



School Lane
Cookham
Berkshire
SL6 9QJ

Our Guiding Light

Jesus said

"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my Disciples, if you have love for one another. (John 13-34-35)

KEY INFORMATION FOR THE WEEK

As we come to the end of term, I do hope your child has enjoyed the last few weeks. There has been plenty to get involved in and everyone has worked hard on a whole range of projects. This week has been as busy as any other.

Wild Cookham Arts Festival:

This week Year 3 and Year 5 again had the opportunity to work with artist, Kirsty Cattan, finishing the work they began last week. Their wall hanging will be displayed at the Wild Cookham Arts Festival at the Odney Club on 10th and 11th June. Do save the date and go along to see our creation. For more details about the event and to book one of the many workshops on offer, go to: [Home | Our Changing Earth Festival](#) There are also leaflets to pick up in Reception.

Busy Buttons CORE Charity:

Yesterday, Year 6 had an opportunity to test out their creative skills when they travelled to Windsor to work with Busy Buttons, a charitable organisation with the sole aim of helping each child find their unique potential using creativity and imagination. The children went along to their design studio in King Edward Court where they worked in teams to create a Commonwealth Coronation Robe for a competition to be held at this year's Royal Windsor Flower Show. They had a wonderful afternoon producing a piece which they hope some of you will go along and see on 10th June in Windsor Great Park. To book tickets for the flower show, where Year 2 will also be exhibiting a wheelbarrow, go to:

[Royal Windsor Flower Show – The Royal Windsor Rose & Horticultural Society \(rwrhs.com\)](#)

and to find out more about the wonderful work Busy Buttons does and the workshops they run, go to:

[Home | Busy Buttons CORE](#)

It's Your Move with Christian Connection in School:

Year 6 also enjoyed a visit this week from Wayne Dixon of Christian Connections in School who came in to deliver his workshop, 'Its' Your Move'. The purpose of the session was to help the children prepare for their transition to secondary school. They all went away with a book full of practical ideas and top tips!

Sports News:

On Monday, selected children from Year 5 travelled to Woodlands Park Primary for a Touch Rugby Festival with another seven schools from across the borough. They enjoyed completing a skills circuit before some competitive games against the 80 other children participating. It was a wonderful afternoon for everyone taking part.

We would like to thank all those of you who have helped transport children to and from sporting activities and other events this term. We are incredibly grateful for your support. Our thanks also go to all the sport providers but especially Mr Lucas who continues to do a wonderful job giving up his time to coach our netball team.

Arts and Culture Week:

You will be aware that our Arts and Culture Week is scheduled for the second week back after the half term holiday. On the afternoon of Friday 16th June, you are invited to come into school to see a performance in celebration of the arts. Each class will be performing a routine and our show will end with a whole school number. We do hope you will be able to come along. Your child will need a basic costume consisting of a plain black t-shirt and plain black shorts with details of costume embellishments shortly to be posted on Google Classroom. Mrs Lucas has been working incredibly hard with almost every class in the school choreographing some amazing dances and we have enjoyed welcoming the borough's dance specialist, Jane Douglass, to Holy Trinity. Mrs Douglass, who has had input into the Year 3 and Year 6 dances, has spoken about how much she has enjoyed working with our children.

On Monday 12th June we will launch the week with 'Rogue Opera', a professional music company who will perform a range of pieces all with the intention of inspiring the children through live music. For the rest of the week a number of workshops, including some delivered by Norden Farm, have been planned but we would love your input! If you have an interest in music, art or performance and would be willing to run a workshop for a specific class or classes, we would love to hear from you. Do

get in touch with Mrs Lucas and Mrs Nicol who will be delighted to hear from you. Thank you to those of you who have already offered classes.

Collective Worship:

Again, this term, we have been helped by Reverend Helen and Lay Minister, Richard Simmonds, in delivering Collective Worship. On a weekly basis they have been in to support and guide the children and our thanks go to them. All other assemblies can be view on Google Classroom if you are interested in taking a look at what themes we have been addressing.

Since our Music Concert last week, we have enjoyed hearing a number of children perform as everyone has gathered for assembly. We have some extra-ordinary musical talent in our school so it has been wonderful to hear them play again. We hope to continue this after the holiday.

Book Fair:

Thank you for coming along to our Book Fair this week. We hope your child is enjoying reading the new books they selected.

Extra-Curricular Activities:

For details of what activities are happening, before, during and after school next term please refer to the newsletter published on 28th April. Please note that there are some changes to when choir will be meeting so please refer to the email sent out by Mrs. Laraine Brown earlier this week.

Year 6 Residential Trip to CRS Adventures, Devon:

Once we come back after the holiday we only have three weeks until we head off to Devon. I trust you received the email earlier in the week and were able to follow the link to complete the relevant form for CRS by yesterday's deadline. The deadline for the final payment is 9th June after which we will be ready to depart.

PTA News:

The next PTA event is the Race Night on 9th June followed by the Popcorn and Pyjama party for the children on 23rd June. On the 22nd June the team have their next Zoom meeting to which everyone is welcome. Do come along if you can. Information about it will be circulated closer to the time.

Supporting Children and Young People's Mental Wellbeing – information from the borough with a request for all schools to pass details on to parents:

Our mental health and wellbeing can change all the time. Because of this, it can help to check in regularly and be available for your children and teenagers to talk about how they're feeling. You don't have to wait until they're struggling. There is a lot of specialist support out there to help your child or teenager better manage their emotional reactions and feelings to avoid critical incidents happening.

Existing local and national support:

- Frimley Healthier Together: [Children and Young People Mental health :: Frimley HealthierTogether \(frimley-healthiertogether.nhs.uk\)](https://www.frimley-healthier-together.nhs.uk) An NHS Frimley website for parents/carers offering advice and support on a range of issues including mental wellbeing.
- Achieving for Children Windsor & Maidenhead: [AfC Info website - Windsor and Maidenhead :: Community Information / Information And Advice / Family Hub Service / Support for parents](https://www.achievingforchildren.org.uk) Family Hub Service run by Achieving for Children, offering advice and support for parents on a range of issues including mental wellbeing.
- Kooth: [Home - Kooth](https://www.kooth.com) A free, safe, and anonymous space for young people to find online support and counselling. It also has contact details for Childline and the Samaritans.
- Thames Valley Suicide Bereavement Support Service (Amparo) Tel: 0330 088 9255 [Get help now. Free and confidential, for as long as you need it. \(amparo.org.uk\)](https://www.amparo.org.uk) Provide practical and emotional support for anyone (adults, children/young people, and families) affected by suicide in the Thames Valley. A confidential, free service, offering short and long-term support.

For telephone support:

- Shout: Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. Simply text 'SHOUT' to 85258. It also has a website [Shout - UK's 24/7 Crisis Text Service for Mental Health Support | Shout 85258 \(giveusashout.org\)](https://www.giveusashout.org)
- Parents Helpline: National service offering detailed advice, emotional support and signposting about a child or young person up to the age 25. Call 0808 802 5544 (Monday – Friday, 9:30am - 4pm).
- Childline: ChildLine offers free and confidential support for children and young people up to the age of 19. This is a 24/7 service. Call 0800 1111.
- Papyrus HOPELINE: For young people who may be experiencing thoughts of suicide. Parents can also contact it if all they're unsure how to start a conversation with their child about suicide and would like advice from a specially trained adviser. 0800 068 41 41 or text 07860 039967.

For vulnerable children/young people:

Parents and carers can find telephone numbers for local and national emergency mental health support on the 'Help I'm in Crisis' section of the Frimley Healthier Together website (listed above). But for ease, here is the direct link: [Help I'm in crisis' :: Frimley Healthier Together \(frimley-healthiertogether.nhs.uk\)](https://www.frimley-healthiertogether.nhs.uk/help-im-in-crisis)

All of these above services can support your child or teenager all year round, so it's important for them to know support is there if they need it. If, however, your child or teenager is at risk of harming themselves or others, please dial 111 and press Option 2 (for mental health).

Talking to your child/teenager:

It's okay to feel uncertain about talking about mental health – you're not alone. If you're worried about speaking to your child or teenager about their mental wellbeing, it can help to feel prepared. Here are some tips from the national mental health charity Mind, for starting such conversations:

- Try to find a time and place that suits you both. The time may never feel perfect, but it can help if you both feel calm and comfortable. This could mean talking in a quiet place, or it could mean doing an activity together.
- There's no perfect way to begin a conversation. However you choose to do it, try your best to start in a calm and open-minded way. You might not understand exactly what they're going through, and that's okay.
- Try not to feel disheartened at your first attempt. They might not respond well the first time or might not want to engage at all. You can try again at a different time when they're ready.
- Give them the space they need. It's important to respect their boundaries – there are some things they might not want to share or talk about with you.

How to recognise signs of distress:

When we experience a threatening event, our bodies automatically respond in a way that helps us to protect ourselves or to prepare to escape from the situation. This is often called the “fight, flight or freeze” response. Our bodies produce excess adrenaline at such times, which results in an increase in heart rate, blood pressure, muscle tension and breathing rate. During an extremely traumatic event this reaction will be strong. Common physiological reactions may include pounding heart, trembling, shaking, fast breathing, sweating, nausea.

Psychological responses to traumatic stress:

Children and teenagers respond differently to adults as they've not yet developed the same conceptual skills. Their feelings may be shown through behaviour, rather than words, and these behaviours will vary according to their age.

Behaviours might include:

- Regression of behaviour to that of a younger child
- Being more naughty or aggressive
- Being withdrawn and reluctant to talk
- Sleep problems
- Clinginess
- Poor concentration
- Changes in appetite
- Worry about being safe
- Unwillingness to go to school

All of these are normal reactions to an abnormal and distressing event. These are usually short-lived. Some, however, may have more severe and lasting reactions. We do hope this information is of use. Thank you.

Finally, it is with great sadness that today we say goodbye to Mrs. Hyslop who will not be returning after the holiday. Mrs. Hyslop has been at Holy Trinity for three years and during that time she has worked with many children supporting them in their learning. She has contributed a huge amount to our school and we are very grateful to her for all the energy and enthusiasm she has put into her work. She will be leaving to pursue other interest and to spend more time with her family. I know you will join me in thanking her for all she has done and wishing her well as she takes a new path.

After half term we will be welcoming a new member of staff to join our already strong team of support assistants. Miss Danielle Barrell, who some of you will know from after school care will be taking on a full time teaching assistant role which we are thrilled about. I know you will do all you can to make her feel welcome.

From everyone at Holy Trinity, thank you for your support this term and have a wonderful half term break.
Anna Smith

CALENDAR DATES

Please continue to refer to this section in our newsletter during the course of this term and next to keep ahead of what is happening in school. Dates will be posted on a regular basis.

29 th May – 2 nd June	Half Term
5 th June	Start of Term 6
5 th June – 23 rd June	Window for Y4 Multiplication Check
8 th June	Year 3 music rehearsal at Courthouse school (arrival time 9:20am, pick up time 11:30am – please refer to email sent yesterday about this)
9 th June	PTA Race Night
10 th June	Royal Windsor Flower Show – Year 2 participation
12 th June – 16 th June	Arts & Culture Week
12 th June – 16 th June	Window for Y1 Phonics Screening
21 st June	Arthur Burgin Science Exhibition afternoon – Year 6 parents invited
22 nd June	Brownlee Foundation Mini-Triathlon event at Bracknell Leisure Centre (selected children to be informed)
22 nd June	Deadline for children submitting design ideas for The Gravity Grand Prix (see flyer sent today)
22 nd June	PTA Meeting – all welcome
23 rd June	PTA Pyjama and Popcorn Party
26 th June – 30 th June	Devon Trip – Year 6
26 th June – 30 th June	Transition Week: Rec – Y5 (tbc)
26 th June – 6 th July	Sport Fortnight
27 th June	Junior Music Festival at The Hexagon, Reading (Year 3)
1 st July	HT Fest
7 th July	Sports Day
11 th July	Spanish Assembly (time tbc)
17 th July	Y6 Leavers' service (tbc)
17 th July	Last day of Summer Term
18 th July	First Day of summer holiday
2 nd September	Cookham Regatta – PTA Dragon Boating
10 th September	The Gravity Grand Prix (see flyer sent today)
30 th September	Inter-PTA Football Tournament (see flyer sent today)