



Cookridge Holy Trinity Church of England (A) Primary School

Green Lane Cookridge LEEDS LS16 7EZ
Telephone 0113 225 3040
www.holytrinity.leeds.sch.uk

**'The Best for Every Child - a Unique Child of God'
ISSUE No 493**

1st April, 2021

Dear Parent / Carers

Our Christian Value this term is **Forgiveness**

Our Ethos Statement this week is: **We are thinking about Holy Week**

End of Spring Term

This week the children have been thinking about Holy Week – how Jesus' triumphal entry to Jerusalem on a donkey heralded the start of Holy Week and how He made the ultimate sacrifice for our sins through His death on the cross on Good Friday.

I am sure you have found the video productions that our children have taken part in both poignant and thought provoking.

Please remember to use the drop-box video for your own viewing they are not to be posted on any social media platform.

It has certainly been a challenging Spring Term hasn't it? With 'Lockdown Learning' and the return to school back to the normality of 'Bubbles'. We are definitely prepared for anything further that the effects of COVID-19 will throw at us:

Please note the following guidance for any incidents of COVID-19 in the Easter break.

In the case of a COVID-19 notification over the Easter holidays

If your child tests positive for COVID-19 Friday 2nd April to Wednesday 7th April you will need to notify school via the info@holytrinity.leeds.sch.uk email address. In the case of positive tests on Friday 2nd to Sunday 4th we will need to notify all the other parents of children in your child's class as their child will need to isolate. From Friday 2nd to 7th April this information is for Public Health England.

We will be monitoring the info@holytrinity.leeds.sch.uk email daily (at 10am).

If your child has to isolate that means that they will not be able to leave your house/garden for that period of time all other members of the household do not have to isolate.

As always, thank you for your continued support during these difficult times – your messages of encouragement and support have really been appreciated.

 THE CHURCH
OF ENGLAND
Diocese of Leeds



The Best for Every Child- a Unique Child of God

Pupil of the week

<p>Reception - This week, we think the whole class deserves to be Pupil of the Week! The children have worked so hard during bubble closure. The Reception team are so proud everyone's fantastic work they have shared both on Teams and on Tapestry. Well done Reception!</p>	
<p>1A Isabella is an always child who could have pupil of the week any week! Here attitude to her learning is always so positive and she always comes to school with a smile on her face. She has also been a reliable and enthusiastic school councillor this year. Well done, Isabella! 😊</p>	<p>1RB Our pupil of the week is Niamh Farey We have chosen Niamh because she is an excellent role model in our class, she works hard, is kind to others and always does the right thing. Well done Niamh 😊</p>
<p>2S A huge well done to all of 2S for being absolute superstars since coming back to school, you've all made Mrs Baker and I very proud. However, my pupil of the week this week is Jamie Nathan-Moss. He has really impressed me with his enthusiasm in all our lessons and his fantastic work in maths! Well done Jamie! 😊</p>	<p>2J Sophia DiMonaco for having a wonderful end to the term. Sophia tries really hard in every lesson and her spelling, reading and maths are all improving. Sophia has had an especially tough week after taking a nasty fall in our PE lesson on Monday, but she has shown lots of bravery and resilience which we are really proud of her for. In addition, Sophia always follows our school golden rules and is an excellent role model for others to follow :-). Well done 😊</p>
<p>3W Another really tricky decision of 3W's Pupil of the Week after another great week from all of the class. That said, Charlotte Bruce has worked really hard in all of our lessons. Her maths work has particularly impressed me- she's worked really hard on some really tricky learning on fractions and has produced some excellent work. She also really impressed Mr Clarke with her enthusiasm at her Science Council meeting. Well done, Charlotte. 😊</p>	<p>3R Well done to all of 3R for a fantastic term in school. It has been a tough choice as usual, but our pupil of the week is Darcey Verity. Darcey always demonstrates an excellent attitude to learning and puts 100% effort into everything she does. She perseveres with any task and has been trying super hard with her writing this week. Well done Darcey! 😊</p>
<p>4L Sasha Bassindale is our 4L Pupil of the Week! Sasha has settled back into school brilliantly this half term. She has continued to try hard with her learning and has really impressed me with her perseverance shown during our maths division lessons! Keep up the great work, Sasha! 😊</p>	<p>4H I have chosen Oliver Wiggan as pupil of the week because of his efforts in maths this week. He has tried really hard in his division work. He has also tried really hard to check his work for capital letters and full stops and has been practicing his handwriting :) Well done Oliver! 😊</p>
<p>5O Jaiden Town for trying exceptionally hard in all areas of the curriculum, making great improvements in Maths and turning into Raphinha during playtime football. 😊</p>	<p>5E Maisie Nesbitt, for being an absolute super star. Maisie has made incredible improvements to her maths and as a result has achieved yet another high score in her arithmetic test. She is a great role model with her super attitude, friendly demeanour and thoroughly deserves this award. Well done. 😊</p>
<p>6C Emily Scott for her hard work in lessons. She has made a great start to her quest story and also produced an impressive mountain poster. She always showing a growth mindset in all problems and tasks that she undertakes. Keep up the great efforts Emily. 😊</p>	<p>6M Freya Smith for her wonderful attitude to all areas of the curriculum. Her poster that she has created for our mountain dangers was fantastic and also her quest story is something that J.R.R Tolkien would be proud of- well done Freya 😊</p>

Jack's Premier Sport Stand out Student...

This week I would like to mention the whole of 4H who are a class of keen footballers, they always enjoy their sport and play in good spirits & show great sportsmanship every week. This week in particular stood out because everyone was in great spirits and enjoyed the game, cheering each other on and even high fiving opposition. A great example for the rest of the school on how sport should be played. A few students in particular who stood out would be Elliot Charlton-Matthew, Harry Hopkinson, Harry Popplewell and Ben Higgins.

Mathletics

This week the mathletics trophies go to 2J and 4L - well done for all your hard work 😊

Zachary Taylor
Charlie Britten
Jonah Lee-Bentham
Max Watkinson
Amelia Matson
Isabelle Dodds
Jack Emery
Jackson Hill
Arth Mahala
Sebby Wilson

St George's Day 23rd April

To celebrate St George's Day, children from uniformed organisations such as Rainbows, Brownies, Guide's, Beavers, Cubs, Scouts may come to school wearing their uniform.



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



PTA News 01.04.21

Happy Easter!

We hope that you are all well and enjoy the Easter break. Unfortunately, as with many things at the moment, the current Covid-19 guidelines have prevented the PTA from planning any events this term. We will continue to monitor government guidelines and will send an update if changes to restrictions will allow any events to be run in the summer term.

Attached are a small set of puzzles that the children may like to try over the Easter break!

If you have any questions about the PTA or would like any further information please email the PTA at holytrinity.pta1@gmail.com or visit the PTA facebook page.

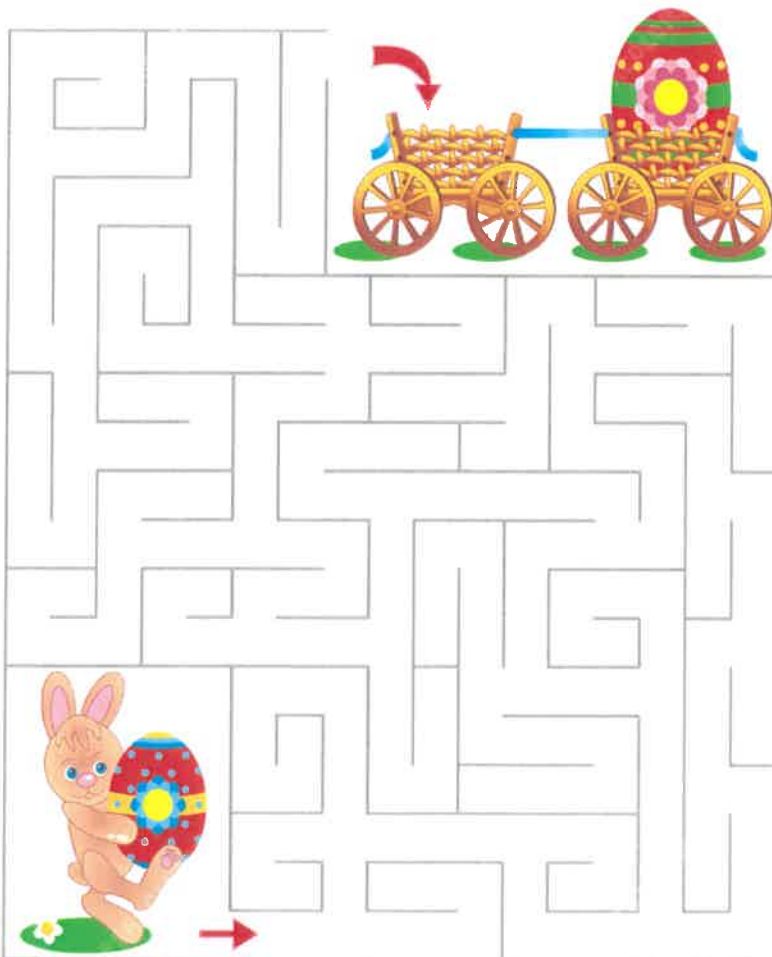
Regular news updates are also posted on the PTA page on the school website

PTA Easter Puzzle Pack

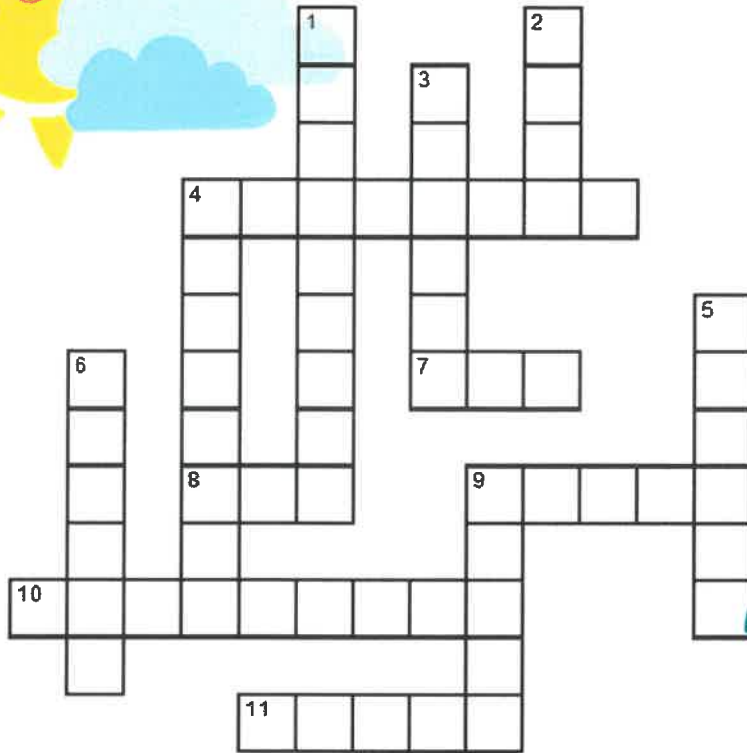
Happy Easter to all.

We have some puzzles if you would like to have a go.

Can you help the Easter Bunny get the
Easter Egg to the carriage?



Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

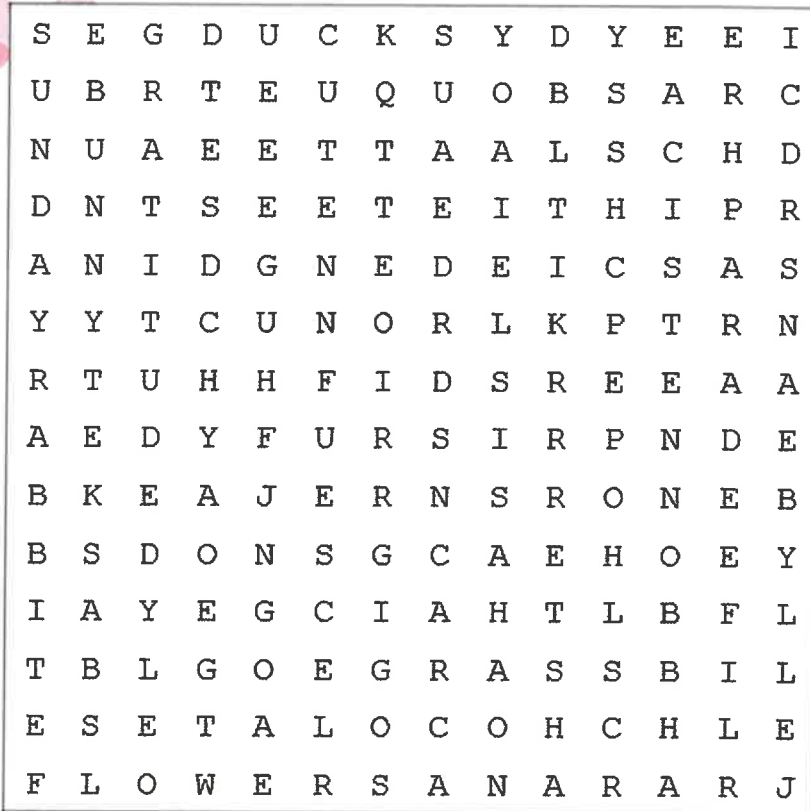
- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache





Easter Sunday

Sunday following the first
full moon after the Spring equinox



BASKET
BLESSINGS
BONNET
BOUQUET
BUNNY
CHICKS
CHILDREN
CHOCOLATES
CHURCH

DAFFODILS
DUCKS
DYE
EASTER
EGGS
FLOWERS
GRASS
GRATITUDE
HOPE

HUNT
JELLYBEANS
JOY
LIFE
PARADE
RABBIT
SPRING
SUNDAY



Happy Easter Word Scramble

The Easter Bunny decorated some of his eggs with words, but when he delivered them, they got a little scrambled. Can you unscramble the words and find the answer to his favorite riddle?



1. _ _ _ 1 2 _ _ _

4. _ _ _ 7 _ _ 8

2. _ _ 3 4 _ _ _ 5

5. _ _ 9 _ _ _ _

3. 6 _ _ _ _ _ _

6. 10 11 _ _ _ _ _

What do you call a rabbit who tells good jokes?

11 6 3 2 7 8

10 9 1 4 5