



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 507

10th September 2021

Dear Parent / Carers

Our Christian Value this term is **Respect**,

Our Ethos Statement this week is: **'How many are Your works, O Lord! In wisdom You made them all; the earth is full of Your creatures.'** Psalm 104v24

First week of the Autumn Term

I hope that your summer break was a relaxing and reviving one. Where you could catch up with friends and family and just wonder how on earth we managed to make our way through one of the most difficult years our community (and the country) has faced.

It was with some trepidation and excitement that we welcomed our children back into school this week – the trepidation was to do with another new way of working – which involved the different plan of coming into school and leaving from school and the excitement was to do with how brilliant it is to have a new class – and school full of children again!

Thank you for helping us with the morning routine – I know that many parents like the way that the children can be dropped off so that they can get on – it does involve a calm start to the day which translates into a calm transition into class. Thank you for your support at the end of the day – maintaining those social distances is really important and keeps us all safe. Please can I remind you to ensure that your child stays with you and doesn't go off to play either on the 'trim trail' or on the field at the end of the day. It is good to catch up with other parents but can I politely remind you to move off the school playground as soon as you have collected your child/ren. Thank you.

Just a reminder about the new dropping off and collection routines

Start of the school day: – gates will open from 8:30am. Mr Osborne will be manning the gate from this time. Mrs Helling, Mrs Casling and Mr Clarke supervising the children in their lines. Teachers will be collecting the children at 8:50.

On the top playground (nearest to the gates) we will have a drop off zone where parents can come onto the school playground (if they need to) so that water bottles, book bags etc can be handed over and then your child will go straight to their lining up point. This system has really encouraged our children to develop independence and resilience this year – it has also enabled parents/carers to have a quick drop off and get off to work/start your day. We realise that the government have removed the legal requirement to give each other space but we request that you still look after each other and maintain a good social distance and leave the playground as your child joins their line. Years 1 and 2 will line up on the middle playground;

Years 4,5,6 will line up on the bottom playground;

Year 3 will continue to come through the office gate and line up on the ramp by the office – parents will leave their child at the gate.

Reception parents will be informed of the start/end of the school day as they start school.

 THE CHURCH
OF ENGLAND
Diocese of Leeds



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The afternoon collection routine: The gates will open at 3:20pm

The children will be dismissed to certain areas on all three playgrounds – so avoiding the need for all to mix (this protects each other) – look out for the signs that will demarcate these areas.

Years 4,5,6 will be dismissed to the bottom playground;

Years 1 and 2 will be dismissed to the middle playground (please note that year 1 children will be on the playground by 3:25 to avoid congestion and crossover);

Year 3 will be dismissed from the top playground.

We recommend that you wait at your youngest child’s collection point and your older children will come to you.

Drop off and collection zones will have signposting to help you find your way.

We are not asking you to wear a face covering this term whilst on school grounds - but if you feel that this is something that you wish to continue to do we will support you. We will continue to ask that you allow each other space - this will allow all members of our school community to feel safe.

Thank you for your continued understanding and support – we really do appreciate it.

Pupil of the week

<p>1A Michael Li for a super start to Year 1. Michael tried really hard with his phonics this week and has had a positive attitude to all his work. Well done Michael, keep it up! 😊</p>	<p>1RM Our pupil of the week in 1RM is Marnie McDermott. Marnie has shown maturity in the first few days of settling into Year 1! Marnie has grown in confidence in Maths and worked independently to complete her work. Marnie has shown her kind nature towards all the other children in Year 1 and has had a fantastic first week. Well done Marnie 😊</p>
<p>2S A huge well done to all of 2S this week for making such a fantastic start to year 2! We've been really impressed by everyone's positive attitude and enthusiasm. Our very first pupil of the week goes to Scarlett Pickard for her brilliant start to year 2. She's been answering lots of questions, trying her best with all our activities this week and being incredibly helpful around the classroom! Well done Scarlett! 😊</p>	<p>2J Well done to the whole of 2J for impressing me this week. You have all settled in to Year 2 really well and are already trying your best in every lesson which is great to see. It has been hard to choose just one pupil of the week, but I'm going to give our first one of the year to Antoni Palczewski for always following the golden rules and putting 100% into all his lessons. Keep it up Antoni! 😊</p>
<p>3P Alexa McKenzie has really impressed me this week. She has produced some brilliant artwork and shown great maturity whilst moving into key stage 2! 😊</p>	<p>3R I have chosen Maryam Nahil as my pupil of the week for a brilliant first week in Year 3. Maryam has set a fantastic example with her behaviour this week and produced some lovely artwork too. Well done Maryam, keep up the good work 😊</p>
<p>4L Roan Forrest is our 4L Pupil of the Week this week! Roan has settled in wonderfully to a year 4 way of working! He is well-mannered and has tried hard with every challenge set so far this new school year! What a role model to have! Keep it up 😊</p>	<p>4W What a fab week it has been in 4W, we're all getting used to the new year group, but everyone has settled in really well. One person has really impressed and that is Olivia Malton. She has had a great start to year four, working really hard in lessons and racking up trinity bears too. Well, done, Olivia what a fantastic start to year four! 😊</p>
<p>5E Charlotte Campbell is my first pupil of the week. She has demonstrated all the virtues that a child needs to display in Year 5: willingness, effort, perseverance and kindness. Long may this</p>	<p>5H I have chosen Jessica Askey as my pupil of the week because she has settled into year 5 incredibly well, she has shown a mature and sensible attitude towards being back in school</p>

continue. Well done Charlotte ☺.	and she has been a delight to have in the classroom! Well done Jessica! ☺
6C Isabelle Dodds for her superb start to Y6. She has come into the class with an excellent attitude and has put effort and care into the work she has completed. Well done for a great start to the new school year. ☺	6M Kieran Dean for his excellent start to Year 6. He is working hard, completing the work and really putting effort into everything he does- keep it up Kieran. Well done! ☺

Request for unwanted toys

If you have any unwanted toy cars/trucks/fire engines/ any other vehicles in good condition we are very short in Key stage one. If you have any to spare please drop them off at the school office. Your donations will be much appreciated.
Many thanks in advance



Cath Hellings
Headteacher



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.

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

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](http://www.themix.org.uk) 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