



## 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 558**

9<sup>th</sup> December, 2022

Dear Parent / Carers

Our Christian Value this term is **Friendship**

Our Ethos Statement this week is: **'And the shepherds went back both glorifying and praising God for what they had heard and seen; it was exactly as they had been told.'**

**Luke 2v20**

### **Autumn Term**

Our week began with children in 6M leading worship. They continued to explore our Christian Value of 'Friendship' and shared their thoughts with our children – they also asked some searching questions of our children and were appreciative of the answers they were given. They also shared a film clip about the friendship boomerang where friendship was shown to various people and was passed on to them.

One of the highlights of the week was our Reception classes Christmas Nativity. Their singing was beautiful, they knew their lines and said them very clearly. There were plenty of smiling faces! What an amazing start to our Christmas productions. Well done to our children and to the Reception team of staff for planning and enabling our children to shine.

This Wednesday saw our second Praying Parents group meeting to share thoughts and prayers together.

Our next meeting will be on the first Wednesday after Christmas – 4<sup>th</sup> January. The group meets initially for a warm drink and a biscuit straight off the playground on the first Wednesday morning of the month– it is a good opportunity to catch up or get to know someone better and a good opportunity to pray together too.

Have a lovely weekend.

### **Pupil of the week**

1A This week my pupil of the week is Jessie Wilkin. Jessie is an always child in our class. However, this week she really impressed us with her description of the nativity stable. She used her senses to paint a really vivid picture of what it might have been like in the stable and she also chose relevant adjectives to help. Well done, Jessie. 😊	1RE Our Pupil of the Week is Holly Spink. Holly has worked hard all term, she listens carefully and completes fantastic work in all areas of the curriculum. She is a good friend to others and always tries her best. Well done Holly! 😊
2S This week we have chosen Molly Fowkes as our	2J Our pupil of the week this week is Kitty

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<p>pupil of the week. We could have chosen Molly every week because she is a delight to teach. She shows so much enthusiasm and determination in everything we do and has really impressed both me and Mrs Baker this term - especially with her reading and maths. Molly is also a wonderful friend and is always kind and caring towards others in the class. You're an absolute superstar Molly and you should be really proud of yourself! Well done! 😊</p>	<p>Popplewell. Kitty has had a fantastic term. She has an excellent work ethic and is always highly engaged in lessons. Her behaviour is fantastic and she is always polite and considerate. Recently, Kitty has made a concerted effort to improve her cursive handwriting and I have also been impressed by her perseverance in maths lessons. She has learnt her part in the play brilliantly and delivers her lines with confidence and expression. Well done Kitty! 😊</p>
<p>3P This week I have chosen Xenner Campbell as our pupil of the week. Xenner has continued to impress the whole year 3 team this half term with her hard work and enthusiasm. This week, she contributed wonderfully in our RE lessons discussing celebrations through religion and we have noticed how much more confident she is becoming when speaking in front of the class. Xenner is a kind friend who think of others first and always follows our golden rules. Well done Xenner, keep it up! 😊</p>	<p>3R This week I have chosen Sophie Prior. Sophie is a pleasure to teach and I could choose her for pupil of the week every week! She always listens brilliantly and tries her very best with everything she does. She has produced some fantastic pieces of work this term and should be very proud of the progress she's made. She always demonstrates excellent manners and is a kind friend to everyone in the class. Well done Sophie! You are a superstar 😊</p>
<p>4L My 4L Pupil of the Week is Eleanor Porter for a fantastic week of learning. She is a brilliant role model for the rest of the class; always being a good friend and putting 100% into everything she does! She has particularly enjoyed our class text based on the Titanic, using her inference skills when considering challenging reading questions. She has also impressed me with her PE skills and ability during our football sessions with Leeds United. Well done, Eleanor! 😊</p>	<p>4W This week our Pupil of the Week is Christian Holmes. Christian has had a fantastic week in school, and, as always, I have been hugely impressed with his enthusiasm for his learning. He is always so engaged with in all of our lessons, sharing his ideas and asking questions too. He takes great pride in his work and has recently earned his pen licence for his superb handwriting. Well done, Christian, super work! 😊</p>
<p>5E Albie Camm is our pupil of the week this week. He has shown tremendous enthusiasm and endeavour in creating a persuasive brochure about visiting New York. He has used Publisher on the laptops to create it and used a variety of tools to enhance the visual aspects of it as well as some superb sentences that will tantalize the reader. 😊</p>	<p>I have chosen Eliza for her fantastic persuasive travel brochure about New York. She has shown brilliant computer skills to make her brochure look eye catching and appealing to the reader. Well done Eliza! 😊</p>
<p>6C Dexter Drake for his great efforts in class within all lessons. He has worked hard in our English lessons, regularly getting involved in our class discussions and sharing his opinions. He has also shown excellent teamwork skills while playing hand-ball during our PE lessons this week. During the World Cup, he has also show an impressive knowledge of world flags. Well done Dexter, keep up the brilliant efforts! 😊</p>	<p>6M Maisie Redmond for her fantastic attitude in every subject, all the time. She puts 100% effort into everything and really shows a growth mindset. This week I was particularly impressed with her work during DT; she really showed her skills whilst using papier mache and then independently helped other children who were struggling. Well done Maisie :-)</p>

### Dates for your diary

Tue 13 Dec – KS1 Nativity (2:15pm)

Wed 14 Dec –KS1 Nativity (9:20am)

Thur 15 Dec – KS2 Carols at church Christmas lunch and parties  
Fri 16 Dec – Carols round the tree (2:45pm)

### **Reverse Advent Calendar**

In the lead up to Christmas, our school are continuing to take part in a Reverse Advent Calendar challenge to help provide much needed food/toiletries to those less fortunate.

**Last day for donations is Wednesday 14<sup>th</sup> December**, we will be encouraging children to bring in non-perishable items and toiletries to contribute to their class' Reverse Advent Calendar. At the end of our challenge, the contributions will then be collected by Leeds North and West foodbank, Trussell Trust, and distributed to those most in need.



Suggestions of items to donate:

- cereal
- Christmas foods
- soup, pasta, rice
- jams/spreads
- tinned goods
- long life UHT milk
- tea, coffee, sugar
- biscuits
- long life fruit juice
- toiletries – deodorant, toilet paper, shower gel, shampoo, soap, toothbrushes/paste
- baby supplies – nappies, baby wipes, baby food



Thank you for your support,  
Miss Lillington and the Worship Team

### **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.

### **Updated policies for you to look at**

We, with Governors, have reviewed the policies for homework, feedback and marking and our home/school agreement.

They are attached to the newsletter.

### **Mathletics**

This week the Key Stage trophies are awarded to 2S and 4W - well done to all who contributed.

This week the Top 10 mathletes are:

1. Harry Wilson
2. Jenson Bryer
3. Souad Nahil
4. Millie Mellor
5. Sophie Harris
6. Zachary Taylor
7. Dina Zangana
8. Zhila Zangana
9. Ben Graham
10. Elsana Ganjpoor

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**