



## 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 530

18<sup>th</sup> March, 2022

Dear Parent / Carers

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

Our Ethos Statement this week is: **I wait for the LORD, my soul waits, and in his word I put my hope. My soul waits for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning Psalm 130:5-6**

**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 part 2**

We have had an unusual week this week with COVID making its presence known again. I would like to thank our Reception parents for wrangling LFT out of their children over the weekend to ensure that we are keeping each other safe. It is really appreciated.

Our new risk assessment is on our school website – many of the staying COVID free features are the same as they were in our previous risk assessment – we are still ensuring that children regularly wash and gel their hands and cleaning touch points during the course of the day as well as at the end of the day.

During the Easter break Holy Trinity Church will be running its usual Good Friday service of Stations of the Cross on Friday 15<sup>th</sup> April. This is such a lovely way of remembering and getting ready to celebrate Easter Day. Stations of the Cross starts at 10am in church and involves us all moving around church and thinking about each of the stations – it also involves lots of participation too. If you want to be a reader during this service, please contact Pat Swann at Holy Trinity Church who will be more than happy to sign you up.

After the Easter break our year 4 and 5 children will have the opportunity to prepare for making their Communion. There will be a 6-week course run in school and will culminate in children (who choose to) making their Holy Communion with Bishop Tony. There will be an information session (hopefully in school) on Tuesday 26<sup>th</sup> April after school. Letters will be sent giving more details of this to year 4 and 5 parents.

#### **Pupil of the week**

Reception

This week has been a bit of a different week in Reception. All the children have been extremely hard working and sensible. The adults in class can't wait to show Mrs Rathmell, Mrs Bowman and Miss Wynd what the children have achieved this week. Well done Reception, you are all superstars!

★ 😊

 THE CHURCH  
OF ENGLAND  
Diocese of Leeds



**The best for every child**

<p>1A This week my pupil of the week is Maisie Stevenson. Maisie is an always child in 1A. She always takes her time over her work and her presentation is neat. This week, not only has she tried really hard with her cursive formation, she always used her English skills to write a fantastic evaluation in DT. Well done, Maisie. Keep up all your hard work! 😊</p>	<p>1RM Our pupil of the week this week is Zhila Zangana. Zhila is a fantastic role model, she always works hard and tries her best. She has completed some lovely writing recently and really thought hard about using adjectives in her work. Well done Zhila! 😊</p>
<p>2J Charlie Hemmingway is our pupil of the week this week in 2J. Charlie has been trying really hard in all subjects and his progress with his reading since the start of Year 2 has been amazing! Charlie's self-confidence is increasing all the time and it's great to see him putting his hand up to answer questions in lessons now. He has been enjoying our Maths Mastery sessions with our Rekenreks and has been persevering hard in our PE lessons. Keep up the great attitude towards your learning Charlie! 😊</p>	<p>2S This week we have chosen Florence Pickup for her fantastic effort in all her learning. We've been so impressed with how much her hand has been up and the lovely ideas she's contributed to our discussions. Florence is also completing a lot more work in lessons and has done some excellent writing recently. She's also produced a wonderful learning log on the Lake District! Super all round learning Florence, keep up the hard work! Well done! :-)</p>
<p>3P This week I have chosen Emily Cail as our pupil of the week. Emily is always an enthusiastic learner, giving every task 100% effort. She has really impressed me this week in Maths, coming up to the board and demonstrating her knowledge of fractions in front of the class with ease and confidence. Throughout our Rainforest topic Emily has shown great knowledge of different animal species, creating fantastic movement ideas for the forest floor layer. Well done Emily, keep up the good work! 😊</p>	<p>3R I have chosen Jacob Orson for a super week. Jacob has been working incredibly hard all week and it definitely hasn't gone unnoticed by the staff in Year 3. He has produced some lovely drawings of plants in his sketch book and also created a fantastic DT design of a moving rainforest animal. He has really impressed me with his fractions work in maths and has also created a super acrostic poem about the rainforest. A HUGE well done to Jacob! Keep up the good work :-)</p>
<p>4L My Pupil of the Week in 4L is Matthew Peterson. Matthew has had a brilliant week and I can definitely see how much effort and enthusiasm he is putting into his learning. He has developed a fantastic piece of descriptive writing based on the eruption of Mt Vesuvius. He has also show fantastic understanding of finding fractions of quantities, applying his multiplication knowledge. Matthew also produced an incredibly detailed timeline outlining the decimation of Pompeii! Well done Matthew, keep up this fantastic attitude! 😊</p>	<p>4W This week's pupil of the week is Olivia Barnes. Olivia is a fantastic member of the class and a true always child. She puts maximum effort into everything she does, producing fantastic work. I've been particularly impressed with her computing and coding skills recently! She is kind, helpful and a fantastic friend to others too. Well done for a fantastic week as usual, Olivia. 😊</p>
<p>5E Aaliyah Sharif is my pupil of the week. She always puts a smile on the whole class' faces with her great attitude and outlook. This week she has really got to grips with converting percentages, decimals and fractions and has written a superb description of the moon in her English work. Keep it up. 😊</p>	<p>5H I have chosen Elliot as my pupil of the week because he has written a fantastic moon landing description. He has used high level vocabulary, included super sentences and has kept his handwriting beautifully neat. He has also shown great concentration and focus in all lessons this week. Keep it up Elliot! :-)</p>

6C

Frank Warburton for his great efforts this week. This has been particularly shown in our English lessons where we are deep into writing our quest stories. As an author, Frank is always thinking of the reader and thinking carefully about the language he uses to engage and describe, whilst also taking the time to offer advice for others. What has also been really pleasing to see, is that this week Frank has coped very well with the hindrance of a broken toe and crutches! 😊

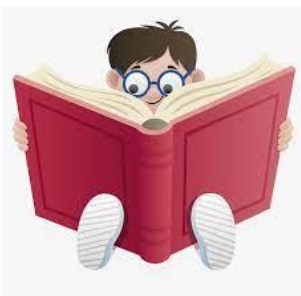
6M

Isla Higgins for her excellent perseverance in writing her quest story. Isla has edited, improved and ensured she used ideas from other novels to create 3 wonderful chapters in her own story. I am looking forward to reading the final chapters that will complete her own novel- well done Isla, keep it up 😊

### **Dates for your diary**

Wed 23 Mar – Year 3 trip to Tropical World  
Thur 24 Mar – Year 4 trip to Dane Law Living History Centre  
Fri 25 Mar – Year 5 Easter Worship at Tinshill Church  
Wed 30 Mar – Planetarium in school (y5)  
Fri 1 Apr – Last day before school closes for Easter holiday  
Tue 19 Apr – School re-opens after holidays  
Mon 25 Apr – Class Photos (**new date**)  
Mon 2 May – School closed (Bank Holiday)  
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)  
Fri 27 May – School closed - training day  
Wed to Fri 8 – 10 Jun – Year 6 residential to Peat Rigg  
w/c 13 Jun – Year 6 bikeability  
Thur 21 Jul – Year 6 treat day (Inflatable)  
Year 2 trip - TBC

### **Scholastic Book Fair**



If you have placed an order with the Scholastic Book Fair, your new books will be arriving in school next week.

We hope you enjoy reading them!

### **Sustrans Big Walk and Wheel 2022**

Next week we are asking children to walk, scoot or cycle to school (if possible!). We have entered the Sustrans Big Walk and Wheel which is a National competition running between 21 March and 1 April. The challenge is to record the number of pupils who walk, scoot or cycle to school. Please follow the link below for more information:

<https://bigwalkandwheel.org.uk/>

Unfortunately we don't have the space to store all the bikes and scooters and therefore if you are able to join in we kindly ask that you take your child's bike or scooter home again.

## **Mathletics news**

The Top 10 Mathletes at Holy Trinity currently are:

Thomas Smith

1. Millie Mellor
2. Ewan Horner
3. Lyra Hakim
4. Joseph Wouters
5. Nelson Dekker
6. Sophie Harris
7. Michael Li
8. Poppy Nowland
9. Oliver Watkinson

The Key stage trophies are awarded to 1RM for the second week and move across Y3 to 3P in KS2 - well done to everyone who has contributed.

## **Cookridge Community Run**



## **Nurture resources**

Thank you to those who have already donated, if anyone else has any resources that could be used for indoor den building they would be gratefully received. Also we have had lots of donations of fancy dress that we use for those children who may not have a costume on dress up days, but we mainly have male superheroes, so if anyone has any other type of costume they can pass on we would welcome them - thank you.

Many thanks  
Cath Hellings  
Headteacher

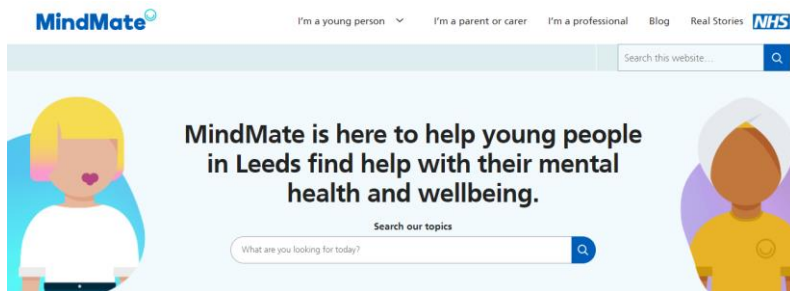


**Leeds**

**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**

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**