



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 553

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Dear Parent / Carers

Our Christian Value this term is **Friendship**

Our Ethos Statement this week is: **Perfume and incense bring joy to the heart, and the pleasantness of one's friend springs from his earnest counsel. Proverbs 27:9**

Autumn Term

This term we are exploring our Christian Value of Friendship. Our children are already considering what the qualities of a good friend are and have been showing qualities of support, encouragement, sharing and enjoyment of each other during the course of the week.

The qualities of Friendship came to the fore on our year 3 trip this week to West Leeds Activity Centre, where they were challenging themselves and each other to take part in challenging activities – one of which was called 'the leap of faith'! I have been told by staff that the instructors thought that our children demonstrated exemplary behaviour and courageous attitudes – what a wonderful testament about this wonderful group of children – who exemplify all of our children in school.

We had a visitor in school this week who was looking at our learning across school. He was impressed by the excellent learning attitudes and range of learning experiences across school.

We also had the first meeting of our Praying Parents group. If you would like to come along to the next meeting it will be on Wednesday December 7th. Parents are invited to come in and have a cup of tea/coffee and a biscuit after morning drop off with the group joining for prayer from 9:30am.

We have been selected to have some decarbonisation works in school over the next few months (if you were caught up on roadworks over half term – sorry, this was part of the preparation for this!).

We are going to have about 200 solar panels installed on the school roof and later we will have a heat source pump installed to replace our old boilers. Hopefully this will help with reducing our carbon footprint. Our Eco Warrior team will meet with the installers at some point in the near future to find out all about it.

Parking

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 is Thomas Wightman. Not only has Thomas had his hand up a lot this week, he also really impressed all the adults with his	1RE Our star of the week is Oscar Paynter for his super attitude to learning this week. He has been focussed in all our lessons and came up
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baking on Wednesday. He gave everything ago, including scooping out pumpkins and rolling dough. He persevered and we are all really proud of him. Well done Thomas! 😊	with some fantastic bossy verbs for our instruction writing in English. Keep it up Oscar 😊
2S It was another really hard decision in 2S this week but we have chosen Edward Williams as our pupil of the week. He is consistently a delight to have in the classroom; he tries his absolute best with everything he does, he's really impressed us with his reading and maths this week and he concentrates so hard in every lesson. We are so proud of all the progress he is making! Well done Edward! 😊	2J Romeo Chan is our pupil of the week this week. Romeo joined our school in September and has been settling in well since then. However, we have noticed a huge improvement since half term in Romeo's independence and perseverance with tasks. He is having a go at everything on his own and his maths, reading and writing are all improving quickly. Romeo also demonstrates excellent manners around the classroom and is making lots of new friends. Well done Romeo. Keep it up! 😊
3P This week I have chosen Tsvitka Medvid as our pupil of the week. Over the past couple of weeks she has shown maturity and independence in the classroom, using her English words to communicate with staff and other children. Yesterday we were all impressed with her bravery and confidence on our school trip as she persevered to the top of the climbing tower! Keep up the good work Tsvitka. 😊	3R This week I have chosen Izzy for a fantastic week. Izzy has impressed me with all of her work this week. She has produced some lovely work in science and geography and shown great enthusiasm in all lessons. She always displays a super attitude to learning and tries her very best. During our school trip, Izzy faced her fears in the leap of faith and got to the very top of the platform! Well done Izzy, you are a superstar :-)
4L My Pupil of the Week in 4L is Saara Sharif! Saara is a lovely member of 4L and has had a wonderful of learning. She has tried so hard with her math work this week, we covered lots of tricky concepts and she showed great resilience! Saara has also written a detailed and well written persuasive advert based on the Titanic. Well done Saara, keep up your super attitude towards your learning! 😊	4W Well done to all of the class for a fab first week back after half term. It has been a really tricky task picking pupil of the week. However, Eva Holmes has really impressed. She has been working really hard in all lessons and had been producing some nice work. The thing that has impressed the most is her growth mindset, even if she is finding something tricky, she has been persevering in order understand a concept and complete a task. Well done, Eva! 😊
5E Daniel Buckle is my pupil of the week. This week he has amazed me with his perseverance, attitude and willingness to have a go. He has independently completed each writing task and shown me what he is capable of if he believes in himself. Well done Daniel 😊	5H I have chosen Jack Samby as my pupil of the week this week. Jack is new to our school and has settled in so brilliantly. I am so impressed with his attitude to learning. He is sensible, hard working, polite and is already a valued member of our class. Well done Jack :-)
6C Francesca Golden for her all round fantastic attitude to life in school. She is always working hard on tasks in our lessons and is willing to go into the 'learning pit' and show determination to try different strategies to solve. She has always got a smile on her face and is polite and kind to all. Francesca also finds time to help around school. Well done for being a superb role model. 😊	6M Ben Higgins for his brilliant attitude. He has worked incredibly hard in all lessons, especially art in which Mrs Dawson has also commented on his exemplary behaviour. I have been continually impressed by Ben's knowledge of fractions this week and he is showing a great understanding. Well done- keep it up 😊

Dates for your diary

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

Mon 14 Nov – Odd Socks Day - for anti-bullying week

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 Dec – KS1 Nativity (PM)
Wed 14 Dec – KS1 Nativity (AM)
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



Children in Need

Friday 18th November is Children in Need. We will not be collecting money this year but children are welcome to come to school wearing a Children in Need accessory (ears/ hat etc). Normal school uniform is required.

Sex Education and Relationships Education

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. Thank you to those who have already volunteered, if you are interested in helping us with this then please contact the school office to let us know.

Home School Values

This term we will be focusing in school on the value

FRIENDSHIP. Please find our Home School Values activities attached, we hope your family will find these ideas helpful as you explore the value and have fun together.

Operation Christmas Child - Shoebox Appeal – DEADLINE MONDAY 21st NOVEMBER 2022

We are hoping to repeat last year's success and run our Shoebox Appeal once again. Of course, the past couple of years have been different and incredibly difficult for everyone, so we have joined together as a school to create our shoeboxes with classmates. Each class have been given 7 shoeboxes to fill, it would be brilliant if each child could bring one or two items to help fill their class shoeboxes. I know lots of children have already brought items into school which is fantastic!

If you would like to create your own shoebox at home with family, that would be incredible! Each child will receive a leaflet today which includes information and a label for the chosen recipient. We also have spare flat pack shoeboxes at the office should you choose to make your own.



Ideas for items to donate: toothbrush, bar of soap, small toys, books, colouring books, pens, pencils etc. (See the attached information guide for more details of what may be included)

Please bring your items into school no later than Monday 21st November 2022.

Many thanks for your continued support,

Miss Lillington

Worship Team Bake Sale

The Worship Team are holding a Bake Sale to raise money for our annual Shoebox Appeal. The Bake Sale will be held on the top playground after school on Friday 11th November 2022.

All donations to the bake sale will be greatly received so get baking budding Berry's and Hollywood's!

Many thanks,

Miss Lillington and the Worship Team

Leeds 2023 Year of Culture event – opportunity to get tickets!

Please follow the link below for more information about an exciting event in January. 'The Awakening' is an event at Headingley stadium and will feature many exciting guest including Opera North, Corrine Bailey Ray, some other big names and **surprise** artists! To get a ticket for the event you have to submit a piece of art work or something that shows your creative side. Please see below 🖱

<https://leeds2023.co.uk/whats-on/the-awakening>



LEEDS 2023 | Year Of Culture

An unmissable event with music from top class acts, poetry, dance, comedy and much more. It's going to be quite some night! A big celebration of Leeds' cultural heritage and future, The Awakening is the first event in an unforgettable year.

leeds2023.co.uk

Mathletics

The Key Stage trophies are awarded to:

KS1 - 2S

KS2 - shared between 5H and 6M

This week's top 10 mathletes are:

1. Joshua Watson
2. Jessica Askey
3. Millie Riordan
4. Souad Nahil
5. Tobias Gautrey



6. Jackson Jones
7. Maryam Nahil
8. Alfie Bannister
9. Nelson Dekker
10. Elsana Ganjpoor/Harry Wilson

PTA

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.

Thank you to everyone who donated clothes to the Bags 2 School appeal, hopefully we will do another collection in the spring.

The Christmas Fair is scheduled for Friday 25th November

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!

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