

LEAP NEWS

Friday 2nd October 2026

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

CROWN WINNERS

Nursery	93	Year 3	75
Reception	78	Year 4	88
Year 1	85	Year 5	105
Year 2	93	Year 6	90

TOP ATTENDANCE

EYFS & KS1	Boyce 98.2%
KS2	Basquiat 99%



GOLDEN AWARDS

Riley class (Nur) Ruadhan
Butler class (Rec) Gurvinder
Kahlo class (Yr 1) King
Boyce class (Yr 2) Emaan

Iris class (Yr 3) Simarpreet
Marshall class (Yr 4) Shaniya
Ay class (Yr 5) Rania
Basquiat class (Yr 6) Yaqoob

BENEDICT'S LAW & THE NEW ALLERGY REQUIRMENTS IN SCHOOLS

New recent legislation known as Benedict's Law introduces mandatory national allergy safety standards and statutory guidance for all state-funded primary and secondary schools in England, effective September 2026. Under the Children's Wellbeing and Schools Act 2026 and Department for Education guidance, primary schools in England must adhere to strict new legal duties to protect pupils from severe allergic reactions and anaphylaxis.

DOES YOUR CHILD HAVE AN ALLERGY OR ASTHMA?

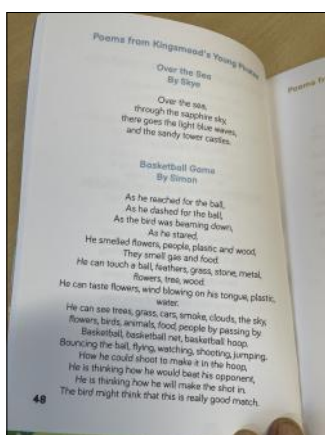
As part of this new guidance, parents and carers of children with allergies or with asthma, must keep the school updated about their child's medical needs. It is the parent's responsibility to **ensure that school has a copy of their child's up to date Allergy Plan if their child has an allergy, or up to date Asthma Action Plan if their child has an asthma diagnosis.**

Please contact your GP or your GP's Allergy Specialist Nurse, or Asthma Nurse, to request an up to date action plan. Thank you.

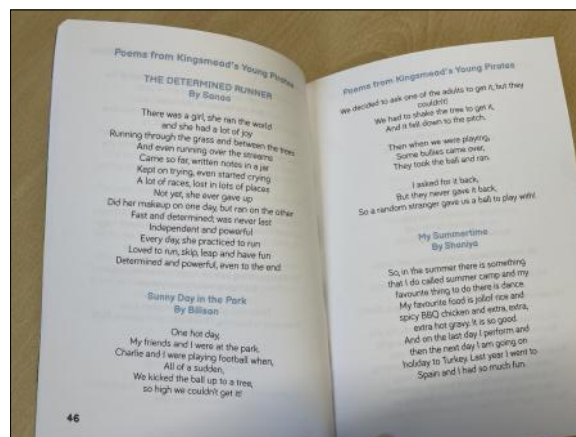
LITERACY PIRATES

Congratulations to the Kingsmead children who took part in the Literacy Pirates project last year—and who have had their poems published in the Literacy Pirates book, Look Tremendous Tales!

Simon, Skye, Shaniya, Bilisan & Sanaa can all call themselves published authors now!



LITEEREACY PIRATES CONTINUED.....



YEAR 5'S CLASS ASSEMBLY

Wednesday was our first class assembly of the year and Year 5 performed a fantastic history one on 'The Anglo Saxons and the Vikings'. The children had worked hard to learn their own lines. learn the songs and project their voices and it was great to see so many parents there. Well done Omi and Year 5, what an impressive start to the term!



KINGSMEAD PARENT CHAMPION MEETING



We will be holding our first Parent Champion meeting for this new academic year on **Monday 5th October at 2.45pm.**

Do come along and find out more about how you can get involved in helping to support the school. All welcome!

PTO

KINGSMEAD'S INTERNATIONAL EVENING

Kingsmead's renowned International Evening is taking place on **Thursday 22nd October from 4—6.30pm**. There'll be lots of great entertainment as well as delicious food at this fantastic annual celebration of our school's diverse community. Do come dressed in clothes linked to your family heritage if you'd like to.

Tickets will be on sale at the end of the school day by the school gate.

- **£5 for adults** (reduced to £2 if they bring food to share)
- **£2 for children**

Our International evening depends on the generosity of our amazing families bringing in home made dishes to share with everyone at the event. Ticket prices include a plate of food.

WHAT CAN YOU DO?

If you are willing and able to bring a plate of food to donate, you can purchase a reduced price adult ticket. Just tell Emma, Meret, Chloe or Sarah on the school gate what dish you plan to bring and they will make a note of it.

This year we are asking anyone making food for International Evening to complete a simple ingredients form so we can share information with everyone about possible allergens in the food, for those who have food allergies. Staff on the gate and Debs at the Reception desk, will have a pile of Ingredients forms printed out, for those making food to take, so they can bring a completed form in with their food donation.

KINGSMEAD INTERNATIONAL EVENING FOOD DONATION ALLERGEN INFO			
Please write the name of your dish, then tick in the box to let us know if it contains meat, is vegetarian or vegan. Please also tick any of the ingredients listed below which are included in your dish. Thank you!			
Name of Dish: _____			
Contains Meat	Vegetarian	Vegan	
☐ Peanuts	☐	☐	Cereals including Gluten: Wheat, rye, barley & oats
☐ Tree Nuts	☐	☐	Soya
☐ Fish	☐	☐	Mustard
☐ Molluscs	☐	☐	Sesame Seeds
☐ Crustaceans	☐	☐	Celery
☐ Eggs	☐	☐	Sulphur dioxide and sulphites
☐ Milk	☐	☐	Lupin

COFFEE MORNING REPORT

A big thank you to all the Kingsmead parents and carers who came along to take part in the coffee morning on Thursday this week which was on **Supporting Your Child with Big Emotions**. Chloe, Kingsmead's SENDCo, Emma, who supports families at Kingsmead and Freddy, Kingsmead's Pastoral Lead, guided families to think about and discuss ways in which they help their children to manage strong emotions.

As a group we explored how families can help their children to regulate their emotions, reassure them if they feel

overwhelmed and, when the time is right, think about and discuss their feelings and actions.

Those attending said they found the session really helpful and it was great to see families supporting each other with suggestions and examples of things they have found helpful.

A PDF of the Powerpoint from the session can be found on the [Parent Work-shops page of the Kingsmead website](#). During the session the

book **How to Talk so Kids will Listen and Listen so Kids will Talk** by Adele Faber & Elaine Mazlish was recommended. There is also a version aimed at younger child (aged 2-7): **How to Talk So Little Kids will Listen** by Joanna Faber.



Responding in the moment

Reason: Once calm, talk things through, problem-solve, and set boundaries.

Relate: Show understanding and connection so your child feels safe and supported.

Regulate: Help the body calm first — fewer words, calm presence, reduced demands.



KEY DATES THIS TERM

- Mon 5 Oct** Kingsmead Parent Champion meeting 2.45pm
- Fri 9 Oct** World Mental Health Day - Hello Yellow - option to wear something yellow to school
- Mon 12 Oct** Citizens Advice session -must be booked
- Thurs 15 Oct** Coffee Morning: Maths workshop for parents in Reception & Nursery 9—10am
- Fri 16 Oct** Coffee Morning: Phonics workshop for Yr 1 parents 9—10am
- Thurs 22 Oct** Kingsmead's International Evening
- Mon 26—Fri 30 Oct** Half term break
- Sat 31 Oct** Deadline for Secondary School admissions
- Mon 9 Nov** Citizens Advice session -must be booked
- 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
- Mon 23 Nov** Citizens Advice session -must be booked
- Mon 7 Dec** Citizens Advice session -must be booked
- Friday 18 Dec** Last day of Autumn Term

School closes early at 1.30pm for children