



## 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 489

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Dear Parent / Carers

Our Christian Value this term is **Forgiveness**

Our Ethos Statement this week is: **Being forgiven and starting again**

**For if you forgive men when they sin against you, your heavenly Father will also forgive you. Matthew 6:14**

#### Week 8 of Spring Term

I don't know about you but I know that we, in school, are all looking forward to the children coming back into school next week – the thought of moving towards a more 'normal' way of working is definitely one that cheers the heart! Thank you for supporting your child with their learning over the last 8 weeks – we really do appreciate all that you have done for your child.

#### **Just a few reminders for this version of 'normal':**

We will be reverting to the staggered starts and bubbles that existed before the Christmas break. It worked really well then and I am sure that it will work very well again. Please remember not to arrive too early or too late for your allotted time. 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.

**Please ensure that you wear a mask when you drop off in the morning and pick up on an afternoon.  
Please don't use your mobile phone whilst on the playground.**

If you arrive early to school please wait across the road until your allotted time. Once your Bubble time has arrived and you are waiting at the gate please ensure that you keep a social 2m distance from other adults not in your bubble and please don't block the pavement or wait either side of the pavement to create a 'tunnel' effect down the middle of the pavement. Once you have dropped off your child or picked up your child please move away from the gate – this will keep the pavements clear so that everyone can feel safe.

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.

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.

There have been slight changes to the way children in the Reception classes come into the reception gate. Parents will need to drop their child off at the gate in the morning. The children will wait by the entrance to the reception playground until their teachers arrive. The children from the Reception classes have been doing this since January and have been brilliant at lining up by themselves. Please don't linger around the fence after they have been dropped off as this will cause the pavements to become congested. They will be picked up as usual at the end of the day.

 THE CHURCH  
OF ENGLAND  
Diocese of Leeds



**The Best for Every Child- a Unique Child of God**

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.

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
R	Office Gate	8:50	3:20

Many thanks for your continued understanding and support.

### **Pupil of the week**

<p>RR</p> <p>My Pupil of the Week goes to everyone in RR. I am very proud of the enthusiasm and resilience they have shown throughout remote learning, whether learning at home or in school. They have adapted amazingly and worked so hard. We have loved seeing all their fantastic work and creativity on Tapestry and all their smiling faces on teams. Well done, we are so proud of you all and are very excited to welcome you back to school 😊</p>	<p>RW</p> <p>My pupil of the week this week is all of RW! 😊 I am so proud of everyone both at home and in school for their fantastic attitude to learning and for being so resilient to the changes. I am very excited to welcome all RW back to school on Monday 😊 Well done!</p>
<p>1A</p> <p>This week was a particularly hard week to choose a pupil of the week. 1A have been amazing over the last 6 weeks and their attitude to home learning has been faultless, you should all be proud. However, this week I am choosing Charlie Hemmingway. Charlie has made so much progress in his reading and writing over the course of this half term. He's worked so hard and we're all so proud of him. Keep up your momentum Charlie! 😊</p>	<p>1RB</p> <p>Our pupil of the week is Anna Carruthers. Anna works really hard in all subjects and shows enthusiasm towards all her learning. She is very helpful in class and a good friend to others. Well done!</p> <p>Well done to all those children working at home and at school this week. You should all be very proud of yourselves. We look forward to seeing you all next week. 😊</p>
<p>2S</p> <p>Noah Duffield for being an absolute superstar at home and trying incredibly hard with his reading! Mrs Baker and I are very proud of him and all the effort and enthusiasm he's shown over the last 8 weeks.</p> <p>Also a huge well done to all of 2S, we can't wait to have you back with us! 😊</p>	<p>2J</p> <p>Congratulations to all our parents and children who have been home schooling - you have made it to the end!!! Phew! Thank you so much for all your amazing efforts and wonderful emails that you have sent in. We have loved seeing your work at home. If I could give every parent, grandparent and child POW I would! You've been stars! I'm going to give pupil of the week this week to Scarlett Bakal for having an outstanding attitude towards her work for the last 8 weeks. Her efforts have been brilliant. 😊</p>
<p>3W</p> <p>We've made it! Well done to all of 3W for all of your hard work over the last eight weeks of home learning, you have all been absolutely fantastic! It has been another incredibly tough choice for Pupil of the week this week however, I have chosen Oskar.</p>	<p>3R</p> <p>My pupil of the week is all of 3R! They have tried incredibly hard over the past nine weeks, whether that is learning from home or working in school. I have been so impressed with all the work they have done, and it's been great to see such enthusiasm</p>

<p>Oskar has been working extremely hard over the past eight weeks and has produced some super work. He's been engaged with all of our Teams calls providing some excellent input too. Alongside all of his hard work, he's even tried his hand at cooking and baking too. Well done Oskar! 😊</p>	<p>and determination. I've loved seeing them on Teams every day and hearing about all the fantastic things they've been doing. Well done 3R, I can't wait to welcome you all back in school on Monday! 😊</p>
<p>4L My Pupil of the Week in 4L is Elliot Kee! I am so proud of Elliot's work and enthusiasm during learning at home. He has continued to try hard with all areas of the curriculum and has impressed all the teachers with his additional work! I have loved seeing pictures and videos of his creativity whilst at home! Well done Elliot! And of course, another huge well done to all of 4L! I am so proud of how each and every one of them have continued to show perseverance and resilience during their home learning. I can't wait to have 4L back together again next week! Love from Miss Lill 😊</p>	<p>4H My pupil of the week this week is Charlotte Borrill! She has really impressed me with her hard work over the past few weeks. She has shown great enthusiasm for all of her subjects, especially in our Ancient Romans topic! Charlotte loves to share on our video calls and is always bubbly and cheerful! Well done Charlotte for your excellent effort and I look forward to seeing you and the rest of 4H on Monday! 😊</p>
<p>5O The whole of 5O for their fabulous efforts throughout lockdown. I am very proud of every member of the class for their outstanding attitude to learning whether in school or at home. Well done everyone and keep it up! 😊</p>	<p>5E My pupil of the week is Luke Wilson. I feel that Luke has encapsulated everything that I think is good about Lockdown. He has been the first in the calls, has been involved in all the meetings, has embraced the online work and Teams Assignments and done everything with a smile on his face to a high level. He should be very proud of himself. 😊</p>
<p>6C A huge well done to all of 6C for your incredible efforts during these challenging times. You have all demonstrated the important life skills of adaptation, independence, perseverance and fortitude. You should all be proud of yourselves, as we are of you. 😊</p>	<p>6M The whole of 6M for their absolutely fantastic attitudes throughout this entire period of home learning. They have submitted high quality work, risen to the task and when things have got tough, shown great perseverance and determination to get better. I have been extremely proud of each and everyone of them and I look forward to seeing them all in person on Monday- well done 6M! 😊</p>
<p>A huge well done to all of our parents who have supported, cajoled, demanded and applauded your child's efforts during their working from home schooling this term – who have got to know Microsoft Teams better than you ever thought that you could. We couldn't have done this without you! Great teamworking. 😊</p>	

## Mathletics

This week the class trophies go to **2J** and **5O** - the trophies will be in your classroom ready for your return on Monday! Next week they will be announced in a virtual pupil of the week assembly in your classrooms 😊

### Top 10 Mathletes:

1. Noah Ross
2. Christian Holmes
3. Zac Orson
4. Seth Clark
5. Eddie Johnson
6. Max Middlemiss
7. Georgia Verity
8. Jacob Zelikson
9. Maksym Jakubiak
10. Erin Powell

## **Eco Warrior Notice**

At Holy Trinity, we believe it is crucial to help restore our Earth and one of the ways we can do this is by growing lots of plants and shrubs, which also promote an increase in garden insects and wildlife! We were very lucky to have some bulbs donated to us from Caring for Life by Mrs Stoker (mum of Pearl and Gabby). Year 4 have been busy planting the bulbs in the sensory garden this week, so keep your eyes peeled for some beautiful flowers blooming this Spring! We would love to see any photos of you gardening, planting seeds and tending to fruit and vegetable patches!

You can send your photos to [Year\\_4@holytrinity.leeds.sch.uk](mailto:Year_4@holytrinity.leeds.sch.uk)

Thank you!



## **Fundraising in Lockdown**

A big thank you to all who sponsored, or wished Caleb and Imogen Townsley well for their February step challenge in conjunction with YoungMinds. A mixed bag of terrain and weather conditions; Arctic winds and deep snow at the start of the month vs a pleasant warm spring breeze coupled with the occasional bit of sunshine towards the end.

The final distance walked was a combined 833,788 steps over the 28 days, equating to 333 miles but more importantly **£685** raised for the charity.

## **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](mailto: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)

## **From the cluster - free parental support webinar**

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 will be available to any families who you feel would benefit from it.

The webinar starts on Thursday 11th March 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 long and will be delivered over zoom. The sessions will be recorded for any parents who may not be able to watch these live due to work commitments etc.

The webinar will be run over 4 weeks and each week we will be covering a different topic. The topics which we are covering will be anxiety, depression, managing loss and coping strategies. The sessions are all based around signs, symptoms, self-help, tools and strategies which will help families, especially during lockdowns and local restrictions. The webinar is aimed at adults, but we are covering a lot of information on children who may be suffering with their mental health too. There are

tools and strategies for how parents can help their children if they are suffering from anxiety or if they are struggling from the loss of a family member whether that be through covid or managing the loss of a normal lifestyle, missing school etc.

We think it will be particularly useful for families as the information is coming from professional counsellors. Each week there will be a chance for parents to ask any questions they may have relating to the webinar and we will also be offering our support to them through telephone calls if they would like some extra support. There will also be a list of resources where we can signpost people to for extra help and support if they would like it. Each session will end with some mindfulness as well.

If you would like the details about how to sign up for the webinar, please contact the school office or Mrs Casling.

### **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](http://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 28<sup>th</sup> May

Monday and Tuesday 26<sup>th</sup> and 27<sup>th</sup> July

Cath Hellings  
Headteacher



**Leeds**

**Clinical Commissioning Group**



[www.kooth.com](http://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](http://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](http://www.leedsmind.org.uk)

[www.mindmate.co.uk](http://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](http://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](http://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](http://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](http://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**