



# 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 490**

12<sup>th</sup> March, 2021

Dear Parent / Carers

Our Christian Value this term is **Forgiveness**

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

**Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. Colossians 3:13**

### Week 9 of Spring Term

It was really lovely to see all of our children return to school this week – the excitement of all (children, teachers and parents) was palpable – it was a Monday morning that we were all looking forward to and it definitely didn’t disappoint! What a great week it has been with us all striving to get to a more ‘normal’ way of working – and building up that being in school stamina.

We conducted our Pupil of the Week worship over ‘Teams’ this week and it was truly wonderful to see all of our children at the same time and for all of our children to see each other and to take part in this essential celebration.

It is very busy around the school gates at the staggered drop off and collection times - thank you for trying to arrive just in time both at the beginning and end of the day it truly makes a difference having fewer people around the school gates at once. Thank you also for waiting across the road and ensuring that the pavements beside school are kept as clear as possible – this ensures that we keep each other as safe as we possibly can. I know that you do appreciate our maintaining this 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. I know that rates of the virus are falling around Leeds and the Cookridge area but with the re-opening of schools cases of infections are set to rise.

Gate times:

| 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 |

### School Office

**In order to allow us to dismiss the children in year 3 and Reception safely at the beginning and end of the day please note that our school office is closed to visitors from 8:30-9am and from 3:00-3:30pm.**

 THE CHURCH OF ENGLAND  
Diocese of Leeds



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

Many thanks for your continued understanding and support.

### **Pupil of the week**

|   |  |
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| <p>RR<br/>Ben is our pupil of the week this week :) Ben is showing a fantastic attitude to learning in Reception. Ben is listening very carefully on the carpet and working really hard in phonics, he has really impressed us with his wonderful letter formation and his sentence writing. Well done, Ben 😊</p>   | <p>RW<br/>Our pupil of the week in RW is Noah Ross. Noah has had a fantastic attitude to learning since returning to school this week. Noah is a wonderful member of RW and is so kind and caring to all the other children. Well done Noah 😊</p>  |
| <p>1A<br/>Milo Webber for having a really positive attitude throughout lockdown, continuing to coming back to school. Milo is always upbeat and loves to make others happy. His positivity always carries through to his attitude to school work and he always gives 100%. Well done Milo.</p>  | <p>1RB<br/>Harriet Stott for working really hard this week. She has been trying so hard with her independent writing and and is always a helpful and friendly member of 1RB. Well done Harriet for a super first week back! 😊</p>  |
| <p>2S<br/>2S have made a fantastic start back to school and I'm so proud of all of them but my pupil of the week this week is Emily Cail for her wonderful attitude to her learning and coming back with the biggest smile on her face totally ready to learn! Keep it up Emily! 😊</p>  | <p>2J<br/>All of 2J have returned to school displaying a much more mature and independent attitude towards their learning which has been great to see. This week we have chosen Finlay McKain as our pupil of the week. Finlay has impressed me all week. He has been really enthusiastic with his learning. His hand has been up to make contributions in every lesson and his written work has been detailed and well thought out. He has a shown a good understanding of shape in maths too. Well done Finlay - keep it up! 😊</p> |
| <p>3W<br/>Well done to all of 3W for a fantastic week in school, it has been great to have everyone back in and everyone has been working hard! An extra well done to Ewan Horner who is our pupil of the week, he has got straight back into the swing of things, producing some excellent work as usual. He has also earned his pen licence too. Well done Ewan! 😊</p>  | <p>3R<br/>I have chosen Eva Cail this week as she has settled back into school brilliantly and has impressed me with her behaviour all week. This week she has shown a fantastic attitude to learning and has been working hard in all lessons. She particularly impressed me with her lockdown acrostic poem that she worked hard on in English. Keep up the super work Eva! 😊</p>  |
| <p>4L<br/>My Pupil of the Week in 4L is Freya Taiwo. Throughout lockdown, I was incredibly proud of how Freya rose to lots of different challenges and now she has returned to school she has continued with the same great attitude and enthusiasm towards her learning! She has settled back into school well and has produced some lovely pieces of work as we continue our ancient Romans topic! Well done Freya! 😊</p> | <p>4H<br/>My pupil of the week this week is Maisie Redmond! She has shown an excellent attitude in her work this week and has worked incredibly hard. She is always cheerful and bubbly and has settled back into school really well! Well done Maisie! 😊</p>  |
| <p>5O<br/>Jacob Zelikson for his outstanding attitude during home schooling and then continuing the great work now back in the classroom. Jacob has been a great role model inside and outside of the classroom and I am sure he will continue to press on throughout the year. 😊</p>   | <p>5E<br/>Charlie Britten gets our Pupil of the Week vote this week. He has continued, since Lockdown, with a great attitude towards his work. His maths has contained new found confidence and he got a super score in this week's mid-year arithmetic test. His ideas in designing a space suit have been great also. 😊</p>  |

|  |   |
|--|---|
| <p>6C<br/>Ashley Farmery for his brilliant attitude on his return to school. He has been fully involved in our class discussions across all subjects, offering his opinions and responding respectfully to the views of others. Keep up the great efforts. 😊</p> | <p>6M<br/>Matthew Borrill for his excellent attitude with his learning this week. He has come back and worked incredibly hard; he has also given some deep, well-thought out answers to our class novel the Hobbit and compared it to books he has read himself. Well done Matt- keep it up 😊</p> |
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### **Mathletics news**

The trophies will be cleaned and passed on to their new classrooms this week....

2J need to hand it over to 2S ☐

5O you need to pass it to....a new place in your classroom ☐ Well done, you get to keep it for another week.

Our Top 10 mathletes this week are:

1. Alexa McKenzie
2. Inaara Mahmood
3. Oliver Graham
4. Rose Prestwich
5. Alfie Wild
6. Seth Clark
7. Zayn Al-Shammari
8. Holly Pallister-Smith
9. Benjamin Witton
10. Jacob Orson

### **Request for resources**

We want to set up a sand therapy play box to use as an intervention for children in school. We need various pieces of equipment for the children to use in their story telling and exploratory play for this.

We would need resources in excellent condition and will quarantine them before use. If you have anything from any 'lockdown clear outs' that you can donate it would be greatly appreciated. You can pass them to Mrs Casling on the gate in the morning, or drop off at the school office via Mrs Hellings on the gate. We will pass on any excess donations to charity.

We need:

- people - figurines such as army characters, Disney princesses, monsters, heroes, action figures
- buildings - construction blocks, mini buildings
- animals - any, past/present/future
- rocks, shells, gems
- vegetation - bark, fake grass, fences
- vehicles - any sort
- fantasy creatures – dragons



Thank you, Mrs Casling Deputy Headteacher and Inclusion Lead

### **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@holyltrinity.leeds.sch.uk](mailto:info@holyltrinity.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.

### **Support for young people (age 10+)**

[www.kooth.com](http://www.kooth.com)

An online mental health and emotional wellbeing service is available to young people (aged 10-18) called Kooth ([www.kooth.com](http://www.kooth.com)).

Kooth is a free, safe, anonymous online emotional wellbeing community 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 wifi, 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

Parents/ carers can book onto a session on Tuesday 30th March, 5-6pm to find out more via

Eventbrite: <https://www.eventbrite.co.uk/e/introduction-to-kooth-parent-session-tickets-144404344281>

### **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.

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### **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**