



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 525**

4th February, 2022

Dear Parent / Carers
Our Christian Value this term is: **Perseverance**

Our Ethos Statement this week is: **For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope. Romans 15 v4**

新年快乐

Remaining training days this year:
Friday 27th May
Monday and Tuesday 25th and 26th July

Spring Term

This week has been a better week on the COVID front – we appear to have weathered the latest spike in cases and numbers now appear to be reducing. Thank you for being ever vigilant and testing your children if there is any doubt about whether or not they may have COVID – and keeping your child at home if you think that their negative result doesn’t seem correct. Thank you for taking those extra steps to keep our school family safe. Please don’t forget to wear a face covering if you are visiting our office. We are still wearing face coverings in school in circulation areas and the entrance lobby is not a big one.

Pupil of the week

<p>RWB This week we have chosen Henry Hickman for his incredible effort and progress. He is trying so hard in all areas of his learning and we are really proud of him. Well done Henry! ☺</p>	<p>RR Alice Williams is our Pupil of the Week for her excellent art work. Alice is very artist and enjoys using lots of different mark making techniques for purpose. This week, for our special story 'Cave Baby', Alice has created amazing cave markings and used excellent shading for her Woolly Mammoth drawing. Well done, Alice :-)</p>
<p>1A This week my pupil of the week is Erin Iceton. Erin has impressed us all in Year 1 with her superb attitude to her work! Her hand is always up and she is now really thinking through her answers before contributing. Because of this,</p>	<p>1RM This week in 1RM, Vincent Wetherill is our pupil of the week. Vincent has worked very hard with his writing this week and has really focused on his presentation. His handwriting has been beautiful in not just his English book, but all of</p>

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<p>her confidence has really grown in maths and her writing stamina is building. Well done, Erin! :)</p>	<p>his books! Keep up the hard work Vincent. Well done :)</p>
<p>2J Our pupil of the week in 2J this week is Florence Rogers. Florence has had her best week yet in Year 2! She is coming on leaps and bounds in her maths and her reading and I can see big improvements in her writing in English lessons too. I have noticed that Florence has had her hand up to answer almost all of my questions this week and is showing great enthusiasm for all aspects of school life. Keep up the great attitude towards your work Florence. It has been excellent to see your confidence grow! 😊</p>	<p>2S It was a hard decision this week as all of 2S have been working really hard, but this week we have chosen Max Thomas. Max is a delight to teach, he tries his best in every lesson and has written a super story plan in English. He is also an amazing artist and we've been blown away with his wonderful drawings and sketches. He thinks so carefully about colour and shading and his concentration is fantastic! Well done Max, keep up the super work! 😊</p>
<p>3P This week I have chosen Ruby Jones as our pupil of the week. Ruby has really impressed me this week, she has shown a really proactive approach in lessons, always ready to contribute ideas and often being the first to complete starter activities. She has put 100% effort into our maths topic statistics giving some super explanations of her working method for some tricky questions. Ruby has been working hard throughout our English lessons writing creating a wonderful character description. Keep it up! 😊</p>	<p>3R This week I have chosen Beau Cable for a super week. Beau is a fantastic member of 3R and always tries his very best. He has particularly impressed me with his handwriting and has recently earned his pen licence. I have also noticed his confidence has grown, especially in maths, and he is putting his hand up more and more to answer questions in class. Well done Beau, keep it up! 😊</p>
<p>4L Jaidaa Rady is our 4L Pupil of the Week. She is one of our 'always' pupils, who tries her absolute best with everything she does! Her work is always beautifully presented to a high level, she always includes lots of wonderful description in her writing and has shown great knowledge and understanding in our maths work recently, with all our new methods. Well done Jaidaa!</p>	<p>4W Another fantastic week in 4W, well done everyone! This week our pupil of the week is Alfie. Alfie has had a fantastic week, he's been working extremely hard in all of his lessons and his focus has been fantastic too. I've been really impressed with his maths work this week especially as we have been looking at some tricky division and multiplication questions. Well done, Alfie, what a great week! 🤖</p>
<p>5E Elliott Blacker is our pupil of the week. He has had a superb week following a seat change in class. His attitude to all lessons has been superb and his concentration has improved greatly leading to increased output from him in every lesson including his hand being up more and more. This week he has tackled some tough fractions work which he has grasped with perseverance and some superb sentence work in his English. Well done, Elliott!</p>	<p>5H I have chosen Harry Hokinson as pupil of the week because of his excellent attitude, perseverance and resilience in maths this week. He has attempted lots of tricky questions about fractions and has not given up when facing challenging tasks! Well done Harry! :)</p>
<p>6C Maisie Nesbitt for her great attitude to her work this week. She has impressed in a variety of lessons, including: her use of language when writing about the Hobbit in English and working scientifically when devising a fair test in science. Well done - keep it up.</p>	<p>6M Millie Hoole for her excellent contributions to class discussions and fantastic answers in her English. She always makes sensible contributions and ensures her answers are articulate and precise when sharing with the rest of the class. I have been very impressed with her work on The Hobbit this week and how she has really shown empathy to the characters.</p>

Dates for your diary

Fri 11 Feb – Dress to Express (see below in Mental Health Week)
Week Commencing 14th February Parent Consultations – please book online if you have not already done so.
Thur 3 Mar – World Book Day (dress as a book character or author)
Tue 15 Mar – Reception trip to Temple Newsam
Wed 23 Mar – Year 3 trip to Tropical World
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)
Tue 17 May – Year 1 trip to Harlow Carr (more information to follow soon)
Wed to Fri 8 – 10 Jun – Year 6 residential to Peat Rigg

Mental Health Awareness week



Next week in school we are raising awareness of mental health and wellbeing by celebrating children's mental health week. The theme is 'Growing together'. Each day there will be a P4C starter question for you to reflect upon with your class. There will be time in the day to do some yoga, calming strategies or mindfulness activities. There will be lots of PSHE activities during the week, including some work for e-safety day which is on Tuesday 8th February.

On Friday the theme is '**dress to express**', so you can come to school dressed up in an outfit that best represents yourself. It might be your favourite clothes, sports kit, something linked to a hobby, or just a bright, colourful accessory, hat or crazy hairstyle! Remember to dress appropriately if it's a PE day!

Polite Request re: watches in school

Whilst we are happy for children to come to school wearing a watch please do not send them with a watch that also acts as a camera. Children are not permitted to take photos of each other in school.

Many thanks

Great Science Share June 2022

Calling all parents working in science and technology industries. In June we will be celebrating and highlighting Science in school and our local community. We would also like to invite people to come into school and share their experiences of working in a scientific profession. If any people would be willing to get involved, or know of anyone that would, could you please contact Mr Clarke in 6C

World Book Day - Thursday 3rd March

We will be celebrating World Book Day on 3rd of March with our usual dress up day and wanted to give you plenty of notice as it's the first week back after half term. Children can come dressed as any book character, or even an author, of their choosing. If it's their PE day they may want to take that into consideration! We are always blown away by the amazing costumes on dress-up days and I'm sure this will be no exception! We will also be having the book fair that week but more details will follow on the arrangements soon.



Junior Bake Off

Applications are now open for the 8th series of **Junior Bake Off**; a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain.

They are looking for young budding bakers between **9-12 years old**.

Filming will take place from July 2022, but our **applications close on Sunday 13th March 2022**.

Interested bakers can apply online at - www.applyforjuniorbakeoff.co.uk



Simon on the Street – Elf Run News

A huge thank you to everyone who donated and helped us to raise a huge £1067 for Simon on the Streets. Thank you!



Mathletics news

The KS1 trophy this week goes back to to 1A and in KS2 it will spend half the week in 4W and half the week in 3P - well done all who contributed 😊

Top 10 mathletes - some more new names again this week

1. Jenson Bryer
2. Finnlay Raven
3. Zachary Cunliffe
4. Arnav Gupta
5. Noah Ross
6. Harry Wilson
7. Elliott Blacker
8. Thomas Smith
9. Betsy Norgate
10. Noah Duffield

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