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'The Best for Every Child -a Unique Child of God'
ISSUE No 550

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Dear Parent / Carers

Our Christian Value this term is **Thankfulness**

Our Ethos Statement this week is: **Be joyful always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1Thessalonians 5:16-18**

Autumn Term

It has been really lovely to see (and hear) the excited voices of our children going out of school on trips – Year 4 went to York Railway Museum to find out about the development of the railway as part of their topic (which is always a great trip) and Year 2 went to Harwood House as part of their Science work. I am sure they had great fun hunting and categorising minibeasts and then making a bug hotel for them all!

I know that our children really enjoy having those additional experiences that enhance their learning in school.

A big well done to our children who took part in the mini London Marathon this week in school. The challenge was to run, jog, walk 2.6 miles – our children in year 6 ran it in one go and our children throughout school set themselves challenges to get the miles completed.

If you would like to sponsor your child then link is: <https://www.justgiving.com/fundraising/cookridgeht-mini-marathon>

Thank you to Miss Johnson for working with Mrs Porter (our parent who ran the whole distance last weekend!) for bringing this challenge into school.

I am also really looking forward to seeing our year 1 children grow in confidence next week with their cycling skills being developed!

A few reminders:

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 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 10th 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.

 **THE CHURCH
OF ENGLAND**
Diocese of Leeds



The Best for Every Child- a Unique Child of God

Pupil of the week

<p>1A</p> <p>This week I have chosen Henry Hickman as my pupil of the week. Henry always impresses me with his eagerness to join in. This week he was full of fantastic ideas to describe the owl mother when writing about our class book, Owl Babies. Well done Henry. Keep up your superb attitude! 😊</p>	<p>1RE</p> <p>Our Pupil of the Week is Alice Williams. Alice has done some fantastic descriptive writing this week linked to our book, Owl Babies. She has also showed great creativity with our collage to celebrate Black History Month. Well done Alice! 😊</p>
<p>2S</p> <p>This week we have chosen Tabitha Smithson-Brook as our pupil of the week in 2S. Tabitha is an always child who consistently does the right thing and tries her absolute best in every lesson. This week she has especially impressed us with her reading and lovely descriptive writing about the fire, using lots of exciting verbs and adjectives. She has made a super start to Year 2 and is an absolute pleasure to teach! Well done, Tabitha! 😊</p>	<p>2J</p> <p>This week Miss Santos and I have chosen Millie as our pupil of the week. Millie has already made huge strides forward with her learning since the start of Year 2. Her handwriting is becoming much neater, her confidence is growing in maths and she has made fantastic progress with her reading over the past few weeks. Millie is also a sensible and quiet member of the class. She is responsible for her own learning and behaviour and is a pleasure to teach. Keep up the great work ethic Millie! 😊</p>
<p>3P</p> <p>This week I have chosen Oscar Thompson as our pupil of the week. Oscar is a polite and helpful member of 3P who follows our golden rules. He has particularly impressed me this week with his contributions in Geography lessons discussing human and physical features. Taking on the character of the captain from James and the Giant Peach, he also gave a confident interview performance about his sighting. Well done Oscar! 😊</p>	<p>3R</p> <p>This week I have chosen Ella. Ella is a pleasure to have in our class and has been impressing me since the start of Year 3. She always follows our golden rules and tries her very best. This week in particular she has been trying hard with her maths work on addition, putting her hand up in all lessons and showing super focus in her work. Well done Ella, keep up the good work! :-)</p>
<p>4L</p> <p>My 4L Pupil of the Week is Eleanor Nesbitt for a fantastic week of learning. She has tried incredibly hard with all areas of the curriculum, producing lots of fantastic pieces of work! She also impressed all the adults on our school trip to the National Railway Museum and was a great representative for our school! Well done Eleanor! 😊</p>	<p>4W</p> <p>Firstly, well done for all of 4W who represented our school fantastically well on our trip to the National Railway Museum yesterday! This week, our pupil of the week is Summer Cass. Summer has had a fantastic start to life in year 4, she has been exceptionally hard in all subjects, trying her best at everything she does, even if she finds it tricky. I have also been so impressed with her behaviour as well as her contributions to class discussions. Well done, Summer! 😊</p>
<p>5E</p> <p>Darcey Verity is our pupil of the week. She has demonstrated her prowess in her writing ability and has produced an amazing piece focussing on formal tone with the inclusion of subordinate conjunctions, modal verbs and persuasive arguments. Well done, Darcey! 😊</p>	<p>5H</p> <p>I have chosen Elizabeth Norgate as my pupil of the week for her fantastic efforts in her handwriting. She has written a beautiful letter in cursive writing and is working towards gaining her pen licence! 😊</p>
<p>6C</p> <p>Elliott Blacker for his great work this week in all his lessons. He is working very hard, showing impressive skills of perseverance and determination. While working on our class novel 'Stormbreaker', Elliott has shown a deep understanding of the events and regularly</p>	<p>6M</p> <p>Harry Hopkinson for showing great perseverance in all subjects. Harry is really putting in the effort in everything and this week I was extremely impressed with his writing in English; he produced a brilliant gadget and explanation about how it works. Well done</p>

shares his views about characters' motivations. In maths, he has also worked hard while in the learning pit when learning the correct methods for long division. Well done Elliott, keep up the impressive efforts. 😊

Harry 😊

Dates for your diary

W/C 14 Oct – Year 1 Bikeability

Tue 18 Oct – Year 6 trip to Eden Camp

Mon 17 to Wed 19 Oct Parents Evening in school – **online booking is now open**

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

Fri 11 Nov – **Nasal Flu immunisations (whole school – the E-consent link has been re-opened)**

Tue 22 & Thur 24 Nov – Year 4 trip to Yorkshire Water (information to follow)

Fri 25 Nov – Year 3 and 4 trip to St George's Church annual Christmas stage production (information to follow)

Tue 6 Dec – Reception Nativity (AM)

Wed 7 Dec – Reception Nativity (PM)

Tue 13/Wed 14 Dec – KS1 Nativity (times TBC)

Thur 15 Dec – KS2 Carols at church (AM) Christmas lunch and parties

Fri 16 Dec – Carols round the tree (PM)

Family Support Workers Drop-in

On Monday 17th November at morning gate drop off there will be an opportunity to ask any questions relating to support for families and children that we can access through the cluster. We have 2 family support workers, Kirsty and Amy, that we work with through the ESNW cluster and are going to be on the playground that morning. If you have a question, want signposting to some support, are interested in what the cluster can offer or simply need a reassuring word, they will be happy to help. I will also be available to discuss how we can support in school.

We will also be running this on Fri 25th November at morning gate drop off and if this is beneficial will look at making this a monthly occurrence.

Optimistic October

Attached to this newsletter is the October calendar for 'Optimistic October' from actionforhappiness.org <https://actionforhappiness.org/>

It is lovely to see the display in the hall full of ideas from our Y5 pupils about things they have tried to be their 'B.E.S.T self'. Some have tried yoga, deep breaths, not being on tablets before bed and getting an early night - good advice for all of us! Today in school the focus has been on looking for good in others.

Our school food ambassadors also presented in worship this morning to launch a healthy eating poster competition and the powerpoint is attached.

Bag 2 School – fundraising

Bag 2 School is a company that specialises in good quality second hand clothing that can be re-used. Bag2school give us money per kilo of clothing collected.

This year we are holding a collection on **Wednesday 2nd November**. All donations need to be placed in the bike shed either after school on Tuesday 3rd November or by 9am on the day itself.

We very much appreciate your support with these collections but there are certain guidelines to follow regarding donations. Everything must be clean, dry and in good condition.

Accepted:

- Men's, Ladies and Children's clothing
- Paired shoes (tied together or elastic band around)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Belts
- Soft toys

Not accepted:

- Duvets, bedding, blankets and household linen
- Pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Curtains
- Towels
- Soiled, painted, ripped or wet clothing*
- School uniforms
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material

Bags 2 School no longer provide bags although we do have a few old ones from previous years, please feel free to collect from the school office, otherwise, bin liners are fine.

After school reminder

At hometime please remember that children need to stay with their grown ups
Also, no scooters on the playground and children should not be playing on the field.
Unfortunately at present the adventure playground is closed
Thank you

Message re: year group email communication

If you wish to contact your child's class teacher via the year group email for non-urgent/confidential queries, you can use the following addresses:

Reception@holytrinity.leeds.sch.uk

Year1@holytrinity.leeds.sch.uk

Year2@holytrinity.leeds.sch.uk

Year_3@holytrinity.leeds.sch.uk

Year_4@holytrinity.leeds.sch.uk

Years5@holytrinity.leeds.sch.uk

Year6@holytrinity.leeds.sch.uk

The year group email will be seen by both class teachers for the year group and is checked at least two or three times during the week. Teachers will endeavour to reply within 2-3 days. If your message is urgent or an important message to get to the teacher that morning, please email or telephone the school office to ensure the message is picked up. You can, of course, also speak with teachers at home time collection for a quick question or if you want to arrange a further conversation.

Mathletics

This week the class trophies are awarded to...2S and 4W. Well done to all who contributed.

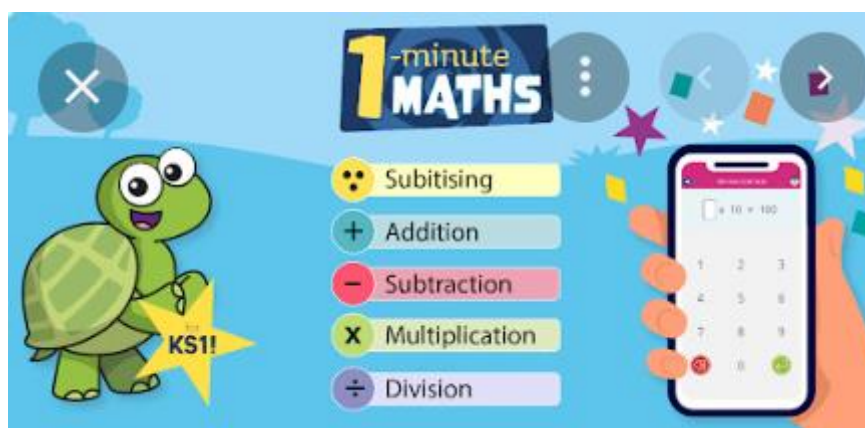
This week we have some new names in the top 10:

1. Maryam Nahil
2. Souad Nahil

3. Lyra Hakim
4. Zhila Zangana
5. Sebastian Wilson
6. Jenson Brye
7. Daisy White
8. Michael Li/Alexa McKenzie
9. Aanya Bhath
10. Autumn Carlisle

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!



Vacancies

We are currently looking to recruit a playworker for our before and after school club, would suit student/young person. Please contact the school office for more information and application form.

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