



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 491**

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Dear Parent / Carers

Our Christian Value this term is **Forgiveness**

Our Ethos Statement this week is: **Forgiveness**

You are forgiving and good, O Lord, abounding in love to all who call on you. Psalm 86:5

Week 10 of Spring Term

Thank you to everyone who has arrived on time at their child’s gate both at the beginning and end of the day – it really makes a difference to how busy the pavements are. Thank you also for remembering to wear your face coverings at the beginning and end of the day – it may seem like overkill on a morning when you aren’t coming into school to wear a face covering but when the pavements around school are so busy it is important that we protect each other as much as we can. 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.

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.

Many thanks for your continued understanding and support.

 THE CHURCH
OF ENGLAND
Diocese of Leeds



The Best for Every Child- a Unique Child of God

Pupil of the week

<p>RR</p> <p>Alfie is this week's Pupil of the Week :) Alfie has come back to school with a fantastic attitude to all aspects of school life. Alfie is trying his best in everything we do and is always putting his hand up to answer questions and share his ideas. Alfie has done lots of excellent writing this week, working really hard on his sentence writing. Well done, Alfie :)</p>	<p>RW</p> <p>My pupil of the week in RW is Marnie McDermott. Marnie has worked very hard in her Maths since returning to school and has had a positive attitude to learning. Marnie has gained confidence to put her hand up on the carpet which is fantastic! Well done Marnie :-)</p>
<p>1A</p> <p>Sophie Prior for her fantastic attitude to her learning. Over lockdown, as well as since returning to school, Sophie has tried her absolute hardest in all her work. She did some fantastic writing in our Queens topic this week, using facts she has learnt and writing using sub-headings. Keep it up Sophie!</p>	<p>1RB</p> <p>Katy-Rose Sorren for having a fantastic attitude towards her learning and for working really hard in all areas of the curriculum. Well done :-)</p>
<p>2S</p> <p>Isaac Riches for his fantastic attitude and enthusiasm since coming back to school. He has tried his absolute best in every lesson and produced some wonderful work in both maths and English, especially his chick diary. Keep it up Isaac, we're very proud! :-)</p>	<p>2J</p> <p>2J have impressed us so much this week! They've all been on top form with their listening and learning and have been a pleasure to teach. Choosing just 1 POW has been really hard! However, Lewis Ward has had a fabulous week! He's put so much effort into completely transforming his behaviour, listening skills and handwriting and we're so impressed! He's been putting his hand up constantly to answer questions and has been trying his absolute best. We're very proud of you Lewis :-) Keep it up!</p>
<p>3W</p> <p>Well done to all of 3W for another excellent week in school- it's great to be back! Our pupil of the week this week is Malachai who has had an excellent week. I have noticed how hard he has been listening and engaging in lessons, providing some excellent answers. He has also put massive amounts of effort and enthusiasm into all of his work which really shows. Well done Mal for a super week!</p>	<p>3R</p> <p>I have chosen Albie Camm for a super week. Albie has been trying so hard with all his learning and it definitely hasn't gone unnoticed! He has been showing a fantastic attitude to learning and has produced some brilliant work. I was particularly impressed with the science work he produced explaining how muscles work. Well done Albie, keep up the good work!</p>
<p>4L</p> <p>Week in 4L is Jonah Lee-Bentham. Jonah is new to our school and has settled in brilliantly over the last two weeks. He is a pleasure to teach and has already shown an increased confidence by joining in with class discussions and trying really hard with his learning! He has made lots of new friends and I hope he continues to enjoy his time at our school! Well done Jonah!</p>	<p>4H</p> <p>I have chosen Rose Preswitch for her incredible descriptive writing about a Roman soldier this week. She used fantatsic vocabulary and included a range of super sentences in her work. Rose always works hard and shows a brilliant attitude towards her learning. Well done Rose! :-)</p>
<p>5O</p> <p>Isabelle Tunnicliffe for having an outstanding attitude to school, showing excellent listening skills, getting involved in class discussions at every opportunity and for being an excellent role model inside and outside of the classroom. Well done Izzie 😊</p>	<p>5E</p> <p>William Miller is having a wonderful return to school life after Lockdown. He has completed a few tests over the past week and has achieved a high score in his reading but in his maths he didn't get a single question wrong over two tests and should be very proud of himself. Well done!</p>
<p>6C</p> <p>Miles Cable for his consistently impressive attitude in school. He is always putting in effort with his work, respectfully involved with our class discussions and adapting well to life back in school. This week, he</p>	<p>6M</p> <p>Yasmine Abotorabi for her fantastic growth mindset and excellent skills across the whole curriculum. She always does the right thing and puts 100% effort into everything she does. Yasmine is now beginning to</p>

has begun an exciting quest story in English, debugged coding problems in computing and shown a growth mindset throughout. Keep up the super efforts.

ask if she is unsure and really flourishing in Year 6. She was also fantastic in our first tag rugby session showing what a team player she is too- well done Yasmine :-)

Jack's Premier Sport Stand-out Student...

Jayden Archibald in Year 6. During lockdown where very few children were in school Jayden was part of the key worker group so he would be there every day and was always the first to arrive promptly when it was year 6's day of sport. Despite small numbers, he would still continue to be competitive and fair as always, he would always encourage his teammates and even praise the opposition which was always great to see. A very polite lad who never argues with other classmates and accepts the decisions that I make when officiating games.

Mathletics

This week the class trophies are on the move...

2S can you please wipe it and pass it on to Reception (RW)- well done Miss Wilkinson's class ☐ great to see our youngest children using Mathletics so well.

In Key Stage 2 it needs to move from 5O to 3W, again the youngest children in the key stage - well done Mr Wilkinson's class ☐

The top 10 mathletes are:

1. Seth Clark
2. Luca Jowett-Rosa
3. Lennon Townend
4. Nicholas Smith
5. Freya Bell
6. Max Watkinson
7. Oliver Watkinson
8. Jenson Bryer
9. Anita Cwener
10. Faye Mathie

If you would like to donate, please use the link below:

https://www.facebook.com/donate/251645806571445/?fundraiser_source=external_url

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

Fundraising in Lockdown

A huge well done to Dexter Drake in 4L who has completed an amazing 'Walk 62 Miles in March' challenge for Great Ormond Street Hospital. Dexter and mum have completed the challenge ahead of schedule and raised £300! Dexter wished to do something to help others, so embarked on this challenge to raise money for a wonderful cause. Well done Dexter!

Bags in School

Whilst we continue to be working within our bubbles we are trying to limit belongings being brought in and to maximise space in classrooms. With this in mind the following rules apply with regards to bags/belongings being brought into school:

- **Rec/KS1** book bags should be used for anything coming to and from school including a water bottle/snack if it fits, and then any lunchboxes can be carried.

If any Y3 children still have their book bag they can use it as above

- **KS2** all children either have been, or will be supplied with an A4 zip wallet to take home spellings/books/SATs busters etc. Unfortunately we are not able to allow the children to bring in their own bags as we are unable to use the lockers due to congestion/extra cleaning and there is not enough space within classrooms to accommodate big bags/rucksacks.

No carrier bags in school please.

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)

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

An online mental health and emotional wellbeing service is available to young people (aged 10-18) called Kooth (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 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.

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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