



LEARNING EDUCATION ARTS PARTNERSHIP



LEAP NEWS

Friday 17th October 2025

SPANISH PHRASE of the week

las hojas caen de los árboles *The leaves fall from the trees*

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

WORLD MENTAL HEALTH DAY

Last Friday, **LEAP turned yellow** to mark World Mental Health Day. This special day reminds us that looking after our minds is just as important as looking after our bodies! World Mental Health Day was a lovely reminder for all at LEAP, that it's okay not to feel okay sometimes, and that we can all help each other feel safe, supported & strong. Here are short reports from each school about the day.

At **Grasmere**, each class took part in mindfulness activities to help us feel calm and relaxed. Some classes drew pictures, others listened to peaceful music. In class we spoke about the importance of looking after our minds in the same way we look after our bodies.

'I like yellow, it's like I'm like the sun!' - **Ali Kaan Rec**

'I liked thinking about what makes me happy.' - **Ayden Yr 2**

'My favourite part was practising hot chocolate breathing.' - **Adam Yr 3**



At **Gayhurst**, teachers reminded children of simple ways to care for our mental health, like talking to someone we trust, spending time outdoors, taking deep breaths, and doing something we enjoy every day.

'Mental health is very important so children can be happy. Some people need help and it's important to help them' - **Miray (5E)**

'Looking after your mental health is very important. I am proud to be a mental health champion.' **Annieth (5E)**



WORLD MENTAL HEALTH DAY CONTINUED...

A World Mental Health Day assembly took place at **Kingsmead**, thinking about why keeping our minds healthy is just as important as keeping our bodies healthy and exploring ways we can support our own mental health and support our friends.

'It felt good to take part in World Mental Health day as it's all about supporting children and young people' - **Skye Yr 5.**

'I love the colour yellow - it makes me feel happy!' **Heaven Yr 5.**



At **Mandeville**, children, staff and some families celebrated World Mental Health Day with a brilliant whole school session led by Headteacher Marc, in the playground. We learnt to slow down our breathing, loosen our bodies and use mindfulness techniques to stay relaxed, focused and ready to learn!

'It was so much fun copying Marc.' - **Angelina, Rec.**

'We learned to breathe in and out carefully. I liked doing the exercises.' - **Zoya, Yr 1**
'It is really important during busy seasons to take time to invest in our mental health. It was fantastic to bring our families and children together to take part in our mindfulness session.' - **Marc, headteacher.**



FAMILY COACH SERVICE WELLBEING WALKS

At request of parents in the community The Family Coach Service has developed a series of winter wellbeing walks for parents of children with SEND (no formal diagnosis or EHCP necessary). These walks apply principles of coaching and positive psychology to support parents of children with SEND to take notice, calm and connect.

See poster below for dates and times and also for how to register.

Family Coach Service
Winter Wellbeing Walks 2025

For parents of children with
special educational needs and disabilities.
No formal diagnosis or Educational Health Care Plan necessary.

All walks will meet at [Hackney Service Center](#)

Friday 14 th of November 10-11am	Friday 28 th of November 10-11am	Friday 12 th of December 10-11am
A walk to notice	A walk to calm	A walk to connect
Bring attention to your surroundings and notice the little things.	Promote calmness when walking in your local community	Create something for others to connect with on their walks

To sign up please email: familycoach@hackney.gov.uk

Can't make the walks but still want to be part of the community?
Please email us to be sent the walks to complete in your own time.

GREAT RESOURCE FOR PARENTS

With this week's LEAP newsletter focus on Mental Health and Wellbeing here's a reminder to parents of the Place to Be's website [ParentingSmart](#), which offers parenting advice from child mental health experts and provides practical tips to support children's wellbeing and behaviour. Short, simple animated videos with a brief supporting article, gives tips and helpful information about a range of parenting topics such as Understanding Sibling Rivalry, Raising a Resilient Child, and My Child Struggles with Changes and Endings.



YEAR 6 PARENT REMINDER

Don't forget the deadline for secondary transfer applications is **31st October 2025**.

Parents must complete an online application form, if they haven't done so already.

Further details about the process can be found in the secondary transfer admissions guide.

If you need assistance please contact your school's office next week.

HSOF AUTUMN TRAIL

Hackney School of Foods fantastic Autumn Trail is taking place on **Friday 7th November** from **4-7.30pm** this year. Tickets are selling fast, so be sure to get yours [here](#).

LEAP families who qualify for Free School Meals are being offered **one free child and one free adult ticket** to the Autumn Trail. To claim your ticket please contact your school's office by **Thursday 23rd October**, giving the name of the child and adult attending.

HACKNEY SCHOOL OF FOOD NOVEMBER 7TH
4:30-7PM
OSWALD ST E5 0BT

Wander down to our
AUTUMN TRAIL

at Hackney School of Food

Join us for an evening of glowing pumpkins, firepit storytelling, and seasonal treats.

BOOK TICKETS HERE:

£7 Adults
£4 Children

Free soup & bread with every ticket!

Pumpkin trail
Warming brews
Freshly made food
Firepits & Sparklers
Natural Craft
Storytelling



AUTUMN TERM 2025

1st half of term: 02.09.25 - 24.10.25

Half term: 27 — 31 Oct 2025

2nd half of term: 03.11.25 - 17.12.25

INSET days: Mon 1 Sept 2025,
Thurs 18 & Fri 19 Dec 2025

CROWN WINNERS

Nursery	80	Year 3	111
Reception	78	Year 4	81
Year 1	93	Year 5	72
Year 2	95	Year 6	82

TOP ATTENDANCE

EYFS & KS1	Tyne 98.4%
KS2	Ness 98.7%



GOLDEN AWARDS

Ouse class (Nur) Ivy
Lea class (Rec) Cathy
Lagan class (Yr 1) Emaan
Tyne class (Yr 2) Ottavia

Severn class (Yr 3) Carter
Ness class (Yr 4) Zeynep I
Fowey class (Yr 5) Andrea
Avon class (Yr 6) N'Taejon

YEAR 6 AT SCHOOL OF FOOD

As part of their Design and Technology unit on Cooking and Nutrition, Year 6 enjoyed a fantastic educational visit to the Hackney School of Food. The day began with a hands-on workshop where pupils learned about the components of a healthy, balanced plate. They explored different food groups including proteins, carbohydrates, and fats and discussed the important roles these play in keeping our bodies healthy and energised.

Putting their knowledge into practice, the children then worked in teams to prepare and cook a delicious Thai green curry with jasmine rice, using fresh, nutritious ingredients. The experience not only strengthened their understanding of nutrition but also developed their practical cooking skills, teamwork, and independence in the kitchen.

Gabriel said, "I always try to help my mum with cooking but today I got the chance to cook by myself!"

Vivian said, "My Mum ate all of my Thai Green Curry! She said it was delicious."



PARENT PHONICS WORKSHOP

It was great to see so many Kingsmead Reception and Y1 parents and carers attending the phonics and early reading workshop on Thursday. Our Year 1 teacher, **Stephanie** and English Lead, **Janne**, presented how and why we teach phonics and the key role of parents and carers in their child's learning. Our committed parents practised phoneme pronunciation and blending with Stephanie.

Key points covered:

- How we teach early reading at Kingsmead
- The phonics programme we follow (Read Write Inc Phonics)
- Ways to support your child at home and systems

You can find more information about Read Write Inc Phonics here: [Learning to read at home - Ruth Miskin Literacy](#)

Check how we say the phonemes [here](#).

All workshop materials have been uploaded to the [Parent Workshop](#) page in the Parents & Carers section of our school website.



KEY DATES THIS TERM

- Wed 22 Oct** Yr 5 class assembly 3pm
- Thurs 23 Oct** Kingsmead's International Evening
- Mon 27—Fri 31 Oct** Half term break
- Tues 11 Nov** Parent & Carer drumming and dance workshop 3.30 - 4.30pm
- Wed 19 Nov** Yr 2 class assembly 3pm
- Wed 26 Nov** Yr 6 RE assembly
- Thurs 27 Nov** Parent Carer consultation
school closes early at 1.30pm for children
- Wed 10 Dec** Yr 1 RE assembly
- Wed 17 Dec** Last day of Autumn term -
school closes early at 1.30pm for children

PTO →

Please remember to inform the main office of any changes to your contact details i.e: home number, mobile

YEAR 3'S DIVALI ASSEMBLY

Year 3 worked incredibly hard preparing for their Diwali assembly, where they shared their learning about Diwali, the Hindu Festival of Lights. The children have explored the traditions and meanings behind this vibrant celebration, focusing especially on the story of Rama and Sita. Towards the end of the story, Hanuman (the monkey king) helps Rama to be reunited with Sita teaching Hindus that light can overcome evil. Through drama and storytelling the pupils brought the tale to life—highlighting the triumph of good over evil and the importance of light in guiding the way. Their assembly showcased not only their understanding of the story, but also the deeper significance of light in Hindu culture, symbolizing hope, knowledge, and the victory of righteousness.

"Our assembly was about Diwali and it was a very fun assembly because I got to learn all of the facts about Rama and Sita. I enjoyed learning about Diwali because it was a fun adventure." **Carter**

"I liked learning about Diwali because I learnt that they use diyas and why it is important to Hindus. I learnt that Hindus believe light can overcome evil. I was nervous for the assembly but I am proud I said my lines with all my confidence." **Inaya**



YEAR 3'S ASSEMBLY CONTINUED.....



READING CHAMPIONS

Our Reading Champions had a fantastic experience at Hackney Town Hall this week, where they took part in their very first session with pupils from other schools across the borough.

During the interactive session, the children shared their favourite books, discovering new stories and authors while building connections through a shared love of reading.

One of the highlights of the day was working with a professional poetry artist, who guided the group in creating a collaborative poem — a creative and inspiring activity that everyone enjoyed. The session ended on a high with a fun and engaging game of Poetry Bingo! We're incredibly proud of our Reading Champions for representing our school so enthusiastically and look forward to the next session!



Sukhpreet: *"The meeting was so fun and I enjoyed creating poems with everyone"*

Zoya: *"I'm very excited to be a reading champion this year and represent Kingsmead across the borough"*

Anyia: *"Even though I was nervous at first, the meeting was very interesting and funny!"*





INTERNATIONAL EVENING

Don't miss Kingsmead's amazing International Evening—taking place on **Thursday 23rd October from 4 -6.30pm**. Tickets are on sale at the end of the school day by the school gate. There'll be lots of great entertainment as well as delicious 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 and Ruth on the school gate what dish you plan to bring & they will make a note of it.

Do come dressed in clothes linked to your family heritage if you'd like to.

Please note no after school clubs or playcentre will run on Thursday 23rd due to International Evening.

International Evening

Come and enjoy good food & great entertainment at
Kingsmead School
Thursday 23 October
4.00 - 6.30pm

Please come wearing clothes linked to your family's heritage if you'd like to

Bring a dish of food to share if you can

Live acts include
Kingsmead's Steel Pans, Drumming & Dance,
Kingsmead's Choir and more!
Plus DJ Ben's disco

Tickets on sale in school or on the door:
Adult - £5 (reduced to £2 if bringing food) Child - £2

SOFT PLASTICS RECYCLING REMINDER

We're continuing our soft plastics recycling initiative and we need your help. Please bring in clean, dry bakery wrappers, biscuit, cake and cracker packets, flexible coffee bags, and large polybags from tea bags. No need to wash —just shake out the crumbs!

These items **can't be recycled in your regular bin** and often end up in landfill, causing contamination and jams in recycling facilities.

Drop-off boxes will be placed by the school gates at the end of each day, or children can bring items into school and hand them to their class teacher. Once the boxes are full, they will be sent off to Terracycle to be recycled.

Thank you for supporting our eco efforts.

♻️ Recycle with TerraCycle



✓ Any brand of plastic bread bags and closure tags



✓ Any brand of bakery plastic packaging (e.g. plastic trays, zipper bags, plastic packs, etc.)

♻️ Recycle with TerraCycle



✓ All brands of outer packaging for coffee bags



✓ All brands of large bags of tea bags



✓ Loose leaf tea packs

♻️ Recycle with TerraCycle



✓ Non-Savoury Biscuit Wrappers



✓ Cracker Wrappers



✓ Cake Wrappers

