



## 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 515**

12<sup>th</sup> November, 2021

Dear Parent / Carers

Our Christian Value this term is: **Service**

Our Ethos Statement this week is: **You, my brothers, were called to be free. But ...use your freedom, serve one another in love. The entire law is summed up in a single command: "Love your neighbour as yourself". Galatians 5:13-14**

### 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

It has been a week of increased COVID infections this week to the extent that we were advised to close one of our classes and revert to remote learning. This has been a change of advice which, I am sure, is linked to the rising number of children contracting COVID in Leeds.

We will continue to notify you of any cases in your child's class. Please help us by regularly doing Lateral Flow Tests with your children – if you are in any doubt then please err on the side of caution and get a PCR test.

In school we are continuing to follow the COVID Risk Assessment. Children are continuing to wash and gel hands – members of staff are still wearing face coverings in areas outside of their classrooms. We also have touch points cleaned part way through the day and thorough cleaning each evening.

Thank you for remembering to wear a face covering when visiting the school office. Thank you, also, for ensuring that the start and end of the day that you maintain a good social distance from others on the playground.

### Next week is Anti-Bullying Week

We are starting our week with:



#### WHAT IS ODD SOCKS DAY?

**Odd Socks Day is part of Anti-Bullying Week!** To celebrate that we are all unique, we ask that children wear odd socks to school on Monday 15<sup>th</sup> November. Last year over 13,000 schools took part in Odd Socks Day. Andy Day (Cbeebies/cbbc) and his band Andy and the Odd Socks are supporting the Anti-Bullying Alliance to help bring Odd Socks Day to life again this year. Have a listen to the brilliant song they have recorded especially for Anti-Bullying Week, **One Kind Word**.

#### WHY IS ODD SOCKS DAY IMPORTANT?

The day sends an important message to pupils that they should be allowed to be themselves free from bullying and helps us celebrate Anti-Bullying Week in a fun and positive way.



Please remember to wear your odd-socks!

 **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 Sophia Pullara. Sophia is making excellent progress in her phonics and her reading. She is always polite and kind. Sophia works hard at home and at school and always tries her best. Well done Sophia :-)</p>	<p>RR</p> <p>Meadow is our Pupil of the Week :) Meadow is showing an excellent attitude to learning, she is beginning to put her hand up on the carpet and it is wonderful to see her practicing and applying her learning during focus activities. I have been especially impressed with Meadow's maths this week, she is showing a fantastic understanding of composition of number. Well done :)</p>
<p>1A</p> <p>Bella has had a super week. We have really noticed her for putting her hand up and joining in with every lesson. Even when she is not 100% sure she has been giving things a go. We have all been really impressed by this attitude to her learning. Keep it up, Bella! ☺</p>	<p>1RM</p> <p>This week in 1RM, Poppy Nowland is our pupil of the week. Poppy has worked very hard this week. We have introduced openers and adjectives in our writing this week. Poppy has created fantastic sentences about Percy the Park Keeper by using both openers and adjectives in her writing. Poppy always tries her best in every aspect of school. Well done Poppy :)</p>
<p>2S</p> <p>We have chosen Renae Charlton-Matthew for her fantastic attitude towards her learning since she started in year 2 way back in September! We have been blown away by how hard she is trying, especially with her phonics and reading, and it's clear to see the fantastic progress she is making. Renae also always has a huge smile on her face and is a pleasure to have in class. Keep up the hard work Renae, we're all very proud of you! :-)</p>	<p>2J</p> <p>2J have had a turbulent week, being in school on Monday morning and then reverting to home learning for the remainder of the week. They have all done an amazing job and taken it all in their stride. It has been wonderful to see their smiling faces on Teams every day! We're really proud of all of them. My pupil of the week this week however is Isabella Senior who has shown an incredible growth mindset to her maths learning this week. She has also produced a fantastic story board for Scrooge! :-)</p>
<p>3P</p> <p>Joseph Beatham for being an always pupil. Always having a super attitude to his learning, his behaviour in class and with others. Producing some fantastic English work, using great descriptive language in his diary work, linked to our text 'The Explorer'. Well done Joseph ☺</p>	<p>3R</p> <p>This week I have chosen Maksym for impressing me with his super attitude to learning and working his socks off all week! Maksym has worked incredibly hard on his descriptive writing in English and has given some fantastic answers during our class discussions. Well done Maksym, keep up the good work! :)</p>
<p>4L</p> <p>Lucy is our 4L Pupil of the Week this week for her superb attitude towards her learning. She has produced some wonderful persuasive writing filled with lots of descriptive detail. She has also tried incredibly hard with her maths work this week, converting different units of measurement and finding equivalent lengths. Well done Lucy for your fantastic learning efforts! ☺</p>	<p>4W</p> <p>Well done to 4W for another fab week meaning another tricky decision but I have chosen Isaac Nowland. Isaac has had a superb end to the week, producing some excellent work including a lovely persuasive advert linked to our learning on the Titanic. He has also completed some rather tricky maths work as well as impressing me during our science learning too. Well done, Isaac, keep it up! 😊</p>
<p>5E</p> <p>Max Gilbert is my pupil of the week this week. He has been extremely mature this week and shown me an improvement in his presentation. His maths work has been superb and he has been able to complete much more in his writing in English lessons. Well done! ☺</p>	<p>5H</p> <p>I have chosen Layla Filipson-Jenkins as my pupil of the week this week. She has worked so hard in english lessons, been much more independent in writing tasks and has participated in class discussion about black civil rights in America with sensitivity. She has written a fantastic persuasive letter about</p>

	abolishing the Jim Crow laws. Well done Layla!
6C Blake Forrest for his impressive attitude and all-round effort with his work this week. In a variety of lessons, he has shown focus and determination to succeed. While working on fractions in maths he has actively engaged in class discussions and problem solving; in English he has shown empathy with a character and written an impressive letter from their viewpoint and in computing has respectfully listened and asked questions. Keep up the great work. 😊	6M Niamh Hickman for her incredible work on our class novel The Boy in the Striped Pyjamas. She has shown an extremely deep level of understanding and empathy towards the main character Bruno and has asked some wonderful questions to develop her understanding. I am incredibly proud of all her hard work- well done Niamh 😊

### **Dates for your diary**

Tue 16<sup>th</sup> Nov – Year 3 trip to Herd Farm

Wed 17<sup>th</sup> Nov – KS1 Den Building

Thur 18<sup>th</sup> Nov – KS2 Den Building

Wed 24<sup>th</sup> Nov – Year 6 trip to Eden Camp

Fri 26<sup>th</sup> Nov – Years 3 and 4 trip to St George's Crypt church to watch 'The Christmas Blessing'

Thur 9<sup>th</sup> Dec - Christmas Jumper Day

Friday 10<sup>th</sup> Dec – Year 6 Evacuee Day

Thur 16<sup>th</sup> Dec – Christmas Dinner

Fri 17<sup>th</sup> Dec – Christmas Carols round the tree (pm)

Fri 17<sup>th</sup> Dec – School closes for Christmas

Tue 4<sup>th</sup> Jan – School re-opens

Wed to Fri 12<sup>th</sup> to 14<sup>th</sup> Jan – Year 5 Residential to Robinwood

### **Operation Christmas Child - Shoebox Appeal – DEADLINE FRIDAY 26<sup>th</sup> NOVEMBER 2021**

We are hoping to repeat last year's success and run our Shoebox Appeal once again. Of course, the past couple of years have been different and incredibly difficult for everyone, so we have joined together as a school to create our shoeboxes with classmates. Each class have been given 7 shoeboxes to fill, it would be brilliant if each child could bring one or two items to help fill their class shoeboxes. I know lots of children have already brought items into school which is fantastic!

**Ideas for items to donate:** toothbrush, bar of soap, small toys, books, colouring books, pens, pencils etc. (See the attached information guide for more details of what may be included)



**Please bring your items into school no later than Friday 26th November 2021.**

Many thanks for your continued support,

Miss Lillington

### **Mathletics News**

It seems we missed a week in last week's newsletter so, here are the results from last week:

A great start to the term with lots of Maths happening in school. The KS1 trophy is getting quite at home in 1RM - well done team! In KS2 it will spend the week in 4W 😊.

We finally have a new name in the top spot! There are also some new names this week which is great to see. The results are in...

1. Jenson Bryer
2. Maryam Nahil
3. Souad Nahil
4. Harry Wilson
5. Anita Cwener
6. Dina Zangana
7. Jacob Zelikson
8. Maya Zelikson
9. Zachary Cunliffe
10. Tobias Gautrey

And this week the trophies are staying put and the new top 10 are:

1. Jenson Bryer - for a second week 😊
2. Maryam Nahil
3. Harry Wilson
4. Stanley Drake
5. Dina Zangana
6. Zachary Cunliffe
7. Rajan Bhath
8. Anya Wilkin
9. Dexter Drake
10. Souad Nahil

### **Children's Mental Health Week**

Last year we ran our first Children's Mental Health Week and will be doing this again in the new year. We use resources from Place2Be and they have launched a new parent resource that may be of interest to you:

After piloting with parents and carers in our partner schools, we are proud to have launched [Parenting Smart](https://parentingsmart.place2be.org.uk/) for all UK parents and carers of 4-11 year olds. The Parenting Smart site is completely free to use and access, full of tips and advice on a range of topics including transition to secondary school, meltdowns, and sleep difficulties. Visit our full site for the latest resources.

<https://parentingsmart.place2be.org.uk/>

### **Battery Recycling**

Unfortunately we are no longer able to provide a battery recycling collection box, please find an alternative venue to recycle your old batteries.

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**