



## 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 492**

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Dear Parent / Carers

Our Christian Value this term is **Forgiveness**

Our Ethos Statement this week is: **Forgive us our sins as we forgive those who sin against us**

**This is my blood of the covenant, which is poured out for many for the forgiveness of sins. Matthew 26:28 ‘**

### **Week 11 of Spring Term**

As you probably know, we had to close a bubble this week in school. When a parent sends us notification of a positive COVID-19 result we notify the DfE, PHE and the Local Authority. They advise what has to be done and then we follow those instructions. We then inform the parents of children involved in any bubble having to stay at home with instructions about what has to happen. We also inform the rest of the school community that there has been a case. We will not divulge who has caught COVID-19 or how many people have developed the virus – that is a matter of medical privacy.

If your child has to isolate due to their bubble collapsing then they **must** remain in your house/garden (or in the house/garden of the other parent if you live in separate houses and your childcare is shared. Your child is not allowed out of the house or garden for the duration of 10 days and is not allowed to mix with anyone else outside of the household. It is your legal obligation to keep your child within those parameters.

If your child’s bubble closes then learning will revert to being online learning with the same check-ins and work set over the course of the day. Your child’s teacher will be in touch with you to let you know the timetable of learning for your child. If your child needs an electrical device to access online learning then please notify the school office -we have a small number of devices that can be loaned out.

In the event that your child has a positive COVID result please contact school on the [info@holytrinity.leeds.sch.uk](mailto:info@holytrinity.leeds.sch.uk) email address or telephone the school office and leave a message.

We, as a community, have done so well in avoiding the need to close bubbles – thank you for ensuring that your child does not mix with other children from other families outside of school either in their gardens or in their houses. Thank you for supporting us in school by wearing your face covering at the beginning and end of the day – and that only one adult is there for drop off and pick up. Thank you for remembering to keep a social distance – it is the small things that make a big difference to us all.

It is very important at this time that we all follow the Government rules of staying at home to protect each other and the NHS in order to save lives and prevent the virus from spreading within our community.

### **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 My pupil of the week is Florence Nicholls. Florence has had a fantastic return to school. She is always very engaged on the carpet. Florence puts her hand up and contributes to all discussion and learning and has developed fantastic reasoning skills. Florence has been trying really hard with all areas of learning, especially reading, writing and maths. She is challenging herself and is always proud of her own achievements. Well done, Florence 😊</p>	<p>RW This week in RW, Lewis Smith is our pupil of the week! Lewis is a very kind member of Reception. Lewis has worked very hard since returning to school and is blending words independently and shows a positive attitude to learning. Lewis is growing in confidence to put his hand up more especially during maths. Well done Lewis :)</p>
<p>1A Jacob Dickinson has impressed all of us in Year 1 with his resilience and perseverance this week. He has got on fantastically with all his work and I can tell he's been trying his hardest. His writing especially has really benefitted from this positive attitude, Well done , Jacob! Keep up your superb attitude and growth mindset to your learning. 😊</p>	<p>1RB Renaë Charlton-Matthew for a fabulous week. For doing some really good writing and answering lots of questions in maths. Well done Renaë, keep it up! 😊</p>
<p>2S Well done on a fantastic week for everyone in 2S but our pupil of the week is Caine Manners. He has impressed every adult with his enthusiasm and attitude for his reading and we're really proud of how hard he is working. Keep it up Caine! 😊</p>	<p>2J Our pupil of the week in 2J this week is Maksym Jakubiak. Maksym has been working really hard for the last three weeks and really impressing me. I have been stunned at the transformation in his writing, which is suddenly beautifully neat and includes lots of excellent vocabulary choices. I have also been really impressed with his reading comprehension skills over the last week. He's listening much better now in class and making excellent contributions in lessons. Keep it up Maksym! 😊</p>
<p>3W Well done to all of 3W for another fantastic week in school. It has been a tough choice as usual, but our pupil of the week is Aaran Mander. Aaran has been working hard all week in all of his lessons however, I was particularly impressed with his English work. He wrote a superb story linked to our class novel which included some excellent vocabulary choices and superb presentation too. Well done, Aaran! 😊</p>	<p>3R I have chosen Roan for having a super week in school. Roan is a fantastic member of 3R and always tries really hard with all of his work. This week I've noticed his confidence has grown and he has been putting his hand up more which has been lovely to see. He has been trying really hard with his handwriting this week and he should be really pleased with the work he has done. Well done Roan! 😊</p>
<p>4L Zachary is our 4L Pupil of the Week! He has settled back well into school learning and has absolutely loved our ancient Romans topic! He has produced some lovely pieces of work and tried hard with our tricky division method! Well done Zachary! 😊</p>	<p>4H I have chosen Arnav Gupta as my pupil of the week because of his outstanding attitude towards his maths. Arnav shows great determination and loves a challenge! He has also really impressed me with his computer coding skills using Scratch. Well done Arnav! 😊</p>
<p>5O Imogen Pearson for her excellent attitude to her work, producing some excellent writing for our sci-fi topic and representing our class well in her role as science councillor. 😊</p>	<p>5E Blake Forrest for a superb week in which he's increased his concentration which has led to a higher quality of completed work, especially his writing in his Raxx story. Keep it up! 😊</p>
<p>6C Jasmine Trigg for her consistently impressive attitude towards learning and all she undertakes in school life. A role model for others to look up to, she demonstrates a great attitude to her work, is respectful to others and a real team player. Well done. 😊</p>	<p>6M Annabelle Isbister for her wonderful always attitude in all of her learning. She always shows a real thirst for learning and has a very mature attitude when it comes to her work. Annabelle always does the right thing and is a real role model to our class- well done Belle 😊</p>

**Jack's Premier Sport Stand out Student...** Albie Camm (Year 4) always a very helpful person when setting up and putting away equipment for activities, doesn't even ask - just helps me because he likes doing it. Always plays sport in the right spirit and never argues or gets upset if his team loses – instead he just encourages and gets on with everything.

### Mathletics

This week the class trophies are staying put! Well done to RW and 3W, you get to keep them for the second week in a row 😊

The top 10 mathletes are:

1. Jenson Bryer
2. Amelia Matson
3. Oliver Watkinson
4. Max Watkinson
5. Nicola Stincheddu-Tedde
6. Anita Cwener
7. Seth Clark
8. Jack Emery
9. Autumn Carlisle
10. Evie Rhodes

### Message from Mrs Casling

Thank you for all the donations for the sand therapy play box - we have enough now to get it up and running 😊

### Fundraising in Lockdown

When lockdown began Millie Kilbride (5E) decided to grow her hair to have it cut off and donate it to the **Little Princess Trust**. The Trust provides free real hair wigs to children and young people who have lost their own hair through cancer treatment or other conditions.

As well as donating her hair she would also like to take the opportunity to raise some money for 2 charities.

The 1st charity is **Action for Sport**. This charity is dedicated to the removal of poverty as a barrier to disadvantaged children and young people participating in sport. Both Millie and her brother Jake are keen footballers and this is why Millie has chosen this charity. They have both enjoyed donating their old boots and kit to this charity to help disadvantaged children.

Her 2nd charity has been chosen by our neighbour Robyn Hoban who is very close to Millie and is **Day One Major Trauma Charity based at the LGI**. This charity is dedicated to limiting the impact of major trauma on patients and families in Leeds, Yorkshire and across the UK. This is a charity close to Robyn and her family's hearts after Robyn was in an accident. Robyn says Day One supported me and my family through my on-going rehabilitation and offer a safety net when often you feel there is no one there. Hospital and home visits were always warm and caring with volunteers lending a shoulder to cry on and a sympathetic positive attitude towards building a new future.



If you would like to help Millie reach her target of £1250 please follow the link below:

<https://gofund.me/b4737fc5>

## **Data Collection / Consent Data reminder**

We have recently renewed our consent data and have added the GDPR Privacy Notice onto the Parental Consents section in SIMS (it was previously sent via Parentmail). A copy of the Privacy Notice is attached and can also be found on our Website : [www.holytrinity.leeds.sch.uk](http://www.holytrinity.leeds.sch.uk)

Please can you read through this Notice and tick the consent box on SIMS to say you are aware of the contents and happy to agree to it.

Please can you also check, if you haven't done so, the data that we hold for your child/ren to ensure it is accurate. You can find the data via a hyperlink on My Children dashboard/Parental Consent.

## **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.

## **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**