



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 521**

7th January, 2022

Dear Parent / Carers

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

Our Ethos Statement this week is: **‘Kings take pleasure in honest lips; they value a man who speaks the truth’.
Proverbs 16:13**

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Spring Term

Happy New Year!

I hope that your Christmas was a happy one where you managed to keep safe and see those that you love.

Our children and staff came back into school with their usual energy and enthusiasm (if not a little bleary eyed from having to get up early again) raring for another exciting term!

We are still tracking cases of COVID in school and will write to you with our standard notification letter to let you know if there has been a case in your child’s class.

Our cleaning and hand sanitising routines are still in place and classrooms are well ventilated too. Thank you for supporting us with ensuring that you keep your child at home if you suspect they may have developed /caught COVID and having them tested. I am hopeful that by being as proactive as we all are we will keep cases to an absolute minimum.

Pupil of the week

RWB

This week we have chosen Millie Richardson. Millie's attitude towards school and work is fantastic. She continues to make great progress, particularly in her reading. She listens and joins in during group work and carpet sessions. Well done Millie, keep up the good work! 😊

RR

Leonard MacGregor is our Pupil of the Week this week :) Leonard is a very enthusiastic member of the class, he is always fully engaged in everything we are doing. Leonard created a fantastic personal timeline over the holidays and has enjoyed sharing it with everyone, he has also been very engaged in finding out about the other children's timelines, asking them lots of questions, listening carefully to their experiences and taking a great interest in their work. Well done, Leonard 😊



The Best for Every Child- a Unique Child of God

<p>1A My pupil of the week is Victoria Rao. Victoria is an always child. She gives 100% in everything she does, she follows our golden rules and is a role model in our class. She has made a superb start back after the Christmas holidays, writing a lovely acrostic poem all about winter. Well done Victoria! 😊</p>	<p>1RM This week in 1RM, Eleanor Bose is our pupil of the week! Eleanor has really stood out to her teachers this week. She had some fantastic ideas when writing our winter acrostic poems. Eleanor used brilliant adjectives and has written a creative and atmospheric poem! Well done Eleanor 😊</p>
<p>2J 2J have all started off 2022 with enthusiasm and determination which is great. My pupil of the week this week is Harry Watson. I could choose Harry every week as he is a perfect example of an always child. Harry is always sensible in class and always tries his best. He has amazingly neat handwriting and is conscientious in all he does. He listens brilliantly which means that he is learning quickly and making great progress in all lessons. Well done Harry! 😊</p>	<p>2S A big well done to all of 2S for coming back with such excitement and enthusiasm despite the cold weather! Our pupil of the week in 2S is Ellie Kaye. Ellie is someone I could chose every week; she tries her best in every lesson, puts her hand up to contribute and is incredibly polite and kind to everyone. She has a brilliant attitude to everything we do and is an absolute pleasure to teach! Well done Ellie! :-)</p>
<p>3P This week was a really tricky decision as everybody has come back with a great attitude to their learning. However, I have chosen Isabella Egglestone as she has exceeded in her multiplication knowledge and is showing great perseverance in her maths. Well done Isabella, keep it up! 😊</p>	<p>3R This week I have chosen Ryan as my pupil of the week for producing some brilliant work in English. Ryan has been working hard this week to improve and up level sentences and use imaginative description in his own writing. He has also been trying hard with his behaviour and to follow our golden rules which has impressed me too. Keep up the good work Ryan! 😊</p>
<p>4L This week my pupil of the week is Ollie Thompson. Ollie is a pleasure to teach, always does his best and has such a positive attitude in everything he does. Ollie is also a good friend and a super role model in 4L. Well done Ollie, keep it up! 😊</p>	<p>4W It's been a fab first week back in school with everyone back in the swing of things and working hard. Our pupil of the week is Suraya who has been working incredibly hard. She has got her head down and completed all of the tasks given to her putting in maximum effort in everything. She has been setting a great example with her behaviour and has been ready and eager to learn in every lesson Well done, Suraya, what a fantastic start to 2022! 😊</p>
<p>5E Bridget Lee is my pupil of the week. She has had a superb return to school after the Christmas break. Her attitude is always perfect and lends herself to class discussions. This week she has impressed me with her maths as we tackle 3 and 4 digit multiplication. She has grasped the concepts well and shown concentration, effort and perseverance throughout. Well done, Bridget. 😊</p>	<p>5H I have chosen Charlotte Borrill as pupil of the week because she has settled back into school routine perfectly after the Christmas break. She has participated lots in class discussion, showed lots of enthusiasm towards her learning and has really impressed me with her knowledge of poetry this week. Well done Charlotte! 😊</p>
<p>6C Charlie Britten for his impressive return to school. He is showing determination, perseverance and a strong desire to improve his understanding in our lessons. He is showing particular engagement with his maths and is often actively involved in our class discussions and answering questions. Well done Charlie keep up the great attitude. 😊</p>	<p>6M Freya Logan-Hall for her excellent attitude to her work. She has produced some really great predictions and points on our class novel 'The Hobbit' and always contributes to class discussions appropriately. She is also a very helpful buddy at lunch times that shows a mature attitude to aid the younger children- well done Freya 😊</p>

Dates for your diary

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

Maths news

This year's annual number day will be celebrated in school on Tuesday 18th January. Each year we celebrate number day and all things Maths! Last year we linked with Science, and had a great day full of quizzes and cross-curricular Maths and Science lessons. This year we are linking Maths and Art, and will be looking creatively at Maths in Art and Art in Maths. During the day there will be a whole school virtual quiz and some 'Arty Maths' or 'Mathsy Art' happening across school.

We are inviting the children to dress up for the day in line with the theme - they can come dressed as a number, a mathematician, or a famous artist - be creative! There are lots of costume ideas if you look online too.

NB if it's a PE day, make sure the costume is appropriate!



Request for resources

You may remember last year I set up a sand therapy play box to use as an intervention for children in school. We need various pieces of equipment for the children to use in their story telling and exploratory play for this and could really use a top up!

We would need resources in excellent condition and will sanitise them before use. If you have anything from any post-Christmas clear outs that you can donate it would be greatly appreciated. You can pass them to me on the gate in the morning, or drop off at the school office. I will pass on any excess donations to charity.



We need:

- people - figurines such as army characters, Disney princesses, monsters, heroes, action figures
- buildings - construction blocks, mini buildings
- animals - any, past/present/future
- rocks, shells, gems
- vegetation - bark, fake grass, fences
- vehicles - any sort
- fantasy creatures - dragons

Thank you, Mrs Casling

Mathletics news

It's the first week back and our trophies are starting 2022 in 1A and 3R

The first top 10 mathletes of 2022 are...

1. Zachary Taylor
2. Sebastian Wilson
3. Alexa McKenzie
4. Michael Li
5. Christian Holmes
6. Antoni Palczewski
7. Oskar Oliver
8. Zachary Cunliffe
9. Jenson Bryer
10. Daniel Thomas

Many thanks

Cath Hellings
Headteacher



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