

16th September 2024

Dear parents and carers

STARS OF THE WEEK W/C 16.9.24

1L	GWYN	4P	AARON
1W	IMAAAN	4SH	DENIZ
2DM	JAHSIAH	5A	ZAHRA
2F	ZEN	5G	SUMAIYAH
3B	HAANSA	6F	YOUCEF
3H	MAHDI	6M	DANIEL
PLM - TIMMY			
SPORT STAR: OTIS Y2			
MUSIC STARS: ELENI+AARON Y4			



ATTENDANCE AND PUNCTUALITY W/C 9.9.24

Best Attendance ☺ **4P 100%**
Special mention – 2DM 99%

Best Punctuality ☺ **6M**

Class that needs to improve their attendance **6F 94.4%**

Class that needs to improve their punctuality **3B**

Overall School Attendance this year = 94.5%



It was really fab-u-lous(!) to welcome some of our youngest South Grove children who started school in Reception and have their first full week in school this week, with today being their first day as full classes. It has been lovely to watch excited children arrive at school greeting their existing friends and see new friendships developing as they bond as a year group which will continue over time. It has been a real pleasure to meet everyone and to welcome all our new families. All the children came so well prepared with pristine uniforms, book bags and water bottles. Thank you to all our new parents for arriving on time. It really helped!

Our Nursery 2 children have also returned, including those that are full-time. Our new Nursery children are visiting with their parents to help settle them in, although one or two have told their parents to go home as they don't need them to do this! We will continue to welcome new families across the school and particularly new Nursery children over the next few weeks.

WHO'S WHO CONTINUED.....



As a school we aim to continue our close partnership with parents and are pleased to share this week the work of our SENCo Libby Johnson and our Middle Leader Lisa Mullins who runs our Special Resourced Provision.

SENCO:

LIBBY JOHNSON



TEACHER OF THE SPECIAL RESOURCED PROVISION FOR CHILDREN WITH AUTISM AND THOSE WITH GLOBAL DELAY:

LISA MULLINS



We have a very experienced team of support staff that work alongside our SENCo and Teacher of the SRP to meet the needs of our children in both Mainstream and the Special Resourced Provision, for children with a specific need or those with EHCP's. We encourage regular communication between staff and parents regarding any need that a child has, and any concerns that parents may have about their child at any time no matter how big or small the concern may be. We will be setting up some coffee mornings so that parents of children with additional needs will have the opportunity to come in and chat.

If you need to get in touch with the SENCo please contact her using this email:
senco@southgrove.waltham.sch.uk

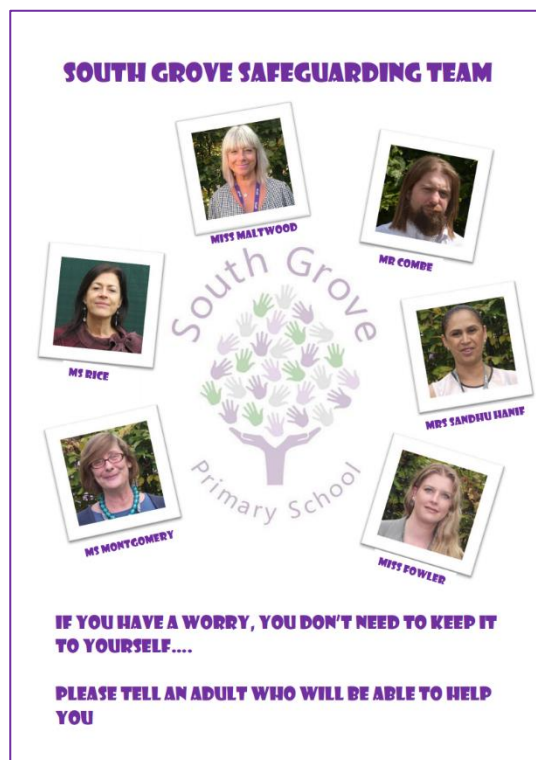
Or if your child is in the Special Resourced Provision please contact Miss Mullins using the class e-mail address: plm@southgrove.waltham.sch.uk

OUR SAFEGUARDING TEAM

At South Grove, of paramount importance is the health and safety of all the children and staff in our care. The school takes safeguarding and child protection very seriously. We have a trained team shown here who support the school to do this.

From the Home Page of the school's website is the school's Safeguarding Policy. Please familiarise yourselves with the information given.

Our Designated Safeguarding Lead is Ms Montgomery and the Deputy Designated Safeguarding Lead is Miss Maltwood. In their absence the Deputy Head Teacher and Phase Leaders are all trained.



MEET MORE OF OUR MIDDLE LEADERSHIP TEAM:

- 13. **Chris Andrews** – International Primary Curriculum Lead
- 14. **Mercedes Hubbard** – RE Lead
- 15. **Georgia Winter** – Science & Sustainability Lead

**WE ARE
HERE
— TO —
HELP**

We're here to help!

Can I encourage all existing and new parents and families to South Grove to engage with the teaching and support staff of your child's new class, ensuring that they have all the information they require so that we can continue your child's learning journey in a positive and valuable way. If there are any queries regarding any aspect of your child's education, well-being and life at South Grove please do not hesitate to contact the class teacher initially, or ask at the school office where our Administration Team will be more than willing to answer any queries you may have.



Our school attendance continues to be of concern and remains a priority at school, local and national level. As we start the new school year, I need to remind you that the school does not authorize family holiday in term time and will record the absence as unauthorized, we will also seek advice from the BACME

service re issuing a fine of **£160** per parent per child for unauthorized holidays during term time. I know that flights before the holidays can be cheaper but there are 13 weeks of school holidays each year to try and arrange a break. Children are always so excited to be going on holiday that they tell their friends and staff all about it!

Thank you to the parents of those children with persistent absence who have worked with school to improve their attendance, there have been some impressive improvements due to parental efforts. Persistent absence is under 90% and there is an expectation that the school will know the reasons why the child is not in and have a plan to improve the attendance.

Please always contact school if your child is not in school and either speak to the office or leave a message. Medical appointments will require evidence e.g. an appointment letter or screenshot

Please speak to Ms Montgomery in the office or email parents@southgrove.waltham.sch.uk if there is any advice or support around attendance that we can give. **Our target this year is for 97% across the school**, last year it was 94.5% so we need to work together to get it back to where we were before COVID. Every day counts! Thanks for your help.

Parent Forum 25th September 9:00am

We would love parents – new and returning – to help us to develop Parental Engagement and communication. Just come to the school office after

CATCH UP SWIMMING

This started for selected Year 5&6 children today and will be every day for 2 weeks.
Don't forget your kit!



NO CLUBS THIS WEEK

They all start next week.
Do remember that if it is a sports club & it is not a PE day children will need to bring a PE kit and make sure they do not wear earrings
If you haven't signed up for clubs do so now!



Attention all Year 6 Parents...

You must apply for a Secondary School place for your child by 31st October 2024.



We advise you to visit schools – open day dates are on the Waltham Forest Website. <https://www.walthamforest.gov.uk/schools-education-and-learning/apply-school-place/apply-secondary-school> Double check with the school though to check they haven't changed their date.

If you apply late you may not get the school of your choice.

MAKATON SIGN OF THE WEEK

PLEASE



Best Start in Life



Best Start in life

Use this link to access the Under Fives timetables for the Family Hubs in Waltham Forest:

[Waltham Forest Early Years Hub Timetables for Autumn 2024](#)

Best Start in Life services are for under-5s and their families in Waltham Forest. They are delivered in Family Hubs and a range of other venues across Waltham Forest.



Music Clubs

At South Grove Primary, we want all of our students to have the chance to learn a musical instrument. Currently, students learn the recorder in Year 2 and the ukulele in Year 4, with free music clubs available at lunchtime for recorder, Uke/guitar, keyboard, drumming.



Choir for Years 1 - 6 will be after school on a Tuesday from 3.15 - 4.15pm. All clubs will start the week beginning 23rd September.

Letters were given to all children last week. The deadline to register for the clubs was today, 16th September.

Mental Health Support Team Coffee Morning

This Thursday, 19th September at 9.00am

All parents and carers welcome

Please see the leaflet at the end of the newsletter to explain who the Mental Health Support Team are and what they do

SOUTH GROVE PRIMARY SCHOOL CALENDAR 2024-2025



Autumn Term 2024

Term:	Monday 2nd September – Thursday 19th December 2024
	SCHOOL STARTS FOR YEARS 1 – 6 PUPILS WEDNESDAY 4th SEPTEMBER 2024
	<i>New Reception and Nursery start a staggered entrance from 11th September</i>
	<i>School closed to pupils on:</i>
Staff Training Days:	Monday 2 nd September, Tuesday 3 rd September 2024
Half Term:	Monday 21 st October – Friday 25 th October 2024 (inclusive)
Winter Holiday:	Friday 20 th December 2024 – Friday 3 rd January 2025 (inclusive)
	School finishes for pupils on Thursday 19th December 2024 at 2:30pm

Spring Term 2025

Term:	Monday 6th January – Friday 4th April 2025
	SCHOOL STARTS FOR PUPILS MONDAY 6th JANUARY 2025
	<i>School closed to pupils on:</i>
Half Term:	Monday 17 th February – Friday 21 st February 2025 (inclusive)
Spring Holiday:	Monday 7 th April – Monday 21 st April 2025 (inclusive)
	School finishes for pupils on Friday 4th April 2025 at 2:30pm

Summer Term 2025

Term:	Tuesday 22nd April – Wednesday 23rd July 2025
	SCHOOL STARTS FOR PUPILS TUESDAY 22nd APRIL 2025
	<i>School closed to pupils on:</i>
Staff Training Days:	Monday 21 st July, Tuesday 22 nd July, Wednesday 23 rd July 2025
Public Holiday:	May Day Bank Holiday: Monday 5 th May 2025
Half Term:	Monday 26 th May – Friday 30 th May 2025 (inclusive)
	School finishes for pupils on Friday 18th July 2025 at 2:30pm

Healthy Packed Lunches

If you choose to provide a packed lunch, please try to provide healthy choices. **Sweets and fizzy drinks are not a meal and should not be provided. Please consider moving away from crisps. Absolutely NO NUTS or SESAME please!**

Healthier lunchbox checklist:

- A good portion of starchy food eg wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad
- Plenty of fruit and veg eg an apple, Satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks or small box of raisins
- A portion of semi-skimmed milk or dairy food eg individual cheese portion or pot of yoghurt?
- A portion of lean meat, fish or alternative, eg chicken, tuna, egg, or hummus?

There are quite a lot of insulated packed lunch boxes around which will keep food cool. These are a good idea to keep food fresh.



LAST BIT FROM ME....

Please ensure you have returned the grey form with your updated contact details and photo preferences by the end of this week. It is very important that we have up to date contacts for you. Thank you

With my very best wishes

J. Maltwood.

Julie Maltwood
Headteacher



SOUTH GROVE LEARNING GALLERY!

Nursery

So far in Nursery we have welcomed back our returning children and started the exciting process of saying hello to our new arrivals! So far, we have been eagerly exploring the outside area and bravely surmounting the climbing frame (sometimes with a little help). We have been having chats about how to act kindly while in school, and there have already been some wonderful examples of sharing and playing together. Everyone has been hard at work developing gross and fine motor skills by mark making - through building with blocks, drawing and manipulating play-dough. We have also been talking about and looking forward to welcoming the new friends we are still to meet over the next few weeks!



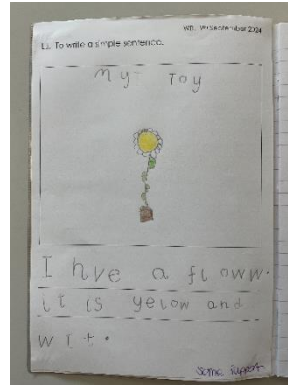
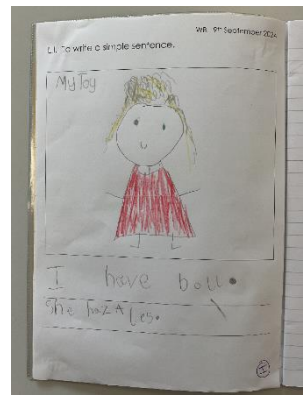
Reception

Last week saw our Reception children begin their first days in school. They were amazing! All of the children did extremely well to say goodbye to their parents and carers and quickly get familiar with their new learning environments.



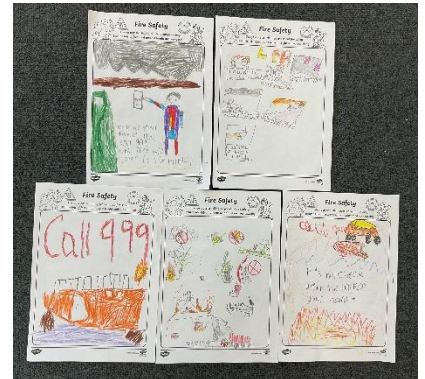
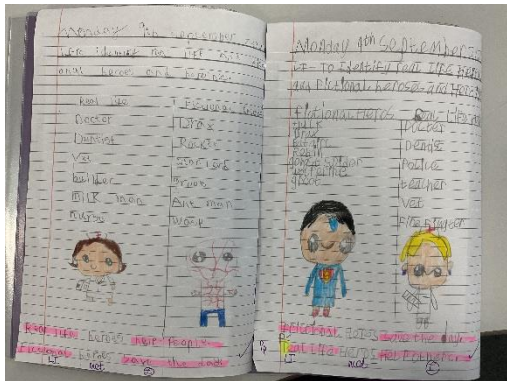
Year 1

Year 1 had a great first full week. They got stuck in to their 'Toys' topic and enjoyed exploring a home that people lived in 150 years ago. This helped them put into context the types of toys that children living then might have played with. They already noticed that they couldn't see any plastic, electricity or screens in the house from the late 1800s. This helped them sort toys we play with now, from toys children played with in the past and give a reason for their sort. The children also wrote about their own toys. They thought of their sentence, used their sounds and tried to remember our capital letters, full stops and finger spaces. Here is some of the sorting they did, and some of their writing.



Year 2

In Year 2 we had a special visitor from the LFB. They came in to teach us steps to follow if we see smoke or a fire. We made fire safety posters on everything which we had learnt. In PSHE we have been identifying real life heroes and fictional heroes and what they do.



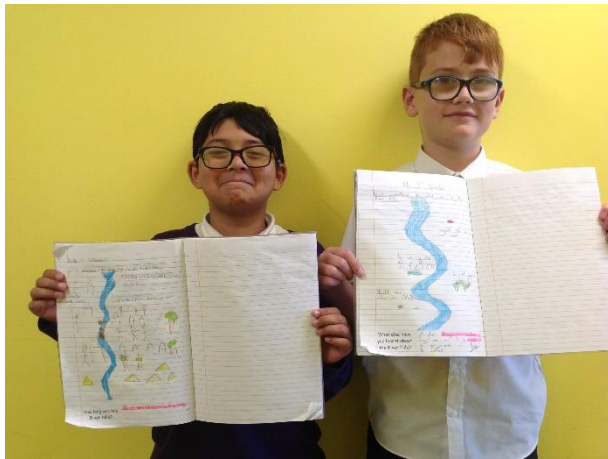
Year 3

In Science, Year 3 have been looking at describing the functions of a flowering plant. We drew our own plant, labelled it and wrote a description of its role. We then consolidated our learning with a few LBQ activities.



Year 4

Last week, Year 4 learned about the importance of the river Nile in establishing the ancient Egyptian society. We made amazing posters to show this. Some people think that the importance is overstated, but they're clearly in denile!



Year 5

Last week in Year 5, as part of our PSHÉ curriculum, we have been learning about keeping safe with a focus on Fire Safety. We were lucky enough to have a visit from the education team from the London Fire Brigade.

To begin with we looked at the most common causes of fire within a home, these being cooking, candles, electricity, smoking and matches and lighters.

We then went on to learn to never overload an extension lead. This means plugging in appliances that together would exceed the maximum current rating stated for the lead itself. This could cause the plug in the wall socket to overheat and possibly cause a fire. We saw some images where this had happened and we will now all be checking our extension leads when we get home! Use the overload calculator - scan the QR code- to check if you're exceeding the maximum load.

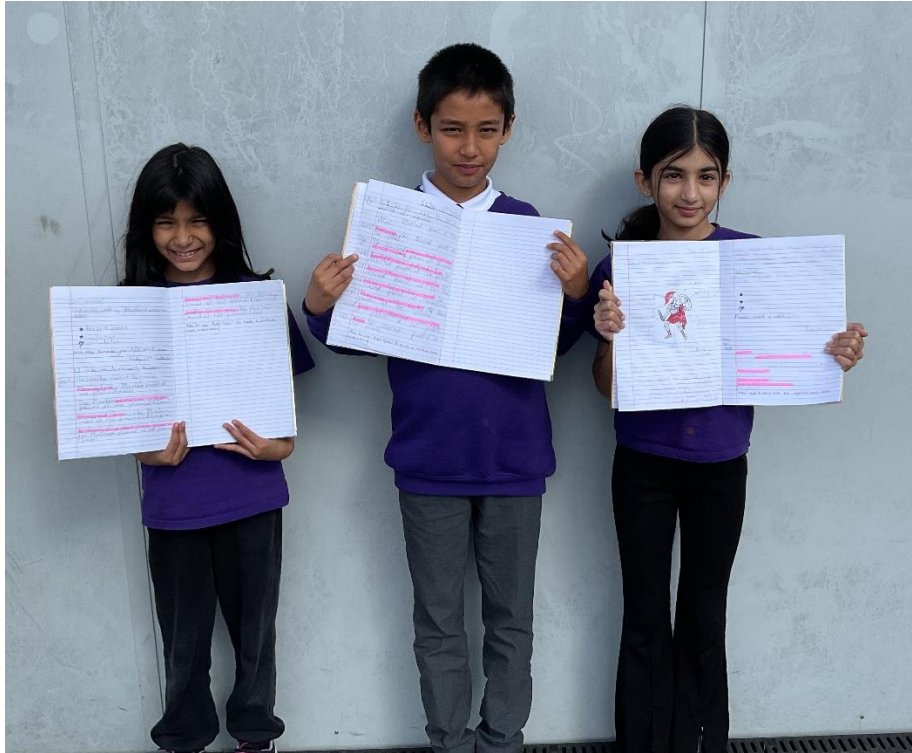
Firefighters from the closest local fire station or by Community Safety Officers from London Fire Brigade can provide fire safety advice to the adults and children in your home and they will fit smoke alarms where needed. Both the visit and smoke alarms are completely free of charge.

Here is the link if you would like to book: <https://www.london-fire.gov.uk/safety/the-home/book-a-home-fire-safety-visit/>



Year 6

In Year 6, we have started our topic on Ancient Greece. During our English sessions, we are focusing on different Ancient Greek myths. Last week, we used ADD SPICE openers to make our writing more interesting when describing a Spartan soldier and the Minotaur!



PLM

WHAT HAVE PLM BEEN UP TO?



COUNTING



GROUPING



MATCHING



HAPPINESS BOXES



BUILDING (TOPIC)



HAPPINESS BOX GRIN!



COUNTING TO 4



LADYBUG COUNTING



HANDWRITING

In PLM's first full week back, the children have worked very hard and done their lessons beautifully and their teachers are very proud of them!

Keep going – there's more!



Educational Psychology Service Free Monthly Parent/Carer Consultation Sessions

Dates:

25th September 2024
30th October 2024
13th November 2024
11th December 2024
15th January 2025
12th February 2025
19th March 2025
23rd April 2025
21st May 2025
11th June 2025
9th July 2025

To book a 30 minute
consultation, please
contact our
Business
Support Officer
below

EDUCATIONAL PSYCHOLOGY SERVICE

Thorpe Hall School
123 Hale End Road
E17 4DP

Office
02084961732 07776 589 597

Do you have concerns about your
child?

Would you like to talk to an
Educational
Psychologist in confidence?

Appointment Only Sessions

Afternoon sessions are 12.30-2pm
Evening Sessions are 3.30- 5.00

Individual consultation with an Educational
Psychologist are offered via phone/zoom or in person for
Parents and Carers living in London Borough Waltham
Forest.

Sessions last for no more than 30 minutes and provide an
opportunity to ask any questions or discuss concerns
with a member of our culturally diverse Educational
Psychology Team.

Educational Psychologists are qualified specialists in child psychology and child
development, with particular expertise in supporting children and young people with
special educational needs, learning difficulties, and social, emotional and behaviour
difficulties. All LBWF Educational Psychologists are registered with the Health
Care Professionals Council.

educationalpsychologyservice@walthamforest.gov.uk



What is Tour De Waltham Forest?

The Tour is our annual family cycling fun day, with lots of family-friendly activities and guided cycle rides through the borough. Tour de Waltham Forest 2024 will take place next Sunday 22 September at Fellowship Square (E17), to coincide with World Car Free Day.

This year there are three routes for you to choose from, all of which start and end in Fellowship Square, Walthamstow:

- Bronze - 9km
- Silver - 16km
- Gold - 20km

All rides taking place in the morning will be self-guided (using signage and an online map) and all rides taking place in the afternoon will be supported by guides.

What else is going on?

At Fellowship Square there will be food and drinks available to purchase, Dr Bike mechanics to check your cycle is ready for the ride, cycling based games and activities, and much more. The wider Fellowship Square area will be available, including the fountains, so why not bring along a picnic and make a day of it!

Book for FREE!

To book your Tour De Waltham Forest place please click [here](#).

Booking for this event is free, however if you would like to support the Mayor's chosen charities with a donation you can do so using this [link](#).

MHST LEAFLET

Best care by the best people

NELFT NHS
NHS Foundation Trust

PARENT LED GUIDED SELF-HELP (GSH)

An introduction to our low intensity GSH interventions

Hello, we're the Waltham Forest Mental Health Support Team!

We're an early intervention service based in schools in Waltham Forest. We deliver -

- 1:2:1 interventions for parents and adolescents
- Targeted group interventions and workshops
- Universal group interventions and workshops
- Staff training
- Signposting onward

In Primary Schools...

Our 1-to-1 work is with parents where we deliver targeted interventions for children experiencing -

- Anxiety
- Behavioural difficulties

We deliver specific low intensity interventions called Guided-Self Help. Read on to find out more!

How can you access our support?

You can contact the school's Mental Health Lead. They will support you to fill out a referral form, which will be sent to us if we're a suitable service for you. We will then be in touch with you within 4 weeks to assess the referral.

The MHL at your child's school is: _____

Adapted from the LI GSH manuals by Waltham Forest MHST

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PARENT LED GUIDED SELF-HELP (GSH)

An introduction to our low intensity GSH interventions

If the referral is accepted...

Why GSH?

The main principle behind GSH is to support a person to develop the skills, knowledge and experience to help themselves and their child. We may be able to cope with any difficulties that arise ourselves, but sometimes, when children experience anxiety or other emotional and behavioural difficulties, we may need additional support as parents.

What is Parent Led GSH?

The aim of parent led GSH is to teach parents cognitive behavioural strategies and to empower them to use them with their child to overcome difficulties with anxiety or behaviour. GSH requires active involvement and employs a collaborative approach focusing on thoughts, feelings and behaviours.

How long does GSH last?

GSH is a brief intervention, usually lasting between 5 - 8 sessions.

Each session lasts about 45 minutes to 1 hour, with a few shorter sessions in between.

You may meet with your practitioner face-to-face, talk over the telephone or even meet online.

Adapted from the LI GSH manuals by Waltham Forest MHST

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PARENT LED GUIDED SELF-HELP (GSH)

An introduction to our low intensity GSH interventions

What does GSH cover?

- Understanding your child's difficulties
- Understanding causes and what is keeping them going
- Goals
- Activities and strategies to try out between sessions

Your practitioner will check in with you often - be as open as possible to ensure you get the best support.

Why work only with parents?

- Parents are the experts on their child - you will have a better understanding of how your child will respond and what will motivate them.
- Parents are able to apply strategies consistently v/s practitioners meeting with child only for an hour each week.
- Content might be complex for a primary school aged child.

What is the evidence base?

The GSH materials and resources used in our manuals are based on cognitive and behavioural therapy interventions (CBT). If you're interested in finding out more, you can look at the guidelines published by The National Institute for Health and Care Excellence (NICE).

Adapted from the LI GSH manuals by Waltham Forest MHST

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PARENT LED GUIDED SELF-HELP (GSH)

An introduction to our low intensity GSH interventions

Parent Led GSH for Child Anxiety

6 sessions: 4 face-to-face/online and 2 telephone sessions

Mode of sessions depends on practitioner, parent and room availability.

Aims to provide strategies to parents that can be used at home to support their child in order for them to overcome anxiety. Utilizes psychoeducation and a step by step ladder to enable parents to support children in facing their fears.

Additional preparation: You will be required to read a few chapters of a book we recommend each week, in addition to implementing the strategies we discuss.

Adapted from the LI GSH manuals by Waltham Forest MHST

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PARENT LED GUIDED SELF-HELP (GSH)

An introduction to our low intensity GSH interventions

Parent Led GSH for Common behavioural problems

8 sessions: face-to-face/online

Mode of sessions depends on practitioner, parent and room availability.

Aims to promote positive relationships, attachment and pro-social behaviour, and to provide appropriate routines, boundaries and limit setting.

Additional preparation: You will be required to actively practice emotion regulation and implement the strategies we recommend consistently.

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NELFT NHS
NHS Foundation Trust

PARENT LED GUIDED SELF-HELP (GSH)

An introduction to our low intensity GSH interventions

Points to remember

There may not be a lot of progress towards goals in the first few weeks of treatment, as we will still be attempting to learn more about the difficulties and making plans. These initial sessions, however, are important for setting up a strong foundation.

These interventions are based on Cognitive Behavioural Therapy and focus on the relationship between thoughts-feelings-behaviours. They are **not** a replacement for talking therapy or counselling.

Adapted from the LI GSH manuals by Waltham Forest MHST