



## 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 560**

6<sup>th</sup> January, 2023

Dear Parent / Carers

Our Christian Value this term is **Trust**

Our Ethos Statement this week is: **Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:6-7**

### Autumn Term

Happy New Year!

I hope that your Christmas was a happy one where you managed to keep safe and see those that you love.

Our children and staff came back into school with their usual energy and enthusiasm (if not a little bleary eyed from having to get up early again) raring for another exciting term!

We had a great start to the new term with a school mass led by Fr Paul (children in KS2 attended). School Mass will become a feature of our return to school each term with the first Tuesday of the term when it happens.

Our Praying Parents group met on Wednesday – it may have come around too quickly at the start of term for you. It is a lovely opportunity to come into school and have a cup of tea/coffee/water (and cake) with other parents. The next meeting is on Wednesday 1<sup>st</sup> February – straight off the playground for a drink and a chat and then onto the prayers at about 9:30.

### Pupil of the week

<p>RB</p> <p>Our pupil of the week is Hana Malik for making an excellent start to her time at Holy Trinity. For always having a smile on her face, for following the rules and for settling in so well. Well done for an excellent first week in Reception! 😊</p>	<p>RR</p> <p>Leo Teasdale is our Pupil of the Week for having a brilliant attitude to all areas of learning. Leo has been especially engaged during our Understanding of the World, talking about what he notices about pictures from the past. Well done Leo 😊</p>
<p>1A</p> <p>This week I have chosen Aanya. Aanya has had such a great attitude to her learning all week. I have been impressed by her sensible attitude and her answers in our class discussions. Aanya is also a caring friend and always looks out for other people in our class. Well done Aanya! Keep it up! 😊</p>	<p>1RE</p> <p>Our pupil of the week this week is Eliana Costa. Eliana has been a fantastic role model this week. She has been listening carefully, working hard and always trying her best. She has particularly impressed us with her work on place value in maths. Well done Eliana! 😊</p>

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

<p>2S</p> <p>All of 2S have made a fantastic start back this term but we have chosen Max Watkinson as our pupil of the week. Max shows so much enthusiasm and perseverance with his learning and the progress he's making is wowing both myself and Mrs Baker! He has done some super work in math this week and his reading is amazing! Keep up all your hard work Max, you're an absolute superstar! Well done! 😊</p>	<p>2J</p> <p>All of 2J have settled back into class really well after the Christmas break and I'm really proud of their attitude towards their learning. However, we have chosen Ben Graham as our pupil of the week this week. Ben has come back with a lovely positive attitude towards his learning. His concentration has improved and he's had his hand up to answer lots of tricky questions in class. He knows how to read the time on a clock brilliantly and is trying hard to improve his handwriting. Well done Ben! 😊</p>
<p>3P</p> <p>This week I have chosen Stanley Morris as our pupil of the week. Stanley has had a fantastic start to this term, approaching tasks with a thoughtful and positive attitude. He comes to school with a big smile and is always the first member of 3P to begin our morning starter. This week, I have been particularly impressed with his descriptive writing on the chalk pit from our class novel 'Stig of the Dump'. Well done Stanley, keep up the good work! 😊</p>	<p>3R</p> <p>Well done to the whole of 3R for a fantastic first week back! :) This week I have chosen Noah Lyons for his super contributions to our class discussions. Noah has stood out for all the right reasons this week by listening well and working hard. He has produced some fantastic writing and shared his excellent vocabulary with the class. He has also given some very thoughtful answers in R.E about our Christian Value of Trust which impressed me too. Keep up the good work Noah! :-)</p>
<p>4L</p> <p>My Pupil of the Week in 4L is Alexa McKenzie for a wonderful start to the new year! Alexa is one of our 'always' children, always trying her very best and always putting 100% into everything she does! This week has seen a start to our new topic all about Italy! She has produced some great work as part of this both in her English and Geography work. Alexa has used her geography knowledge to support her learning about world biomes and the biome of Italy! Well done Alexa! 😊</p>	<p>4W</p> <p>Well done to all of 4W who really impressed the supply teacher earlier this week! It has proved a tricky decision picking pupil of the week but Emeli Hawthorne has really stood out. All staff have been really impressed with her hard work, not just this week but before Christmas too. Shes been working really hard, is really engaged with our learning as well as providing some really thoughtful ideas during class discussions. Well done, Emeli! 😊</p>
<p>5E</p> <p>Joshua Archibald is our pupil of the week this week. I have been impressed by his attitude and motivation to do well. He has been a teacher to others in our maths lessons by helping people with the technique for 2 digit x 2 digit multiplication questions. Well done, Josh! 😊</p>	<p>5H</p> <p>I have chosen Anita Cwener as my pupil of the week because of her excellent attitude towards her learning. She has come back after Christmas and really shown wonderful enthusiasm in all lessons especially our new history topic about the moon landing. Well done Anita! :-)</p>
<p>6C</p> <p>Florence Young for her great start to the new term. This week, she particularly impressed when taking part in our KS2 worship, where she demonstrated impressive confidence and control while doing a reading; exhibiting a very engaging manner in front of the audience. skills which I'm sure will take her far. Combined with some thoughtful responses to class discussions this week, she has made a great start - keep up the superb work! 😊</p>	<p>6M</p> <p>Christopher Beatham for his excellent attitude to learning not only this week but throughout the year. He has really impressed me with his in depth understanding of our class novel The Hobbit and also has shown great resilience whilst answering some very difficult maths problems. Keep up the hard work and resilience Chris- well done 😊</p>

### **Dates for your diary**

Wed 11 to Fri 13 Jan – Year 5 residential to Robinwood

Fri 3 Feb – NSPCC Number Day (see maths news below for more details)

w/c 27 Feb – Book Week

Thur 2 Mar – World Book Day (more information to follow)

### **Training Days for 2023**

Fri 26 May

Mon/Tue 24 & 25 July

### **Home School Values**

This term we will be focusing in school on the value TRUST. 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.

### **SEND coffee morning**

Parents and carers with SEND and additional needs are invited to a half termly coffee morning with Miss Chang to chat to other parents, share strategies and experiences and to find out ways to support children with learning at home.

The first session will be on **Wednesday 8<sup>th</sup> February** in the conference room.

There is also a flyer attached to this newsletter for parents who would like to attend a coffee morning with parents from the wider Leeds community and the Leodis support service.

Thank you,  
Miss Chang, SENCO

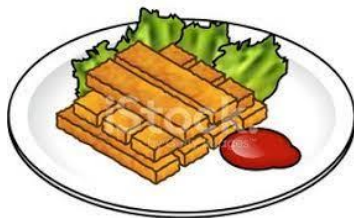
### **Great Science Share June 2023**

Calling all parents working in science and technology industries. In June we will, once again, be celebrating and highlighting Science in school and our local community. Due to the success of previous years, we would like to invite people to come into school and share their experiences of working in a scientific profession or industry. If anyone would be willing to get involved, or know of anyone that would, could you please contact Mr Clarke in 6C.

### **Exciting news!**

On Saturday, Maksym from class 4W and his band 'Solar Jets,' are playing at Headingley stadium for a huge event called 'the Awakening' as part of Leeds 2023. They have just found out they have the dressing room next door to Corinne Bailey Rae who's singing at the event! We are all very proud and look forward to hearing all his news next week! Good luck Maksym 😊

### **Fish Friday**



Just a reminder that we are now offering fish Friday again! If your child has packed lunches and would like a school dinner on Fridays please contact the school office, thank you.

### **Maths news**

**Number day** - We will be celebrating NSPCC number day in school on Friday 3<sup>rd</sup> February 2023. This year we will be linking up with History so during the day there will be challenges and quizzes across school themed on Maths and History. On the day children can dress up as a number, something numerical, or a historical figure. More reminders and ideas will be given to the children nearer the time.

X tables - Year 3 and Year 4 pupils have a focus on learning their x tables to 12x12 ready for the multiplication check in the summer term of Year 4. I will be hosting a meeting for parents at the end of January to provide information about the Y4 MTC (multiplication tables check) and talk through how we teach x tables in school, the order, and some ideas for how to help learn and practise - more information to follow soon.

### **Mathletics**

The first top 10 mathletes of the new year are:

1. Millie Mellor
2. Eleanor Porter
3. Eddie Johnson
4. Emad Hilali
5. Nelson Dekker
6. Simone Ladinetti
7. Anita Porter
8. Evanah Abidian
9. Nafisatu Sulaiman
10. Ella Waite

The trophies start the year in **1A** and **Year 4** - shared between both classes



Children are in school for 190 days every year, so think of the savings you could make by making sure they get a free hot, nutritious lunch. Contact the school office to find out if you're already entitled to a free school meal or visit [Apply for free school meals \(leeds.gov.uk\)](https://leeds.gov.uk) to apply.

### **PTA Second Hand Uniform Sale**

The PTA will be holding a second hand uniform sale after school on Friday 27<sup>th</sup> January. Please feel free to come along and stock up. We ask for a small donation so please pay only what you can afford. Thank you

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**