



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 517

26th November, 2021

Dear Parent / Carers

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

Our Ethos Statement this week is: **Here is my servant, whom I uphold, my chosen one in whom I delight; I will put my Spirit on him and he will bring justice to the nations. Isaiah 42:1**

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Autumn Term

The busyness continues here at Holy Trinity again this week. The stage is set! Costumes have been found and hung with care; the videographers have been booked; scripts have been produced with lines in the process of being learned and an air of excitement has thronged the air - which culminated, this week, with the earlier than expected delivery of the school Christmas tree! What a magical time of year!

Year 3 and 4 have attended St George's Crypt to watch 'The Christmas Blessing'.

Year 6 have explored what life was like during WW2 on their visit to Eden Camp this week.

Year 5 have explored the world of cookery where they have invented and made their own cheesecake! They looked delicious too – we have got some budding Master Chefs in our school!

We have had skipping school in school this week as well as all of the other wonderful things that happen during a typical week at Holy Trinity – no wonder our children are exhausted by the time the weekend arrives 😊 We wouldn't want it any other way!

Thank you for supporting the 'Operation Christmas Child' shoebox appeal. Once again there have been many boxes filled with lovely gifts that will brighten the lives of children around the world this Christmas. Thank you to Miss Lillington and the Worship Team for their wonderful organisation of this event, once again, this year.



Have a lovely weekend.

Pupil of the week

RWB

This week we have chosen Yvonne Fang Yuan to be our pupil of the week. Yvonne is a kind and helpful member of our class. She listens and follows instructions on the carpet and joins in with our group work. This week Yvonne has

RR

Josh Waite is our Pupil of the Week :) Josh has really impressed us with the effort he is putting in to all of his learning, especially in phonics. He is trying really hard with his blending and segmenting and is doing really well! Well done,



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| <p>been using her phonics knowledge to help her to put the words she knows into sentences. Well done Yvonne 😊</p> | <p>Josh 😊</p> |
| <p>1A My pupil of the week this week is Max Gallagher. He has really impressed me this week with his writing all about hedgehogs. Not only did Max write some super instructions on how to make a clay hedgehog but he also wrote some brilliant facts all about them. Well done on your super attitude to your writing, Max! 😊</p> | <p>1RM This week in 1RM, we have chosen Isaac Clark to be our pupil of the week! Isaac always has his hand up and will participate in all lessons. But this week, Isaac has been a brilliant mathematician this week and has really impressed his teachers, especially when working out Fact Families. Keep up the hard work Isaac 😊</p> |
| <p>2S Jaxon Child is our pupil of the week in 2S. Jaxon has been working incredibly hard recently and I've been noticing him in lessons for all the right reasons. He is putting his hand up to answer questions, making excellent contributions, and I've been very impressed with his reading comprehension and vocabulary knowledge. Keep up the hard work Jaxon, we're very proud of you! 😊</p> | <p>2J Oliver Hargreaves is our pupil of the week this week. Oliver is an 'always' child. He always gives 100% to everything he does and is always very conscientious with his learning. His handwriting is neat and he always puts his hand up in lessons to answer questions. Oliver is also a kind and considerate member of the class, has excellent manners and is a lovely friend to others. Well done Oliver! 😊</p> |
| <p>3P This week I have chosen Samuel Middleton as our pupil of the week. Samuel has been putting a lot of effort into his presentation skills over the past two weeks and has just produced an excellent vulture fact file in English to link with the story 'The Explorer'. He consistently shows great effort and skill in our PE lessons and throughout our rugby sessions he uses great focus and team skills to improve week on week. Keep up the good work Samuel! 😊</p> | <p>3R This week I have chosen Megan Pierce for her fantastic attitude to learning and always trying her best with her learning. Megan has been working hard on her writing this week and has produced a brilliant non-chronological report about vultures. She has also shown super listening and has been putting her hand up more to answer questions which has been lovely to see. Keep up the good work Megan! 😊</p> |
| <p>4L Emmeline Pickup is our 4L Pupil of the Week this week for her wonderful attitude and enthusiasm towards her learning. She has produced a detailed newspaper report based on the sinking of the Titanic, including complex sentences and quotations. She has also showed great knowledge and understanding in our Science, investigating different states of matter. Well done Emmeline! 😊</p> | <p>4W After another fantastic week in 4W it has been yet another tricky decision. However, I have been particularly impressed with Rajan Bhath. Rajan has been working extremely hard since starting year 4. He puts maximum effort into his work with no fuss and always pushes himself, even when things get tricky. He has also worked incredibly hard on his handwriting and presentation, something which has not gone unnoticed. Well done, Rajan! 😊</p> |
| <p>5E Olivia Goodyear is my pupil of the week. She has performed brilliantly in all areas this week 😊 Her English has been amazing and she has worked hard with her maths. In P.E. and our rugby lessons, she has really excelled and was brilliant to watch as she continually battled against other pupils using the skills she has learned. 😊</p> | <p>5H I have chosen Harry Popplewell as pupil of the week because of his excellent attitude in all subjects. He has shown great concentration and focus and has written a brilliant descriptive piece if writing about our class novel, "Holes." Well done Harry! 😊</p> |
| <p>6C Dylan Hillier for his great efforts this week. He has shown a great understanding of World War II, along with a curiosity to find out more about</p> | <p>6M Izzy Riches for her incredible attitude throughout Year 6 so far. She puts 100% effort into everything she does and this was shown</p> |

the events of the past. He has also demonstrated an adeptness with coding, while solving and debugging problems using Scratch. Keep up the superb efforts, well done. 😊

with her lengthy, well-written letter in the style of Bruno from The Boy in the Striped Pyjamas. I was also extremely pleased with her maturity on our Year 6 trip to Eden Camp- well done Izzy 😊

Dates for your diary

Thur 9th Dec - Christmas Jumper Day

Friday 10th Dec – Year 6 Evacuee Day

Mon 13th Dec – Elf Run (please see below)

Thur 16th Dec – Christmas Dinner

Fri 17th Dec – Dress down day for Christmas parties! 🧑 (info to follow from class teachers)

Fri 17th Dec – Christmas Carols round the tree (pm)

Fri 17th Dec – School closes for Christmas

Tue 4th Jan – School re-opens

Wed to Fri 12th to 14th Jan – Year 5 Residential to Robinwood

Elf Run – Mon 13th December



On Monday 13th December we're going to be holding a sponsored Elf Run to raise money for the Simon on the Streets Homeless charity. The charity was founded in Leeds and is a great charity to support around Christmas time when it's so cold and lonely to be out on the streets at night.

The charity will send us an Elf hat for each child and it would be great if the children could dress in red and green with boots if possible!

More information to follow soon.....



Reverse Advent Calendar

Christmas can be a very exciting time of year: spending time with family and friends, giving and receiving presents, singing carols, decorating the house, and eating lots of food! During the month of December, the Worship Team and children of Cookridge Holy Trinity have decided to think about those who are not as fortunate as others.

In the lead up to Christmas, this year our school will be taking part in a Reverse Advent Calendar challenge to help provide much needed food/toiletries to those less fortunate.

Beginning on **Monday 29th November- Wednesday 15th December**, we will be encouraging children to bring in non-perishable items and toiletries to contribute to their class' Reverse Advent Calendar. At the end of our challenge, the contributions will then be collected by Leeds North and West foodbank, Trussell Trust, and distributed to those most in need.

Suggestions of items to donate:

- cereal - Christmas foods
- soup, pasta, rice - jams/spreads
- tinned goods - powdered milk
- tea, coffee, sugar
- biscuits
- fruit juice
- toiletries – deodorant, toilet paper, shower gel, shampoo, soap, toothbrushes/paste
- baby supplies – nappies, baby wipes, baby food

Year 5 News

Year 5 have had a very exciting and busy week this week! On Wednesday, the children visited Cookridge Holy Trinity Church for Mass. It felt brilliant to be back in Church and the children represented our school incredibly well. Well done Year 5!

In other news, the children have also created their own cheesecakes inspired by New York cheesecakes as part of our America topic! They were delicious! If you would like to have a go making cheesecake, please see our recipe below.

What you will need:

110g digestive biscuits
50g butter
25g light brown soft sugar
350g mascarpone
75g caster sugar

If you would like to make your cheesecake chocolate....

2tsp Cocoa
150g Melted Dark Chocolate



1. Crush the digestive biscuits in a food bag with a rolling pin or in the food processor. Melt the butter in a microwave and stir in the brown sugar and biscuit crumbs.
2. Press the biscuit into the bottom of the plastic tub and chill in the fridge while making the topping.
3. Beat together the mascarpone, caster sugar, melted dark chocolate and cocoa until smooth and creamy. Spread over the base and chill for a couple of hours.
4. Add your chosen toppings onto the cheesecake.



Operation Christmas Child Shoebox Appeal 2021

A massive thank you for all your generosity and support with our Shoebox Appeal this year. We collected an incredible amount of items to fill over 100 shoeboxes! These will now be travelling overseas to bring a smile to many children's faces over the Christmas period!

Many thanks,

Miss Lillington and the Worship Team

Mathletics News

The KS1 trophy is staying in 1RM for another week - I can't believe it! Well done team!

However, in KS2 the trophy is finally on the move all the way up the stairs to 5E!

I'm really pleased to see even more new names in the top 10 this week 😊

1. Harry Wilson
2. Jenson Bryer
3. Zachary Cunliffe
4. Elsana Ganjpoor
5. Max Gilbert

6. Elena Sanders
7. Oskar Oliver
8. Jessica Askey
9. Charlotte Campbell
10. Fletcher Johnson

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 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/>

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 complex block contains a logo for 'We are Family!' with a stylized family silhouette, a logo for 'ES North West' with the tagline 'Stronger Families for Positive Communities', a photograph of a diverse group of families, and several lines of bold text describing the group's purpose and contact information.

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