



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 14th of November 10-11am	Friday 28th of November 10-11am	Friday 12th 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



GRASMERE NEWS



GOLDEN AWARDS

Nur: **Raff** Yr 3: **Daya**
 Rec: **Louie** Yr 4: **Beren**
 Yr 1: **Devran** Yr 5: **Eli**
 Yr 2: **Teo** Yr 6: **Whole class**

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

YEAR 4 VISIT CARNIVAL PAN YARD

This week Year 4 travelled all the way to Notting Hill in West London, to The Panyard for a tastier workshop to learn how to play the Steel Pans.

We also got a chance to learn about the empowering history of the instrument.

'I really enjoyed learning a new instrument' **Emir**

'The steel pans made such a great sound' **Miles**

'I really enjoyed visiting a new part of London'
Karima



GATE ENTRANCE FOR PERFORMANCES

It is always brilliant to see so many parents turn up to support school performances, whether this is class assemblies, music performances or events.

To help manage the entrance to and from the building, we ask that parents queue up alongside the small gate on Albion Road and a member of staff will open the gate for everyone. If you are coming to a performance/event, the gate will open at the start time of the performance. This also ensures we are following school safeguarding procedures.

THANK YOU ANGELA!



This week we say a fond farewell to Angela, our much-loved crossing patrol officer. Come rain or shine, Angela has been there with a friendly smile, a cheerful wave, and a kind word for everyone who passed by. We know that many parents, children, and staff will miss seeing her at the crossing each day, but we are lucky as she continues as a parent at our school.

On behalf of everyone at Grasmere, we want to say a huge thank you for all your hard work, kindness, and commitment over the years.



CLUBS & HOPPERS NOTICE

On **Thursday 27th November**, there will be no clubs or Hoppers running as we will be hosting our International Evening and FROGS 40th Anniversary event. This event will be from **4:30-6:30pm** and we hope to see lots of families at the event.

KEY DATES THIS TERM

- Mon 20 Oct** Drumming & Dance parent workshop 3.30—4.30pm
- Mon 27—Fri 31 Oct** Half term break
- Fri 14 Nov** FROGS Autumn Disco
- Thurs 20 Nov** Yr 3 class assembly 3pm
- Fri 21 Nov** Coffee Morning: Supporting Emotional Regulation 9.10-10am + Yr 4 cake sale
- Thurs 27 Nov** International Evening & FROGS 40th Anniversary Event 4.30—6.30pm - **please note no clubs or hoppers running on this date**
- Wed 3 Dec** Parent & Carer consultation evening **school closes early at 1.30pm for children** (Hoppers still available)
- Fri 5 Dec** Yr 1 Nativity performance 9.30am + FROGS Winter Fair
- Mon 15 Dec** Drumming and Dance Performances Year 1 and 4 at 9.30am Year 2, 5 and 6 at 10:30am
- Wed 17 Dec** Last day of Autumn term - **school closes early at 1.30pm for children**

PTO

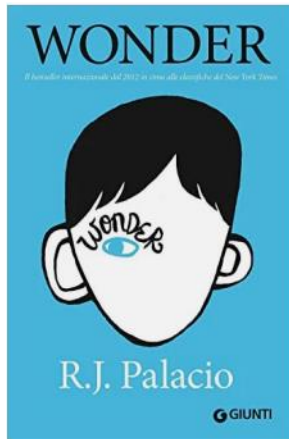
Please remember to inform the main office of any changes to your contact details i.e: home number, mobile phone number, address, or if your child has a medical condition.

YEAR 6 CLASS ASSEMBLY

Yesterday, our Year 6 children gave a thoughtful and inspiring performance based on the much-loved book **Wonder** by R.J. Palacio. The story follows a boy named Auggie, who was born with a facial difference, as he navigates the challenges of starting school for the first time. Through his journey, the story beautifully explores the importance of kindness, empathy, acceptance, and true friendship, reminding us that it's what's on the inside that really counts.

The children shared key moments from the book through drama, narration, and reflections, encouraging everyone to "choose kind" in their daily lives. Their performance was moving, heartfelt, and a wonderful reminder of the impact our words and actions can have on others.

Well done, Year 6, for an assembly that made us all think and feel a little deeper.



FROGS JUMBLE SALE REPORT

Saturday's Jumble Sale was a big success, thanks to the collective energy of volunteer power. A lot of great bargains were found and a lot of fun was had at this lovely community event. Around **£1800** was raised on the day, which will be spent on projects agreed with the school for the benefit and enjoyment of all Grasmere students.

Huge thank you to everyone who volunteered, baked, supported and shopped. The jumble sale has a strong reputation even beyond our school community - as demonstrated by the queue of enthusiastic jumble hunters waiting at the gates before opening! Everyone's welcome once again at the next one in March!

