

SPANISH PHRASE of the week

Ilueve mucho en otoño..... *It rains a lot in Autumn....*

Kingsmead, Gayhurst, Mandeville & Grasmere Primary Schools working in partnership

MENTAL HEALTH & WELLBEING AT LEAP

Across all four of our schools in the LEAP federation, we are committed to supporting the wellbeing and mental health of our school communities.

Each of our schools has a Mental Health and Wellbeing team, and a page on the school website where you can find out more about who is involved in supporting Mental Health and Wellbeing across the school.

Click on the links below to be taken to your school's Wellbeing & Mental Health website page:

[Gayhurst link](#)
[Grasmere link](#)
[Kingsmead link](#)
[Mandeville link](#)



We know that mental health is important for our learning and overall wellbeing, so it's great to talk about it and share ways we can promote wellbeing and good mental health in our school communities.

The Five Pillars of Wellbeing, commonly known as the 5 Steps to Mental Wellbeing outlined by the NHS and the New Economics Foundation, are simple, evidence-based daily actions to improve our mental health.

The Five Pillars:

Connect: Build strong relationships with family, friends, and colleagues to create a sense of belonging and self-worth.

Be active: Move your body through walking, sports, or stretching to boost your physical fitness and mental mood.

Keep learning: Try new hobbies, read, or pick up skills to boost your self-confidence and keep your brain sharp.

Give to others: Do acts of kindness, share your time,



MENTAL HEALTH & WELLBEING CONTINUED.....

or help people around you to increase your own happiness.

Take notice: Pay attention to the present moment, practice mindfulness & appreciate the world around you.

ZONES OF REGULATION

Zones of Regulation is a conceptual framework we use across our schools to teach children about their emotions and how they can self-regulate. This involves responding to feelings and what is going on, in a socially appropriate way.

Children need to develop underlying skills in order to be able to self-regulate. At LEAP we use a positive behaviour system alongside teaching children how to make better choices, so they learn what they could do differently and have opportunities to practise these skills in a safe and supportive environment.

Zones of Regulation categorises a range of feelings and emotional states which helps pupils to recognise and communicate how they are feeling in a safe and non-judgemental way. This is a neutral tool. There are no good or bad zones, everyone experiences all of the zones at one

time or another so we do not praise different zones.

A key part of the teaching involved in this is supporting children to tap into strategies

or tools to help them move between zones. Our behaviour is a by-product of how we manage our zone. The aim is not to change the way children feel but to help them manage their feelings and behaviours.

What zone am I in?			
Blue	Green	Yellow	Red
			
Sad	Happy	Worried	Angry
Fatigue	Content	Frustrated	Panicked
Bored	Calm	Stressed	Devastated
Tired	Focused	Silly	Out of control
Sick	Proud	Excited	Terrified

WORLD MENTAL HEALTH DAY

On Friday 9th October, LEAP schools will be celebrating World Mental Health day. We are encouraging children to **wear something yellow** to school next Friday to mark World Mental Health Day. Celebrating World Mental Health Day at our schools offers a chance to talk about mental health, how we need to look after it, and how important it is to talk about things and get help if you are struggling.





AUTUMN TERM 2026

1st half of term: 03.09.26 - 23.10.26

Half term: 26 - 30 October 2026

2nd half of term: 02.11.26 - 18.12.26

INSET day - Weds 2 Sept 26

GREEN POINTS	Class	Points	TOP ATTENDANCE
Phase 1 (EYFS)	Owl	72	River 98.8% Venus 98.6%
Phase 2	Mountain	106	
Phase 3	Jupiter	285	



WEEKLY CLASS AWARDS

Rabbit class (2-3 Nur) River P
Hedgehog class (3-4 Nur) River T
Squirrel class (Rec) Martha
Owl class (Rec) Sammy
Ocean class (Yr 1) Safaa
Mountain class (Yr 1) Jaylen

River class (Yr 2) Finley & Jamal
Jupiter class (Yr 3) Jesse & Larosa
Mercury class (Yr 4) King & Navi
Mars class (Yr 5) Basma & Josiah
Venus class (Yr 6) Kara & Jameyi

YEAR 6 TRIP TO BRUCE CASTLE

Last week, Year 6 travelled to Tottenham for an exciting and inspiring visit to Bruce Castle Museum as part of their learning about the Windrush Generation. The children had the opportunity to explore a range of primary sources, including a copy of the original Windrush passenger list from 1948. They put their inference skills to the test as they examined photographs from the era, looking closely at the details to draw their own conclusions about the lives and experiences of the people pictured.

The children then listened to and read first-hand interviews with members of the Windrush Generation, giving them a valuable insight into the experiences of those who travelled to Britain. They also had great fun dressing up in clothing typical of the time.

"I loved dressing up. It looked like I was going somewhere very smart, like Church!" — **Kyla Rose**

Putting themselves in the shoes of someone who travelled on the Windrush, the children then wrote postcards from the perspective of a passenger. They imagined what job they might have had and described what their experience of arriving in the UK might have been like.

The day ended with an opportunity to explore the work of Althea McNish, a prominent Caribbean-born member of the Windrush Generation and pioneering textile designer. Inspired by her beautiful use of colour and nature, the children created their own pieces of artwork.

"I loved the trip because we painted at the end. I used nature as my inspiration." — **Ariam**

It was a fantastic day of history, creativity and hands-on learning, giving the children the opportunity to bring their classroom learning to life.

"It was a fun trip as we looked at sources similar to the ones we have seen at school. The best part was playing in Bruce Park afterwards!" — **Yusuf**



YEAR 6 TRIP TTO BRUCE CASTLE CONTINUED.....





MANDEVILLE NEWS

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YEAR 6 TRIP TTO BRUCE CASTLE CONTINUED.....



WEAR YELLOW AND MARK WORLD MENTAL HEALTH DAY: MANDEVILLE WALK/RUN

**Wear
yellow,
say
hello.**



As part of our celebration of World Mental Health Day, next Friday 9th October we would like to invite children and families to join us for a special walk/run at

Hackney Marshes at 2.30pm. Children are invited to come to school wearing yellow on Friday next week to help us mark the day and show our support for positive mental health.

This year's walk/run will have an especially meaningful purpose. We will be coming together to remember John, a much-loved member of our teaching team, who sadly died in July. John was passionate about children, sport and bringing people together, and we would like to honour his memory by celebrating the things that mattered to him.



WEAR YELLOW AND MARK WORLD MENTAL HEALTH DAY:MANDEVILLE WALK/RUN CONTINUED....

We would love to see as many families as possible taking part. Whether you choose to run, jog or walk the 3km, everyone is welcome.

We also invite families to support The Johnboy Foundation, which is being established in John's name. The Foundation aims to inspire children and young people of all backgrounds to get involved in sport, music and community projects.

We hope this event will be a positive opportunity for our school community to come together, get active, talk about the importance of looking after our mental health, and celebrate John's life.

If you would like to support The Johnboy Foundation, donations can be made through the Foundation's fundraising page:

The Johnboy Foundation:

<https://www.gofundme.com/f/the-johnboy-foundation>



We look forward to seeing as many of our families as possible there and sharing this special afternoon together.



HACKNEY READING CHAMPIONS

Well done to **Archie-Lee, Melike and Amelia** who were successful in their applications to become this year's Mandeville Hackney Reading Champions. We look forward to seeing what exciting projects they lead on this year!



YR 4 VISIT BRITISH MUSEUM

Last week, year 4 went on a trip to the British Museum to explore Ancient Egyptian artefacts. At the museum, they saw a great deal of amazing objects, including the Rosetta Stone, the bust of Rameses II and even some spooky mummies!

The class were particularly impressed by the staggering size of some of the artefacts and were considerate of how long they must have taken to build. They were also amazed (and scared) by the incredibly well-preserved mummies that were on display.

Many excellent questions were asked during the trip: "why have so many statues lost their noses?", "how did these objects get here?" and "could everyone read hieroglyphs?" were amongst the best.

Thank you so much to our wonderful parent volunteers who joined us on the trip. Well done year 4!



NURSERY & RECEPTION PHONICS COFFEE MORNING REMINDER

TUESDAY 6TH OCTOBER 2026 9AM

EYFS ★
PHONICS COFFEE MORNING

This is a great opportunity to:

- ★ Learn how phonics works in the early years
- ★ See examples of the sounds and words your child will be learning
- ★ Pick up simple tips and activities to support phonics at home
- ★ Ask questions in a friendly, informal setting

COFFEE MORNING

On Tuesday, we welcomed parents and carers to our LEAP Empowerment Framework Coffee Morning. It was an opportunity to share more about our Empowerment Curriculum and how it supports children to develop their understanding of themselves, their community and the wider world. We discussed the key areas of the curriculum and how these are woven through children's learning and experiences across the school. It was lovely for families to share their own experiences of how they have enjoyed the work done last year with the Justin Thompson Project. Thank you to everyone who joined us and took the time to learn more about our curriculum.



You can find out more about the [LEAP Empowerment Framework](#) and [LEAP Empowerment Curriculum](#) on the dedicated website pages of our school website.



PHOTO REMINDER

A reminder that we have our photographers in on **Monday 5th October** for individual and sibling photos.

KEY DATES THIS TERM

- Mon 5 Oct** School Photographer in for individual & sibling photos
- Tues 6 Oct** Coffee Morning: Nursery & Reception families Phonics workshop 9-10am
- Fri 9 Oct** World Mental Health Day - Hello Yellow - option to wear something yellow to school + Mandeville Walk/Run at 2.30pm
- Tues 13 Oct** Mental Health parent workshop with Dr Natalie Bailey 9 - 10am + Y6 information for families meeting 5.30-6pm
- Tues 20 Oct** Coffee Morning: Year 1 families Phonics workshop 9-10am
- Thurs 22 Oct** Year 5 class assembly 3pm
- Sat 31 Oct** Deadline for Secondary School admissions
- Mon 26—Fri 30 Oct** Half term break
- Fri 13 Nov** Children in need day—option to wear PJs
- Mon 16 Nov** Anti-Bullying Week starts—option to wear odd socks to celebrate difference
- Thurs 19 Nov** Year 6 class assembly 3pm
- Weds 25 Nov** Parents Consultation evening -
School closes early at 1.30pm for children
- Friday 18 Dec** Last day of Autumn Term
School closes early at 1.30pm for children