



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 496**

7th May , 2021

Dear Parent / Carers

Our Christian Value this term is **Peace**

Our Ethos Statement this week is: **‘But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22-23**

Summer Term

This week the children have looked amazing in their number/science outfits ready for our Number/Science Day. As I write this piece I can hear cheering from around school as the number quiz is underway 😊 What a great way to start a Friday!

Another piece of good news is that we were re-awarded our Basic Skills Quality Mark this year – a letter for parents is attached to the email. The Basic Skills audit was carried out last half term. Our school was assessed over 10 elements of the quality mark. The auditor spoke to members of staff, some parents and some children – all via Zoom (where would we be without Zoom technology!). She looked at our website and a host of documentation – it was a very thorough process. We take the Basic Skills Quality Mark very seriously as it is a national benchmark comparing how well we support our children with their Maths and English development. This is our second re-validation and our 3rd award.

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

As always, thank you for your continued support during these difficult times .

Dates for the diary

Wed 9th to Fri 11th June – Year 6 Residential to Peat Rigg
Fri 11th June – belated World Book Day – dress as a book character
w/c 14 to 21st June – Year 6 Bikeability
Wed 30th June – Reception trip to Hesketh Farm



The Best for Every Child- a Unique Child of God

Pupil of the week

RR This week in RR, our Pupil of the Week is Millie Riordan. Millie is trying really hard in all of our learning, especially in phonics. Millie is working really hard on her reading and writing and it is wonderful to see her participating in all our carpet work and putting her hand up lots. Millie is a very kind member of our class and is always helpful and caring to the other children in our class. Well done Millie :-)	RW This week in RW, Stanley Drake is our pupil of the week! Stanley is working really hard in phonics and is starting to gain confidence when writing sentences. Stanley really enjoys Maths and is a very enthusiastic member of the class. Well done Stanley 😊
1A Cammy always tries her best at school but this week she produced some super writing using adverbs to go with our Jack and the beanstalk topic. She thought really carefully about composing a relevant sentence to match each adverb and she worked hard throughout. Well done Cammy! 😊	1RB Our pupil of the week is Nicholas Goodwin because he really impressed us with our practical maths investigations this week, working well with others and showing good problem solving. Well done! 😊
2S Saara Sharif for her absolutely fantastic effort and enthusiasm in all lessons! She always has a smile on her face, has been showing me beautiful handwriting and presentation and is the most wonderful friend! Keep up the hard work Saara! Well done! 😊	2J My pupil of the week this week is Megan Pierce. Megan has been wowing me ever since we came back from the Easter holidays. She is extremely conscientious in everything she does and her work is always presented to a really high standard. She is making big improvements in her mathematical understanding, and her sentences in English are packed full of interesting vocabulary choices. Keep up the excellent work Megan! 😊
3W After another great week for 3W it has been exceptionally tricky to choose a pupil of the week. However, I have chosen Sophie Tugwell for the exceptional writing which she has produced this . Sophie's version of Theseus and the Minotaur was absolutely fantastic, and it was clear just how much thought and effort she had put into it - Mrs Casling was extremely impressed too! Sophie works extremely hard in all lessons and could be pupil of the week every week! Well done, Sophie. 😊	3R I have chosen Toby this week for being an absolute pleasure to teach every week. Toby is an incredibly kind, caring and helpful member of 3R and is a good friend to all. He always has an excellent attitude to learning and has recently written a fantastic retelling of the Ancient Greek myth Theseus and the Minotaur. Well done Toby, keep up all the super work! 😊
4L Theo is our 4L Pupil of the Week! He has continued to persevere with our math work on fractions. He has also tried hard with his English work and produced a descriptive travel brochure all about Egypt! He worked hard on his presentation and ensuring he used super sentences! Well done Theo! 😊	4H I have chosen Tom because he has worked incredibly hard in his english this week. Tom has thought of really creative and descriptive language to use in his poem about the Pyramids of Giza and he has enjoyed sharing his work with the rest of the class! Well done Tom! 😊
5O Arth Mahala for working really hard all week, showing a growth mindset and being a good role model in and out of the classroom. Well	5E Isabelle Dodds for a superb week where she has yet again demonstrated her prowess in maths with another great test score. She has also

done Arth 😊	shown a superb attitude to all areas of the curriculum and in completing her work to a high standard. 😊
6C Lucas Middleton for his hard work in English this week. He has made some thoughtful language choices and is actively thinking about the audience when editing his quest story, to engage the reader and provide extra detail to his descriptions. He has also completed some brilliant maths problems linked to percentages. Keep up the good efforts. 😊	6M Josh Baxter for his wonderful quest story. He has written a fantastic piece and has followed, and listened, to every bit of advice which has led to a wonderful bit of writing. His story, loosely based on the Hobbit, would definitely give the most gifted author a run for their money- well done Josh! 😊

Mathletics news

This week, the classroom trophies are going to...

KS1 -2J

KS2 - shared between 4L and 6C - you'll have to do a mid-week swap!

Our Top 10 mathletes this week are:

1. Sebastian Wilson
2. Emily Scott
3. Luca Jowett-Rosa
4. Eden Abidian
5. Christian Holmes
6. Jessica Askey
7. Eleanor Porter
8. Erin Powell
9. Freddie Wilson
10. Alex Parkinson

Daily Mile

Thank you to all the children who took part so enthusiastically in our Daily Mile day last Friday. As a school, we were taking part in 'England does the Daily Mile' which was aimed at getting 1 million school children across England running the daily mile on the same day - Friday 30th April. The event was organised to celebrate the positive benefits that daily activity not only has on our physical health, but on our mental health too. There was coverage in local and national media. I have saved the fabulous photos from the day onto the PE photos page of the website, so please take a look. The children also completed the sentence 'I do the daily mile because...' and below are some of the great reasons given.

Miss Johnson 😊

- 'I feel proud of myself'.
- 'I feel relaxed. Doing the daily mile is one of my favourite things to do'.
- 'I feel a lot calmer after I've run'.
- 'Running makes me feel happy'.
- 'I want to be fit and healthy'.
- 'I feel joyful and peaceful when I run'.
- 'It makes me feel cheerful'.
- 'I want to boost my energy and feel healthier'.
- 'I like getting fresh air'.
- 'So that I can burn off calories'.
- 'To grow bigger and stronger'.
- 'To become more active and stay healthy'.



Cookridge Community Run - 11 July 2021

We are pleased to announce that the Cookridge Community Run is set to go ahead on Sunday 11th July 2021. You can join the 10k run or there is a one mile fun run for all ages to raise money for charity. Please follow the links below for more information.

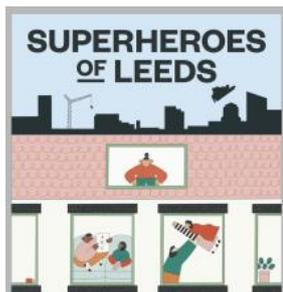


<https://www.cookridgecommunityrun.co.uk/>

The entry for the main 10k race is below

<https://racebest.com/races/a5qch>

Superheroes of Leeds



The Tetley art gallery are on the hunt for superheroes in our city. Seemingly normal people doing extraordinary things. If you have a superhero who has helped you why not draw a picture to be featured in a gallery later this year.

All you need to do is send them your photos, paintings, videos, or written pieces and they'll celebrate these superheroes as part of their upcoming 'Superheroes of Leeds' exhibition.

Check the art page of the school website for links to resources and more information.

#superheroesofleeds

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)

Training Days

Friday 28th May

The half-day training day that we cancelled during February will now be **23rd July**.

Training Day Gate times for your child

23rd July

Year group	Gate	Time	
		AM	PM
6	Fire Gate	8:30	1pm
5	Fire Gate	8:40	11:40
4	Fire Gate	8:50	11:50
3	Office Gate	8:40	11:40
2	Main Gate	8:45	11:45
1	Main Gate	8:55	11:55
R	Office Gate	8:50	11:50

Monday and Tuesday 26th and 27th July are also training day

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.

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 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