



LEARNING EDUCATION ARTS PARTNERSHIP



# LEAP NEWS

## Friday 15th October 2021

### SPANISH PHRASE of the week

**El otoño es muy bonito.... Autumn is very pretty....**

**Kingsmead, Gayhurst and Mandeville Primary Schools working in partnership**



## WORLD MENTAL HEALTH DAY

The World Health Organisation recognises World Mental Health Day on 10th October every year. The theme for this year is **'Mental Health in an unequal world'**. This reflects the impact on people's mental health during the pandemic.

World Mental Health Day is 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.

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

At LEAP we are committed to supporting the mental health of our school communities. This week we have been talking about how we can support each other. Here are some of our ideas from Kingsmead and Mandeville:

**Marlee** - "I talk to my teachers and friends."

**Chara** - "I enjoy keeping fit, sports and stretching the stress away."

**Zaynah** - "Talking to my friends helps."

**Yasmine** - "I tell a joke to make them laugh."

**Catherina** - "I like to think of happy memories."

**Neriah** - "It helps me to listen to music."

**Mohsen** - "I like to play football to make me feel happy"

At Gayhurst, school councillor Lily and her team shared lots of ideas about how they support each other. "I would try and find out someone's interests and share mine with them so they feel they have someone they can play with and feel part of something." - **Aminah**

"I would take them for a walk around the playground and see if they needed to talk." - **Imani**

"I would want to try and make them feel happy by offering them comfort and someone to talk to." - **Amiah**



**Mental Health**

We all have mental health.

Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important just like looking after our physical health.

**Here are our top tips for promoting wellbeing and mental health. Which of these will you try this week?**

**SMILERS**  
7 steps to wellbeing



- Socialise:** Spend time with friends and family
- Move:** Be active
- Interests:** Have a hobby, keep learning, do something creative
- Look:** Take notice of the world around you
- Eat well:** Eat a balanced diet
- Rest:** Relax, sleep well
- Support:** Give help to others

## MENTAL HEALTH SUPPORT FOR THE WIDER COMMUNITY

Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year. The crisis line number for City and Hackney is **0800 073 0006**.

Here are some other organisations that offer urgent free mental health advice and other support for children, young people and families. Click on the PDF icon below for document with live links:



**Urgent and other support available**

**shout** 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required

Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

**SAMARITANS**

Samaritans 24/7 365 days a year - they are here to listen and provide support

Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Crisis Tools**

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources

Sign up for free resources [here](#)

**PAPYRUS**

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person

Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

**childline**

ONLINE - ON THE PHONE - ANYTIME

Childline confidential telephone counselling service for any child with a problem

Call: 0800 1111 anytime or [online chat with a counsellor](#)

**Good Thinking**

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

**THE MIX**

The Mix provides free, confidential support for young people under 25

Call: 0800 808 4994 (11am - 11pm every day) or [Email](#)

**Beat**

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder

Call the Youthline (under 18's) 0800 801 0711 or Studentline 0800 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

**koeth**

Koeth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

Follow us on Twitter and Instagram: @KingsmeadE9 @GayhurstE8 @MandevillePS @leapfederation @kingsmeade9 @gayhurste8 @mandevillee5



## AUTUMN TERM 2021

**1st half of term**  
02/09/21 — 22/10/21  
Half term: 25 - 29 October 2021

**2nd half of term**  
01/11/21 — 17/12/21

**INSET DAY:** 1 Sept

GREEN POINTS	Class	Points
Phase 1 (EYFS)	Lion/Jaguar	64
Phase 2	Ocean	280
Phase 3	Mars	162



## WEEKLY CLASS AWARDS

**Jaguar class** Cass & Iram  
**Lion class** Elif & Jah'Khel  
**Panther class** Marley & Tayanna  
**Ocean class** Sophia & Phoebe  
**River class** Rebeca & Amadou

**Forest class** Mohsen & Jennifer  
**Mercury class** Yasmeen & Rozerin  
**Mars class** Yasmin & Tahla  
**Venus class** Amy Lee & Godwin  
**Jupiter class** Samia & Petra

## CYCLING NEWS

We have had a lot of cycling related activities going on this week at Mandeville:

### MINI BIKE AROUND THE BOROUGH

Today, children from Year 5 and 6 were chosen to complete a ride around Hackney with 2 other schools. What a lovely day for a bike ride and we can't wait for the huge Bike Around the Borough in the summer term!



*"I was excited because I love cycling and it keeps me fit!" - Hikmat, year 6.*

### YEAR 5/6 BIKEABILITY

Children had one week of cycling activities which involved learning to ride and cycling confidently on the roads. They were taught how to check their bikes before riding, staying safe on the road and how to control a bike. By the end of the sessions, 90% of the children were able to cycle.



*"I finally learned to ride, it was amazing!" - Saihou, year 6.*

We also have weekly sessions every Friday with children in Years 4, 5 and 6 and our mission is to make sure all children are able to cycle by the time the end of Yr 6.



### DR BIKE

Dr Bike came in to fix the bikes for the children, staff and the parent/carers this morning. It was lovely to see lots of enthusiastic children eager to get their bikes fixed so they can start to enjoy their cycling again. Look out for future events!



## DEMOCRACY WEEK

This week the whole school has been learning about democracy and 32 children were nominated by their classmates to run for school council. The competition was tough this year and the standards were very high. Each nominee presented their own speech, which they had written themselves, in front of their whole year group.



Children also created posters and ran an election campaign! Every child in the school, from Reception to Year 6 had a very difficult decision to make! Thursday was polling day and each child got the opportunity to go to the polling station and cast their vote for who they would like to represent them in the new school council.



The children have voted and their new councillors who will represent them on the new School Council are:

Reception **Mischa and Ismael**  
Year 1 **Farrah and Alias**  
Year 2 **Armani and Christopher**  
Year 3 **Leigha and Jayden W**  
Year 4 **Mame and David**  
Year 5/6 **Lily-Ann, Ely, Asha, Jayda, Aashai and Sara**

Well done to all of our nominees! The voting was very close and you all did amazingly well. Congratulations to our new school councillors! The hard work starts now... so get ready to represent!



*"I am usually very shy but I was passionate about representing my school." - Sara, year 6.*



## KEY DATES THIS 1/2 TERM

**Wed 20th Oct** **Teddy Bears Picnic** for prospective Reception parents & children at 9.30am + 5/6C Class Assembly

**Thurs 21st Oct** **HSoF Autumn Trail** 5-7.30pm (contact school office for discount LEAP tickets)

**Fri 22nd Oct** School Photographer in School