



## 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 518**

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Dear Parent / Carers

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

Our Ethos Statement this week is: **'The Holy Spirit will come upon you," the angel answered, "and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called the Son of God!"'**

**Luke 1v35**

### **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**

This week we have been thinking about Courageous Service and how the courage of Mary changed the world. Our children have been thinking about this during their rehearsals of their plays – I have been treated to the many versions of Christmas Carols and songs over the course of the week pouring from the school hall – you are in for a treat!

This week we have also been thinking about the resurgence of a new version of the COVID virus. The risk assessment does have amendments to it -you will be reassured to know that we already have in place the recommendations for keeping safe. You may have noticed that staff have gone back to wearing face coverings on the playground – we would recommend that you do too. The action of wearing a face covering means that you are keeping others safe. Please ensure that you also keep a safe COVID distance from others on the playground.

We have had no new cases of COVID within our school over the last two weeks and are working hard to ensure that we can maintain this new record for as long as we can. Our cleaning routines have been ramped up further and we have looked carefully at where children may meet other year groups over the course of the day – the main one being lunchtime. I am pleased to say that our lunchtime routines have also been enhanced with children sitting in their year groups rather than just finding a space to sit – with furious table cleaning being the norm between the different year group sittings.

Please continue to be vigilant so that we can all take care of each other during these worrying times – especially on the run up to our Christmas break.

Have a lovely weekend.

 THE CHURCH  
OF ENGLAND  
Diocese of Leeds



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

## Pupil of the week

<p>RWB This week Nancy Cafferky is our pupil of the week. Nancy is a super member of our class; she has fantastic manners and is making excellent progress especially in her writing. Nancy tries her best and has a great attitude towards her learning. Well done Nancy 😊</p>	<p>RR Asa is Pupil of the Week in RR :) Asa is really enjoying accessing lots of different areas of provision with many different children. Asa is very engaged during his play and builds amazing models with the construction resources. Asa is also showing a fantastic attitude towards phonics and this week has been beginning to write sentences with independence and is very proud of his writing. Well done, Asa 😊</p>
<p>1A My pupil of the week this week is Zach Cunliffe. Zach is an always child who always has his hand up and always has great contributions to make in class. This week he really impressed me with the penguin facts we have been remembering. Not only did he remember some really interesting facts he even suggested using exclamation marks in our writing to show the most interesting ones. Well done, Zach! 😊</p>	<p>1RM This week in 1RM, Elena Sanders is our pupil of the week. Elena has really impressed her teachers this half term, especially working really hard with her spellings every week! Elena has also gained confidence with her reading and is using her phonics independently in her writing. Well done Elena, keep up the hard work :)</p>
<p>2S Rory Briscoe-Wilkinson for his fantastic effort and enthusiasm all term! Everyone in Year 2 has been so impressed with how hard he is trying and the effort he is putting into his learning is showing in his amazing progress. He gave me some super explanations in his maths this week and is so keen to do his writing. We are incredibly proud of you Rory, keep up the hard work! 😊</p>	<p>2J My pupil of the week is Noah Lyons. Noah has had an excellent couple of weeks. I have been impressed by his attitude towards all of his learning and he has been completing tasks sensibly and independently. He produced an excellent piece of work when learning about food chains in Science, he performed some excellent rolls in gymnastics and has really impressed me with his comprehension in reading this week! Noah has also done a brilliant job of learning his lines for our Nativity. Keep it up Noah! 😊</p>
<p>3P This week I have chosen Isaac Clarkson as our pupil of the week. Isaac has shown such kindness and maturity in group work this week. Throughout our science experiment investigating reflection and our trip to Antarctica (using VR headsets), he fed back to the class with thoughtful contributions and showed a fantastic attitude to his learning. Well done Isaac, keep it up! 😊</p>	<p>3R This week I have chosen Holly Pallister-Smith for impressing me in all areas of her learning. Holly could get pupil of the week every week as she is such a fantastic member of 3R and her behaviour is always excellent. She has really impressed me in P4C this week as she gave some very thoughtful comments on the topic of exploration. Holly has also been working hard in maths and has been flying through the reasoning challenges linked to multiplication. Keep up the good work Holly!</p>
<p>4L Anya Wilkin is our 4L Pupil of the Week for her wonderful attitude and enthusiasm towards her learning throughout the whole curriculum, not just this week but the whole Autumn term so far! She has loved our Titanic topic and has produced some fantastic pieces of detailed writing as part of this. She has been really engaged with our States of Matter topic in Science and has produced a wonderful geometric ice berg as part of our art study. Well done Anya!</p>	<p>4W Well done for all of 4W for another fantastic week as things start to get festive. I have been really impressed with Milayna this week. As she does every week, she has demonstrated fantastic enthusiasm for all that she does - including singing our Christmas performance songs with gusto. She has also produced some super work in all subjects but I was really impressed with her newspaper report on the sinking of the Titanic. Well done, Milayna. 😊</p>

<p>5E Mariam Faraj is my pupil of the week this week. She has had another great week in Year 5. Mariam has put more effort into listening and has produced some superb results in all our tests this week. She has been working extremely hard in all areas and I am very pleased with the progress she is making</p>	<p>5H I have chosen Daisy Thomas as pupil of the week because of her excellent attitude this week. She has worked incredibly hard in all subjects and really impressed our supply teacher with her growth mindset and positive behaviour around school. Well done Daisy!</p>
<p>6C Pearl Stoker for her all-round exemplary attitude to everything she undertakes. She always puts in maximum effort, combined with a respectful attitude to all. This week she has worked particularly hard with her writing, producing a thoughtful diary entry for one of the characters in our class novel: The Boy in the Striped Pyjamas. What has been particularly impressive was her careful and effective editing to improve her work further. Keep up the superb efforts Pearl ? well done.</p>	<p>6M Imogen Pearson for her fantastic attitude since coming back. She has put maximum effort into everything she has done and has asked some really high level questions during our P4C discussion on diversity. I was also very impressed with Immy's English work; writing in the style of a character from our class novel 'The Boy in the Striped Pyjamas'. Well done Imogen-keep it up 😊</p>

### Dates for your diary

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

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

Mon 13<sup>th</sup> Dec – Elf Run

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

Fri 17<sup>th</sup> Dec – Dress down day for Christmas parties! 🎉 (info to follow from class teachers)

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

### Request for costumes!

We are short of 2 Policeman costumes for our KS1 Nativity. If you have one that we could borrow from Monday to Wednesday next week please contact the school office. Even just the hat would be a huge help 😊

Many thanks, in advance



### Elf Run – Mon 13<sup>th</sup> 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.

Please send your child to school dressed in red and green!

Please follow the link below to donate and help us raise as much as possible:

[www.justgiving.com/Cookridge-Holy-Trinity-Cofe-Primary](http://www.justgiving.com/Cookridge-Holy-Trinity-Cofe-Primary)



## Reverse Advent Calendar

Thank you to everyone who has already donated, we are overwhelmed by your generosity and continue to collect donations as we think about those who are not as fortunate as others.

Between **Monday 29th November- Wednesday 15th December**, we will continue to encourage 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

## Mathletics News

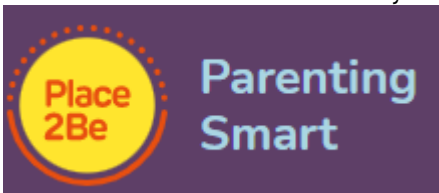
With great excitement I retrieved the KS1 trophy from 1RM and delivered it to 1A - well done 😊  
In KS2 it is back to 4W - well done Mr Wilkinson's class!

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

1. Harry Wilson
2. Michael Li
3. Suraya Dabhi
4. Oskar Oliver
5. Max Gilbert
6. Zachary Cunliffe
7. Antoni Palczewski
8. Jackson Hill
9. Amelia Furlong
10. Elsana Ganjpoor

## 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 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**