



## 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: **Service**

Our Ethos Statement this week is: **'And the shepherds went back both glorifying and praising God for what they had heard and seen; it was exactly as they had been told.'** Luke 2v20

### **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 were busy with our 'close-ups' during filming! The children did an excellent job in their Christmas productions – you are in for a treat. The videographers are taking the hours of footage and are going to edit it over the next few days and send us a link that we will share with you. Please can I remind you that the film is for your personal use and is not to be shared on social media – this is to protect all of our children.

Year 6 welcomed Arek into school this week. Arek is a holocaust survivor and he came to talk about his experiences of being in a concentration camp during WW2. This talk is the culmination of the work the children have been doing in class – they have ended the week dressed as WW2 refugees. I am sure that they will never forget their experiences gained during this topic.

I am sure that you listened to the Prime Minister's address on Wednesday evening regarding the spread of this new strain of COVID-19 that is quickly taking hold in the UK. It is very worrying that this strain is taking 2 days for cases to double. As of next week the country is back to 'Plan B' where face coverings are needed more and social distance is even more important than ever – in order to avoid spreading the new COVID variant. We are wearing face coverings in school again in circulation areas and also on the playground at the beginning and end of the day. I have noticed that many of you are also doing this too. Thank you.

As a result of this news in the week we have once again had to review how we are keeping each other safe. We have looked, again, at our risk assessment and consulted the Health and Safety Team in Leeds regarding our Carols Around the Tree event that we hold each year on the last day of term. We have been advised of the distances we will need to keep and, as a result of this, we now know that we don't have the physical space on the playground to hold this event and keep everyone at a safe distance. Instead of Carols Around the Tree each year group is going to send you a carol on Friday as a token of our community event with the sincere wish that we will once again be able to do this as a school family for Christmas 2022. We want everyone to be safe over the Christmas break – it would be devastating if even one person contracted COVID through attending an event at our school.

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</p> <p>This week we have chosen Riley Malton. Riley has developed a great attitude towards his learning - he has been working really hard in reading, writing and maths. Riley is a good friend to the children in our class always tries his best. Well done! :-)</p>	<p>RR</p> <p>George Tikhonovskiy is our Pupil of the Week for being a fantastic Bossy King in our Nativity. George had lots of lines to learn and lots of stage directions to remember. George was an excellent Bossy King and we are really excited to watch the performance. Well done, George 😊</p>
<p>1A</p> <p>This week I have chosen the whole of 1A as my pupils of the week. They have tried so hard over the past few weeks learning their songs for our KS1 nativity. On Wednesday they song loudly and with confidence, even in front of a film crew! We are so proud of the whole of Year 1 by how sensible they have been. Well done everyone! We can't wait to see the finished product. 😊</p>	<p>1RM</p> <p>This week in 1RM, we think the whole class deserve to be our pupils of the week! Every member of the class has worked very hard over the last few weeks to learn all our nativity songs and make their brilliant cow crowns. All their hard work was shown during our fantastic performance on Wednesday! We can't wait to share this with all the grown ups! Well done everyone! 😊</p>
<p>2S</p> <p>We are giving all of 2S pupil of the week this week! They have absolutely blown us away with their incredible attitude and enthusiasm while we've been putting on the Christmas production. Every single one of them has done an amazing job in a very short time and we couldn't be prouder of them. We have seen some amazing acting, dancing and singing, Year 2 you are all superstars...and now film stars! Well done on a fantastic achievement this week! :-)</p>	<p>2J</p> <p>This week we're giving Pupil of the Week to the whole of 2J for their wonderful performance in our KS1 Nativity play. We can't possibly single anyone out, as all of the children did their absolute best. They learnt their lines brilliantly, they performed confidently and clearly and they took all of our direction on board. We can't believe how well they did, given just two weeks to practice. A fantastic team effort from everyone involved. We're really proud of you all! 😊</p>
<p>3P</p> <p>I have chosen Eleanor Nesbitt as our pupil of the week. Eleanor gives 100% in everything she does and always has a positive attitude to her learning. In maths, she worked excellently solving some very tricky problems and has given some super explanations of her method! Eleanor has been very engaged in our Explorers and Adventurers topic, producing some great pieces of detailed writing. She has also impressed me in our Christmas production rehearsals with her enthusiasm and focus! Well done! 😊</p>	<p>3R</p> <p>This week I have chosen Lewis Ward for being an absolute superstar in our Christmas performance and impressing me with his fantastic singing skills! Lewis is a fantastic member of 3R and will always try his very best. He has been working hard in all areas of his learning and has shown good perseverance with some tricky algebra problems we have been tackling this week. Keep up the good work Lewis! 😊</p>
<p>4L</p> <p>Molly White is our 4L Pupil of the Week! She has really enjoyed reading and engaging with our class text, based on the Titanic, and has produced some wonderful work as part of this. She works well as part of a team and is supportive of others, always helping! She has also demonstrated great gymnastic skills during our PE lessons. Well done Molly! 😊</p>	<p>4W</p> <p>Well done to everyone for another excellent week in 4W. Our Pupil of the week this week is Souad Nahil. Souad has been working incredibly hard since the start of term, producing some superb work. She is always ready to learn, tries her best, putting in maximum effort as well as setting a great example with her behaviour too. This week, we completed some rather tricky maths tests and she did really well. Well done, Souad. 😊</p>
<p>5E</p> <p>Owen Stevenson is my pupil of the week this week. He has a great attitude to learning and his confidence is increasing as each week</p>	<p>5H</p> <p>I have chosen Oliver Wiggan as pupil of the week this week because he has really impressed me with his efforts in improving his</p>

<p>progresses. His standards in all lessons are improving, especially in maths where he really is beginning to blossom and has produced some great scores in his recent assessments culminating in his first 100/100 in our weekly times table test. 😊</p>	<p>presentation. He has tried incredibly hard to keep his handwriting neat and work towards getting a pen licence! Well done Oliver! 😊</p>
<p>6C          Cara Pierce for her brilliant attitude in the class and around school. She always puts in maximum effort to all tasks she undertakes. This week I have been particularly impressed with her respectful contributions to our discussions on a range of subjects, including: learning from the past events of World War II, her views on our class novel and how we can make our communities more respectful places. She is also very kind and willing to offer help to anyone that needs it. Keep up the superb effort 😊</p>	<p>6M          Abbie Thornley for her amazing attitude in all subjects. She always shows great maturity and ensures her work is completed to a high standard every time; she is a real role model for 6M. Well done Abbie 😊</p>

### **Dates for your diary**

- 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! 🧑🏻‍🎄
- Fri 17<sup>th</sup> Dec – Carols round the Christmas Tree - *cancelled*
- 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

### **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!

Thank you to everyone who has already donated, please share the link below with friends and family to 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.

It's not too late to donate, the goods will be collected on **Wednesday 15th December** 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

## **Fundraising**

Rajan Bhath from class 4W is once again fundraising for Action for Children. Please see below for my information.

Hello my name is Rajan and I really enjoy DJing. I have a special talent and I don't want my talent to go to waste. So instead I will use my talent to help others.

Please help me raise money for Action for Children. To thank you for donating I am doing a DJing set on

**Friday 17th December at 6pm.**

Link for event via **ZOOM** –

<https://us04web.zoom.us/j/71566718510?pwd=UohlK2FBcEVnQzZEaDJkNHVWMWNhZz09>

Meeting ID: 715 6671 8510

Passcode: DJRJ2013

Link to **DONATE** - <https://www.justgiving.com/fundraising/djrj2013>



## **Mathletics News**

It lasted a week... the KS1 trophy is headed back to 1RM 😊  
In KS2 it is another week in 4W - well done Mr Wilkinson's class!

Lots of familiar names in the top 10 this week 😊

1. Jenson Bryer
2. Maryam Nahil
3. Harry Wilson
4. Souad Nahil
5. Zachary Cunliffe
6. Sebastian Wilson
7. Jackson Hill
8. Elsana Ganjpoor
9. Oskar Oliver
10. Arnav Gupta

Many thanks

Cath Hellings  
Headteacher



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**