



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 511

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Dear Parent / Carers

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

Our Ethos Statement this week is: **'How many are Your works, O Lord! In wisdom You made them all; the earth is full of Your creatures.'**

Psalm 104:24

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Autumn Term

The half term is whizzing away and we are almost at the time when we will have parent consultations. Our school risk assessment is still telling us to protect each other from spreading COVID and as such we are going to continue this term with virtual Parent meetings. We know that the time limit is short so that teachers can get through everyone in a timely fashion so this term we are encouraging you to email, via your year group email, things that you want to talk about.

Your class teacher will talk about how well your child has settled into the routine of their new year group and how hard they are working in class. If there is something that you want to know then please share that area to talk about at least 2 days before your consultation date – this will allow your child's teacher to gather the information you want. The virtual call will start promptly. You may have noticed last year that there is a countdown clock on the screen – the call automatically disconnects when the time limit is reached.

If you experience IT issues during your appointment, your child's teacher will make contact with you to arrange another consultation time. Thank you for bearing with us.

You will be sent an invitation by email to book a slot early next week and the meetings will take place the following week (w/c 18th October). Different teachers will be carrying out the meetings on different days and different times of day. (please see below)

Mon 18th – Y3 and Y6

Tue 19th – Y2

Wed 20th – RBW, Y1 and Y4

Thur 21st – y5

Fri 22nd - RR

We have had lots of coughs and colds going around school this last week. If you are unsure if it is a new and persistent cough please continue to get your child tested with a PCR or at the very least a LFT. This will make sure that we are all doing our bit to keep each other safe. All staff in school are also doing twice weekly LFT.

 **THE CHURCH
OF ENGLAND**
Diocese of Leeds



The Best for Every Child- a Unique Child of God

Pupil of the week

<p>RWB</p> <p>This weeks pupil of the week in RWB is Kailah Regan. Kailah always comes into school with a smile on her face. She works so hard in all of our lessons especially our phonics lessons where Kailah is making great progress in her blending. Kailah follows instructions and is a great role model in our class. Well done Kailah! 😊</p>	<p>RR</p> <p>Holly Spink is our Pupil of the Week :) Holly has such a wonderful attitude towards all aspects of school life. Holly is always very engaged and enthusiastic about all of our learning, especially during phonics and she is enjoying applying what she has learned in her choosing time. Holly is a kind, caring and helpful member of RR. Well done, Holly :)</p>
<p>1A</p> <p>This week Freddie Heath has really impressed us with his writing about our book Owl Babies. he did a lovely description of the Owl Mother and used his phonics really well. He has a fantastic attitude to his learning and always tries his hardest. Keep it up, Freddie!</p>	<p>1RM</p> <p>This week in 1RM, Tabitha Smithson-Brook is our pupil of the week. Tabitha wrote a fantastic 13 page story in discovery time and even added a blurb on the back cover to tell the reader all about her story. Tabitha always works very hard in every lesson and she is a pleasure to teach. Well done Tabitha :-)</p>
<p>2S</p> <p>Charlie Rogers for being such a superstar and really impressing both Mrs Baker and I with his hard work and perseverance. He has completed some super learning in both his English and his Maths and has been really engaged with his reading. He's so enthusiastic and has such a positive mindset. Keep up your brilliant work Charlie, we're really proud. Well done! :)</p>	<p>2J</p> <p>2J have had a fantastic week in school and have made it so hard for me to choose only one Pupil of the Week. However, I've chosen Sophie Prior for her consistently mature and sensible attitude around school. Sophie is a wonderful example of an 'Always child' as she is always trying her best, writing neatly, putting her hand up to answer questions, using excellent manners and being a considerate friend to others. Well done Sophie!</p>
<p>3P</p> <p>This week, I have chosen William Prestwich as our pupil of the week. William is an excellent role model around school showing respect and kindness to all students and staff. He has shown fantastic presentation skills in his Maths work and always brings energy and enthusiasm to our PE lessons. Well done William! 😊</p>	<p>3R</p> <p>This week I have chosen Scarlett Bakal for always working hard and trying her very best. We have been learning how to add numbers using column addition method in maths and Scarlett has really impressed me with her perseverance and determination. She always listens well and shows a super attitude to learning. Keep up the good work Scarlett! 😊</p>
<p>4L</p> <p>Oliver Mitchell is our 4L Pupil of the Week for a fantastic attitude towards his learning. Oliver always tries incredibly hard and is always enthusiastic in his approach when tackling his learning. He has produced a wonderfully descriptive diary entry based on Thomas Edison's invention of the lightbulb and has worked incredibly well with Miss Wiggle in his reading. Well done Oliver!</p>	<p>4W</p> <p>Another great week in 4W so another tricky decision! However, I have been really impressed with Oliver Ingleson this week. He has been working immensely hard in all of his learning producing some excellent work. It is in English that Oliver has really impressed he, he created a superb invention and persuasive advertisement to go with it too! Well done for an excellent week! 🤖</p>
<p>Tyler Iceton is our pupil of the week this week. He always has his hand up, gets straight on with his work and consistently puts in great amounts of effort. He has really persevered with his maths and now has mastered all the tricky addition and subtraction techniques we have completed this week after an unsure beginning.</p>	<p>5H</p> <p>I have chosen Ben Higgins for my pupil of the week because he has shown a wonderful and enthusiastic attitude towards his work in maths this week. Ben always is participating in class discussion and responded really well to challenge, attempting some really tricky next steps! Well done Ben!</p>
<p>6C</p> <p>Olivia Roebuck for her great attitude in lessons and around school. She demonstrated fantastic</p>	<p>6M</p> <p>Josh Thomas for his growth mindset when doing the long division method. He really</p>

P4C language while taking part in a class discussion about the relationship between faith and science. Keep up the superb work.

worked hard to get out of the learning pit and has shown he is more than capable of answering the problems. He has also shown a mature attitude in our class discussions, contributing appropriately. Well done Josh- keep it up! 😊

Mathletics News

Another week of lots of wonderful Maths happening across school. The trophies have been delivered to the winning classes today. This week the KS1 trophy goes to **1RM** for the second week in a row and the KS2 trophy will be shared between **3R** and **4W**.

It's great to see some new names this week too - our top 10 mathletes of the week are:

1. Maryam Nahil - for the third week in a row 😊
2. Jenson Bryer
3. Seth Clark
4. Alice Kitson
5. Zachary Taylor
6. Jackson Hill
7. Rajan Bhath
8. Jaidaa Rady
9. Luca Jowett-Rosa
10. Jacob Zelikson

Congratulations!



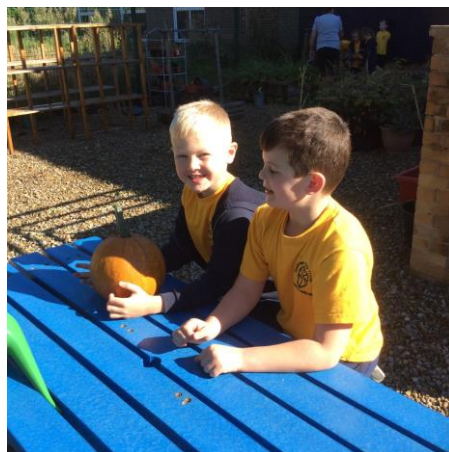
Congratulations to Blake Forrest (6C) who has been selected for Leeds Schools football association - the team represent Leeds at different football competitions

He was selected after a scout saw him playing for his team in the Sunday League

Well done Blake 😊

Pumpkins

Well done to all our budding gardeners and a huge thank you to Mrs Smith (mother of Thomas Smith in year 4) for her kind donation of some pumpkin plants. We have grown a fabulous crop!



Many thanks

Cath Hellings
Headteacher



Families come in all sorts of different
SHAPES & SIZES, sometimes it can
feel like you're on a roller-coaster or a
roundabout!

**Why not participate in a group that can give you the tools,
strategies & activities to help you to manage or get off that
roller-coaster or roundabout.**

**We are Family is a group for parents/carers with children
aged from 2-16yrs**

The group will start on:

**Wednesday 3rd November from 9:30 – 11:15 for 6 weeks
at Ireland Wood Children's Centre**

**If you would like to participate in the group or would like further
information**

Please contact us by: Email: info@esnorthwest.co.uk

Amanda Gaskin or Andrea Hey ESNW cluster

07891270346/07891276604



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