



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 487

12th February, 2021

Dear Parent / Carers

Our Christian Value this term is **Trust**

Our Ethos Statement this week is: **Trusting the future to God**

'Do not let your hearts be troubled. Trust in God; trust also in me.' John 14:1 (Jesus' words to his disciples)

Week 6 of Spring Term

Our 6th week of lockdown

If you are like me, and take the opportunity to read the Pupil of the Week notices each week, you will have noticed how our teachers talk about our children. How our children show perseverance and determination and persistence – how they have a great attitude to their learning and how they always try their best. Our Christian Values permeate right the way through our school. This year so far we have explored Thankfulness, Friendship and Trust – values that are indeed challenging at the best of times – and yet those values have been lived out in our community; we will go on to explore what it means to have Forgiveness and Peace and Courage (again they are challenging values in this uncertain and worrying world; but I know that, once again, we will see them lived out in our Holy Trinity family). Building upon the Values explored last year – of Respect, Service, Perseverance, Hope, Compassion and Truthfulness. Each of our Christian Values have made an explicit difference to the way our children have approached their learning and their relationships in school and at home – how they grown further as incredible children of God.

Our children are indeed incredible and are supported by an incredible team of teachers and teaching assistants and our Learning Mentor (and office staff, cleaners and not forgetting Mrs Mann in the kitchen who has reinvented the way dinners are delivered to our children this year) they care very deeply about our children's well-being and the progress that they make. Our staff, who have equally displayed our Christian Values, in learning new ways of teaching and supporting each other and our children and you at home this term. Who have evolved our school curriculum to ensure that our children have had the best teaching and interventions possible. I know that each and every member of our Holy Trinity family will welcome the half term break – in which batteries can be recharged.

Finally a big THANK YOU goes to you too, for supporting your child – and us to achieve the very best - even when working at home. I think that we will look back upon our lockdown times and we will wonder how on earth we managed to achieve what we actually did! Hopefully a more normal way of working is just around the corner.

Have a restful and peaceful half term.

COVID Health and Safety Audit by Leeds Health and Safety Team

Earlier this term we invited the health and safety team to come into school to audit our COVID procedures.

Here are the findings from the audit:

Thank you so much for accommodating us in your school and allowing us to take part in a COVID audit of your protective processes it was really nice meeting you and your deputy.

Please accept this email as a summary of our visit with some of the key points highlighted below.

The main thing I would like to point out from us, is that throughout the school including your drop off procedures we observed consistent best practice and we have no concerns about the management of COVID on your site.

During the supportive audit we looked at the following areas:

 THE CHURCH
OF ENGLAND
Diocese of Leeds



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1. Parents Drop off and Pick ups
2. Arrival on to site (Visitors)
3. Main reception, sign in and out procedure
4. Classroom settings (KS1 and KS2)
5. Corridors
6. Toilets and hand washing areas
7. On site outside areas (playground)

The building is in excellent condition and has clearly been well maintained, and the standard of cleaning is of an high standard with a recommendation of more frequent touch point cleaning being introduced .

To reiterate the opening main point- we have no concerns over the management of COVID on your site and thank you for your time.

Isaac Hewston
Health, Safety & Wellbeing Adviser (Schools)

What to do if you have a confirmed case of Covid-19 during half term

If you or your child tests positive during the half term holidays then please contact school at info@holytrinity.leeds.sch.uk to inform us of it.

If your child has a positive COVID-19 test result and their symptoms started up to and including Sunday 14th February then please let us know **urgently** on info@holytrinity.leeds.sch.uk as we will have to notify other children within their bubble – and also notify Public Health England. The email address will be monitored daily.

Pupil of the week

<p>RR Kitty is our pupil of the week :) Kitty is a wonderful member of our class. Kitty is kind, caring and tries her best in everything she does. Kitty's attitude to learning is fantastic, she is working very hard in school and is amazing us with her reading and writing especially using our new digraphs and writing sentences. Well done, Kitty :)</p>	<p>RW The Pupil of the Week in RW is Vincent Wetherill. Vinnie has shown his maturity over the half term. He has a very positive attitude to all aspects of learning in Reception. Vinnie has made new friendships and has shown such a kind nature towards his peers. Well done Vinnie :)</p>
<p>1A This week I have chosen Jacob Snowdon as pupil of the week. Jacob is always full of ideas and creativity and this week he really impressed me with his assemblage art. He used lots of different materials and objects and really thought about the composition of his piece. You should be very proud, Jacob. Well done! 😊</p>	<p>1RB Our pupil of the week this week is Henry Speight. Henry has worked really hard throughout this half term, he has participated in teams calls and has completed work to a high standard on a daily basis. We are very proud of the progress that we have seen, especially with his writing. Well done to everyone working both in school and remotely for all their hard work this term 😊.</p>
<p>2S My pupil of the week is all of 2S (and their parents!) They have all been absolutely incredible this half term either being in school or working from home. We have loved seeing their smiling faces on teams, hearing about all the fantastic things they've been getting up to and finding out how hard they've been working. I can't wait to read your wonderful stories! Mrs Baker and I are very proud of you all! 😊</p>	<p>2J Eva is our pupil of the week for 2J this week. Eva has had a brilliant term at home with her learning. She has grown in confidence to work much more independently and her reading, spelling and maths are all coming along brilliantly. She is starting to believe in herself much more which is great to see. Keep it up Eva :-) Thank you to all of the children, parents and grandparents in 'Team 2J' who have made this such a positive term and have kept up enthusiasm and motivation throughout. Now relax!</p>
<p>3W This week I would like to award pupil of the week to all of 3W. The last six weeks have been rather different to what we were expecting. However, I have been blown away by the hard work the whole class has put in. Everyone has put in huge amounts</p>	<p>3R I have been so impressed with the whole of 3R this half term for their brilliant attitudes to learning both at home and school, so it was a tricky decision for me to choose just one pupil. However, this week I have chosen Darcey Curbison as my pupil of the</p>

of effort and produced lots of excellent works. Well done everyone! 😊	week. Darcey has produced a fantastic non-chronological report all about mammoths and has tried hard with all her learning. Darcey is a very kind and caring member of our class and will go out of her way to cheer people up when they feel sad which has been lovely to see. Well done Darcey!
4L My Pupil of the Week in 4L is Finnlay Raven. Finnlay has tried incredibly hard this week in all aspects of his learning but particularly in his English work. He has produced a wonderfully descriptive travel diary entry, transporting his teachers to sunny Sicily! Finnlay has a fantastic awareness of the reader and includes lots of detail in his writing, including similes, fronted adverbials and complex sentences. And of course, a HUGE well done to all of 4L with their home learning this half term. I have been truly astounded by the children's perseverance and attitude towards their work. I am really proud of all of them ☐ Have a well-deserved break! Miss Lill x	4H My pupil of the week this week is Emily Dougill. I have chosen Emily because she has persevered with some really challenging fraction work in maths, written a brilliant, descriptive diary entry about Sicily and has also worked incredibly hard in her phonics and maths group. Alongside all of this, she has even found time to form a band and been practising some songs! Well done Emily! 😊 😊
5O All of 5O for their brilliant attitude towards their learning during this difficult time. They have shown superb resilience, enthusiasm and the ability to adapt throughout this period and I wish them all a great half term.	5E Sam Peterson is my pupil of the week. He has really embraced Lockdown and has shown an increased maturity in tackling his work independently. His writing continues to impress the whole class and his sentence standard is scarily good for Year 5, which he showed in his diary entry; he's just got to keep working on his punctuation! 😊
6C Ralph Kilbride for his impressive efforts throughout the past weeks. Like all of 6C, he has worked hard on the tasks that have been set, all the while keeping a positive attitude. This week he has formulated and solved some complex algebraic equations, written a clear set of instructions for making an igloo and baked some impressive looking bread. Well done Ralph, you, and the rest of 6C, deserve a relaxing break! 😊	6M All of 6M for their great attitude over this half term. They have been resilient and have made me feel proud to be their teacher- well done 6M you superstars! 😊

Mathletics

This week it's a 3-way tie for the KS1 trophy between RR, RW and 2J - well done to everyone who contributed ☐
In KS2 the trophy goes to 4L.

Top 10 mathletes:

1. Luca Jowett-Rosa
2. Lennon Townend
3. Henry Blacker
4. Noah Ross
5. Seth Clark
6. Freya Bell
7. Alani Nathan-Moss
8. Florence Nicholls
9. Erin Powell
10. Finnlay Raven

Support available

A useful link: Parenting in a Pandemic: Support for your Mental Wellbeing in Lockdown 3.0

<https://northleeds.mumbler.co.uk/parenting-in-a-pandemic-support-for-your-mental-wellbeing-in-lockdown-3-0/>

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)

Message from the cluster

The cluster have put together a 4-week webinar based on anxieties, loss and coping strategies for both adults and children during the Coronavirus pandemic. The webinar is available to any families who feel they would benefit from it. The webinar starts on February 25th at 1:30pm and the following sessions will be for the three Thursday's which follow at 1:30pm. Each session will be around 30 minutes, and this will be delivered over zoom. The sessions will be recorded for any parents who may not be able to watch these live due to home schooling, work commitments etc. Please can you share this information with your families and if they are interested, we would need their email addresses to send them the zoom invitations please.

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