



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 548

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Dear Parent / Carers

Our Christian Value this term is **Thankfulness**

Our Ethos Statement this week is: **The trumpeters and singers joined in unison, as with one voice, to give praise and thanks to the LORD. Accompanied by trumpets, cymbals and other instruments, they raised their voices in praise to the LORD and sang: 'He is good; his love endures forever.' 2 Chronicles 5:13**

Autumn Term

This term we are thinking about thankfulness and remembering to say thank you – our children are very good at remembering to say that.

This year, as we are collecting for harvest goods again. I know that with rising costs things may seem a little tight this year but as Mrs Swann always tells us – we can't do everything but we can all do something. This year we are asking you to donate food packets or tins to our school collection in readiness for our Key Stage 1 Harvest worship in school. The Worship Team will help to deliver them to Holy Trinity Church for their Harvest service on Sunday 9th October. We are collecting donations for The Salvation Army who always put our offerings to very good use – they are based in Leeds and are always very thankful for the generous amount of food that we send to them. They have written to say that they are really desperate for donations as their stocks are more depleted than ever.

Thank you in anticipation.

Thank you also for helping us with the playground dropping routines – the morning routine is very helpful as we have so many children on the playground moving at 8:50 that it really helps with the congestion and children's independence as well as giving you an opportunity to make a quick get-away. We will be reminding parents of the dropping off zone each morning. If your child doesn't want to leave you then please stay with them on the top playground until the bell goes.

Start of the school day: – gates will open from 8:40am. Mr Osborne will be manning the gate from this time. Mrs Hellings, Mrs Casling and Mr Clarke supervising the children in their lines. Teachers will be collecting the children at 8:50.

On the top playground (nearest to the gates) we will have a drop off zone where parents can come onto the school playground (if they need to) so that water bottles, book bags etc can be handed over and then your child will go straight to their lining up point. This system has really encouraged our children to develop independence and resilience – it has also enabled parents/carers to have a quick drop off and get off to work/start your day.

Years 1, 2 and 3 will line up on the middle playground;

Years 4,5,6 will line up on the bottom playground;

Reception parents will be informed of the start/end of the school day as they start school.

The afternoon collection routine: The gates will open at 3:20pm

The children will be dismissed to certain areas on all three playgrounds

Years 4,5,6 will be dismissed to the bottom playground;

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Diocese of Leeds



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Year 1 will be dismissed to the middle playground (please note that year 1 children will be on the playground by 3:25 to avoid congestion and crossover);

Years 2 and 3 will be dismissed from the top playground.

We recommend that you wait at your youngest child's collection point and your older children will come to you.

Thank you for your continued understanding and support – we really do appreciate it.

Pupil of the week

<p>1A This week my pupil of the week is Nancy Cafferky. Nancy really impressed us in RE this week. Not only could she remember what a parable was, she showed great understanding of The Lost Son. Well done, Nancy! You've clearly been listening well in Year1. 😊</p>	<p>1RE For having a super attitude to his learning and being an enthusiastic member of the class. Elliot has tried really hard this week :-)</p>
<p>2S Jenson Bryer is our pupil of the week. Jenson is an 'always' child. He always tries his best in everything he does and has impressed us every day since the start of term. Jenson has also produced some beautiful handwriting this week. Well done Jenson, keep it up! 😊</p>	<p>2J Our pupil of the week this week is Florence Nicholls. Florence has impressed me since the moment she started in Year 2. She displays a very mature attitude towards school life and is demonstrating great responsibility towards her own learning. Florence is highly conscientious and the presentation in her books is always to a high standard. She listens very well in lessons and contributes good ideas. Florence is also a helpful member of the class and a good friend to others. Well done Florence! 😊</p>
<p>3P This week I have chosen Scarlett Pickard as our pupil of the week. Scarlett has really impressed me with her contributions in class, putting her hand up constantly and engaging brilliantly in group work. She has produced some fantastic reflections on the lives of children working in the mills throughout the industrial revolution, showing great empathy and thoughtfulness. Well done Scarlett, keep up the good work! 😊</p>	<p>3R This week I have chosen Jacob Dickinson for a brilliant week. Jacob has approached every task with positivity, perseverance and a can-do attitude which has been fantastic to see. Jacob has been impressing me with all his work and has written some fantastic simile sentences to describe the giant peach. I have also noticed him being kind and helpful around school and putting a smile on people's faces when they're feeling down. Well done Jacob, keep it up! :-)</p>
<p>4L My 4L Pupil of the Week is Noah Duffield. Noah is an always child, he always tries his very best in class, he always puts 100% into his learning and he is always a kind and considerate member of the class! I have thoroughly enjoyed getting to know Noah and the rest of 4L over the past 3 weeks and Noah has particularly stood out as impressing me! Well done Noah for a fantastic attitude towards your learning, keep it up! 😊</p>	<p>4W Another tricky decision in 4W this week with lots of contenders. However, I have chosen Max. I have been incredibly impressed with Max since he started in year 4. He has such a mature attitude, sets such a fantastic example with his behaviour and always puts maximum effort into his work. Not only that but he is extremely polite and helpful too. Well done for such a fantastic start to year 4, Max! 😊</p>
<p>5E Molly White is our pupil of the week this week. She has worked extremely hard in all areas across the curriculum. I have been impressed with how eager she is to answer questions in class and share complicated ideas. Her work is always completed to a high standard and comes in every day with a smile on her face. Well done, Molly. 😊</p>	<p>5H I have chosen Tobias as my pupil of the week this week because of his brilliant attitude towards his learning. He is so enthusiastic and works hard in every lesson. He has written a brilliant newspaper article linked to our class novel, "Holes." Well done! :-)</p>

6C

Charlotte Campbell for the impressive start to our new term in Y6. Constantly demonstrating maturity, kindness and a hard-working attitude, she is an excellent role model for the whole school. She always makes attempts to be involved in our class discussions, sharing thoughtful opinions throughout. Well done Charlotte for all the hard work and effort both in the classroom and around school. 😊

6M

Elliot Charlton-Matthew for his fantastic contributions and work within lessons. In every subject he is always enthusiastic and gives some very high-level answers that are well thought out. I have been particularly impressed during the reading of our class novel 'Alex Rider-Stormbreaker' where he has shown a wonderful understanding of the story. Well done Elliot-keep it up 😊

Dates for your diary

Fri 30 Sep – KS1 Harvest Festival (9am in the school hall)

Thur 6 Oct – Year 4 trip to The National Railway Museum in York

Fri 7 Oct – Year 2 trip to Harewood House (information to follow)

W/C 14 Oct – Year 1 Bikeability (information to follow)

Tue 18 Oct – Year 6 trip to Eden Camp (information to follow)

Thur 20 Oct – last day before half term

Fri 21 Oct – Training Day

Mon 31 Oct – school re-opens after half term

Thur 3 Nov – Year 3 trip to West Leeds Activity Centre (information to follow)

Fri 11 Nov – Nasal Flu immunisations (whole school) (**E consent closes 25th September**)

Competition Winners! – Queen's Jubilee

During the Queen's Jubilee celebrations the current Year 2s (then Year1s) took part in a competition run by the Cookridge Horticultural Society to make a collage to celebrate the Queen. We had a fun-filled afternoon flicking paint all over the Year 1 shared area. A couple of weekends ago the decision was made and our collage came 2nd! A huge well done to 2S and 2J for all their hard work cutting, sticking and flicking to create this beautiful piece. 😊



Harvest Festival – Friday 30th September

The KS1 (Reception to Year 2) Harvest Festival will take place in the school hall at 9am on Friday 30th September –parents welcome! We are collecting donations for the Salvation Army Foodbank. (tins/packets/non-perishables).
Many thanks, in advance 😊



Mathletics

The winners of the trophy in KS1 are 2S, and in KS2 it is 3R - well done to all who contributed 😊

This week's top 10 are...

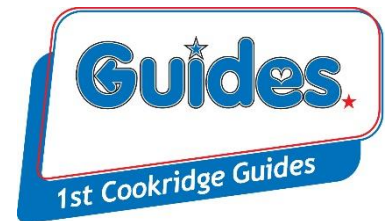
1. Arnav Gupta
2. Jenson Bryer
3. Souad Nahil
4. Maryam Nahil
5. Michael Li
6. Lyra Hakim
7. Eleanor Bose
8. Maya Zelikson
9. Thomas Carruthers
10. Elsana Ganjpoor/Zachary Taylor

Opportunity for girls aged 10 – 14 years.

1st Cookridge Guides, who meet on a Wednesday night at Holy Trinity School, have (unusually) some spaces available for new members. If your daughter enjoys residential, fire building, team activities, games and learning new skills then please follow the link below and choose 1st Cookridge Guides.

<https://www.girlguiding.org.uk/joinus/>

If you would like your daughter to be added to the waiting list for when they turn 10 please also follow this link. If your daughter is a Brownie already please talk to your current leader or use your Go account. If you have any further questions please email: 1stcookridgeguides@gmail.com



Wellbeing Week

w/c 26th September we will be having the first of our half termly wellbeing weeks

During the week we are going to focus on being our B.E.S.T. self:

B (breathing) **E** (exercise) **S** (sleep) **T** (thoughts)

Each day in school there will be a focus:

Mindful Monday – try some mindfulness activities in class, promote resources to use in class/at home

Take care of yourself Tuesday – a focus on how we can be physically healthy through sleeping and eating well, and discuss why this is important

Wake up Wednesday – a time to focus on exercise and how it can boost your mood (get out and do a daily mile, enjoy some fresh air!)

Thoughtful Thursday – a focus on having a positive attitude/growth mind-set/ optimistic outlook

Flourishing Friday – a day to reflect and celebrate how we have looked after our minds and bodies this week in order to flourish J

See the attached document for more information about wellbeing in school.

Home School Values

This term we will be focussing in school on the value THANKFULNESS (please see the attached flyer). We hope your family will find these ideas helpful as you explore the value and have fun together.

Music tuition – Roundhay Music

Roundhay Music provide school music lessons on Keyboard and Guitar, starting w/c 26th September. Drum lessons are also possible if there is enough interest. If your child is interested in registering for lessons and you haven't already done so, please email: enquiries@roundhaymusic.org as soon as possible. There are 10 small group lessons per term, charged at £45.00 per term.



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