



## 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 549**

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Dear Parent / Carers

Our Christian Value this term is **Thankfulness**

Our Ethos Statement this week is: **The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. Psalm 28:7**

### Autumn Term

It is testament to the fact that we all live by our Christian Values that I am saying a massive **Thank you** for sending in your harvest produce into school. I am always left in awe by your generosity and support and I know that the Salvation Army will, as ever, be grateful for your kind donations -especially during these times when they are very desperate for support.

The Harvest collection will be taken up to Holy Trinity Church in readiness for the Harvest service on Sunday 9<sup>th</sup> October at 10am. There is an open invitation from Fr. Paul to come along and join in with this celebration of gifts. If you still wish to donate food but you haven't got around to it this week there are a couple of ways that you still can – either by going up to church to take your donation or by dropping your donation into school – we will make sure that they receive your generous gifts.

This week also saw our children in Key Stage 1 and EYFS present their harvest worship to their parents. Thank you for supporting them with this. Well done to our children, who were as amazing as ever.



Fr Paul has asked me to remind you that if you wish for your child to attend Abbey Grange High School in year, they need to have attended church to worship at least once a month for at least 2 years (this also includes children attending as part of the uniformed organisations). I know that many parents struggle with attending worship on a Sunday but there are other services during the week that also count as attending worship. Don't forget to sign the

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register at church when you do go as this is the document that Fr Paul refers to when he comes to sign reference forms.

We have had a couple of parents who are interested in being part of a Praying Parents group. If you are also interested then please get in touch with school to let me know. I am hoping to have our first meeting during the week commencing 10<sup>th</sup> October and will share a date and time next week – please indicate when you would prefer to meet.

We want to review our curriculum for teaching Sex Education and Relationships Education in year 5 and 6 and would like to set up a working party of staff and parents to do this. If you are interested in helping us with this then please contact the school office to let us know.

### **Pupil of the week**

<p>1A My pupil of the week is Logan Otley. Logan has impressed us all this week by his enthusiasm for his learning. He always has his hand up and tries his best. This week has begun to learn the symbols for greater than and less than and he made a fantastic start! Well done, Logan! 😊</p>	<p>1RE Our pupil of the week is Lily Mitchell. Lily is a pleasure to have in our class and she is always following our golden rules. This week in particular she has been trying so hard with all areas of her learning, putting her hand up on the carpet and showing super focus in her work. 😊</p>
<p>2S This week we have chosen Phoebe Munden as our pupil of the week. Phoebe is always an absolute delight to have in class. She tries her best in every lesson and has made some super contributions in History showing an excellent knowledge of life in 1666. We are so pleased with how she's settled into year 2 life and we're sure she's going to continue being fabulous! Well done Phoebe. 😊</p>	<p>2J Our pupil of the week this week is Max Gallagher. Max has been impressing me so much since starting in Year 2. His attitude towards his learning is excellent. He tries so hard in every lesson and I'm already seeing big improvements in his reading and spelling. Max also regularly puts his hand up to answer questions in lessons and he gave us some brilliant answers in our computing lesson last Friday. In addition to this, Max has learnt his part in the Harvest assembly brilliantly. Keep it up Max. 😊</p>
<p>3P This week I have chosen Lucy Scott as our pupil of the week. Lucy continues to impress me every week with her kind, helpful and polite manners. She always puts 100% effort into all of her work and has been completing her maths problem solving challenges independently to a high standard. She has also become more confident throughout PE lessons. Well done Lucy, keep it up! 😊</p>	<p>3R This week I have chosen Oliver Hargreaves for always trying his best and putting 100% effort into all his work. Oliver produced some fantastic writing to describe the giant peach last week and I was absolutely blown away! He has been trying hard in all areas of his learning and I have been very impressed with sensible behaviour in the classroom and around school too. Well done Oliver, keep up the good work! 😊</p>
<p>4L My 4L Pupil of the Week is Emily Cail for a fantastic week of learning! She always puts 100% into all of her learning and is a pleasure to have in class! She has proved a responsible and reliable School Councillor this year and has taken her job seriously, carrying out jobs efficiently! Well done Emily!</p>	<p>4W Well done to all of 4W for another great week. We have chosen Ben Witton as our pupil of the week. I have been so incredibly impressed with Ben since he has started in 4W. He is such a diligent worker in every subject. As a result, he has produced some absolutely fantastic pieces of work. Not only that, he sets a magnificent example with his behaviour. Well done, Ben.</p>
<p>5E Toby Longman is our pupil of the week for the way he has adapted to Year 5 life. He has shown himself to be a great member of the class and someone who gets stuck in in every lesson, in every situation. Especially so this week when he</p>	<p>5H Yousif Maki is my pupil of the week because of his fantastic efforts in English. He has written a fantastic persuasive letter based on our class novel, "Holes." He has been trying really hard to work independently and focus in lessons. Well</p>

was able to have a lot of fun acting out lots of adverbs in front of the whole class. 😊	done Yousif! :-)
<b>6C</b> Bridget Lee for a superb start to life in Y6. She is always actively involved in lessons; providing suggestions and alternative views points to help improve the understanding of the whole class. She is also always willing to go into the learning pit and has a growth mindset to overcome any problem by persevering and attempting a different strategy. Well done Bridget for your consistent hard work and effort at all times. Keep up the good work. 😊	<b>6M</b> Jessica Askey for her 'always' attitude to her learning. She puts 100% into everything and her English writing of a spy application epitomised this. Well done Jessica! 😊

### Dates for your diary

Thur 6 Oct – Year 4 trip to The National Railway Museum in York  
 Fri 7 Oct – Year 2 trip to Harewood House  
 W/C 14 Oct – Year 1 Bikeability  
 Tue 18 Oct – Year 6 trip to Eden Camp (information to follow)  
 Tuesday 18<sup>th</sup> October Parents Evening in school  
 Wednesday 19<sup>th</sup> October Parents Evening in school  
 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)

### Note from the MindMate Ambassadors

This week we had a wellbeing week and had a different focus everyday on how to look after our wellbeing.

We had a focus on trying to be our B.E.S.T. self:

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

Wellbeing



Over the weekend, if you do anything to look after your well-being we would love to see it. It could be going for a walk, doing an activity you enjoy such as baking or playing sports. Whatever you do, please email in any pictures and we will share it our newsletter next week. You could also create a poster to tell us your top tips on how to look after your well-being and bring that into school too.

Please send any pictures or posters to Miss Russell through the [year\\_3@holytrinity.leeds.sch.uk](mailto:year_3@holytrinity.leeds.sch.uk) 😊

### Mini London Marathon

This October, as a school, we've signed up to take part in the **TCS Mini London Marathon, in aid of the British Heart Foundation.**

The TCS Mini London Marathon is all about inspiring children of all ages and abilities to be physically active. Regular exercise has a positive impact on children's physical health and mental wellbeing and can help start a habit that stays with them for the rest of their lives. Everyone feels happier after they've been for a run!

The National challenge is for children to run, jog, walk or wheel 2.6 miles in their school between **Monday 26 September** and **Friday 21 October** – around the time of the TCS London Marathon on **Sunday 2 October 2022.**

Last year, more than 500,000 children were registered to take part in the event, with schools from every region of the UK joining the fun.

Some classes may decide to do the whole distance in one go, or some classes may wish to break it up into smaller chunks (such as Daily Miles) to complete 2.6 miles before the half term holiday. It's completely up to each class how they choose to take part. Class teachers will confirm which option their class have chosen 😊.

One of our school parents has asked us to take part in the TCS Mini London Marathon as she's taking part in the adult London Marathon (huge best of luck to her!) and raising money for the British Heart Foundation. Therefore, we've also set up a **JustGiving page** as a school for the **British Heart Foundation**, so that the children can raise money for the same charity (link below). We know how generous our Cookridge Holy Trinity parents have been in supporting us in charity events such as this in the past, so many thanks in advance for your support on this occasion too 😊.



<https://www.justgiving.com/fundraising/cookridgeht-mini-marathon>

Many thanks,  
Miss Johnson (PE subject lead) and Mrs Porter

### **Mathletics**

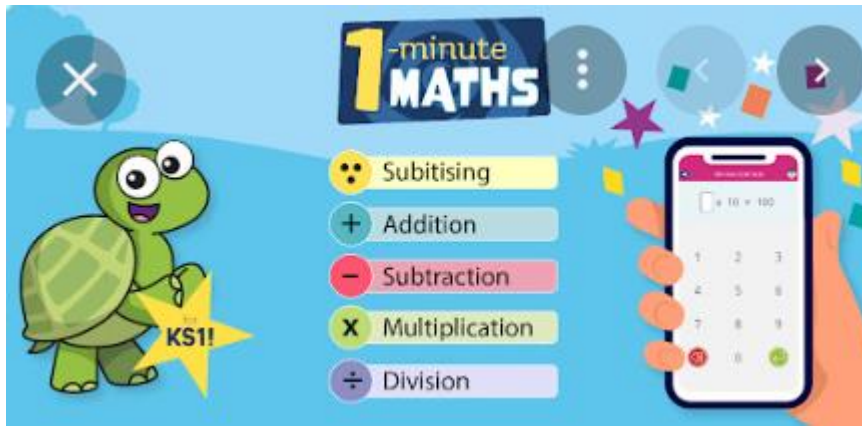
The winners of the trophy in KS1 are 2S, and in KS2 it is 3R - both classes for the second week in a row! Well done to all who contributed - a couple of classes were very close behind 😊

This week's top 10 are...

1. Zhila Zangana
2. Jenson Bryer
3. Lyra Hakim
4. Ernie Boyle
5. Lily Jaques
6. Florence Rogers
7. Sebastian Wilson
8. Oliver Hargreaves
9. Elsana Ganjpoor
10. Stanley Drake

Try this app from White Rose Maths in KS1 for more Maths practise:

Designed for use both in class and at home, our 1-minute maths app helps children build greater number confidence and fluency. It's all about targeted practice in engaging, one-minute chunks!



### 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.

Cath Hellings  
Headteacher



[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**