

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



Shouting & swearing will not be tolerated anywhere in school.

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

Can I please remind parents that unless specifically asked children, should not bring in to school pencil cases, colouring books, toys, balls, trading cards, or wear jewellery.

It is fantastic to hear that the Soho Walthamstow theatre will be opening this summer. As a school we will be making touch to see how we can utilise the facilities. After many years of hard work and commitment, it has been announced the opening of Soho Theatre Walthamstow will be in May this year. "The intensive restoration work to the Grade II\* former Granada Cinema has returned the much-loved heritage landmark to its former glory. Its transformation into a multi-purpose cultural venue will offer the borough's residents, communities and businesses an invaluable asset for many years to come." Cllr Grace Williams

It is working in partnership with Soho Theatre, a London-based comedy theatre company with long-standing connections to Waltham Forest, who will run a 'local theatre with a national profile'. Soho Theatre will manage and operate the venue, presenting the biggest names in comedy, cabaret and live performances.

It all sounds very exciting!

Katie Jennings

Headteacher

If you need help.

At school we have lots of things that we can do to help families. There is the welfare bank, that has a range of things from food to toiletries.

There are the learning mentors and school counsellor, who can offer wellbeing support.

We have the swap shop for uniform.

If there is something else that we can help with please leave a message at the front office or email

[headteacher@missiongrove.org.uk](mailto:headteacher@missiongrove.org.uk)

There are somethings that I can't help with but lots that I can.

## SPECIAL DATES IN NOVEMBER

### **February Half Term Holiday club**

This will be running Monday 17th—21st February.

If you would like to book a place please click [here](#)

This will take you to the booking form on the school website under parent.

Our session start at 08:45am and finish at 16:45pm (£20:00).

However you can buy an additional hour at the start and end of the day for an additional £5:00 per hour.



### **Green Attendance**

4 Swan	95.04%
4 Skylark	95.33%
5 Buzzard	95.34%
3 Wren	95.39%
1 Moorhen	95.80%
2yr North PM	96.38%
2 Kinglet	96.98%
Nursery South Full Time	97.43%
6 Goose	97.83%

### **February**

- 4th Young Voices
- 6th Full Governors
- 7th Magpie Class assembly  
Year 4 /5 Dodgeball competition
- 10th Magpie @ Young V & A Museum
- 12th Year 3@ Natural History Museum  
Year 6 Come Dine With Me
- 13th Friendship Disco end of school until 5.15 or 5.30pm £5  
Year 5 British Museum trip  
Year 3 Come Dine With Me
- 14th Moorhen @ Young V & A museum  
Sparrow Class Assembly  
End of half term
- 17th– 21st Half Term
- 24th Children return to school  
Playground works commence on both sites—there will be some disruption in the playground.
- TBC Ramadan

### **EdenRed vouchers**

There will be vouchers given at February Half term for parents who have successfully applied for Free School Meals via the council website. Click [here](#) for the application details.

The school will issue the vouchers to the email address of the primary contact . If your details have changed please speak to the office as soon as possible. Once we have issued them to an email we can not get them back to reissue.

恭喜發財

**HAPPY  
CHINESE 2025  
NEW YEAR** year of the snake

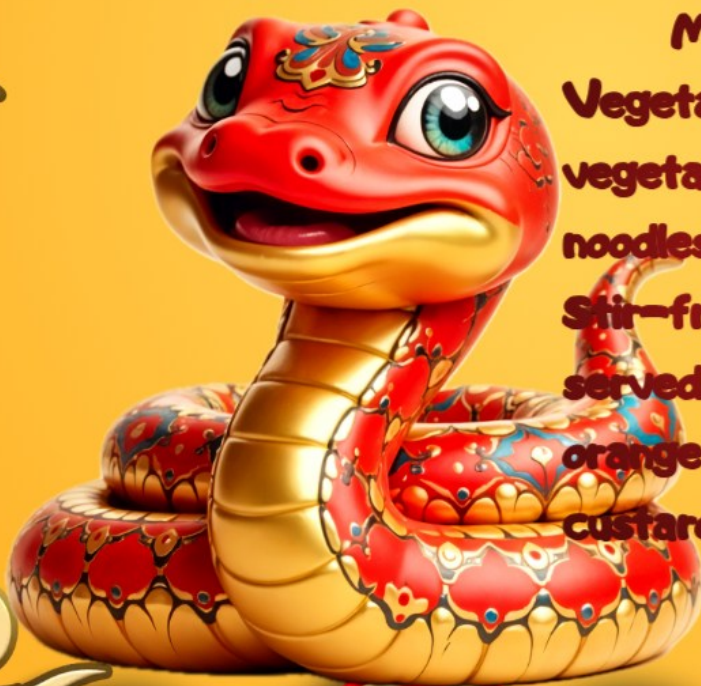
**Menu**

**Vegetarian spring roll.**

**vegetarian stir-fried  
noodles.**

**Stir-fried veg and chicken  
served with noodles or rice.**

**orange cake served with  
custard.**



Parent Governor

We are need in need of a parent governor. We have a representative from South and one from North, but the Governing Body constitution is for 3 Parent Governors. If you are interested about founding out more please contact me on [headteacher@missiongrove.org.uk](mailto:headteacher@missiongrove.org.uk)



# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



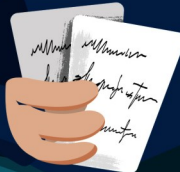
### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



## Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



# #WakeUpWednesday

The National College®

**MissionGrove**  
PRIMARY SCHOOL  
RESPECT YOURSELF RESPECT OTHERS



**Year 6**

**12.30 pm**

Save the date

**Come dine  
with us**

**Wednesday 12th February  
2025**

**Eat well. live better.**

Come and join your child for lunch at 12.30  
on 12th February Cost £3.50

## **Procedures for Head Lice**

Recommended Procedures for treating headlice:

**Lotions or sprays**– these are available from pharmacies and contain chemicals. Your pharmacist can advise.

**Wet Combing Method**– if you do not wish to use a lotion or spray, a cheap and effective alternative method is wet combing. Lotions or sprays don't need to be used for wet combing. However, to be effective, wet combing needs to be carried out regularly and thoroughly.

**Hedrin** – you can get this free as a 'minor ailments' treatment. It doesn't contain any chemicals.

Useful websites <http://www.nhs.uk/Conditions/Head-lice/Pages/Introduction.aspx>

Community hygiene concern. <http://www.chc.org/index.cfm>

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PRIMARY SCHOOL

RESPECT YOURSELF

RESPECT OTHERS



**13th February 2025**

Please join your child for a school meal at 12.15 on  
Thursday 13th February  
The cost is £3.50 and you can pay in cash or card at the  
office or on parentpay.

**Year 3 @ 12.15**



# FRIENDSHIP DISCO

£5 INCLUDES SMALL

SNACK & A DRINK

**FEBRUARY 13TH**

South 3.15 - 5.15pm

North 3.30 - 5.30pm