



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 488

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Dear Parent / Carers

Our Christian Value this term is **Forgiveness**

Our Ethos Statement this week is: **Saying sorry and being forgiven**

Then Peter came to Jesus and asked, ‘Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?’ Jesus answered, ‘I tell you not seven times, but seventy-seven times (or seventy times seven times).’

Matthew 18:21-22

Week 7 of Spring Term

Following the Prime Minister’s announcement on Monday that children would be returning to school on Monday 8th March I wanted to update you with our measures and procedures in school to keep everyone safe.

You may have heard, on the news, that school staff are carrying out twice weekly Lateral Flow Device tests. All of our staff in school have been carrying out these tests. We also requested that members of the Health and Safety Team at Leeds City Council come and review our COVID protection measures (see the report below) to ensure that we are doing everything that we can to keep our children and staff safe.

Next week your child’s teacher will meet with you (virtually) to ask about how they have managed over lockdown. We are organising afternoons next week –the online afternoon check-in on the days when your teacher is consulting with parents will be cancelled.

Reminders about coming into school:

In order to maintain separate ‘Bubbles’ and bring the children quickly into school we ask that **only one parent** to drop off in the morning or pick up in the afternoon – this is so that there are reduced numbers on the pavement outside of school.

Please also remember to keep a social distance of 2-metres from the next adult. Please don’t congregate around the school fence or gate. I know that you want to see your children go into school but we do need to ensure that the pavement is kept as clear as possible, which is why we ask that as soon as your child comes onto the school grounds you then move quickly away from the school gate/fence.

The start and end of the day is staggered so that we can maintain ‘Bubble’ security and ensure that there are limited number of people around at any one time. **We ask that you ensure that you wear a mask when you drop off in the morning and pick up on an afternoon.**

Children who are in Reception Class will be dropped off **at the gate** in the morning – they will come into school via the office gate, line up at the bottom of the ramp and then will be collected by the teachers at their allotted time. In the afternoon you will come into the school via the office gate as you did in the Autumn Term. Please don’t come too early as you may then come into contact with other bubbles.

I am sure that you appreciate that we have to maintain a strict regime for the benefit of all in school so that a Covid-19 outbreak does not affect the health and well-being of our school community.

 THE CHURCH
OF ENGLAND
Diocese of Leeds



Stephen Lawrence
EDUCATION STANDARD

INVESTORS IN PEOPLE

HealthySchool
Investors in Pupils



Leeds PE & School Sport
CHARTER MEMBER



SPORT
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ACHIEVEMENT GOLD

The Best for Every Child- a Unique Child of God

I would like to thank you for your support during this time – you can continue to support school and your child maintain a safe entry/exit to school by:

- Being prompt for the start and end times – **please don't arrive too early or too late!**
- Make sure you wear a mask and move away promptly when you have dropped off or picked up your child.
- Please be considerate of other pedestrians/parents who may be moving to a different gate – or may even be trying to walk along the pavement!
- If you are picking up children from different bubbles we ask that you collect each one separately – please don't cross over the playground from one bubble to another – and please exit the gate you entered through and re-join the next collection bubble.

In order to accommodate the staggered starts and ends to the day we are closing the school office to visitors from 8:30 - 9am and from 3:00 to 3:30 pm this will allow us to dismiss the children in year 3 and Reception safely.

Gate times are as follows:

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

Many thanks for your understanding and support – we do realise that there is no ideal situation here and we are all having to make adjustments at this very worrying time.

We are really looking forward to seeing all of our children back in school again and once again would like to thank you for your immense efforts in home educating your child.

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:

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 a 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)

Pupil of the week

RR Freddie Heath is our pupil of the week :-) Freddie has shown a fantastic attitude to this learning, it has been wonderful to see all the fantastic learning he is enjoying at home and he is working really hard on our new phase 3 sounds, writing fantastic sentences and really focussing on his letter formation. Well done, Freddie ☺	RW In RW our pupil of the week is Esme Clark. Esme has a fantastic imagination and has created a brilliant Super Hero called Sparkle Speed as part of our brand new topic this half term. Esme has worked really hard during her phonics and wrote wonderful sentences all about her new character, Well done Esme ☺
1A This week I have chosen Georgia McGeachie as my pupil of the week. Like all of 1A, Georgia has worked her socks off throughout lockdown but I'm particularly impressed with Georgia's attitude to her maths work. Although finding it a bit tricky at first, Georgia has shown an immense growth mindset and it's really paid off. Well done, Georgia! Keep it up! ☺	1RB Matilda Miller - For working hard at home, producing work to a high standard and for sharing her ideas on teams calls. Well done ☺ Well done to all the children working from home and at school for their continued efforts this week ☺.
2S Isabella Egglestone for her fantastic home learning this year. She has completed some excellent pieces of work at home and I've enjoyed hearing about all the books she's been reading! Keep it up Isabella, we're very proud of your wonderful attitude and enthusiasm! ☺	2J We continue to be really impressed and encouraged by all the wonderful home learning (and learning in school) that 2J are doing. It is wonderful to see the effort that they are putting in. Our Pupil of the Week this week is Emeli Hawthorne. Emeli is always enthusiastic, always creative, always smiling and has given some excellent answers to questions on our Teams calls this week. We also enjoy her cats joining our meetings most afternoons :-). Keep it up Emeli. Your mature attitude is fabulous! ☺
3W Well done to all of 3W for another fab week working at home - just one more week to go ☺ This week our pupil of the week is Saffron Wetherill. She has been working really hard in school and has been producing some excellent work. Her maths work maths work on our learning on measure has been super. She's really impressed me with her enthusiasm to our learning this week- massive well done Saffron! ☺	3R Well done to everyone in 3R for a brilliant week with lots of super learning happening. This week I have chosen Matthew Peterson as my pupil of the week. Matthew has impressed me with all the learning he has done at home and has kept up his fantastic attitude to learning throughout the lockdown. Matthew always produces work to a high standard and works hard to present his work neatly. I was particularly impressed with the super sentences he has written this week and he has created a fantastic still life drawing too. Keep up the good work Matthew!
4L My Pupil of the Week in 4L is Bridget Lee. I am so proud of Bridget for trying so hard with her home learning this week, particularly in her maths and reading! She has made a great start with our new half term's learning! Well done Bridget! □ And of course, a huge well done to all of 4L who have settled back into their home learning and continued to impress me! Well done 4L!	4H My pupil of the week is Ruairi Newton. Ruairi has worked incredibly hard over the past few weeks at home. He has sent in all of his work to a really high standard and has gone above and beyond! I have been so impressed with his attitude towards his learning and his enthusiasm for all subjects. It is also sadly Ruairi's last week at our school. Good luck in your new school Ruairi, we will all really miss you!
5O George Haywood for persisting with tricky work, both online and at home, showing a growth mindset and a good attitude to all aspects of school life. ☺	5E My pupil of the week is Ella Ledger for the maturity and independence she shows every single week of Lockdown to get on and do her work without prompt, issue or help. Her work is always at the required standard, beautifully written and sent into school at the end of every day without fail. Well done. ☺

<p>6C Alice Smith for her superb attitude and efforts while working from home. She has ensured she has maintained high expectations of herself and as a result has produced some great work. Her giant mountaineer and descriptions of equipment have been impressive examples of this. Well done Alice, and the rest of 6C, for another great week.</p>	<p>6M Ethan Watson for his excellent persevering throughout lockdown. His work is always of a high standard and I have been continually impressed with everything he has submitted- well done Ethan!</p>
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Mathletics news

This week the Key Stage trophies go to...

- KS1 = 2J
- KS2 = 6C

Our top 10 mathletes this week are...

1. Sophia DiMonaco
2. Ruby Papa
3. Christian Holmes
4. Noah Ross
5. Chloe Egglestone
6. Joshua Smith
7. Lily Jacques
8. Lily Thomas
9. Charlie Pullan
10. Anita Cwener

World Book Day – Thursday 4th March

I know from talking to the children in my class that there has been lots of reading going on at home, which is lovely to hear, and next week we will be celebrating all things reading with World Book Day on Thursday 4th March.

Normally, we would ask the children to dress up but as lots of children are at home we'll postpone dressing up for another time. However, there are still lots of fantastic ways to get involved:

- Share a story - This year's World Book Day theme is all about sharing stories, after all the whole point of a story is it's meant to be told! We'd love to see some photos of you sharing stories at home. This could be with siblings, parents or support bubbles, via a video call to Grandparents perhaps or with friends or even just to the family pet or your teddy before bedtime. Stories are a lovely way to escape the house when we can't really go anywhere.
- Join in with the online World Book Day live sessions (links to these will be on the year group pages next week):

Wednesday 3rd March, 10.30am – Books that Make you LOL!

Starring: Humza Arshad, Alex Bellos & Ben Lyttleton (Football School), Jonny Duddle and Zanib Mian
Hosted by Kenny Baraka, motivational speaker

Thursday 4th March, 10.30am – World Book Day special – Bringing Reading to Life

Starring: Joseph Coelho & Fiona Lumbers, Tom Fletcher and Lydia Monks and special guest Rob Biddulph
Hosted by Nigel Clarke, TV presenter

Friday 5th March, 10.30am – Books and the Real World

Starring: Sita Brahmachari, Jess French and Katherine Rundell
Hosted by Jessie Cave, actor and podcaster

- **Bake a Book...**I know we have a school filled with star bakers so we'd love to see some book themed bakes. You might decide to make Gruffalo cupcakes or take inspiration from Roald Dahl or Harry Potter books. A quick google will give you loads of ideas, you can be as creative as you like!



Any photographs can be sent to your usual year group email. We hope you all manage to get involved in some way and we can't wait to see what you've got up to! Happy reading!

Miss Slaney ☺

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

Friday 28th May

Monday and Tuesday 26th and 27th July

Cath Hellings
Headteacher



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