



Friday 7th June 2024
Volume 1, Issue 31

Welcome back to summer 2, the last half term of this academic year. On Thursday the children were treated to a DDay lunch, kindly organised by Salim and his team. They always help us celebrate so many different occasions as well as providing delicious daily lunches. We are offering our part time nursery children to pay additional fees to have lunch with us for this term.

This week has been film week. We have planned it slightly different this year; instead of having a genre or theme, it has been based on a book. All of the books link to our sustainability curriculum. The Eco family, What does it mean to be green?, The search for the Giant Jellyfish, A planet full of plastic, Do something for someone else, It's our business to make a better world and Old enough to save the planet.

A team has been organised to view all of the films and we will be inviting some children to join us at the annual Mission Globes. For the next 2 weeks we are hosting the LA Junior Citizenship project in collaboration with the police. This will have an impact on the year 6 children on the north as the year 6 block will be used for the event. The children should still go to their classrooms every morning.

No Sweets—please make sure that your child is not bringing in sweets to school. I have confiscated 2 bags this week. There should be no sweets in the children's packed lunches either.

No Smart watches in school—These will be asked to be removed and handed back to the children at the end of the school day.

No Studded football boots/trainers—Children should have flat trainers for PE and if they wear trainers as normal day to day footwear then they need to be black with no studs.

Thank you to everyone who already signed up to the easy fundraising, you have already raised £75 for the school. We have the scholastic book fair for the next few days on North site. Please help us raise funds to purchase more reading books for the children by getting your child to buy a book for home.

Have a great weekend
Miss Jennings



**LEARN HOW TO
MAKE YOUR HOME
MORE ENERGY
EFFICIENT**

Our Housing contractor,
**Morgan Sindall Property
Service**, holds monthly advice
sessions on energy awareness
and energy saving tips.
Scan the QR code
and join a session today



The children have their final choice of enrichment for the year.

SPECIAL DATES

HOW TO REPORT DAMP AND MOULD

Complete our online form
by scanning the QR code



Or call our customer resolution
centre on

0208 496 4197

and follow the menu options to speak
to Morgan Sindall Property Services.
They will then pass this information on
to the Damp and Mould team.



COST-OF-LIVING SUPPORT

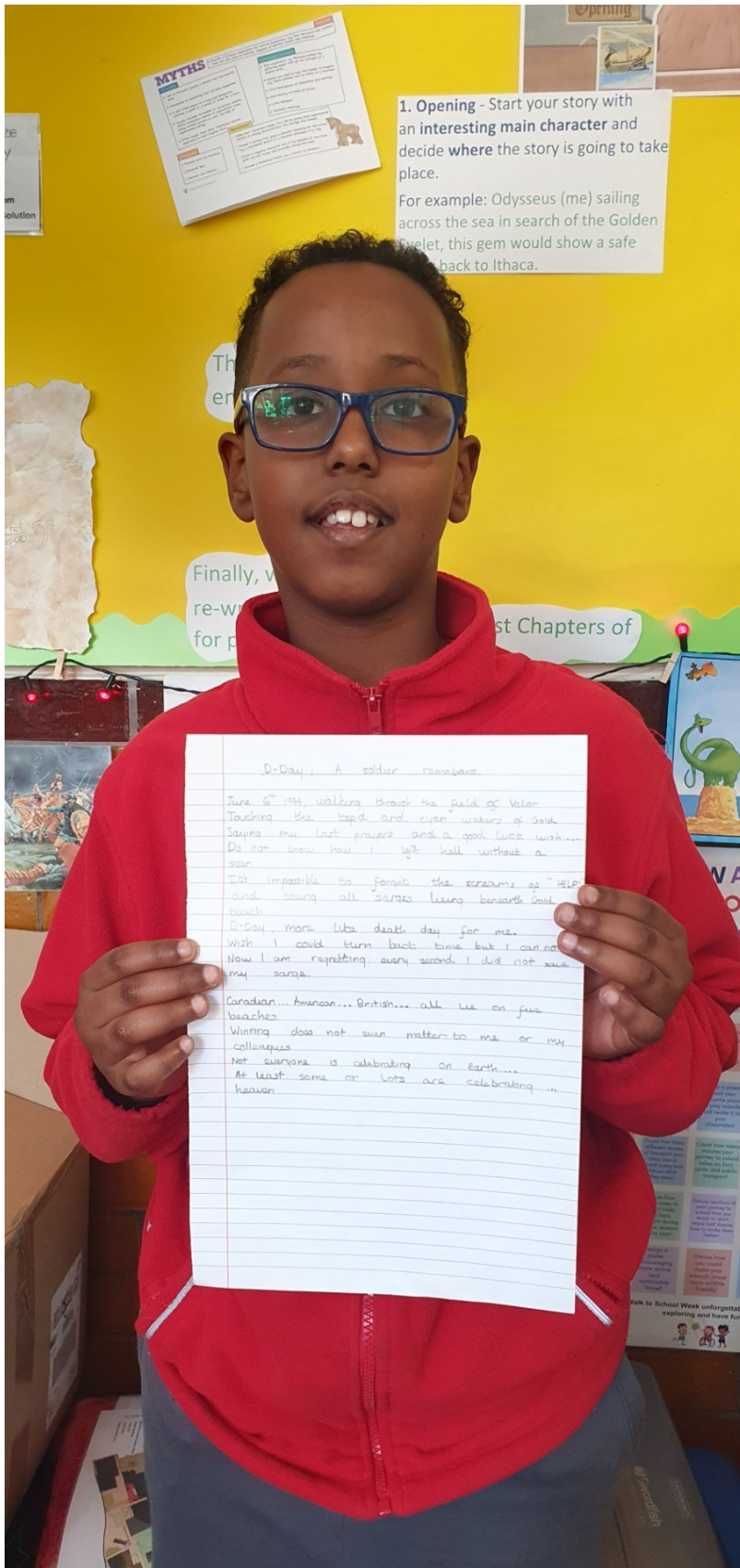
We know that many of you
are struggling to make ends
meet, and that extra support
is needed during this difficult
time. Whatever your specific
challenges or needs, we're
here to help.

Scan the QR code
to see how we can help



6th—12th	North site book fair
6th	80th Anniversary DDAY
10th	Year 6 Junior Citizenship
11th	Merlin London Aquarium
12th	Mini Tour de Walthamstow Mallard London Aquarium
13th	Curriculum Governors 5pm Mission Globes
14th	Magpie London Aquarium
17th	Year 6 Enterprise week Possible Eid
19th	Moorhen London Aquarium
20th	Finance Governors
21st	Year 4 Sleepover
24th—28th	Sports week
26th	Sponsored mile
<u>JULY</u>	
1st	Waxwing @ Garden Museum
3rd	Transition day
4th	Magic Flute Full Governors
8th—11th	Year 2 swimming
8th	Wagtail@Garden Museum Parent Evening
9th	Woodpecker @Garden Museum Parent Evening
13th	Summer Fair

ATTENDANCE PERCENTAGE BY CLASS



Form	%
R Mallard	87.36%
R Magpie	90.19%
1 Kittiwake	90.78%
R Merlin	91.47%
2 Wagtail	92.09%
2 Woodpecker	92.09%
5 Goldcrest	92.10%
Nursery North PM	92.49%
Nursery North Full Time	92.57%
R Moorhen	92.66%
1 Kingfisher	92.95%
2yr North PM	93.00%
3 Swan	93.04%
1 Kestrel	93.06%
1 Kinglet	93.37%
Nursery South PM	93.48%
4 Barn Owl	93.58%
2 Waxwing	93.65%
Nursery South AM	93.66%
4 Buzzard	93.77%
4 Blackbird	93.90%
2 Wren	93.97%
3 Swallow	94.25%
Nursery North AM	94.40%
5 Grouse	94.41%
3 Skylark	94.48%
5 Goose	94.87%
6 Chaffinch	94.90%
6 Cuckoo	94.96%
3 Sparrow	95.01%
5 Goldfinch	95.24%
6 Chiff Chaff	95.53%
2yr North AM	95.71%
Nursery South Full Time	95.72%
6 Crow	95.94%

Keena

Thursday 6th June 2024
D-day, a soldier remembers

Wading through the murky, cold water, my heart was beating so fast I thought it was going to burst! Soon, before I even knew it, we had arrived. Now the battle had (begun) begun, 6th of June 1944 the day I could have died.

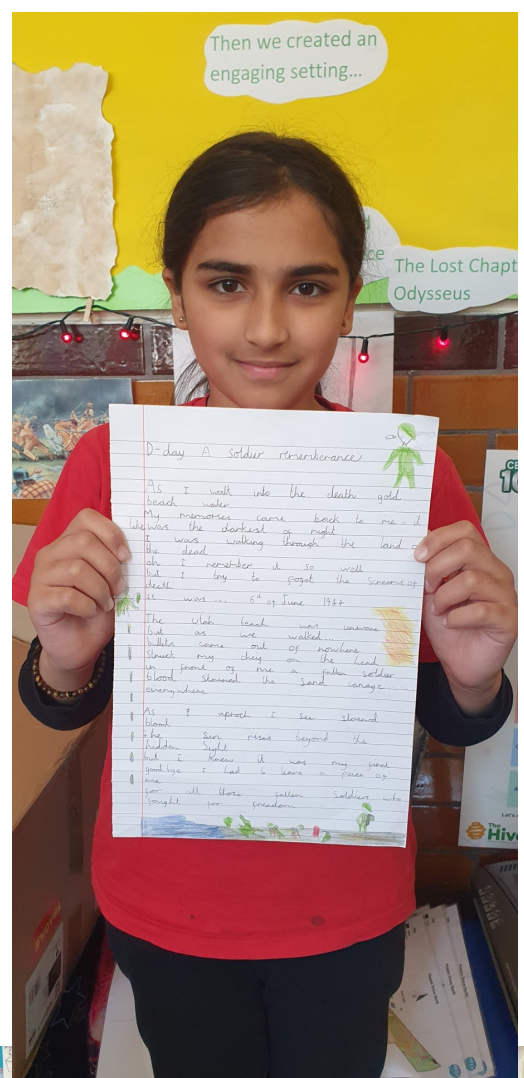
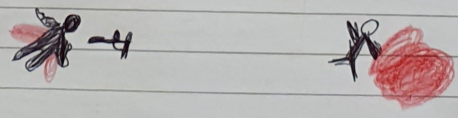
I followed my Sarge through the silty water, until the sound of a bullet being fired came round. The next thing I know my comrade's body layed at my feet, all the memories together flooded my brain.

Silently, we advanced towards Utah beach. As I raced past his pale face gunshots came through, at this moment I truly became a man.

We emerged from battle victorious, there were few of us. We walked through mound of bodies, carrying as many of the wounded as we could. How did we survive?

Looking at the bodies, blood seeping through their clothes I thought of all the good moment we had together.

To this day, I stand in the empty fields of Normandy still wondering, how did I survive this wretched war?



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Mission Grove Primary School



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Shop with thousands of brands



HAND FOOT MOUTH DISEASE



most often affecting young children, 95% are under 5 years of age

WHAT IS HAND, FOOT & MOUTH DISEASE (HFMD)?

Hand, Foot & Mouth Disease (HFMD) is a highly contagious disease:

- Caused by Coxsackie virus A16, also can be due to Enterovirus 71 and other coxsackie virus types
- Spread through contact with saliva, nasal discharge or the fluid from the blisters of an infected person



SYMPTOMS OF HFMD

Most children suffer mild symptoms:



Fever for 2-3 days



Sore throat



Runny nose



Mouth ulcers



Poor appetite

STEP 1

- Consult your family doctor



STEP 3

- Change to a soft diet and give frequent feeds



STEP 2

- Inform the kindergarten, school or child care centre



STEP 4

- Bring your child to the emergency department if there are serious symptoms



IF YOUR CHILD HAS HFMD, PLEASE TAKE THESE STEPS

PREVENT THE SPREAD OF HFMD

- Keep your child away from public places
- Ensure all family members wash their hands frequently with soap
- Keep the affected child belongings and eating utensils separate
- Keep your child at home until he/she has fully recovered



Good hand washing technique will reduce the spread of the disease



Parent/Carer Support Programmes

April - July 2024

A comprehensive guide to the parent/carers support programmes available from conception to adulthood in Waltham Forest



**Best Start
in Life**

WALTHAM FOREST

FAMILY HUBS



Waltham Forest

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Connective Parenting Sessions:
Age 0-25
29 April - 13 May
9.30 - 11.30am
1 July - 8 July
7pm - 9pm
Online

Triple P Baby
Age 0-1
4 June - 23 July

10am - 12 noon
7 Saxon Close
E17 8LE

EPEC
Baby and Us
Age 0 - 9 months
17 April- 12 June

10am - 12 noon
Chingford Family
Hub
E4 6EY

Strengthening Families
Strengthening Communities
Age 0-18
25 April - 18 July
9.30am-12.30pm
Leytonstone
Family Hub
E11 4LF

Triple P
Stepping Stones
Age 0-12
26 April- 21 June
9.30am - 12 noon
Longshaw
Primary
Academy
E4 6LH

Connective Parenting Sessions:
Age 0-25
29 June - 6 July

9.30 - 11.30am
Online

Beezee Bodies
Age 5-15

Beginning 29
April for 12 weeks

5pm - 7pm
Peterhouse
Community
Centre
E17 3PW

HENRY
Healthy Families
Right From The Start
Age 0-5
30 April- 25 June

10am - 11.15am
Online

HENRY
Age 0-5
15 May - 10 July
9.30 - 11.30am
Walthamstow
Family Hub
HENRY
Preparation for parenthood
Beginning 24
April and 12 June
7.30pm - 9pm
Online

EPEC
Being a Parent
Age 2-11

25 April - 13 June

10am - 12 noon
Winns Primary
School
E17 5ET

EPEC
Being a Parent
Age 2-11

26 April - 21 June

10am - 12 noon
Chingford C of E
Primary School
E4 7EY

Beezee Bodies
Age 5-15

Beginning 30
April for 12
weeks

5.30pm - 7.30pm
Leyton Cricket
Ground
E10 6RJ

Mellow Babies
for Mum's
Birth - 1 yr
8 May - 3 July
3pm - 5pm
Online
Mellow Bumps
Age 20-30 weeks
gestation 24
April - 5 June
Higham Hill
Nursery, E17 5PX

Beezee Bodies
Age 5-15

Beginning 1 May
for 12 weeks

5pm - 7pm
Walthamstow
School for Girls
E17 9RZ

Beezee Bodies
Age 5-15

Beginning 1 May
for 12 weeks

5pm - 7pm
Walthamstow
School for Girls
E17 9RZ

Beezee Bodies
Age 5-15

Beginning 1 May
for 12 weeks

5pm - 7pm
Walthamstow
School for Girls
E17 9RZ

Parenting can be tough at the best of times

Parent support programmes are a chance to:

- Increase knowledge and understanding of children's development and needs
- Build positive relationships
- Share ideas and concerns about being a parent
- Improve behaviour and communication
- Meet other parents
 - Reduce parenting stress



All sessions are weekly unless otherwise stated

HENRY
Healthy Families
Right From The Start, Age 0-5
30 April-25 June
1pm - 3pm
Leyton Family
Hub, E17 8PJ

Triple P
Age 0-12
24 April - 19 June
9.30am - 11.30am
South Grove
Primary School
E17 8PW

Calm Parents
Calm Children
Age 4-11

12 June - 10 July

10am - 12 noon
Leyton Family
Hub, E17 8PJ



Universal Programmes

How to refer/join

Triple P 0-12: For parents of children up to 12, promoting their child's development and potential and supporting with and helping prevent children's behavioural concerns.

Web: bit.ly/wftriplep
Phone: 07586713368

HENRY Healthy Families Group Programme: For families with children under 5. Each week join an interactive session with other families, exploring parenting confidence, wellbeing, eating well as a family, physical activity for your little ones and family lifestyle habits. Free creche provided.

Web: bit.ly/wfhenry
Phone: 02084965223
Email: wfsupport@henry.org.uk

Calm Parents Calm Children: Increase knowledge and skills in parenting, managing emotions and parenting in a positive and confident manner. Reflect on parenting strengths, learn strategies to stay calm in challenging family situations and to apply effective solutions and develop parenting skills in a positive way.

Web: bit.ly/CalmParents

Strengthening Families, Strengthening Communities: For co-parents and carers who are together or apart and would like to communicate more positively, work on their parenting skills and build positive relationships with their children.

Web: bit.ly/SFSCRefer

Triple P Babies: For parents of babies up to 1 year. Understand what you can do to promote your babies development, build a stronger bond and support their emotional and physical health.

Book via
lloydparkcc.eventbrite.com

Empowering Parents, Empowering Communities - Being a Parent: Run for parents, led by parents, supporting you to manage your and your child's feelings, communicate and interact positively with your child, use positive behaviour management strategies, and manage parental stress.

Web: bit.ly/EPECBAP
Phone: 07799913026
Email: EPEC
@walthamforest.gov.uk

BeeZee Families: For 5-15 year olds and their families. Fun-filled, family-focused sessions filled with exciting activities and practical healthy eating advice to help you feel great and live your best life!

Web:
www.beezeebodies.com/programs/beezee-families/

Mellow Bumps: An antenatal programme for expectant parents. Feel more relaxed during pregnancy, improve your wellbeing and build a stronger relationship with your baby. Starting at 20 - 30 weeks gestation.

Email: familysupport@tlpcc.org.uk

Families with children with SEND

How to refer/join

Cygnnet: For parents/carers of children aged 5-18 with an autistic spectrum condition. Increase understanding of autistic spectrum conditions; help develop knowledge on how your child experiences the world and what drives their behaviour; provide practical strategies. Receive ASC resources and provide opportunities to meet with other parents/carers who have had similar experiences.

For dates, times and to refer email: earlyhelpparenting@walthamforest.gov.uk.

Connective Parenting sessions: For parents/carers of children and young people with SEND. Create a calmer family home with practical tips on how to increase connection, manage meltdowns and learn strategies for self care, increasing presence, prioritising and gestures.

Web: bit.ly/WFPBS
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Triple P Stepping Stones: For parents/carers of children with a disability up to 12 years. Learn about causes of child behaviour challenges, setting specific goals, and using strategies to promote child development and plan for high-risk situations.

Web: bit.ly/triplepss
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Online Programmes and workshops

How to refer/join

Triple P Teens: Set your own parenting goals, communicate better, build a stronger relationship, agree on rules, deal calmly with conflict, navigate emotional ups and downs, and equip your teen to handle life's challenges.

Web: bit.ly/3PTeens
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Triple P Fear Less: Help your child/teenager manage fear and anxiety, and learn what's within your power to change. Learn and develop skills to cope with your child's anxiety, and know how to respond when they are anxious.

Web: bit.ly/3PFearLess
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Preparation for Parenthood

Practical and evidence-based information to support families in pregnancy and to help give new babies a healthy start in life. The programme explores the following topics over 6 sessions:

- Wellbeing during pregnancy
- Planning for birth and afterwards
- Meeting your baby's needs
- Life as a new or growing family

Referrals for families pregnant over 20 weeks at the start of the programme.

Email wfsupport@henry.org.uk to refer a family or book your place.

Mellow Courses: An attachment and relationship based programme for parents/carers of children aged 1-3. Reflective and practical techniques are used to allow parents to address challenges. Separate groups for mothers and fathers.

Book via
www.lloydparkcc.eventbrite.com

Stronger Relationships programme

Developed from the Strengthening Families, Strengthening Communities, 'SFSC' parenting programme to help co-parents/carers:

- Recognise 'harmful parental conflict'
- Understand the effects of harmful conflict on children
- Work out their parenting values, particularly around their child's physical, educational, mental/emotional and spiritual needs
- Work out what stresses them and how they can best deal with these stresses
- See their co-parent's perspective
- Reduce harmful conflict by communicating clearly and respectfully and working things out or agreeing to disagree

The group discussion half of the course (1 hour via Zoom) is offered in daytime and evening slots, so parents/carers are able to find a time that suits their schedules. The other half of the course is self study and can be accessed at any time.

Sign up: bit.ly/StrongerRe

More online courses overleaf



Triple P 0-12: To support parents to cope with difficulties and emotional stress. Encourage good behaviour, prevent tantrums, manage challenging behaviour and strengthen your relationship.

Web: bit.ly/TripleP-12
email: earlyhelp parenting@walthamforest.gov.uk
Phone: 07586713368

Other Support for Parents/Carers

Waltham Forest Parent Forum: Supporting Families with SEND children.

A friendly, voluntary group of parent/carers of children and young people with special educational needs and/or disabilities aged 0-25 in Waltham Forest, offering a variety of training, workshops and sessions for both parents/carers and children. **Web:** www.walthamforestparentforum.com.

Sleep Service and short breaks:

1-1 support from sleep practitioners providing practical help to support families and professionals working with families who have a child with a sleep issue. They specialise in sleep support for children with and without special needs. Sleep support can be requested as part of a short break

For eligibility, to find out more and apply for a short break either

- Complete a self-referral. Information and guidance and a guide to completing the form is available at <https://bit.ly/SHORTBREAKS>
- If you are currently being supported by a Social Worker, Early Help Practitioner, or SEND Officer you can ask them to make a professional's referral as they will be completing an assessment with your family.

HENRY Wellbeing Buddies Support: When families are finding family life tough, a HENRY buddy can provide a listening ear. Regular 1-1 phone or video support, lasting 6 weeks. Buddies will listen and provide families with the support offering practical ideas and signposting. For expectant or new parents/carers, with a child up to the age of 2. **Web:** links.henry.org.uk/registrationwellbeingprogramme. **Phone:** 0208 496 5223.
Email: wfsupport@henry.org.uk.

Fathers' Wellbeing Service: Being a father can be joyful and rewarding but it can also bring new emotions and can be challenging and stressful. The fathers' wellbeing service offers free 1-1 or group therapy for expectant fathers or fathers of an under 2, living in Waltham Forest. Contact group coordinator **Lilien Lucic:** 0208 527 1737. **Email:** familysupport@tlpcc.org.uk.

Break Tha Cycle's Parent Lounge is more than just an advocacy service. It's a comprehensive support system that helps parents navigate school meetings, appointments, and administrative processes. We assist with paperwork, provide additional resources, and offer ongoing aftercare support, ensuring that parents are never alone in their journey.

We also provide a platform that offers a safe and secure space for parents to engage with each other and benefit from the experiences of a supportive community. Through the Parent Champion program, parents can enrol in training modules to become reliable support systems for other parents in the community.

Sessions held term time only on Tuesdays 1-3pm from 26 March at the Leyton Family Hub, E17 8PJ.

All referral forms available on the website www.breakthacycle.org.

Additionally, walk-ins are also accepted.

Peer to Peer support group (under-5s) - Delivered by Lloyd Park Children's Charity

Come and meet other parents and share lived experiences.

1pm - 3pm Leyton Family Hub. No booking required, just come along.

- Thursday 25 April - LGBTQI+ Families.
- Thursday 30 May - Families with children with SEND.
- Thursday 27 June - Fathers.
- Thursday 25 July - Foster Carers/Adoptive Families.



Which programme is best for me?



Age of child

Pregnancy	Preparation for parenthood	Mellow Bumps		
Under one	Baby and Us	Triple P Baby	Online Mellow Babies	
One to three	Healthy Families Right from the Start	Triple P 0-12	Being a Parent	
Two to twelve	Healthy Families Right from the Start Ages 0 - 5	Triple P 0-12 BeeZee Families Ages 5 - 15	Strengthening Families Strengthening Communities	Calm parents Calm children Ages 4 - 11 yrs Triple P FearLess
Families with children with SEND	Triple P Stepping Stones Ages 0 - 12 (No diagnoses required)	Connective Parenting Sessions Ages 0-25	Cygnets Ages 5 - 15 (ASD Diagnoses required)	
Twelve to eighteen	Triple P Teens	Strengthening Families Strengthening Communities	BeeZee Families Ages 5 - 15	Triple P FearLess