



Cookridge Holy Trinity Church of England (A) Primary School

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'The Best for Every Child - a Unique Child of God' ISSUE No 486

5th February, 2021

Dear Parent / Carers

Our Christian Value this term is **Trust**

Our Ethos Statement this week is: **Trusting in God.**

Some trust in chariots and some in horses, but we trust in the name of the LORD our God. Psalm 20:7

Week 5 of Spring Term

Our 5th week of lockdown

It has been lovely for me and Mrs Casling to join the online sessions this week – to see our children, know what work the children have been set and to experience the excitement of new learning challenges for the day being set out. As with everything in our online/remote learning journey the delivery of the online learning and the support during the course of the day is an evolving picture – we are always looking to improve our provision. Our staff meetings this term have had a clear focus upon developing a consistent approach to learning during those sessions. I know that some of the changes have been a challenge for parents working with their child at home but as ever we want to support you to support your child – if you are experiencing any difficulties or frustrations then please contact your child's teacher through the year group email and they will endeavour to help you.

I am ever thankful that you have ensured that your child is ready at the allotted times to learn – that they are suitably dressed (not in their pyjamas), have had their breakfast and are sitting ready to engage with their teacher. These are indeed challenging times and we really do appreciate everything that you are doing to support your child – Thank you!

We are here to support you so please get in touch if:

Your home technology does not support home learning.

There are any concerns about your child's work – either they need more challenge or the work set is too challenging.

Home learning is not able to take place for any reason including illness.

Children's Mental Health Week

This week has been Children's Mental Health Week. The theme was 'Express Yourself' - this is 'not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself' - an important message for us all. Just because the week is over, it doesn't mean that this is no longer a focus. Many of the activities set by the teachers this week on their web pages are super things to revisit and use at any time and we hope you start to incorporate more exercise, mindfulness, yoga, relaxation into the days if you hadn't thought to do so prior to this week. On the parental support tab there is a link to a Powerpoint for parents detailing support available from school, as well as many other useful resources. Please take a moment to read it if you haven't already.

In other wellbeing news, the school council have been meeting virtually this half term to help Mrs Casling with the re-design of the school nurture room, to make it a welcoming and supportive space for all upon our return to school. They have researched some ideas which are now going to the final design and costings stage and we look forward to being able to use the space later on in the year.

 THE CHURCH
OF ENGLAND
Diocese of Leeds



The Best for Every Child- a Unique Child of God

Safeguarding

To ensure safeguarding for all, we will be following certain procedures and will expect the same of our children and parents:

- appropriate clothing for school/work
- appropriate location e.g. general use room in the house or workplace
- blurred backgrounds if not in school (feature available on Teams)
- any 1:1 calls will be recorded by the staff member using this feature on Microsoft Teams (not to be shared anywhere and deleted once pupils are back in school. It is stored in the chat function of the scheduled meeting and securely linked to the Microsoft account)
- parents/carers are invited to be present in the background during the intervention if they wish
- no other family members to be in the call

Please contact your child's class teacher if you have any questions about the support offered to your child.

Emailing Class Teachers

Reception – via Tapestry

Year 1 – year1@holytrinity.leeds.sch.uk

Year 2 – year2@holytrinity.leeds.sch.uk

Year 3 – year_3@holytrinity.leeds.sch.uk

Year 4 – year_4@holytrinity.leeds.sch.uk

Year 5 – years5@holytrinity.leeds.sch.uk

Year 6 – year6@holytrinity.leeds.sch.uk

Don't forget your gate times – please wear a face covering before and after school:			
Year group	Gate	Time	
		AM	PM
6	Fire Gate	8:30	3:00
5	Fire Gate	8:40	3:10
4	Fire Gate	8:50	3:20
3	Office Gate	8:40	3:10
2	Main Gate	8:45	3:15
1	Main Gate	8:55	3:25
R	Office Gate	8:50	3:20

Home learning		
Checking in online with your teacher		
The timings are:	Check in	Check out
Year 6	8.30 – 8.45am	1.30 – 1.45pm
Year 5	8.50 – 9.05am	1.50 – 2.05pm
Year 4	9.10 – 9.25am	2.10 – 2.25pm
Year 3	9.30 – 9.45am	2.30 – 2.45pm
Year 2	9.50 – 10.05am	2.50 – 3.05pm
Year 1	10.10 – 10.25am	3.10 – 3.25pm
Reception	Work/teacher communication provided via Tapestry as usual	

Pupil of the week

<p>RR</p> <p>Our pupil of the week is Jack Hargreaves :) Jack is showing an amazing attitude to his learning, he is working really hard with his letter formation and writing. Jack is really enjoying reading, developing his fluency and his imagination. Jack has created some fantastic characters and settings this week, making up wonderful stories. Well done Jack, we are all very proud of you 😊</p>	<p>RW</p> <p>This week in RW, Phoebe Munden is our pupil of the week. Phoebe has a fantastic attitude to learning and has continued to show enthusiasm throughout her home learning. Phoebe has created some wonderful sentences and has worked hard on her formation. Phoebe loves to be creative and shows her work on our Teams calls. Well done Phoebe, Keep up the hard work 😊</p>
<p>1A</p> <p>A big well done to all of 1A on their amazing Emerald Cities this week but my POW the week is going to Emelia Ingle. Emelia worked methodically in school and used lots of different joining techniques in her structure. Her art and DT work is always well thought out and to a high standard so well done Emelia! 😊</p>	<p>1RB</p> <p>Our pupil of the week this week is Eden Abidian. We are really pleased with the work and effort that Eden is doing at home. He has completed and submitted some fantastic maths and written work this week, well done Eden 😊.</p> <p>Well done to everyone working in school and remotely for their positive attitudes towards their learning this week and for some fantastic models of the Emerald City 😊.</p>
<p>2S</p> <p>A huge well done to everyone in 2S for the amazing home learning this week! We've been blown away by your creative talents and</p>	<p>2J</p> <p>All of the children in 2J have been working incredibly hard this week, whether in school or at home, and I am really pleased with their attitude towards their activities during Mental Health week. My pupil of the</p>

<p>thoughtful answers linked to our mental health week activities! However, this week my pupil of the week is Erin Powell for having a brilliant attitude towards her learning and being so creative with her ideas. I know you're working really hard at home Erin so keep it up! 😊</p>	<p>week is Holly Pallister-Smith. Holly is such a positive role model with her attitude both academically and socially. Holly has made fabulous progress in all subjects this year because of her 'can do' approach, and this week has contributed to all of our discussions with maturity 😊</p>
<p>3W Another fantastic week of work from 3W, I'm continually impressed with the effort everyone is putting in- well done all. I've been particularly impressed with Isaac Nowland who has produced some excellent work including a fab diary entry linked to Stig of the Dump which he read to the class via teams. He's also done some excellent maths work too. Well done, Isaac! 😊</p>	<p>3R This week I have chosen Anya Wilkin as my pupil of the week for impressing me with her home learning. She has written a fantastic diary entry this week linked to our class novel of Stig of the Dump and has tried hard with her maths too. Anya always works hard in school so it's no surprise that she's kept up her super standard of work at home. She is always keen to share her thoughts and ideas on the Teams meetings which has been lovely to see as well. Keep up all the brilliant work Anya! 😊</p>
<p>4L My Pupil of the Week in 4L is Olivia Goodyear! Olivia has continued to work hard with her home learning across all of our curriculum. She has produced some descriptive writing, solved fractions and produced a detailed drawing of the Leaning Tower of Pisa! Keep up the fantastic work Olivia! And of course, a big well done to all of 4L with their home learning efforts this week, I am incredibly proud of all of them for showing perseverance and independence! 😊</p>	<p>4H My pupil of the week is Benjamin Higgins. He has worked incredibly hard in his English all week. He has persevered when encountering tricky challenges and has shown a fantastic, enthusiastic attitude to his learning. Well done Ben! 😊</p>
<p>5O Freya Logan-Hall for a truly outstanding attitude towards home learning, going above and beyond in her work and showing perseverance in all aspects of school life. 😊</p>	<p>5E My pupil of the week is Tyler Williamson. It is his last day today and we would like to celebrate his time at Holy Trinity by letting him know what a star he has been in the time he has been with us. We will miss him and his fantastic personality and wish him all the best luck possible in his new school. Thank you, Tyler. 😊</p>
<p>6C Gracie McDermott - for her amazing and positive outlook to her work. Everyone that has worked with her, has been complimentary about her attitude. Always involved with our class meetings, she brings a smile to these challenging times. Keep up the fantastic efforts. 😊</p>	<p>6M Jayden Archibald for his brilliant efforts in every subject during Lockdown. He has been in school everyday and putting in 100% in everything he does. Even when it was a snow day, he still continued to maintain this high standard and submitted his work in on time. Well done Jayden, keep it up 😊</p>

Mathletics

This week the class trophies go to:

KS1 - both reception classes, RR and RW

KS2 - 3W

Our Top 10 mathletes this week are:

1. Henry Blacker
2. Saffron Wetherill
3. Vincent Wetherill
4. Jack Hargreaves
5. Emily Eastwood
6. Luca Jowett-Rosa
7. Erin Powell

8. Alani Nathan-Moss
9. Souad Nahil
10. William Prestwich

Lots of new names this week ☐

Eco Warriors

Well done to all the children who entered the Eco Warrior Recycling Competition! It is fantastic to see the children's creativeness using recyclable materials and they have demonstrated that you can make just about anything using the contents of your recycling rubbish bin! After careful consideration of the entries, the winner of the Eco Warrior Competition is Alfie Veevers and Lily Veevers for their fantastic kitten playhouse. Well done! A winner's certificate will be emailed to you both! Well done to all those who entered, there was some fantastic inventions! Here are a few wonderful examples!



Support available

If at any time parents/carers have any concerns about their own wellbeing or family relationships; the way their children are coping with home schooling; or any worries about more practical issues such as food, bills, parenting difficulties etc... we can access various support services via the local cluster. Please ask if you need anything, we may be able to help ☐. Please contact Mrs Casling via the info@holytrinity.leeds.sch.uk or telephone school at any point and I will get back to you. Mrs Casling (Deputy Head and Inclusion lead)

Fundraising in lockdown



Caleb and Imogen Townsley (50 and 4H) have decided to do a sponsored exercise throughout February for Young Minds. Every day of the month, they will walk, jog, run or crawl on average 6 miles each day (that's about 12,500 steps) with every step monitored and verified by a Steps App. The aim is by the end of the month, they'll have travelled over 300 miles between them. Every step they take will be for every child or teenager who needs help.

During these difficult times and when we exit lockdown and this sad chapter of our lives is over, we need to make sure that everyone has a future to look forward to and this is our small contribution to a worthy cause. Please see separate email for the Just Giving link.

A message from Kooth counselling service

As we adjust to our third national lockdown, we at Kooth understand the impact and the uncertainty are affecting people's mental health and emotional wellbeing.

Young people aged 10-18 are fortunate to have the Kooth (www.kooth.com) service available to them. Kooth is an **online** mental health community where you can access **free, safe and anonymous support**, commissioned by Leeds NHS Clinical Commissioning Group. There is an info session for parents and carers - on **Wednesday 20th January, 6:30-7:30pm**. Parents can book their place via this Eventbrite link: [CLICK HERE](#).

Information letter also added below.

Training Days for the rest of the year

½ day (Parent Consultations) TBC

Friday 28th May

Monday and Tuesday 26th and 27th July

Cath Hellings
Headteacher



Leeds

Clinical Commissioning Group



www.kooth.com

Dear Parents/ Carers,

We are writing to inform you of a mental health and emotional wellbeing service available to young people called Kooth. We know that there are times when life can feel like a struggle and that, especially this year, some extra support can be needed. Recognising this, Kooth has been commissioned by Leeds NHS Clinical Commissioning Group to provide free, anonymous and safe online support for young people aged 10-18.

Kooth is an online community (www.kooth.com) that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners. All out-chat sessions are done via text, and last up to an hour. Chat is available from 12pm to 10pm on Monday-Friday, and 6pm-10pm on Saturday-Sunday, providing a much needed 'out of hours' service. Kooth is accessible from any device that can access the Wi-Fi, allowing young people to seek help and support at a time and location that is suitable for them.

But Kooth is so much more than just having chat sessions. Young people can get peer-to-peer support, as well as get involved with activities designed to improve emotional wellbeing and resilience. They can participate by reading/writing magazine articles, keeping a journal, setting goals and engaging in discussion boards and live forums. We allow young people to share their experiences safely, and everything contributed to the community is thoroughly moderated by the online team so that we can guarantee there won't be any trolling, bullying or judgement – they also won't be allowed to share any personal details with each other.

Kooth is not a replacement for any in person support for a young person; rather it is an additional means of accessing further support. There is no such thing as a problem that is too big or too small at Kooth. Our team reflects all communities and walks of life, so no matter what issue you come to us with there is somebody at Kooth who can and will help.



Mental Health Support, Information and Advice for Adults and Parents/Carers:

Key websites to access

www.leedsmind.org.uk

www.mindmate.co.uk

Silvercloud self-directed website for parents/carers

Northpoint have worked with Silvercloud Health to provide access to online support for parents and carers during the current situation.

The site has been designed by clinical experts with the aim of empowering you to think and feel better. The website includes programmes that are tailored to your needs. It contains easy to use content and interactive tools.

The online space is secure and anonymous. No identifying details are required apart from a contact e-mail address.

To access the site go to <https://nhs.silvercloudhealth.com/signup/> and enter the code 'north' when prompted.

Mental Health Support for Children and Young people

Mindmate www.mindmate.org

Teen Connect (13-18 years) Teen Connect is a helpline for Leeds based 13-18 year olds who are in crisis. Open 6 pm – 2 am every night of the year. Call, go online or send a text 0771 566 1559 .

Kooth online counselling an emotional wellbeing service Kooth online counselling is a free, safe and anonymous service for 10-18 year olds where young people can chat 1-2-1 with counsellors, access self-help articles 24/7 and connect with peers through live moderated forums. www.kooth.com

Give us a shout <https://www.giveusashout.org/>

24/7 Anonymous Text Support for When You Feel You Can't Cope. Text Us Today

For support in a crisis, Text Shout to 85258

Childline <https://www.childline.org.uk> - Whatever your worry we can help you. Call Childline for help and advice!

Tel: 0800 1111

The Mix Emotional support for under 25's. 24/7 Crisis messenger, 1-2-1 chat, forums and resources. www.themix.org.uk

Resist or manage the urge to self-harm

The Calm Harm app has been customised for young people in Leeds (aged 12 – 25 years). It helps you resist or manage the urge to self-harm; it has a number of activities including breathing techniques to help reduce symptoms of stress and anxiety.

Safe Zone (11-17 years)

The Safe Zone is a crisis service for young people aged 11-17 in Leeds. It's open every Monday from 7pm to 10pm – the last drop-in to Safe Zone will be 9.30pm. Call 0113 819 8189 call before you go.

The Market Place

The Market Place offers free, confidential support in Leeds 11-25 year olds. Call 0113 246 1659 or 0113 819 8189. 18A New Market St, Leeds. www.themarketplaceleeds.org.uk

Samaritans

Samaritans is available round the clock, every single day of the year, for anyone who is struggling to cope. Call 116 123 <https://www.samaritans.org>

Bereavement support for Children and Young People