



## 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 557**

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Dear Parent / Carers

Our Christian Value this term is **Friendship**

Our Ethos Statement this week is **"The Holy Spirit will come upon you," the angel answered, "and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called the Son of God!"**

Luke 1v35

### Autumn Term

The busyness continues here at Holy Trinity again this week. The stage is set! Costumes have been found and hung with care; scripts have been produced with lines in the process of being learned and an air of excitement has thronged the air - Including some wonderful singing! What a magical time of year!

Thank you for supporting the 'Operation Christmas Child' shoebox appeal. Once again there have been many boxes filled with lovely gifts that will brighten the lives of children around the world this Christmas. Thank you to Miss Lillington and the Worship Team for their wonderful organisation of this event, once again, this year.



Have a lovely weekend.

### 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 next week to help with keeping our children safe getting to and from school.

### Pupil of the week

<p>1A</p> <p>This week I have chosen Lily Prestwich. Lily is an always child in our class. She tries her best in everything she does and she always listens well. This week she has been able to apply all she's learnt in our English and maths assessments and has done really well. She is a kind friend and always has a smile on her face. Well done Lily. ☺</p>	<p>1RE</p> <p>Our Pupil of the Week is Nafisatu Sulaiman. We could choose Nafisatu every week but this half term she has been really pushing herself and has grown so much in confidence. She is trying so hard in our lessons to put her hand up and contribute to our class discussions and this week we have noticed her singing up beautifully in our nativity rehearsals. Well done Nafisatu :-)</p>
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 THE CHURCH  
OF ENGLAND  
Diocese of Leeds



**The Best for Every Child - a Unique Child of God**

<p>2S</p> <p>This week we have chosen Samson Jakubiak as our pupil of the week in 2S. Samson is an always child and a complete delight to teach. He tries his best in every lesson, has produced some lovely work this year and is an excellent team player. We've also seen him be a wonderful friend and he's shown real maturity on the playground and within his friendship group. Keep up the hard work Samson! Well done! 😊</p>	<p>2J</p> <p>Our pupil of the week this week is Maisie Stevenson. Maisie is a fantastic member of 2J. She is always quiet and calm but is also an excellent listener. She listens to all the lessons carefully and diligently which is leading to her making fantastic progress with all of her learning. She demonstrates excellent manners and is a good friend to everyone in the class. Well done Maisie. I am sure that you will continue with this excellent attitude. Keep it up. 😊</p>
<p>3P</p> <p>This week I have chosen Bethan Williams as our pupil of the week. Bethan consistently comes to school with a positive attitude and is a kind, caring member of 3P. She always has her hand up in class to offer contributions to our discussions and has really improved the quality of her writing this half term. Bethan has really impressed me this week with her perseverance when tackling tricky division problems in Maths. Well done Bethan, keep it up! 😊</p>	<p>3R</p> <p>This week Mr Fayers and I have chosen Jacob Snowdon. Jacob has shown great enthusiasm in all our lessons this week and has been putting his hand up lots to answer questions which is brilliant. He has produced a fantastic non-chronological report linked to our text 'The Explorer' and has been impressing us all with his excellent knowledge in science and geography too. Well done, Jacob! Keep up the superb efforts 😊</p>
<p>4L</p> <p>My 4L Pupil of the Week is Saara Sharif! Saara has a wonderful attitude towards school and her learning, always putting 100% into everything she does! This week, Saara has really impressed Miss Wiggle and I with her reading, especially with our new class text in English! Saara has also shown great enthusiasm in our History and Science lessons, producing lots of brilliant work! Well done, Saara! 😊</p>	<p>4W</p> <p>I am delighted to say that this week our Pupil of the Week is Jacob Orson. Jacob has had a fantastic few weeks in school and I have been extremely impressed with his independent work. He has some excellent ideas and it's great to see them in his work. Jacob has an incredible ability to understand how things work which really lends itself to science, a subject he clearly relishes! Furthermore, I have been incredibly impressed with Jacob's resilience, there have been a few unexpected changes this week but Jacob has just taken them in his stride. Well done, Jacob! 😊</p>
<p>5E</p> <p>Daniel Thomas is our Pupil of the Week this week. He has shown an enthusiasm for all of our English: writing a travel brochure to visit New York. His hand has always been up and he has had plenty to share. I have also been impressed in his Maths where he has achieved some incredible test scores this week. Well done, Daniel. 😊</p>	<p>5H</p> <p>I have chosen Poppy Hutchings this week for my pupil of the week because of her fantastic writing in english lessons. She has began writing an excellent persuasive travel brochure about New York. Well done Poppy! :)</p>
<p>6C</p> <p>Suha Yaqubi for her great efforts in class and around school. She is showing an impressive confidence with her work, which has been great to see. While writing about our class novel, she has produced impressive pieces of writings, showing empathy with the characters. This great attitude has also been apparent in her involvement in maths lessons, where she is sharing her ideas with increased regularity and self-assurance. Well done Suha, keep up the superb efforts! 😊</p>	<p>6M</p> <p>Imogen Townsley for showing increasing confidence in all lessons. She is now contributing a lot more and showing what she is truly capable of. I was also extremely impressed with her acting skills this week as we are preparing for our class worship. She showed wonderful improvisation whilst acting and used a very clear voice when delivering her line. Well done Imogen, keep the growth mindset up 😊</p>

### Dates for your diary

Tue 6 Dec – Reception Nativity (9:30am)

Wed 7 Dec – Reception Nativity (2pm)

Thur 8 Dec – **Christmas Jumper Day**

Tue 13 Dec – KS1 Nativity (2:15pm)

Wed 14 Dec – KS1 Nativity (9:20am)

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

Fri 16 Dec – Carols round the tree (PM)

### 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.

### Christmas Jumper Day – Save the Children Thursday 8<sup>th</sup> December is Christmas

Jumper Day. Your child can come to school wearing a Christmas Jumper (with normal school uniform). If you would like to make a donation to Save the Children please follow the link below

<https://www.savethechildren.org.uk/christmas-jumper-day>



### Request for Tutus



We are short of tutus (age 5 to 7) for our KS1 Nativity. If you have one that we could borrow for a couple of weeks we would be very grateful. Any colour will do! Many thanks, in advance.

### Premier League Primary Stars Competition

This Thursday, a team made up of children in year five and six took part in the Premier League Primary Stars football tournament at Goals in Kirkstall. The team performed fantastically well, demonstrating excellent footballing skills, excellent teamwork as well as having lots of fun in the process. Despite some tough opposition in the group stages, the team progressed to the quarter finals with a fantastic three wins from three. In the knock-out stage, a 3-0 quarter final win versus local rivals, Ireland Wood, followed by another impressive 3-0 victory in the semi-final mean that Holy Trinity progress to the next round of the competition which will take place at Leeds United's training ground, Thorp Arch early next year. Well done to all of the children involved for not only their footballing prowess but for representing the school in such exemplary fashion. Also, a big thank you to the parents who provided transport to and from the event and for their support. Roll on the next round!

The victorious team of Max Gilbert, Ben Higgins, Jake Harland, Oliver Harland, Dexter Drake, Zach Burnett, Harry Popplewell, Ewan Horner, Freya Taiwo and Florence Young.



## Mathletics

This week the Key Stage trophies are awarded to 2S - again!!! And 3R again, but they need to share it with 4W - well done to all who contributed.

This week to Top 10 mathletes are:

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1. Elsana Ganjpoor
2. Jenson Bryer
3. Abdulrahman Hamdoush
4. Lyra Hakim
5. Grace Kellet
6. Zachary Taylor
7. Lily Mitchell
8. Souad Nahil
9. Oliver Graham
10. Sophie Harris

Great to see a few more new names this week, along with our regular top 10 candidates 😊

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** 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**