoids main roads?

Make it the greenest route possible.

#### Lesson ideas

**Calculate:** how many vehicle miles are saved if the whole class walks or cycles?

**Research:** which is the most sustainable way of [travelling from London to Glasgow](#)? Try a [journey carbon footprint calculator](#).

**Discover:** what is the link between [transport and clear air](#)?

### Lasting action

#### Create a school pond

A pond is a wonderful learning resource for all ages and even a small pond has huge benefits for local wildlife.

There are lots of resources out there to help you. Check out these from the [Association of Science Education](#) and [The Wildlife Trust](#).

Share your actions –  
[@wfcouncil](#) [#WF4ClimateAction](#)