



# 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 512

15<sup>th</sup> October, 2021

Dear Parent / Carers  
Our Christian Value this term is **Respect and Reverence for others**

Our Ethos Statement this week is: **'The Lord is good, a refuge in times of trouble. He cares for those who trust in Him.'** Nahum 1v7

**Remaining training days this year:**  
Friday 27<sup>th</sup> May  
Monday and Tuesday 25<sup>th</sup> and 26<sup>th</sup> July

### Autumn Term

Thank you for signing up to speak with your teacher on the virtual parent consultations, we realise that speaking to your teacher in a virtual, time-limited way offers many benefits as well as challenges for all concerned. In order for the meetings to be as beneficial as possible, please email your child's teacher with the things you want to share or to find out about before the meeting so that the time can be used as productively as possible. If it is impossible for you to attend a meeting with your child's teacher, please email to arrange an alternative time – this time will be subject to the teacher's availability and may be a telephone call rather than a virtual face to face call. Unfortunately, at the moment – due to the limitations of our risk assessment, we are limiting the number of people who are able to come into school.

I am sure that you have noticed from watching the nightly news the rising number of cases of people diagnosed with COVID-19. We have also seen an increasing number of children testing positive for COVID-19 in school, especially in the last week. Please ensure that if you have any concerns about your child – a new and persistent cough, a high temperature a loss of taste/smell, then please err on the side of caution and have them tested with a PCR test or at the very least a Lateral Flow Test. It is really important that we continue to look after each other within our school family.

Thank you.

### Pupil of the week

<p>RWB This week in RWB we have chosen Logan Otley as our Pupil of the week. Logan has been really persevering, especially with his phonics and letter formation. Logan is an enthusiastic member of our class and has a great attitude towards his learning. Well Done Logan :-)</p>	<p>RR Nelson Dekker is our Pupil of the Week :) Nelson shown a real love for stories and reading and is always very enthusiastic during class reading, Nelson enjoys discussing the story in great detail. Nelson is applying this to his own reading and becoming really confident with blending. Nelson shows a great attitude to all areas of learning and is a pleasure to teach. Well done :)</p>
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 THE CHURCH OF ENGLAND  
Diocese of Leeds



**The Best for Every Child- a Unique Child of God**

<p>1A Kitty has really impressed me this week with her enthusiasm to her learning. Her hand is up more and more in lessons. This week she also did some great maths using greater than and less than. She worked accurately and confidently. Well done, Kitty! 😊</p>	<p>1RM This week in 1RM, Marnie McDermott is our pupil of the week! Marnie has worked very hard in her maths this week, becoming an independent learner and problem solving using greater than and less than. Marnie has remained engaged and focused and has enjoyed using the new mathematical language and symbols in Year 1 this week. Well done Marnie :)</p>
<p>2S Henry Paynter is our Pupil of the week in 2S. He is an always child who I could choose any week. He tries his absolute best in everything he does and always shows great enthusiasm. I've been really impressed with his answers in class discussions and his effort with his learning. He is also extremely helpful around the classroom and always has a huge smile on his face. Well done on being such a superstar Henry! :)</p>	<p>2J Poppy Selby is our pupil of the week this week. Poppy comes in to school every day with a big smile on her face and ready to learn. She listens intently in lessons and often puts her hand up to answer questions. She tries her best all the time and is making great progress in all her subjects. Poppy is also a lovely, kind friend to her peers. Well done Poppy. Keep it up :-)</p>
<p>3P This week I have chosen Karis Richards as our pupil of the week. Every day she has shown enthusiasm and motivation with her newspaper report in English. Karis also worked brilliantly in our science experiment involving magnetic force. Always eager and happy to learn, she is an absolute delight to have in our class. Well done Karis!</p>	<p>3R I have chosen Ben Witton this week for being a brilliant role model to the rest of the class. Ben always works incredibly hard and has a fantastic attitude to learning. He has particularly impressed me with his maths reasoning skills this week and his perseverance in P.E. Well done Ben!</p>
<p>4L Darcey Verity is our 4L Pupil of the Week for her fantastic attitude towards her learning. Darcey has tried incredibly hard this week and had persevered with her learning, producing a descriptive piece of writing based on chapter one of The Iron Man, it was a pleasure to read! She has also tried hard with her math this week, not giving up if in the Learning Pit! What a fantastic role model to have in 4L, Darcey! Well done! :)</p>	<p>4W Poppy Hutchings is 4W's pupil of the week this week. Poppy could win this award every week, she always puts maximum effort into everything she does and takes great pride in her work. She is also incredibly polite and helpful as well as being a great friend to others. 😊</p>
<p>5E Harry Bates is my pupil of the week this week. He has had yet another outstanding week where he has shown his incredible flair for writing. I have seen some high-school level writing that many adults would be proud of. Well done, Harry! 😊</p>	<p>5H Maisie Barker is my pupil of the week this week for her fantastic effort in our science lessons. We conducted a complicated filtering experiment this week and she was sensible, listened to instructions and showed enthusiasm while working systematically to find a conclusion. Well done Maisie!</p>
<p>6C Jack Emery for his continued desire to learn and improve. He is consistently engaging in our learning and always asking questions to both deepen his understanding and challenge viewpoints in a respectful manner. Keep up the fantastic growth mindset and curiosity.</p>	<p>6M Dexter Thornton for his wonderful attitude to his learning this week. He has ensured he has made all of the right choices and has produced some excellent pieces of work- his newspaper report on our novel Stormbreaker was an example of this. I have also been impressed with his handwriting and reading skills; he has asked lots of productive questions in his sessions with Mrs Swann- well done Dexter keep it up 😊</p>

## **Black History Month**



Each class has chosen an influential, inspirational black figure from past and present to celebrate Black History Month! The children created a beautiful art gallery of amazing people to show our respect and admiration. We hope you enjoy looking at our display hanging outside the front of school!



## **Den Building**

**On Wednesday 17th (KS1 & Reception) and Thursday 18th (KS2) November** we are finally 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 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!



## **Mathletics News**

Many thanks

Cath Hellings  
Headteacher

**We are Family!**



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 3<sup>rd</sup> 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](mailto:info@esnorthwest.co.uk)**

**Amanda Gaskin or Andrea Hey ESNW cluster**

**07891270346/07891276604**



**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**