



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 527**

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Dear Parent / Carers

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

Our Ethos Statement this week is: **Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. Hebrews 12: 2-3**

Remaining training days this year:

Friday 27th May

Monday and Tuesday 25th and 26th July

Spring Term

I always get to the end of a term and wonder where the time has gone! I am sure that you do too 😊 From the dark mornings (and dark evenings) to the gradual brightening that each morning and evening brings. That every growing sense of hope.

It is amazing too to think about the amount of learning that our children have engaged with this term – many things the children have achieved during the term will stay with them and come back to amuse them (I am sure) when they are adults - from the dancing like a tin man/lion to making their own pizza – the ingredients invented by them!

From the regular COVID updates that still punctuate our week to the notices that we have had no new cases for the last 3 days!! Fingers crossed we are through the worst of the virus’ visit to our school.

Who knows what next half term will bring? I am sure that we are more skilled now to deal with whatever is thrown in our direction. I am thankful that we have such a dedicated team of professionals in our school whose commitment and dedication has meant that we have been able to keep as ‘normal’ a daily routine as possible. Thank you also for your continued support – together we all make an awesome Holy Trinity Family don’t we?

I am always proud of how well our children represent our school – no less proud when Leeds United came to visit us during Mental Health Week...

Leeds United (@LUFC) Tweeted:

☐ "I try to stay positive and always smile" Calvin chats to students from Cookridge Holy Trinity as part of Children’s Mental Health Week <https://t.co/6l4uDymZv9>

<https://twitter.com/LUFC/status/1493271222761984409?s=20&t=216ijzuYQGcYN7nQr4IX9Q>

Have a restful half term everyone!

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>Our pupil of the week this week is Grace Kellett. Grace has had an amazing half term. Her effort towards her learning and the progress she is making is excellent. Grace is a great friend and really helpful in class. Well done Grace, keep up the good work 😊</p>	<p>RR</p> <p>Our Pupil of the Week is Ethan Foley 😊 Ethan has had a brilliant half term in Reception and has been trying his best in all areas of learning. I am especially impressed with Ethan's writing, he is trying really hard to apply his phonics to write sentences and use brilliant vocabulary. Ethan is a kind, polite and caring member of class. Well done, Ethan 😊</p>
<p>1A</p> <p>This week I have chosen Zach for his excellent Emerald City building. Last week, we designed our buildings and Zach spent a lot of time on Monday making sure his model looked exactly like his design. He used some excellent gluing and joining techniques and we were all really impressed. Well done! 😊</p>	<p>1RM</p> <p>Our pupil of the week this week is Phoebe Munden. Phoebe always comes in with a smile on her face and tries her best in all areas of the curriculum. She designed a fantastic castle as part of our Emerald City Project and showed real determination and excellent problem solving skills to make sure her model matched her design. Well done Phoebe! 😊</p>
<p>2J</p> <p>All of 2J have had an excellent week, but Georgia has stood out for me in all lessons. She has been doing some fabulous writing recently and has asked me how she can improve on it even further - a very responsible and mature question! Georgia reads beautifully and has been really enjoying our silent reading sessions, visibly getting 'lost in her book'. She has also made great progress with her mathematical understanding and always puts 100% into all her work. Georgia also has super manners :-)</p>	<p>2S</p> <p>We have chosen Inaara Mahmood as our pupil of the week this week. We are so proud of all the progress Inaara is making and how hard she is working! She has done some fantastic reading and is putting so much effort into her comprehension skills. She has also written a lovely Peter Rabbit style story choosing some lovely vocabulary. Keep up the hard work Inaara, well done! :-)</p>
<p>3P</p> <p>This week I have chosen Jamie Nathan-Moss as our pupil of the week. Jamie has really impressed me this week with his enthusiasm in English and his brilliant presentation skills. He has been working really hard with his sentence openers and using descriptive language, creating an excellent adventure story ending! Jamie also showed great perseverance and enthusiasm when preparing the ingredients for our tasty Stone Age stew. Well done Jamie 😊</p>	<p>3R</p> <p>I have chosen Emeli Hawthorne for always being kind to others and trying hard in all areas of her learning. Emeli is a super role model to the rest of the class as she is polite, caring and always follows our golden rules. This week Emeli has written a super alternative ending to the story 'Stone Age boy' including all the key features of a story. She has been working hard in maths converting units of measure and produced a fantastic woolly mammoth out of a milk carton too! Well done Emeli :-)</p>
<p>4L</p> <p>Oliver Mitchell is our 4L Pupil of the Week this week! He has really impressed me with his persuasive writing Italy travel brochure. He has tried incredibly hard with his handwriting, which means that his whole brochure is of a high standard! Oliver has also worked hard in other areas of the curriculum this week; impressing all of the year 4 staff, creating pizzas, investigating area and creating a streetdance in PE! Well done Oliver, great up the great work! 😊</p>	<p>4W</p> <p>Well done to all of 4W for a fantastic half term! Our pupil of the week is Ewan Horner. In reality, Ewan could win this award every week, he always demonstrates a fantastic attitude and produces super work. This week I have been particularly impressed with his travel brochure on Italy which was packed full of information and persuasive features - maybe he could work for the Italian tourist board! Well don, Ewan a thoroughly deserved award. 😊</p>
<p>5E</p> <p>Oscar Webber is my pupil of the week this week. He has had another superb week where he has demonstrated his understanding of English by</p>	<p>5H</p> <p>I have chosen Lauren Peacock because she has shown fantastic determination and knowledge in our maths lessons this week. She has also</p>

creating a wonderful SPaG quiz complete with a variety of styles questions covering many sub-topics. His behaviour is always superb and this week is no different. Well done, Oscar. 😊	really impressed me with her precision and elegance in dance this half term. Well done Lauren! 😊
6C Dylan Clarkson for his great efforts this week. This has been particularly shown in his maths where he is continually showing more confidence with how he approaches problems. He is willing to go in the learning pit and demonstrates perseverance to work through tricky problems. This has been noted by a variety of adults that work in year 6. Keep up the impressive work. 😊	6M Edward Norgate for showing exceptional maturity and attitude when it comes to work in our lessons. He always puts 100% effort into everything he does every week but this week he has shown a real deep understanding of our class novel The Hobbit. He has also shown what a capable mathematician he is by solving some tricky problems involving measure- well done Edward 😊

Dates for your diary

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
 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

Eco Warrior Update

The Eco Warriors have been very busy in our school grounds! The children conducted a bird survey in our Wildlife Area to identify which animals live there. We spotted red kites, squirrels, robins, sea gulls and pigeons! We then discussed how we could encourage more animals to our wildlife area, so we decided to make eco-friendly bird feeders, bug hotels and to plant more trees in the school grounds!





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.



Many thanks
Cath Hellings
Headteacher

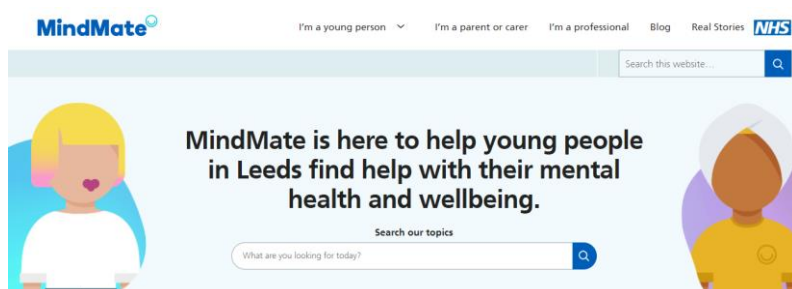


Leeds

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