



## 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 500**

11<sup>th</sup> June , 2021

Dear Parent / Carers

Our Christian Value this term is **Courage**

Our Ethos Statement this week is: **And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:2-4**

### **Summer Term – the second half**

This half term got off to an action packed start in school this week – after an extra long risk assessment we have kicked our term off with our year 6 children going on their residential to Peat Rigg. It was lovely to see their excited faces leaving the school playground on Wednesday morning (the children were also very excited too!). I know that as you read this newsletter they will have returned with a mass of dirty washing and a memory loaded with wonderful experiences! Thank you to our year 6 team and Mr Osborn (our year 5 teacher) for taking them on this memorable trip.

The rest of school has managed to pack into the week an Empathy Day where they had lots of opportunities to explore what Empathy is – the focus was on English and Art. We also had the opportunity to dress up as book characters in our delayed world book day where even Poppy Hellings dressed up in her Harry Potter 'Ravenpaw' bandana! – it was too hot for the 'Snake of Slytherin' outfit! Maybe next year 😊

The weather has been lovely this week – with plenty of sunshine to enjoy – it does make a change from the rain (especially at hometime!). Please remember to put sunscreen on your child and remind them to drink plenty of water during the day and also to wear their hat when they are outside – our teachers will also remind them to do so too. We have Nivea factor 50 sunscreen – donated from Tesco - in each class to use during the day if your child needs a top up.

COVID-19 is still around and we need to take care of each other so that we aren't contributing factors to it spreading. In school, we have been very careful with operating our risk assessment and keeping our bubbles discrete. The school risk assessment still says that parents are still required to wear their face coverings in the morning at drop off and in the afternoon at pick up. Staff are still wearing their face coverings when moving around the circulation areas in school. It is very important that we look after each other – particularly as the infection rate in Leeds is still higher than the national average.

### **Dates for the diary**

w/c 14 to 21<sup>st</sup> June – Year 6 Bikeability

Thur 24<sup>th</sup> June – Year 4 trip to Bradford Media Museum

Wed 30<sup>th</sup> June – Reception trip to Hesketh Farm

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Thur 1<sup>st</sup> July – Year 2 trip to Yorkshire Wildlife Park (information to follow)  
 Thur 8<sup>th</sup> July – Year 5 trip to the Junior Warrior obstacle course

**Pupil of the week**

|   |  |
|---|--|
| <p>RR<br/>         Max is our Pupil of the Week :) Max has been really engaged this week, he has been putting his hand up lots and showing great enthusiasm during carpet time. I am especially impressed with his maths this week, he has shown really good understanding of number and is developing his reasoning skills. Well done, Max 😊</p>   | <p>RW<br/>         This week in RW, Jenson Bryer is my pupil of the week. Jenson has a wonderful sense of curiosity and has enjoyed exploring our under the sea topic. Jenson asked lots of questions and also shared his own knowledge and research during class discussions. Well done Jenson 😊</p>  |
| <p>1A<br/>         Florence Rogers for her fantastic contributions in class this week. Florence has really been listening this week and is using her logic and inference to come up with some super answers in our class discussions. her handwriting has also become super neat this week, well on her way to Year 2 level! Well done Florence. 😊</p>  | <p>1RB<br/>         Jaxon Child for excellent effort and work in his maths this week and for being a good role model. Well done Jaxon! 😊</p>   |
| <p>2S<br/>         George Thomas for his fantastic effort and enthusiasm in all our lessons. He has impressed me so much with his perseverance especially with his handwriting. He has also flown through all our maths recently. We are very proud of him and his amazing efforts, well done George! 😊</p>   | <p>2J<br/>         This week in 2J our pupil of the week is Freddie Wilson. Freddie has been trying really hard in all his lessons and always puts 100% into everything he does. His handwriting is consistently neat and he's been concentrating really hard in maths too, learning all about Mass and Weight. Well done Freddie! 😊</p>   |
| <p>3W<br/>         What a fantastic first week back after the holiday in 3W. Everyone's been working hard, and I was really impressed with the class' ideas during empathy day yesterday. One person has really impressed me this week and that is Jasmin Taplin. Jasmin has been working really hard in all lessons, even if she is finding something tricky. Her presentation is also looking fantastic and she has made a great non-chronological report on Ancient Greek Gods too. A big well done, Jasmin! 🤩</p> | <p>3R<br/>         I have chosen Ivan as my pupil of the week for showing good listening and working hard in all areas of his learning. Ivan produced some fantastic work on Empathy day and gave some really thoughtful comments during our discussion. He has done some lovely sketches of plants and also did some super reasoning work in maths. Keep up all the good work Ivan! 😊</p> |
| <p>4L<br/>         Owen is our Pupil of the Week in 4L! During Empathy Day, Owen produced a wonderful descriptive piece of poetry focusing on the emotions of the main character, Auggie! It was filled with lots of emotion and similes. Owen has continued to work hard in maths as well; we have been looking at money and Owen has used his knowledge of decimals to help him! Well done Owen! Keep up the hard work! 😊</p>   | <p>4H<br/>         Artie Rogers is my pupil of the week this week for his efforts in his handwriting. He has tried really hard to use cursive writing in all lessons and has written a fantastic letter from Rhodopis, the Egyptian Cinderella! Well done Artie! 😊</p>   |
| <p>5O<br/>         Josh Thomas for his super attitude to all his work this week. Well done Josh, keep it up! 😊</p>  | <p>5E<br/>         Gracie Daibell, for another great week. This week she's moved to the next level with her maths and very successfully taken the extension papers for the first time. Her English work has been terrific and has begun a fabulous reading journal of our new book 'I Was There... Viking Invasion' 😊</p>  |
| <p>Year 6 – Well done to all of year 6 for a superb few days at Peat Rigg! They have really impressed us with their perseverance in all of the activities. The children have worked really hard and had lots of fun! Everyone has been polite and well mannered and an asset to our school. Well done everyone! 😊</p>   |  |

## **Sun Safety**



Reminder – please remember hats and sunscreen whilst we are enjoying this lovely summer weather.

## **English news...**

We've had a fabulous but very busy first week back. On Thursday the children took part in Empathy Day which is a day set up by the organisation Empathy Lab and focuses on using stories and reading to help children develop their empathy skills. As a school we did some work around the book 'We're all wonders', a shortened version of the Wonder book and film. We were absolutely blown away by the children's mature and heart-felt responses to Auggie's story and their ability to see the world through his eyes and understand his feelings. We've attached a few examples of their work to showcase the incredible levels of empathy our children are already showing. They also created some fantastic artwork around empathy and kindness.

Today you have, yet again, created some fantastic costumes. The children were buzzing this morning and couldn't wait to tell each other about their book characters. It's been a lovely day to end our first week back so thank you for all your costume efforts at home!

## **Mathletics news**

This week the Key Stage trophies go to....  
50 in KS2 and shared between RW and 2J in KS1 😊

Top 10 mathletes this week

1. Luca Jowett-Rosa
2. Jake Harland
3. Thea Smart
4. Jenson Bryer
5. Rajan Bhath
6. Khiloni Dabhi
7. Oliver Harland
8. Lennon Townend
9. Seth Clark
10. Ryan Imani

## **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)

## **Training Days**

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

### **Training Day Gate times for your child**

**23<sup>rd</sup> 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 26<sup>th</sup> and 27<sup>th</sup> July are also training day

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.

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](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**