



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 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 27th May

Monday and Tuesday 25th and 26th July

Autumn Term – a COVID update

Another half term comes to a close – I would like to say that it has been an uneventful one but COVID has kept us on our toes once again!

In school, the staff have been doing daily lateral flow tests due to the increased number of cases in school. Sadly, some of our staff team have contracted the COVID virus and have had to isolate. As you probably already know the virus doesn't have one symptom or even have one way in which adults and children respond to it. Some of our staff have been ok and some have suffered some of the harsher effects of the virus. Some of our children have had no symptoms and yet others have had unusual symptoms such as being sick/feeling sick – there doesn't seem to be one identifying factor/s.

I heard on the radio, coming into school this week, that there is a sharp rise in the number of children in the 10-15 age bracket that are contracting COVID at the moment – and that there is a correlation between that and the number of older people who are contracting the virus. I am sure that you as well as I have been very worried by this increasing number of cases and I hope and pray that our whole school family are kept safe from the more extreme symptoms of it.

To limit the spread in school we are still washing and gelling hands – members of staff have gone back to wearing face coverings in areas outside of their classrooms. If you need to call at the school office please ensure that you are also wearing a face covering. You can also help us by ensuring that at the start and end of the day that you maintain a good social distance from others in the playground. If your child has any symptoms please help us by erring on the side of caution and getting them to have either a Lateral Flow test or a PCR test (which is the test that we would prefer). It is really important that we continue to look after each other within our school family – and our extended family of grandparents, aunts and uncles.

I hope you all have a happy and safe half term.

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 week we have chosen Caleb Field for his amazing skills in PE and in Art. In PE Caleb demonstrated his control and coordination when doing side step pivots and in art this week he has created an observational drawing of a leaf showing great attention to detail. Well done Caleb :-)</p>	<p>RR</p> <p>Hannah Stackhouse is our Pupil of the Week for her excellent writing this week. Hannah has a fantastic attitude towards all areas of learning but has especially impressed me with her writing this week. Hannah always works really hard in phonics and is beginning to write phrases and sentences which she has then continued to practise during 'get busy' time. Well done, Hannah :)</p>
<p>1A</p> <p>We have chosen Scarlett Smith this week for being a really caring friend. Scarlett looks after lots of members of the class and is always caring and kind. She is always looking for ways to support her friends and ways to help. Well done, Scarlett. Keep up your lovely attitude. :-)</p>	<p>1RM</p> <p>This week in 1RM, we have chosen Lewis Smith to be our pupil of the week. Lewis has shown fantastic enthusiasm for learning this week and has really impressed his teachers with his independent maths! Well done Lewis, keep up the hard work :-)</p>
<p>2S</p> <p>Lucy Holloway is our pupil of the week in 2S. Mrs Baker and I have been so impressed by Lucy's fantastic attitude towards her learning. Even when she finds it tricky she never gives up and we've seen her make so much progress with her learning since September. Her writing this week was brilliant and I loved reading her description of the fire. Lucy is also a wonderful friend and always has a huge smile on her face. You should be very proud of yourself Lucy, well done! :)</p>	<p>2J</p> <p>This week it is very difficult to make a decision because, despite missing Miss Johnson, everyone has tried hard and behaved wonderfully. But there is one girl who has impressed me with her attitude. Whenever I have given her feedback on her work, she has listened to me and improved it, working hard and always with a beautiful smile on her face. That's why my pupil of the week is... Niamh Wilson!</p>
<p>3P</p> <p>This week I have chosen Noah Duffield as our pupil of the week. He shows kindness to everyone and is always ready to learn with a smile on his face. This week he has challenged himself by completing difficult maths reasoning problems independently and always puts his hand up to contribute to class discussions. Keep up the good work Noah!</p>	<p>3R</p> <p>Emily Eastwood for a fantastic week. Emily has worked incredibly hard on her newspaper report on the giant peach landing on the Empire State building and included all the key features. She has also been persevering in maths and working well with her partner to reason and problem solve. Well done Emily for a super half term in year 3! :)</p>
<p>4L</p> <p>Jessica Pickard is our 4L Pupil of the Week for producing a detailed and descriptive piece of English worked based on the Space-bat angel dragon from our class text, The Iron Man! She worked hard to complete this independently and has risen to the challenge! I am pleased to see that she has also persevered with her Maths work this week which has really given her an increased confidence! Well done for working hard this half term, keep up the great work Jessica! 😊</p>	<p>4W</p> <p>Betsy Norgate is 4W Pupil of the Week for trying incredibly hard with her learning across all of the curriculum. She has produced some wonderful English work this week, based on The Iron Man and has been supporting her peers with their learning as well! She has enjoyed investigating electrical circuits in our Science work as well! Well done Betsy! 😊</p>
<p>5E</p> <p>Finnlay Raven has had a superb first half-term in Year 5 culminating in a wonderful score in his Reading test, missing just 3 marks. His writing has blossomed and is showing a real flair that looks a lot like Year 6 writing rather than Year 5 writing. 😊</p>	<p>5H</p> <p>I have chosen Imogen Townsley for her excellent attitude in our english lessons. She has written a fantastic persuasive text about New York and she has shown beautiful presentation and received her pen licence! Well done for all of your hard work Imogen! :-)</p>

<p>6C</p> <p>Khiloni Dabhi for her brilliant and regular contributions to our lessons. I have been particularly impressed with her mathematical understanding and she is showing weekly improvement in her arithmetic. She also produced an impressive and creative spy gadget for the Y6 learning log task. Keep up the excellent attitude Khiloni.</p>	<p>6M</p> <p>Alfie Wild for his fantastic hard work on creating a newspaper report based on our class novel 'Stormbreaker'. I was really impressed with how hard he tried when writing and how he included the vocabulary that was discussed. Mrs Urch also commented on how hard he worked within her group. I am also extremely pleased with Alfie's neat handwriting and how hard he is concentrating to keep it to the Year 6 standard. Well done Alfie- keep it up 😊</p>
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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

Another week of lots of wonderful Maths happening across school. The trophies are being clung on to in KS1 by **1RM** and **2J**; and the KS2 trophy will be stays in **3R**.

Lots of the same names again this week... our top 10 mathletes are:

1. Maryam Nahil - for the fifth week in a row - wow 😊
2. Jenson Bryer
3. Souad Nahil
4. Seth Clark
5. Arnav Gupta
6. Sebastian Wilson
7. Elliott Blacker
8. Alice Kitson
9. Zachary Taylor
10. Elsana Ganjpoor

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 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