



Cookridge Holy Trinity Church of England (A) Primary School

Green Lane Cookridge LEEDS LS16 7EZ

Telephone 0113 225 3040

www.holytrinity.leeds.sch.uk

**‘The Best for Every Child -a Unique Child of God’
ISSUE No 551**

14th October, 2022

Dear Parent / Carers

Our Christian Value this term is **Thankfulness**

Our Ethos Statement this week is: **Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:19-20**

Autumn Term

We have had an extremely busy week here at Holy Trinity this week.

It all started with our children in year 1 to 4 finding out about the game of golf and having a go. We then had our Healthy School Audit – our children were in fine form as they took our visitor around school and explained how we look after ourselves both with what we eat and how we look after our mental health too. Our year 1 children have been learning how to ride a bike – this will continue into next week too. They start with balance bikes and then progress to riding a bike with pedals – what an amazing sight!

We have had visitors into school teaching our children in year 2 and year 4 about road safety.

Our children in year 3 have been out and about around Cookridge discovering all of the human and physical features of our local area – what great excitement!

I don't know if you have noticed our children's contributions to Black History Month – there are a series of posters attached to the school fence. A very interesting and informative read – I am sure that your child can tell you all about what they have been learning.

Just a reminder about COVID-19. We have had a few cases in school again of COVID-19. If your child contracts it the latest advice is that they should remain at home for 3 days (or until they feel well again). In school we are still using hand sanitisers and washing of hands as part of our daily routine.

Praying Parents Group

If you are interested in being part of the Praying Parent Group then please stay after morning drop off on Wednesday 19th. We can discuss what we would like to get from the group and also what day of the week/month is best for all and how long we think we will need.

Pupil of the week

1A This week my pupil of the week is Riley. Riley has impressed me in two ways this week. Firstly, he has tried really hard learning how to use whole-part models in maths. He was also extremely enthusiastic when categorising	1RE Our Pupil of the Week is Nelson Dekker. As well as being a general superstar in our class, Nelson has particularly impressed us with his independent writing this week. He re-told the story of Elmer using some fantastic language
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 **THE CHURCH
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The Best for Every Child- a Unique Child of God

animals in science. He listened really well and was eager to share whether the animals were mammals, reptiles, amphibians etc. Well done Riley, what a super attitude! 😊	and beautiful handwriting. Fantastic work Nelson! 😊
2S We have chosen Vincent Wetherill as our pupil of the week in 2S. Vinnie has really impressed us with his focus and determination to do well in every lesson. He always makes excellent contributions during class discussions and has written a wonderful diary entry about the Great Fire of London. He's also demonstrated super skills in PE across the whole half term. Keep up the hard work Vinnie, well done! 😊	2J Our pupil of the week this week is Bella Lingard. Bella has had an excellent term so far. Her reading and handwriting are getting better every day and she often has her hand up in lessons to answer questions. Recently, Bella has really been impressing me in our dance lessons. She demonstrates a great ear for the music and her movements are artistic and expressive. Well done Bella. Keep it up! 😊
This week I have chosen Harriet Stott as our pupil of the week. Harriet is a hardworking and helpful member of 3P and has an excellent attitude to her work. This half term, she has impressed me with her focus during independent work in maths lessons using column addition. She also showed great maturity and curiosity in our local area study identifying many human and physical features around Cookridge. Well done Harriet! 😊	3R This week I have chosen Antoni as my pupil of the week. Antoni is kind, helpful, polite and just an absolute pleasure to teach! He always works hard and tries his very best in all areas of his learning. This week he has impressed me in maths by whizzing through all the work and completing problem solving challenges independently. He has also done some fantastic artwork in his sketchbook which has impressed lots of teachers too! Well done Antoni, keep up the good work! :-)
4L My 4L Pupil of the Week is Joseph Beatham. Joseph is a wonderful member of the class, he is incredibly polite and a great role model for the rest of the class. His enthusiasm and attitude towards his learning fantastic; always putting in 100%. This week, I have seen him really enthused about our DT electrical boardgames project, even creating one at home himself! Well done for a wonderful week Joseph! 😊	4W Our pupil of the week this week is Lily Jaques. Lily has had a fantastic start to the year, she could have been given pupil of the week every week so far! I have been so incredibly impressed with her attitude to her learning and her behaviour. Not only that, she is incredibly kind polite and helpful and a real joy to teach. Well done, Lily! 😊
5E Oliver Mitchell is our pupil of the week for this week. He has had a terrific week where he has shown perseverance to understand how to write speech and in Maths he has been building up his confidence leading to some carefully worked-out calculations in his word problems. 😊	5H I have chosen Isaac Nowland as my pupil of the week because of his excellent efforts in the classroom to maintain focus and concentration. He has worked incredibly hard in all lessons, finishing all of his work and not letting himself get distracted! I have been so impressed, long may it continue Isaac! Well done! :-)
6C Rose Preston for her great efforts in her work and attitude around school throughout the week. She always works hard in lessons and on tasks. Rose also provides incredible help and assistance in the class and around school; always demonstrating to the younger children in school the appropriate behaviours. Keep up the superb efforts and attitude 😊 Well done Rose. 😊	6M Theo Njie for showing wonderful perseverance and a growth mindset throughout this past week. He has shown a can-do attitude and demonstrated excellent writing skills when writing a newspaper report on an event from our novel Alex Rider. Well done Theo- keep this new positive attitude up 😊

Dates for your diary

Tue 18 Oct – Year 6 trip to Eden Camp

Mon 17 to Wed 19 Oct 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

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.

Cookridge Community Run 2022

The sports council and all the children in school would like to say a huge **THANK YOU** to the organisers of the Cookridge Community Run, who kindly donated £250 to our school for us to buy some new sports equipment. The children were very excited when 30 brand new shiny yellow footballs arrived for us to use in our PE curriculum lessons. We all appreciate the donation very much and can't wait to start using the footballs!

Miss Johnson and Mr Wilkinson 😊



TCS Mini London Marathon

Thank you to everyone who has donated so far, we are aiming to raise £500 for The British Heart Foundation and have reached £170 so far. Please follow the link below if you are able to make a donation (no amount too small!)

Many thanks, in advance

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

Worship Team competition

As mentioned earlier this week in our school worship, the Worship Team would you to design a holding cross to use in our school. The Worship Team will decide a winning design which will then be made into 14 individual holding crosses, one for each class!

If you think you would like to enter, each class will be given a template outline for you to create your design. More information on how to enter and ideas for your designs are attached to this newsletter.

Please hand your design entry to your teacher, who will then hand them to Miss Lillington. Final entries are Wednesday 2nd November.

Many thanks, Miss Lillington and the Worship Team

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.

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

Bag 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.

Mathletics

This week the class trophies are awarded to 2J and 3P - well done to all who contributed.

Unfortunately the top 10 data is unavailable on the website but will hopefully be back for next week.

PTA Helpers needed please

We are desperately seeking helpers for the PTA. We are going to struggle to carry on with some of the planned events without more helpers, please volunteer if you can. For more information please email the PTA

(holytrinity.pta1@gmail.com) . Even if you can spare an hour or two to wrap Christmas presents, every little helps!



**RHINOS
TASTER
SESSIONS**



**FREE
TO
ATTEND**

- Meet new friends
- Keep active
- Learn new skills
- Play games

PLEASE BRING:

- Boots
- Water Bottle

TUESDAY 18TH OCTOBER
Under 12s (Year 6 & 7 Girls)
5:30pm-6:30pm

LEEDS UNDERDOGS
Leeds Modernians,
Cookridge Lane,
Leeds, LS16 7ND

FOR MORE INFORMATION OR
TO BOOK A PLACE CONTACT
HARVEY.WHITELEY@LEEDSRHINOSFOUNDATION.ORG
OR CALL **07870 384393**



[@Leeds_Underdogs](https://twitter.com/Leeds_Underdogs)
& [@RugbyLeeds](https://twitter.com/RugbyLeeds)




MEARS

Cath Hellings
Headteacher



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