



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 522**

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Dear Parent / Carers

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

Our Ethos Statement this week is: **‘Do to others as you would have them do to you.’ Luke 6v31**

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Spring Term

This has been a week where we have demonstrated our Christian Ethos of Perseverance. We were all Persevering with keeping our hands and work areas clean; Persevering in the Learning Pit with our learning; Year 5 were Persevering on their residential – especially with those piranhas!

As a whole school family, we have all been Persevering in keeping each other safe during these unusual (but more usual than we care to admit) times. Thank you for ensuring that your child is tested if they develop any symptoms linked with COVID. We have had more cases of it in school – and amongst the school team too. I am thankful, though, that we are keeping cases as low as we can.

Pupil of the week

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| <p>RWB The pupil of the week in RWB is Aanya Bhat. We have chosen Aanya for her growth mindset and her attitude towards her learning. Aanya has developed her skills of perseverance when she finds a task difficult. Aanya is a great friend and a helpful member of our class, well done! 😊</p> | <p>RR This week my Pupil of the Week is Gracie Pallister-Smith. Gracie has a wonderful attitude towards all of our learning and this week has really concentrated on her writing. She is trying really hard to use the rhymes to form her letters and making them smaller. Well done Gracie 😊</p> |
| <p>1A My pupil of the week this week is Millie. She has been impressing all the staff in Year 1 all week. She did a super, independent character description of Dorothy in English as well as trying really hard in all her maths work. She has also made fantastic progress in her reading. Well</p> | <p>1RM This week in 1RM, Hannah Tugwell is our pupil of the week. Hannah always has a fantastic attitude to learning. She will always persevere with any task and tries her best. Hannah has shown that she is a brilliant reader this week and has really impressed all of her teachers.</p> |



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| done, Millie. Keep up all this hard work! :) | Hannah always reads the questions and is engaged in all lessons. Well done Hannah :) |
| 2J My pupil of the week this week is Kairo. Kairo works incredibly hard every day in school. He listens brilliantly and always puts his hand up to answer questions. In English he always produces an excellent quantity of sentences and he is a great reader too. In addition to this, Kairo has excellent manners and is polite and considerate around the classroom. Well done Kairo. Keep it up! 😊 | 2S Our pupil of the week is Stanley Morris this week. Stanley has impressed every grown-up in Year 2 since coming back after Christmas. He is showing such a fantastic attitude towards his learning and is trying his best to complete every task he's given. He's answering lots of questions and completed some great writing. We are also very proud of how well he is doing with his reading. Keep up your hard work Stanley, it's really paying off. :) |
| 3P This week I have chosen Emilia Hickman as our pupil of the week. Emilia always shows a positive and curious attitude to her work. This week she has shown excellent knowledge in Science recognizing rocks and has contributed great ideas in English for our research report on woolly mammoths. She continues to show fantastic presentation in all of her books. Well done Emilia, keep it up :) | 3R This week I have chosen Sophia Dimonaco for persevering with tasks and putting 100% effort into all her learning. Sophia has been trying extremely hard with all her work and it definitely hasn't gone unnoticed. She has written a fantastic non-chronological report all about mammoths and tried really hard with her handwriting and presentation. She has also been listening well during maths and putting her hand up more to answer questions. Keep up the super effort Sophia! :) |
| 4L Lucas Stott in 4L is our Pupil of the Week! He has started the new year with a fantastic attitude towards his learning! He has produced a detailed biography about Leonardo Da Vinci and has worked extremely hard in maths, thinking about factor pairs and using his times tables knowledge to help him! Keep up the great work, Lucas! | 4W As another fantastic week in 4W comes to an end it has been another tricky decision when choosing pupil of the week. However, Thomas Smith has had a great week. He has been working incredibly hard in all subjects and taking great pride in his learning. He has completed some super and rather tricky work on factor pairs in maths and has produced a lovely biography about Leonardo da Vinci in English. Well done, Thomas! 😊 |
| Year 5 This week we have chosen the whole of year 5 for their fantastic behaviour on our trip to Robinwood! Everyone has tried really hard in all of the activities and had lots of fun along the way! We are really proud of how well they have represented our school. Well done year 5! 😊 | |
| 6C William Miller for his excellent contributions to our lessons and class discussions. He has a wealth of knowledge that he shares with the class and will often reflect thoughtfully on situations, providing different perspectives. This has been particularly evident in our English lessons and when Leeds United came in to talk about dealing with difficult situations. Well done William. 😊 | 6M Finley Icton for his excellent attitude to his learning in all subjects. He is really improving with his Maths and English and the hard work he is putting in, is meaning he is reaping the rewards. This has also been noticed by Mrs Hughes from Beanstalk, who has commented on how well-mannered and polite Finley is whilst doing his extra reading sessions and how focused he is. Well done Finley- keep it up 😊 |

Dates for your diary

Tue 18 Jan – Art/maths day (dress up day) – see maths section below for more information

Tue 15 Mar – Reception trip to Temple Newsam (more information to follow soon)

Thur 24 Mar – Year 4 trip to Dane Law Living History Centre (more information to follow soon)

Tue 3 May – Reception trip to Hesketh Farm (more information to follow soon)

Wed to Fri 8 – 10 Jun – Year 6 residential to Peat Rigg

Keeping Children Safe Online

As you are all aware, technology is becoming an ever-increasing part of our lives. The internet is a fantastic place, however, there are also risks posed to our children. I am continuously updating our school website with useful guides to keep parents aware of new relevant apps/games/programmes that your children may be accessing online. These guides can be found here:

<https://www.holytrinity.leeds.sch.uk/curriculum/computing/>

The guides are informative and give lots of information about potential issues that may arise whilst using them.

Thank you for supporting E-Safety for our children at home and within school.

Mr March (Computing Lead)

Mathletics news

The KS1 trophy will have to live in the middle area this week as it is a tie between 1A and 1RM. In KS2 it will spend the week in 3P, who are leading by a mile! Well done 😊

Top 10 mathletes

1. Jenson Bryer
2. Finnlay Raven
3. Eloise Heels
4. Ruby Jones/Harry Wilson - joint score
5. Victoria Rao
6. Zachary Cunliffe
7. Rajan Bhath
8. Christian Holmes
9. Antoni Palczewski
10. Ewan Horner

Maths news (DRESS UP DAY)

This year's annual number day will be celebrated next week in school on Tuesday 18th January (a little bit earlier than the official NSPCC day!) 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!

Number day raises money for the NSPCC - if you would like to donate, you can do so via this

website <https://www.nspcc.org.uk/support-us/events-fundraising/social-special-events/number-day/>



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

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