



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 508

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Dear Parent / Carers

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

Our Ethos Statement this week is: **'Pairs of all creatures that have the breath of life in them came to Noah and entered the ark.'** Genesis 7v15

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Second week of the Autumn Term – Harvest is coming!

The weeks have, once again, started racing away – this week has seen the newest members of our school community start their first days at school and our older children taking delight in their new found responsibilities as buddies and class reps. What an absolute joy it has been to be in school!

I have loved visiting classrooms and seeing our children getting to grips with their new learning (despite Poppy Helling's trying to cause a ripple in the calm of our quiet classrooms).

We are still under COVID limitations in our school and I really do thank you for helping to make our entry and exit into and from school really smooth. We are currently working on 6:01 COVID Risk Assessment which means that we are still at a point where we need to limit the number of additional people into our school, as a result of this, we are having a virtual production for our Harvest service this year. A link will be sent to you next Friday. Please ensure that you do not share the link on your multi-media platforms.

As always, we are asking you to donate food packets or tins to our school collection. The Worship Team will help to deliver them to Holy Trinity Church for their Harvest service on Sunday 26th September.

We are collecting donations for The Salvation Army who always put our offerings to very good use – they are based in Leeds and are always very thankful for the generous amount of food that we send to them. They have written to say that they are really desperate for donations as their stocks are depleted.

Please send in your contributions by next Friday 24th September. Thank you.

PE Days

Thank you for helping your child come dressed in their PE kit on their PE days – there have been a couple of changes to the days, which has caught some out, I know that your class teacher has shared those days with you but there is no harm in sharing them more widely – please see below for your child's PE days:

Year 6: Tuesday and Friday

Year 5: Tuesday and Friday

Year 4: Wednesday and Friday (swimming)

Year 3: Wednesday and Thursday

Year 2: Monday and Wednesday

 **THE CHURCH
OF ENGLAND**
Diocese of Leeds



The Best for Every Child- a Unique Child of God

Year 1: Tuesday and Thursday

Reception: Thursday

Pupil of the week

<p>1A</p> <p>Xidane Campbell has made a superb start to Year 1. He has come in happily every day and has a positive attitude to school. Xidane always has his hand up to answer questions in class and his answers are always well thought out. Well done Xidane, keep it up! 😊</p>	<p>1RM</p> <p>This week in 1RM, Lennon Jowett is our pupil of the week! Lennon has settled in really well and has adapted to the Year 1 routines. Lennon has shown wonderful maturity when completing independent tasks and has really impressed both his teacher this week! Keep up all the hard work Lennon. Well done 😊</p>
<p>2S</p> <p>Oscar Thompson for making a fantastic start to year 2. He has really impressed me with his enthusiasm, his super attitude towards his learning and his maturity towards all the new routines in year 2. He is an absolute superstar, keep it up Oscar! 😊</p>	<p>2J</p> <p>It has been really hard to choose my pupil of the week this week in 2J as they have all been working so hard and displaying a great attitude towards their learning. However, I'm choosing Isabella Ford as she has stood out for me. She's always got her hand up to answer questions, she's always polite and cheerful and she's always ready to get on with her learning. This week Isabella also read a story book from home to the rest of the class which she did brilliantly. Well done Isabella. 😊</p>
<p>3P</p> <p>Oliver Watkinson has really impressed me this week by showing great perseverance and determination in his maths work. He is growing with confidence every day in key stage 2 and is always happy to help with class jobs, a fantastic start to year 3! 😊</p>	<p>3R</p> <p>A huge well done to all of 3R this week for making such a fantastic start to year 3! This week I have chosen Finlay McKain for a super week in year 3. He has been answering lots of questions and putting 100% into all his work. He always follows our golden rules and has been incredibly helpful around the classroom too. Well done Finlay! 😊</p>
<p>4L</p> <p>Autumn Carlisle is our 4L Pupil of the Week for being a fantastic role model to the rest of her class! She has made a brilliant start to year 4 and always gives 100% to everything she has tackled so far! She has produced a brilliantly descriptive piece of writing as part of our English and Topic work! Well done Autumn! 😊</p>	<p>4W</p> <p>Well done to 4W for another fab week in school, we've all settled in and are getting to grips with our new year group. I've been impressed with so many of the class this week, but one person has really stood out and that is Yousif Maki. He has been working hard in all of his lessons and has produced some outstanding maths work. He's also been really keen to share his thoughts on our science topic of electricity too. Well done Yousif! 🤖</p>
<p>5E</p> <p>Jonah Lee-Bentham has been chosen as my pupil of the week this week. He has demonstrated high levels of concentration all week and has been spotted by a number of adults for his great behaviour in lessons. Well done Jonah 😊</p>	<p>5H</p> <p>Maisie Redmond for a fantastic start to year 5. Maisie always works hard and tries her best and always has a smile on her face! 😊 Maisie particularly impressed me with her drama work this week. Well done Maisie! 😊</p>
<p>6C</p> <p>Nic Smith for a superb start to Year 6. He has shown a positive and hard working mindset towards all the tasks he has undertaken. Well done Nic, you are a credit to the whole school</p>	<p>6M</p> <p>Freddie Lightowler for his impressive start to Year 6. He is completing all the work to a high standard, asking questions with super knowledge and answering questions when</p>

community.

asked. He is really setting high standards for Year 6! Well done Freddie- keep it up 😊

Den Building

On **Thursday 30th September (KS1)** and **Friday 1st October (KS2)** we are going to be doing some den building! The session offers great opportunities for team work, creative thinking and allows each class to build relationships with their new class teachers. As the den building will take place outside, your child will need to come to school wearing their PE kit.

We look forward to this exciting activity!



Vacancy

Before & After School Club Play Assistant

We have a vacancy for a Play Assistant at our BASC to start in October. There is currently one morning session and one afternoon session available, but this is subject to change.

The morning session is from 7.20 – 8.50am

The afternoon session is from 3.30pm – 6.00pm

The salary is at scale A1 pt 1, £9.50 per hour (paid on 16th of each month by LCC)

The closing date is Friday 24th September, please contact the school office if you wish to apply.

Milk

Unfortunately the dairy who provide school milk are experiencing problems due to a shortage of drivers and sometimes it is being delivered late in the day. We are doing our best to provide the milk to classrooms as soon as it arrives to ensure that the children receive their milk each day. We are liaising with the dairy and hope for normal service to be resumed in the near future.

Packed Lunches - reminder

If your child brings a packed lunch please provide a drink in their lunch box as water bottles remain in the classrooms at lunchtime.

Many thanks, in advance



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