



## 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 552**

20<sup>th</sup> October, 2022

Dear Parent / Carers

Our Christian Value this term is **Thankfulness**

Our Ethos Statement this week is: **So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. Colossians 2:6-7**

### Autumn Term

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

Our year 1 children have been busily learning to ride their bikes this week and becoming more proficient with their skills.

Our Year 6 children went to Eden Camp as part of their History topic this term where they have been exploring the causes of both World War 1 and 2. Our children learned lots of facts about the 2<sup>nd</sup> world war and their pre-learning will enable them to put a context around their learning next half term. Their behaviour was, as always, exemplary too.

We had our Healthy Schools status re-validated this week and have been recommended to be a beacon school.

Please see our feedback:

During the visit there were many examples of excellent practice including:

- **All the work you have carried out to support social, emotional, and mental health and wellbeing across school.** This has been a key priority over last two years. The inclusion team are responsive and work hard to ensure all pupils' needs are met, by school where possible, and with cluster support if needed. There are targeted intervention groups in school and the new nurture space, which the pupils were keen to show me, is used well. Bespoke plans for individual pupils are put in place where needed, to ensure all social and emotional needs are met. The Learning Mentor measures progress through a variety of approaches, in relation to the intervention.
- **The different approaches to supporting universal mental health and wellbeing.** The school dog, Poppy, is very popular! Poppy has her own worry box which all pupils can access if the children feel they could benefit from some time with Poppy. There are worry boxes in the classrooms, two Learning Mentors work across school and the School MindMate Ambassadors are keen to help pupils who needs some peer support. There is a friendship bench in the playground, year 6 pupils 'buddy' younger children and the six school Christian values also support the universal offer around social, emotional, and mental health.
- **The PSHE curriculum, including the MindMate lessons, which is well embedded and aligned to the statutory guidance.** PSHE has a high profile in school. Staff are confident to teach PSHE and the PSHE lead has delivered staff training sessions to all staff. The PSHE books I saw covered a variety of lessons and approaches to PSHE and the pupils reported they enjoyed their PSHE lessons.
- **The many physical activity and sport opportunities for pupils.** These include the Daily Mile, Yoga, Go Noodle, Fun Runs, Mini Marathons and daily playtime sport



Diocese of Leeds



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sessions with a Premier Sports coach. The playground is well equipped with markings and apparatus, and I saw active and happy pupils at playtime.

• **The different pupil roles in school.** There are several opportunities for pupils to get involved in school life. The pupils I spoke to were proud to be School Councillors, School MindMate Ambassadors and School Food Ambassadors. There are opportunities to be buddies, Sports Leaders, Eco Warriors, and various monitors.

• **The many and varied displays linked to the four core areas of health.** The cooking in the curriculum and School Food Ambassador displays shared important information about cooking skills, packed lunches and healthy eating. Displays linked to mental health and wellbeing and behaviour were apparent around school.

Your Healthy Schools School status is valid for three years.

During this period, we hope you will be able to share some of the excellent practices you showcased during the visit with other schools and colleagues from across the city.

Our OfSTED report will be published after half term on the OfSTED website. A copy of the report, along with our response to the report, has already been sent to you this afternoon.

### **Praying Parents Group**

Our new group of Praying Parents met to decide what this would look like at Holy Trinity this week. We agreed to meet on the 1<sup>st</sup> Wednesday of the month. There will be coffee and tea available after dropping your child off in the morning with the group joining for prayer at 9:30. We anticipate that the meeting will end after about 30 minutes. The group is open to all. The next meeting will be on Wednesday 2<sup>nd</sup> November.

### **Are you interested in supporting us with running a football team in school?**

We have had some comments from parents who would like to see our school football team set up again and taking part in inter school football matches. Unfortunately, due to time and work commitments, we do not have a member of staff in school who is able/knows how to run a football team.

Do you have the time to spare to support us with this?

School will pay for the DBS check for anyone who volunteers.

Please contact the school office if you feel you can help us with this.

### **Parking**

I have had many comments this week about parking around school this week – including dropping off children on the white zig-zag lines by the Zebra Crossing. Please make sure that you park/drop your child off at school responsibly – not on the double yellow lines or stopping on the white zig-zag lines as these are both illegal. Our PCSOs will be back around after half term to help with keeping our children safe getting to and from school.

### **Pupil of the week**

1A My pupil of the week this week is Jacob Ward. Despite illness, Jacob has battled on and really impressed us all in Year 1. He showed great teamwork in creating a joint sculpture based on Andy Goldsworthy. He thought really carefully about the materials used, placement and creating something he and his friends could be proud of. He has also had a positive attitude to his learning in school. Keep it up Jacob! 😊	1RE Our Pupil of the Week is Sophie Harris. Sophie has had a super first half term in Year 1 and this week she has wowed us with her independent maths skills. Her attitude to learning is fantastic. Well done Sophie! 😊
2S My pupil of the week is Zac Orson. Zac has had a fabulous half term and has impressed all of the adults who work with the class. Zac has tried really hard in all of his learning and is a genuine delight in the classroom. Well done Zac! 😊	2J My pupil of the week this week is Simone Ladinetti. Over the past couple of weeks, Simone has been settling in to year 2 really well. He has been impressing me with his art and his creative skills and in dance lessons he has shown some wonderful, expressive moves. Simone has beautiful neat handwriting and loves singing too. Well done Simone! 😊
3P This week I have chosen Matilda Miller as our	3R My pupil of the week is Layla Tawfiq for

pupil of the week. I have really seen her confidence grow over this half term, she is always putting her hand up and offering fantastic contributions to our class discussions. This week, I have been particularly impressed by her use of some wonderful vocabulary in our newspaper report. Keep up the good work Matilda! 😊	impressing Miss Mbaikaize and I with her super work in maths. Layla had a light bulb moment this week when she finally understood the rules of the column subtraction method. She whizzed through the questions independently and was really proud of herself. She has also produced a fantastic newspaper article linked to our class book of James the Giant peach. Well done Layla for persevering with your learning! 😊
4L My 4L Pupil of the Week is Isaac Clarkson! I am so proud of Isaac for his great attitude towards his learning. He has tried really hard with all areas of the curriculum this week, particularly in his English work based on 'The Iron Man'. He has really enjoyed our class text and his response to the text has been thoughtful. Isaac's also tried incredibly hard with his reading with Miss Wiggle, so we are both proud of him. Keep up the hard work and great attitude towards your learning! 😊	4W Well done to all of 4W for a fantastic first half term! It has been a tricky decision this week however, I have chosen Amelia Samby as our pupil of the week. Amelia only started in our school on Monday however, I have been so impressed with her. She has settled in straight away and has been working incredibly hard - especially in maths. Well done for a fabulous first week at Holy Trinity. 😊
5E Lucas Stott is our final Pupil of the Week for this first half-term. He has had a wonderful week where he has impressed with his understanding of factors. In English, he has written a fantastic piece, from the perspective of a person in the 1960s, on the abolishment of laws in America that prevent equality amongst different ethnic backgrounds. This week is also very sad for 5E because Lucas is leaving us today for a new school. Good luck Lucas, we will miss you. 😊	5H I have chosen Rupert Kitts for his fantastic attitude towards his learning in all subjects. Rupert is an excellent role model to others, he always works hard, tries his best and has produced a fantastic persuasive essay about abolishing the segregation laws in America. Well done Rupert! :-)
6C Oscar Webber for his superb efforts in all our classroom activities. He constantly puts in maximum effort to all that he undertakes and presents himself as a great role model to Y6 and the rest of the school. He has been working very hard when writing a newspaper report about our class novel, Stormbreaker, and ensuring he manipulates his language to engage the reader. I have also been very impressed this week as he has been more willing to get involved in our class discussions. Great job, Oscar! 😊	6M Jake Harland for his wonderful work in all subjects. He always puts in 100% into all of the lessons he does and this week I have been particularly impressed with his work in English and his incredible attitude on our school trip to Eden Camp. In English, he has produced a phenomenal newspaper report on the events of a chapter we read in our class novel 'Alex Rider-Stormbreaker' and on our trip, showed a fountain of knowledge, asking lots of insightful questions about WWII and sharing some of the facts he had learnt with the rest of the class. Well done Jake- keep it up 😊

### **Dates for your diary**

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)

### **Green Peace Planet Competition for 7-11 year olds!**

If you care about nature or protecting the planet, we've got the competition for you!

Greenpeace's first Poems for the Planet competition, in collaboration with National Poetry Day, invites you to put your poetry hat on. We want your lively limericks, heartfelt haikus and polished prose on the theme of hope and the environment. For this year's National Poetry Day on 6 October, explore the beauty of the natural world around us and the need to protect the planet. Maybe you love whale song and want to capture it as poetry. Or maybe you felt moved at an environmental protest. We'd love to read about whatever inspires you to write a poem for the planet. The competition is open to all ages from 7 and above.

Submit your poem by midnight on 1 December 2022 using the online entry form on the Greenpeace website.

<https://www.greenpeace.org.uk/resources/poems-planet-competition/>

Happy Writing!

Eco Warriors

### **Black History Month**

To celebrate "Black History Month," Cookridge Holy Trinity have been learning about inspirational black figures who have made an impact on society in the past and present day. Each class has designed a gallery poster about their chosen influential black idol and we have hung them on the school fence for the community to see. We hope you enjoy reading our posters about a range of fantastic people!

Thanks!





## **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 2<sup>nd</sup> November**. All donations need to be placed in the bike shed either after school on Tuesday 3<sup>rd</sup> 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.

## **Fundraising**

Millie Cable (Year 6) is once again donating her hair to the Little Princess Trust. Millie donated 18 inches of her hair 3 years ago and also raised £400 for the charity. Millie's hair is now long enough again and she is excited about donating it in the half term holidays. Please follow the link below if you would like to donate to this worthy cause:

[www.justgiving.com/fundraising/Ken-Cable](http://www.justgiving.com/fundraising/Ken-Cable)



## **Mathletics**

This week the top 10 mathletes in school are:

1. Jenson Bryer
2. Abdulrahman Hamdoush
3. Grace Kellett
4. Francesca Golden
5. Gabriella Kelly
6. Max Middlemiss
7. Elsana Ganjpoor
8. Zhila Zangana  
Jessica Askey
9. Millie Mellor

The key stage trophies are awarded to 2S and 5H - well done!

## **PTA Notice**

Thank you to everyone for supporting our doughnut sale, it has certainly been a huge success!

I hope you all enjoyed them! ☺

Also, many thanks to those who have offered to help in upcoming projects, please, if you have any time to spare we still need more helpers. 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](mailto:holytrinity.pta1@gmail.com)). Even if you can spare an hour or two to wrap Christmas presents, every little helps!

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](http://www.themix.org.uk) 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**