



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](#)

<p>Friday 14<sup>th</sup> of November 10-11am</p> <p><b>A walk to notice</b></p> <p>Bring attention to your surroundings and notice the little things.</p>	<p>Friday 28<sup>th</sup> of November 10-11am</p> <p><b>A walk to calm</b></p> <p>Promote calmness when walking in your local community</p>	<p>Friday 12<sup>th</sup> of December 10-11am</p> <p><b>A walk to connect</b></p> <p>Create something for others to connect with on their walks</p>
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To sign up please email: [familycoach@hackney.gov.uk](mailto: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



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

GREEN TOKEN RESULTS	Class	Tokens
Rec, Year 1 & 2	<b>1A</b>	109
Year 3 & 4	<b>3E</b>	254
Year 5 & 6	<b>6J</b>	124



### GOLDEN AWARDS

NH - **SALAHUDEEN**  
RPG- **HUSSAYN**  
RS - **CAMILLA**

1A - **BOBBY**  
1M - **INES**  
2L- **NYX**  
2S- **FELIX**

3J - **JANELIA**  
3E - **REMI**  
4A - **IBRAHIM**  
4RA- **ALEEKA**  
4RT- **JAHZIAH**

5E - **WHOLE CLASS**  
5F - **ROVAUGHNI**  
5/6D - **SUKHVEER**  
6J- **MIA**  
6C - **HAFIDH**

## 5F VISIT HACKNEY MUSEUM

On Tuesday, 5F visited the Hackney Museum to consolidate their learning on the Windrush generation. They took part in a special suitcase workshop where, in teams, they became history detectives. Their mission was to find out who the suitcases belonged to based on their belongings and what period of time they were from. All suitcases belonged to past residents of Hackney and it was exciting to see how Hackney has changed.



We looked at belongings from the 1700s all the way to 1999. It was great to see the belongings of a person who had immigrated on the empire Windrush and had built a life for herself in Hackney.



Our favourite part was seeing what a real-life shilling looked like.



### HACKNEY MUSEUM TRIP CONTINUED.....



## 5E CLASS ASSEMBLY REPORT

On Thursday children from 5E had their class assembly. The assembly was based on the Windrush, the topic that they have been learning in history. There was singing poetry and acting and included a carnival parade. The children also did a brilliant performance of Talking Turkeys by Benjamin Zephaniah. Well done for a great performance 5E.

*'I loved making my costume and dressing up in colourful clothes'. Clarecia*

*'The parade was really fun! 'Ayanna*

*'I am proud of myself for learning my lines.' Ashkan*



PTO



### SAD NEWS

It is with sadness that we inform you of the passing of Paulette Wallace, who worked at Gayhurst until August 2024. Paulette died this week after a short period of illness. This news has come as a shock to our whole staff team, both past and present.

Paulette was a much-loved member of our team, serving as a Midday Meals Supervisor for 20 years and as a Crossing Patrol Officer on Richmond Road for many years. Her warmth, kindness, and dedication touched the lives of so many children and families at Gayhurst and she will be deeply missed.

In the coming weeks, we will work together to plan a memorial to honour Paulette's life and contribution to Gayhurst. We will share more details with you as plans develop.



### SCHOOL LUNCH VISITS

We are going to hosting some lunch session for parents, where you are able to come along to school, hear about our school food journey and our approach to food, and meet our kitchen team. This will be an informative session where parents can look at menus, try various dishes and have a discussion with the team.

The first session will be on **Monday 10th November** at **2:30pm**, for parents in **Reception, Year 1 and Year 2**. We need to know numbers to plan effectively for this, so please email admin with your child's name and class. There is a maximum of 50 spaces.

### GAYHURST'S INTERNATIONAL EVENING

Be sure to save the date for our up coming International Evening on **Thursday 20th November**. More info below:



## International Evening 2025

Thursday 20th November  
4:30pm – 6:30pm

**Adults: £2 Children £1**

If you provide a dish or perform, receive a free ticket!

Come together to celebrate the many cultures and heritages that make up our Gayhurst Community. Dress up in traditional clothes, sample different foods, watch a range of performances and socialise.

There will be food available to sample different cuisines from around the world, but it is not guaranteed. We rely on the generosity of families to contribute to the dishes. When the food runs out, it is gone, so please arrive early to avoid disappointment.

### KEY DATES FOR THIS TERM

- Thurs 23 Oct** Photographer in taking Individual school photos +  
6C Class Assembly 3pm +  
Yr 6 Residential meeting for Yr 6 parents & carers 5pm
- Mon 27—Fri 31 Oct** Half term break
- Tue 4 Nov** Writing workshop for Rec & Yr 1 parents 9.15am
- Mon 10 Nov** School lunch parent visit for Rec & Yrs 1 & 2 parents at 2.30pm (booking required)
- Thurs 20 Nov** International Evening 4.30—6.30pm
- Sat 6 Dec** COGs Winter Fair 12—4pm
- Mon 8 Dec** Yr 1 Nativity performances:  
**1M** at 11am and **1A** at 2pm in middle hall
- Wed 17 Dec** Last day of Autumn term -  
**school closes early at 1.30pm for children**