LEAP NEWS

Friday 2nd October 2026

SPANISH PHRASE of the week

Llueve 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, 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.

MENTAL HEALTH & WELLBEING CONTINUED…….

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.

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.

GAYHURST NEWS

Gayhurst Community School

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 TOKEN RESULTS	Class	Tokens
Rec, Year 1 & 2	**2S**	156
Year 3 & 4	**3J**	170
Year 5 & 6	**6C**	186

GOLDEN AWARDS

NC - **JACOB & SARA**
RH - **WILLOW**
RS – **AYUB**

1A - **AURELIA**
1G– **ARIYAH**
2L – **AMY**
2S –**JA'NAIYA**

3J - **CLAY**
3K - **ULY**
4E– **FREDDIE**
4R– **SANTTIAGO**

5D - **AZRA**
5L – **ELISA**
5/6R – **CECILIA**
6J – **ASHKAN**
6C – **REUBEN**

PHONICS WORKSHOP FOR RECEPION PARENTS

A Fantastic Turnout from Parents!

We were delighted to welcome such a large number of Reception parents and carers to our Phonics Workshop this week. The incredible turnout reflected the strong partnership between home and school and the shared commitment to supporting our children as they begin their reading journey.



During the session, parents learned about the importance of regular reading, how early communication skills develop, and the vital role that talk, stories and books play in building language and comprehension. Lisa (Early Years Lead) explained how phonics is taught at Gayhurst through the Read Write Inc. programme, including how children learn letter sounds and blend sounds together to read words.





The workshop provided practical advice on how families can support learning at home, including the importance of reading aloud every day, discussing stories together, and helping children practise the sounds they are learning in class. Parents were also given useful resources and links to continue supporting phonics development beyond the classroom.





Feedback from parents was overwhelmingly positive. They valued the opportunity to gain a clearer understanding of how children learn to read and write in Reception, as well as learning simple strategies they can use at home to build confidence & enjoyment in reading.

Thank you to all the parents and carers who attended. We greatly appreciate your support and look forward to continuing to work together to help every child become a confident, enthusiastic reader.

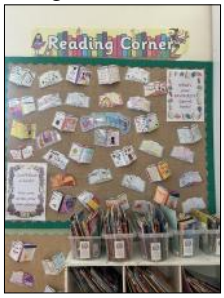
BOOK CORNER COMPETITION

Over the past few weeks, classrooms across the school have been transformed into vibrant, magical reading sanctuaries.

The goal of the competition was simple but impactful: design an inviting, creative space that fosters a love for reading. Classes were tasked with transforming an ordinary corner of their room into an extraordinary reading space using recycled materials, artwork, and plenty of imagination.



All the book corners look great so well done to all classes. The reading area that really stood out was 5L's - **congratulations 5L!** They will have a session at Hackney library and some new books for their book corner.











YOUNG V&A TRIP

Last week, 1A and 1G had a fantastic day out at the Young V&A as part of their 'Toys from the Past' history topic. It was so much fun exploring a range of toys from both the past and present! There were lots of things to see and do including sand games, a giant magnetic marble run, dressing up costumes and a stage, many interactive games and giant building blocks.

"I loved the little room that made you look small and big!" - **Oli**

"I liked learning about how different toys are made" - **Massi**

"It was so much fun, I want to go again!" - **Sienna**

Please remember to inform the main office of any changes to your contact details i.e: home number, mobile phone number, address, or if your child has a medical condition.

GAYHURST NEWS

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YOUNG V&A TRIP CONTINUED.....













YR 4 AT BRITISH MUSEUM CONTINUED.....







INTERNATIONAL EVENING

We are really looking forward to our International Evening on **Thursday 8th October** from 4.30-6.30pm. Please support us by donating a dish using the link .

Gayhurst International Evening Food – Fill in form

Tickets are selling fast - so get yours soon

Get your

International Evening Ticket

here

Thursday 8th October

4.30-6.30pm

4R & 4E VISIT BRITISH MUSEUM

Year 4 had an amazing time exploring the halls of the British Museum. Lots of students had not visited before and were very excited. We looked at various exhibitions linked to our Ancient Egyptian learning and Ancient Greek art topic. Some firm favourites were the mummies and the Rosetta Stone. One group even got to touch a real Roman coin found near Lincoln in a farmers field!

'I can't believe we saw the mummies. I wonder what they look like under the bandages' - **Eren**

'Wow the Rosetta Stone is even bigger in real life' - **Maia**

'I can't believe there are pieces of the Parthenon here!' **Persephone**













KEY DATES THIS TERM

Wed 7 Oct Phonics Yr 1 parent workshop 9.20am + **4E** class assembly at 3pm

Thurs 8 Oct International Evening 4.30 - 6.30pm

Fri 9 Oct World Mental Health Day - Hello Yellow - option to wear something yellow to school

Thurs 15 Oct **3J** class assembly at 3pm

Wed 21 Oct **2S** class assembly at 3pm

Mon 26—Fri 30 Oct Half term break

Sat 31 Oct Deadline for Secondary School admissions

Thurs 12 Nov **6C** class assembly at 3pm

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 **5L** class assembly at 3pm

Thurs 26 Nov Parent & Carer Consultation 1.50 - 7pm

School closed at 1.30pm for all children

No clubs or Extended Day

Sat 28 Nov CoGS Winter Fair

Thurs 10 Dec **5/6R** class assembly at 3pm

Fri 11 Dec Drumming & Dance performances 1.45pm for **1G** & **2L**, 2.45pm for **3J** & **3K**

Tues 15 Dec Gymnastics performances: 2.30pm for **2S** & **1A**, 3pm for **4R** & **4E**

Fri 18 Dec Last day of term

School closed at 1.30pm for all children

No clubs or Extended Day