



Cookridge Holy Trinity Church of England (A) Primary School

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'The Best for Every Child -a Unique Child of God'
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Dear Parent / Carers

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

Our Ethos Statement this week is: **'The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.'**

Galatians 5v22-23

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Autumn Term – Harvest is coming!

Our children have been trying very hard to live out St Paul's letter to the Galatians this week by showing their love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. They are always a credit to you and to us in school in the way they live out our Christian Values. I have loved seeing how they have settled down to their learning in school - I am always impressed with how resilient they are.

Thank you for sending in your harvest produce into school. I am sure that the Salvation Army will, as ever, be grateful for your kind donations -especially during these times when they are very desperate for your support. The Harvest collection has been taken up to Holy Trinity Church in readiness for the Harvest service on Sunday. There is an open invitation from Fr. Paul to come along and join in with these celebration of gifts.

If you still wish to donate food but you haven't got around to it this week there are a couple of ways that you still can – either by going up to church to take your donation or by dropping your donation into school – we will make sure that they receive your generous gifts.

Our School Council and Worship Team have produced a Harvest celebration to share with you to enjoy at home.

Please do not share it on social media. Thank you to Mrs Casling who has expanded her job description, once again, to become a film producer! Roll over Walt Disney!

Have a wonderful weekend.

Pupil of the week

RWB

This week we have chosen Jessie Wilkin for our pupil of the week. Jessie has made a fantastic start to her time at Holy Trinity. She has shown an excellent attitude towards her learning and is

RR

Lily Mitchell is our Pupil of the Week this week
☺ Lily has settled into Reception brilliantly. She is kind and caring towards other children and is showing excellent listening skills during our



Diocese of Leeds



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a kind and helpful member of our class. Well done Jessie! :-)	carpet sessions. Lily always puts her hand up to join in with our discussions, especially during phonics and shows a fantastic attitude to all learning. Well done for a fantastic start to Reception, Lily :-)
1A Florence has made a superb start to Year 1. She always has her hand up and can always be relied upon to answer any question. She has also done some super writing all about The Very Hungry Caterpillar this week. Well done, Florence! Keep it up! ☺	1RM This week in 1RM, Jackson Hill is our pupil of the week! Jackson has become an independent learner completing all his activities during our discovery time. Jackson has been a fantastic role model, following our golden rules this week. He has been a very kind and helpful member of our class, especially when counting on, in snakes and ladders. Well done Jackson :-)
2S Matilda Miller for being fantastic since the very first day of year 2! Matilda is an always child who has really impressed me with her mature attitude towards her learning and the brilliant effort she puts into everything she does. She is a delight to have in class and is also a lovely friend. Keep up the hard work Matilda, well done! ☺	2J Ernie Boyle is our pupil of the week this week in 2J. Ernie has been impressing me every day since the start of the year and is certainly an 'always' child. He gets on with his work in a mature and sensible manner in every lesson and always puts his hand up to answer questions. He does his very best all of the time and is able to work independently which is fantastic to see. Ernie is also very polite and considerate and is a kind, cheerful friend to others. Well done Ernie! ☺
3P I have chosen Caine Manners as our pupil of the week. He has shown enthusiasm and maturity throughout our science experiments and is always eager to contribute to class discussions. Everyday he has worked hard showing a positive attitude towards his reading. Well done Caine, keep it up ☺	3R Christian Holmes has really impressed me this week for being a fantastic role model to the rest of the class. He has had a brilliant start to year 3 and shown a great attitude towards his learning. He always listens well and puts 100% effort into everything he does. He has particularly impressed me with his descriptive writing about the giant peach. Well done Christian! ☺
4L Kaelen Patel is our 4L Pupil of the Week! Kaelen has tried incredibly hard this week, producing a wonderful biography about the famous inventor, Thomas Edison, in our English and Topic work. He has also worked hard to deepen his knowledge and understanding in our math lessons. Keep up the great work! ☺	4W Another fantastic week in 4W as we get to know the ropes in year 4. This week I have been particularly impressed with Charlotte Bruce, she has been working incredibly hard in all lessons, she always has her hand up and has been setting a superb example with her behaviour. She really impressed me in maths, working extremely hard and completing some really tricky problems. Well done Charlotte what an excellent week! 🧐
5E Fletcher Johnson is our pupil of the week. He has had a great week where he has demonstrated a superb work ethic to get started straight away, deep concentration and writing stamina which has resulted in a fantastic piece of writing in his English about some stolen sneakers and also a letter to his mum. Keep it up. ☺	5H I have chosen Daniel Holloway as my pupil of the week this week because of his excellent attitude towards his learning. He has worked incredibly hard this week in all subjects and really impressed me with his writing where he wrote a fantastic descriptive letter based on our class novel, "Holes." Well done Daniel! ☺
6C Sam Peterson for his brilliant start to the new term. He has settled in quickly to life in Year 6	6M Caleb Townsley for his brilliant attitude towards learning and everything he has faced so far in

and is putting in maximum effort to all tasks he undertakes, while also showing that growth mindset when he find things tricky. Well done Sam and keep up the great work. 😊

Year 6. He always puts 100% effort into everything and wants to improve, asking questions and answering questions to get better. He has also taken the role of school councillor seriously and is helping make the school a better place- well done Caleb! 😊

Morrisons Good to Grow Points

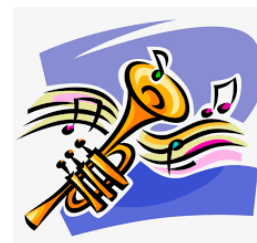


Morrisons are running a schools programme to inspire children to get outdoors, learn and enjoy fresh produce. For every £10 you spend in store or online you'll get one Grow Token that the school can redeem for a wide range of gardening and growing equipment. You just need to download the Morrisons app to get started! All you help is much appreciated and hopefully we will be able to grow some lovely fresh produce next year!



Music Lessons in school

We are once again able to invite music teachers in to school and currently have woodwind and brass lessons for Key stage 2 children available on Tuesdays, If your child is interested in trying a woodwind or brass instrument please contact Music For Schools Foundation directly <https://www.mfsf.org.uk/> (email info@mfsf.org.uk).



We are also working with Roundhay Music and are hoping that they will also be able to come into school in the near future to offer lessons. Instruments offered are potentially keyboard, drums, guitar and recorder subject to interest and logistics. For more information please contact Roundhay Music <https://www.roundhaymusic.org/> (enquiries@roundhaymusic.org)

Mathletics News

Well done for making a great start to your Maths learning this year.

The trophies will be delivered to the winning class each week, or shared in the event of a tie! This week the KS1 trophy will go to 2J and the KS2 trophy goes to 3R.

Our top 10 mathletes this week are:

1. Maryam Nahil
2. Souad Nahil
3. Seth Clark
4. Sebby Wilson
5. Jenson Bryer
6. Suraya Dabhi
7. Daisy Young
8. Jacob Zelikson
9. Robyn Heels
10. Christian Holmes

School Photos

The photographer will be in school on Tuesday 28th September taking individual and sibling photographs. If your child has PE on Tuesday and you would like them to be wearing uniform for their photo please send them in their PE kit but with some spare uniform to change into (top half only needed).

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 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