



## 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 523**

21<sup>st</sup> January, 2022

Dear Parent / Carers

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

Our Ethos Statement this week is: **'Create in me a pure heart, O God, and renew a steadfast spirit within me.'**

**Psalm 51v10**

### Remaining training days this year:

Friday 27<sup>th</sup> May

Monday and Tuesday 25<sup>th</sup> and 26<sup>th</sup> July

### Spring Term

This week has been one where we have had quite a few COVID cases notifications - both with children and with staff. It is hard to hear how restrictions are going to be lifted when we are working hard to cover classes that have teachers and teaching assistants missing from them!

At some point the school Risk Assessment will be updated to reflect the current changes but many things will be kept the same within school such as : staff and visitors will continue to wear face coverings whilst moving around school; our handwashing/hand gelling routines will still be in place; we are keeping the different year groups in their discrete year groups with as minimal mixing as we can possibly make; our collective worship is still on line and will continue to be so until Easter at least. We are keeping the same morning and evening routines – which I know many of you like (this may still be a routine even after COVID).

Hopefully all of this work will ensure that we keep each other as safe as we can.

With this in mind we have taken the decision to conduct our Parents Consultations online once again this term– we have listened to your feed back and consultations will be 10 minutes in length, appointments will be at varying times during the day with the last appointment being 5:50pm. You will be notified in the coming weeks the days and slots available to you. As before, if you email into the year group email, any questions you have to make the most of your time available.

### Pupil of the week

RWB

This week we have chosen Evanah Abidian for excellent participation, especially over this last week. Evanah has been listening, joining in and having conversations about what she has been

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Gracie Skaife is our Pupil of the Week :) Miss Sharrock and I are really impressed with Gracie's attitude and perseverance towards all of her learning, especially reading and writing. Gracie is

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doing. In our PE lessons Evanah has been practising her balancing skills and in phonics she has been thinking carefully about the sounds in each word and then writing them down. We are really proud of you, well done Evanah! 😊	really challenging herself to write different types of sentences and use phase 3 digraphs. Gracie is always a very kind, caring member of the class and is very always very helpful. Well done 😊
1A Isabella DiMonaco for a fantastic attitude to her learning. Isabella has really impressed me this week by getting on with her work so independently. She will give everything a go, especially working on addition to 20 in maths. Well done! 😊	1RM This week in 1RM, Thea Smart is our pupil of the week. Thea has shown fantastic imagination this half term, and is really engaged in our Wizard of Oz topic. Thea used her brilliant acting skills in English this week as we explored the characters in the story. Thea got straight into character as the Wicked Witch and she even had a wicked laugh as she approached the hot seat! Well done Thea 😊
2J Cammy Wright is our pupil of the week this week in 2J. Cammy is trying really hard with her handwriting at the moment and is also concentrating really hard in maths lessons. Her listening skills are excellent and she is really engaged in lessons, putting her hand up to answer almost every question I ask. She has also done some super work in Science and PE this week. Well done Cammy! Keep it up! 😊	2S This week we have chosen Eryn Edson as our pupil of the week. Eryn is an absolute superstar and I could choose her every week but this week she has particularly impressed me with her retelling of The Tale of Peter Rabbit. Eryn tried so hard to include everything we have been learning and her vocabulary choices were wonderful! She has also been making some super contributions during all our lessons. Keep up the hard work Eryn, you're doing an amazing job! 😊
3P This week I have chosen Orla Cafferky as our pupil of the week. Orla has really impressed me this week, she has shown an excellent attitude in lessons and has completed work with neat presentation, at a fast pace. Orla has been very engaged in our English book 'Stig of the dump' and has produced some fantastic writing which she read aloud to the class with great confidence. I have seen her balance and coordination improve as she continues to put 100% into every PE lesson. Well done Orla :)	3R This week I have chosen Ollie for his super attitude to learning. Ollie is an incredibly kind, enthusiastic and hard-working member of 3R and is always impressing me with his work. He always puts his hand up to contribute to class discussions and tries his very best in all areas of his learning. This week he has done some super writing linked to our class novel Stig of the Dump and worked well in a team during P.E. Well done Ollie! 😊
4L Darcey Curbison is our 4L Pupil of the Week this week for her fantastic attitude towards all of her learning! Darcey has been an absolute superstar this week and has loved taking part in our PE lessons; including dance and skipping! She has also written a wonderfully descriptive persuasive advert about a Roman villa, which was a joy to read! Well done Darcey, I am really proud of you! 😊	4W Time to be flying by in 4W and well done to the class for another fab week. Our pupil of the week this week is Oskar Oliver. Oskar has had a brilliant week, putting in 100% in all of his learning but it is in maths which I have been particularly impressed! He has demonstrated great focus and understanding of his 🧠 learning regularly putting his hand up to answer some rather tricky questions. Well done for a super week, Oskar! 😊
5E This week we have chosen all of 5E. It has been a turbulent week for 5E as there has been a spike in positive covid cases resulting in the class being closed today. A huge well done to everyone for your resilience and positive attitude. We look forward to the class being	5H I have chosen Maisie Redmond for her fantastic work in English this week. She has written a brilliant persuasive text about Robin Hood. She always shows a fantastic positive attitude towards her learning and always puts 100% effort into her work. Well done Maisie! :)

back together again later next week. Well done everyone! :-)	
<b>6C</b> Harry McDermott for his consistently great attitude to all aspects of school life. He is always respectful in class and works diligently on all tasks. Around school he conducts himself with the highest standards. He embodies our school values and is a great friend. Keep up the great efforts and work. 😊	<b>6M</b> Jacob Zelikson for an impressive description of a scene from our class novel The Hobbit. He included all of the grammatical devices we asked for and it flowed perfectly with speech, descriptive vocabulary and wonderful detail. I was also very impressed with Jacob's expression when reading aloud as Gollum- it was very Gollum-esc with amazing emphasis. Well done Jacob, keep it up 😊

### **Dates for your diary**

Week Commencing 14<sup>th</sup> February Parent Consultations (more information to follow)

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)

Wed 30 Mar – class photos

Wed 30 Mar – Planetarium in school (y5)

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

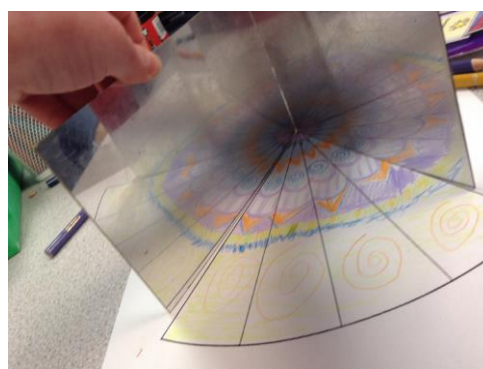
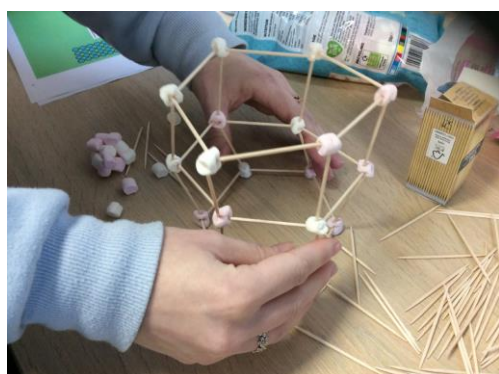
### **Mathletics news**

The KS1 trophy this week goes to 1A and in KS2 it will spend the week in 4W

### **Top 10 mathletes**

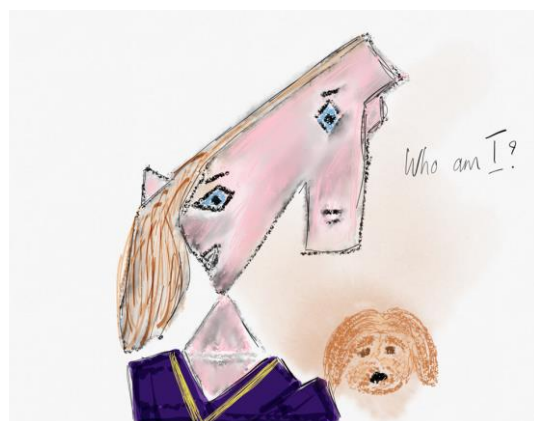
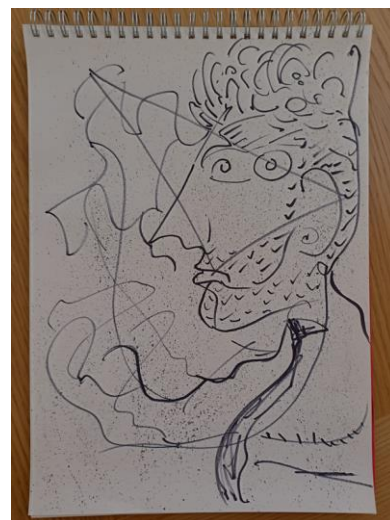
1. Jenson Bryer
2. Arnav Gupta
3. Harry Wilson
4. Ruby Jones
5. Finnlay Raven
6. Eloise Heels
7. Victoria Rao
8. Thomas Smith
9. Zachary Cunliffe
10. Rajan Bhath
11. Christian Holmes

### **Number and Art Day**



Number and Art day was a great success, thank you all for your costume efforts. We enjoyed a whole school virtual quiz to start the day, which saw each class contributing to the final round of a Y5 vs Y6 competition with Art and Maths rounds. School was buzzing with creative art work happening, whilst exploring various Mathematical concepts.

The children had great fun trying to guess the teachers from their self-portraits - you might like to have a go!





### **Competition**

There is a bonus homework competition from the day to draw a portrait of Poppy. Entries to Mrs Casling by next Friday and then Mrs Hellings and Poppy will help judge the winners!



### **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](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](https://nhs.silvercloudhealth.com/signup/)**

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**