

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.





GRASMERE NEWS



GOLDEN AWARDS

Nur: **Elina** Yr 3: **Niamh**
Rec: **Gabriel** Yr 4: **Cleo**
Yr 1: **Martina** Yr 5: **Jack**
Yr 2: **Remy** Yr 6: **Sianna**

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

DRAMA WORKSHOP

On Friday 25th September several classes had a wonderful drama workshop about the environment. The workshop was about learning about how to look after the environment but also developing children's creative and drama skills. The children pretended to be plants and superheroes. The children really enjoyed the session and were very impressed with the energy and enthusiasm of the person who led the session.

"It was very fun, the women was super fun and everyone enjoyed it" **Marlo** Year 3

'We saved the world from party land'
- **Nico** Reception

'We can save our real world friends by looking after the environment' -
Martina Reception

'We saw bad bopper, he was trying to eat our cake' - **Wynne** Reception



YEAR 5 CLASS ASSEMBLY

Last week Year 5 wowed us with their Anglo-Saxon and Viking assembly. Through acting, storytelling and music, the children brought history to life, taking us from the mystery of Sutton Hoo to the fierce battles between the Anglo-Saxons and Vikings. The highlight was a brilliant rap battle showcasing songs learned at the Hackney Music Festival. Well done, Year 5, for your confidence, enthusiasm and fantastic teamwork!



MENTAL HEALTH CHAMPIONS

We are delighted to announce our newly appointed Mental Health Champions for 2026-27 at Grasmere Community Primary School!

A huge congratulations to:

Year 3: **Blake & Olivia H**
Year 4: **Rueben & Jewel**
Year 5: **Martha & Laith**
Year 6: **Jennifer & Sienna**



READING CHAMPIONS & RESEARCH GROUP

The turnout in applications for our two new pupil voice groups was off the charts! Children have applied to become part of either **Grasmere Reading Champions** from EYFS to Y6 or a KS2 member of the Grasmere Research Group. As mentioned before, the Reading Champions will be the driving force for instilling a love of reading in their classmates and across the wider school. Everything to do with reading at Grasmere will involve this group! We would like to congratulate the selected Reading Champions.

Nurs	Mac & Harald
Rec	Martina & Isaac
Yr 1	Martina & Sidney
Yr 2	Bailey & Hilda
Yr 3	Zakai & Jack
Yr 4	Daya & Eleni
Yr 5	Xanthe & David
Yr 6	Sianna & Nina

Another new group has had applications flooding in. Our new **Grasmere Research Group** will help to identify issues, gather data and get real feedback on which solutions children would like to see. These will then be fed back to the School Council and SLT to enact real change! Welcome to the all-new Pupil Researchers!.

Yr 3	Henry & Omi
Yr 4	Atom & Marissa
Yr 5	Beatrice & Bruno S
Yr 6	Isabella & Elliot

We will be holding our first meetings in the coming weeks. Thank you to everyone that applied; it was extremely hard to choose. The children will be helping school adults with important projects throughout the year so watch this space for updates!

PTO

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.



FROGS NEWS

JUMBLE SALE

Warmly inviting all of the extended Grasmere community to the next Jumble

Sale on **Saturday 10th October**.

Volunteering opportunities are still available for the Jumble Sale - <https://volunteersignup.org/KY44E>

There are so many ways to support this event:

- bring your best jumble along to school on the Friday,
- bake a cake,
- help run a stall,
- or come along to shop!

It's so positive to see lovely clothes, toys, books and bric-a-brac being rehomed while raising funds for the school.



JUMBLE SALE GUIDELINES

The generosity of our community is always greatly appreciated and we rely on your donations of good quality items that we can sell on. Donating items you no longer need or want to our jumble sale is a sustainable and ethical means of recycling, and the money raised will go to support our school.

Please be thoughtful about the items that you are donating and avoid donating "unsellable" items.

- Clothing items that are deemed "unsellable" would be anything damaged or unclean, such as items that are stained, dirty or smell either damp or of body odour.
- Toys that are deemed "unsellable" would be anything broken, not in full sets or without all the parts and pieces included.
- Bric-a-brac items that are deemed "unsellable" would be anything broken, faulty or damaged.

JUMBLE SALE INFORMATION

Please bring your clothes, toys, books and bric-à-brac etc to the school on Friday 09 October.
Nothing broken or dirty please!

If dropping off your donations at 9am, leave them by the office. If dropping off your donations at 3.30pm, leave them by the main hall.

There is lots of ways you can help, from sorting out the clothes to manning a stall, preparing a soup or baking a cake! Please sign up if you can.
Any questions please get in touch with Firuze or Jay.

volunteersignup.org/KY44E

FROGS GARDEN PARTY

Thanks so much to everyone who came along to the FROGS Welcome Garden Party on Friday. It was wonderful to see so many Grasmere families come along to catch up and get to know our new families. It was great to see lots of very happy kids tucking into the pizza and marshmallows too! It was a lovely example of the Grasmere community coming together to pull off another successful event, so a big thanks to the volunteers and to everyone who donated on the day.



KEY DATES FOR THIS TERM

- Fri 9 Oct** World Mental Health Day - Hello Yellow - option to wear something yellow to school + FROGS Jumble Sale sort out
- Sat 10 Oct** FROGS Jumble Sale 10.30-12.30
- Wed 14 Oct** Reception parents Phonics Workshop 9.10am
- Mon 19 Oct** Year 3—6 Maths parent workshop 9.10am
- Tues 20 Oct** Understanding Behaviours Parent Workshop 9-10am
- Wed 21 Oct** Yr 1 & 2 parents Phonics/Reading workshop 9.10am
- Mon 26 – Fri 30 Oct** Half Term Break
- Sat 31 Oct** Deadline for Secondary School admissions
- Wed 4 Nov** Year 3—6 Parent Reading workshop 9.10am
- Fri 6 Nov** Yr 6 Brain Buddies Parent Workshop 9- 9:45am
- Tues 10 Nov** Managing Challenging Behaviours parent workshop 9-10am
- Fri 13 Nov** FROGS Year 5 cake sale + 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** Year 6 Class Assembly at 3pm
- Tues 24 Nov** Supporting Children to Build Confidence and Resilience parent workshop 9-10am
- Thurs 26 Nov** International Evening (No hoppers or Specialist clubs)
- Weds 2 Dec** Parent & Carer consultations
School closes early at 1.30 for children (Hoppers available - No Specialist clubs)
- Fri 4 Dec** FROGS Winter fair
- Tues 8 Dec** Nina CAMHS Worker in school drop in session for Parents 9-10am
- Mon 14 Dec** Drumming and Dance Performances 1:45pm- Years 3 & 5, 2:30pm- Years 2, 4 & 6
- Friday 18 Dec** Last day of Autumn Term
School closes early at 1.30pm for children