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'The Best for Every Child -a Unique Child of God'
ISSUE No 565

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Dear Parent / Carers

Our Christian Value this term is **Trust**

Our Ethos Statement this week is **Some trust in chariots and some in horses, but we trust in the name of the LORD our God. Psalm 20:7**

Spring Term

Our final week in the first half of Spring term had us considering our own mental health in Mental Health Week. Mrs Casling challenged us to think about how we connect with each other – it has certainly been a big thing to think about this week. Friday saw our children and staff 'Dressing to Express!' Amazing imaginations!!

This week Bishop Tony came into school to lead a group of our year 4 children into making their first communion at a mass in the school hall on Thursday. Our children had been preparing for this day since Christmas – thank you to Pat Swann, Fr Paul, Miss Lillington and Mr Wilkinson for this hard work. The result was an amazing family worship in the school hall followed by a cup of tea and some flap-jack made by Mrs Mann our Cook. I know that our children and parents will remember this day for a long time to come – I know I will. There will be a celebration mass at Holy Trinity Church on Sunday to welcome the children into the parish (and maybe a bit more cake too!)



We're going on a bear hunt...

Miss Appleyard also told us about how we are part of the Leeds Bear Hunt.

Leeds Hospitals Charity — in collaboration with Wild in Art and the iconic *We're Going on a Bear Hunt* story — is inviting people to explore the city of Leeds through a unique art trail of individually designed Bear sculptures.

More than 50 giant Bear sculptures will form a family-friendly trail of discovery for local people and visitors to enjoy and explore.

Decorated by local and national artists, designers and illustrators, the Bears will be on display for 10 weeks throughout the summer of 2023, highlighting iconic spots and hidden gems, and engaging with our local communities.

Our bear has arrived in school and Miss Appleyard has challenged the children to come up with a design to transform our very plain and white bear into a Holy Trinity Bear! The winning design will be painted onto our bear and will then be part of the bear hunt across Leeds during the summer.

We have been challenged to raise money to support Leeds Children's Hospitals in developing their ambition in delivering world-leading outcomes for children in Leeds. More information to follow on our fundraising efforts.



Diocese of Leeds



The Best for Every Child- a Unique Child of God

We are sorry to say a fond farewell to Gillian Seelig and also to Sophie Peacock this week.

Mrs Seelig has worked at Holy Trinity since 2013 when she joined us as part of the lunchtime team, she became a teaching assistant in 2014 and has supported our children ever since. We wish her well in her retirement and wish to thank her for all of her hard work and dedication.

Mrs Peacock will leave us on the first Wednesday after half term to pursue a different adventure. We wish her the best of luck and wish to thank her for all of her hard work since joining our family in November 2021.

Ash Wednesday Mass

The children in Key Stage 2 (y3-6) will be celebrating Ash Wednesday Mass in school with Fr Paul. He will be offering all children, who wish, to be 'Ashed' as part of the start of Lent.

Pupil of the week

RB Our pupil of the week is Dylan Beardow. Dylan is a fantastic friend to the children in our class, he looks after others and provides them with support and comfort when they need it. Dylan has also been working really hard with his independent writing and thinking about the different sounds that he can identify in words. Well done Dylan 😊	RR Frankie Munden is my Pupil of the Week. Frankie has a wonderful attitude to all aspect of school. Mrs Peacock and I have been especially impressed with Frankie's letter formation and writing this week. Well done, Frankie 😊
1A This week my pupil of the week is Kailah Regan. Kailah is an always child who I could pick anytime. This half term however, I have really noticed Kailah's confidence grow. She now always has an answer ready to go. Her work is always neatly presented and I can tell she always tries her absolute best. Well done, Kailah. Keep it up! 😊	1RS Our pupil of the week is Evie! She is an always child! She always work very hard in class, showing a brilliant attitude towards her learning. Her writing and work presentation is always neat. She is also a fantastic role model and a kind, helpful friend. Well done Evie! Mrs Riddell and Miss Santos 😊
2S We have chosen Zhila Zangana as our pupil of the week in 2S. We have noticed how hard Zhila has been working all half term and Mrs. Baker and I are so impressed with her enthusiasm, perseverance and progress. She works hard in every lesson and has done especially well in maths; completing some tricky multiplication and division work this week. Zhila is also a wonderful friend and a delight to have in class. Well done Zhila, keep up the hard work! 😊	2J Isabella DiMonaco for being an all round 'always' child. Her attitude towards her school work is always exemplary and she tries her best in all subjects. She is polite and considerate and a lovely friend to others. Keep it up Isabella! 😊
3P This week I have chosen Erin Abotorabi as our pupil of the week. Erin has been an absolute superstar this half term, giving 100% effort to all of her learning. She has really grown in confidence and is now standing out to all of the adults in year 3 for her great ideas and enthusiasm. This week, Erin has demonstrated her knowledge of measurement in maths in our perimeter investigations. She has also produced some wonderful writing on the Gospels in RE. Well done Erin, keep up the	3R This week I have chosen Abi for always being a superstar and working hard. She has impressed in our history lessons this half term, showing confidence in sharing her thoughts and ideas and writing to a high standard. She has also impressed in our football sessions for being a fantastic role model to others and persevering until the end. She is kind and caring to all and is a lovely member of 3R. Well done Abi! Keep it up! 😊

good work! 😊	
<p>4L</p> <p>My 4L Pupil of the Week is Isabelle Wilkinson for a wonderful week of learning! Isabelle always tries her very best and always comes to school with a big smile on her face! Recently, I have seen her produce some lovely pieces of written work where Isabelle is really trying to add lots of detail and ensure she has included lots of description! Isabelle is such a kind and caring member of the class and a great friend to all! Well done, Isabelle! 😊</p>	<p>4W</p> <p>Well done this week's pupil of the week, which is Sophie Richards. Sophie is a fantastic member of 4W and a pleasure to teach. She always has such a huge smile on her face and tries her best with all that she does. She has a great set of friends and is a fantastic friend to others too. I was so impressed with her during our swimming gala last week which she thoroughly enjoyed. Well done, Sophie, not just for a fantastic week but a fantastic year in 4W! 😊</p>
<p>5E</p> <p>Ivan Lightowler is our pupil of the week this week. We are sad to say it is his last day at Holy Trinity. He is such a large personality in our classroom and someone who brings the room to life. We will all miss him. This week he has shown his flair and artistic license in creating a clever personification poem filled with poetic devices and the same character he has given us through this year. Well done, Ivan. 😊</p>	<p>5H</p> <p>I have chosen Milayna Gaskin this week for her excellent attitude in maths. She has shown a growth mindset and illustrated that she is linking together all of her prior knowledge in our fractions topic. Milayna is so enthusiastic and always works to the best of her ability. Well done Milayna! :-)</p>
<p>6M</p> <p>Gabbie Kelly for her incredible attitude to learning in all subjects. This week I have been particularly impressed with her answers during our reading of The Hobbit- they were extremely detailed and to such a high level. Well done Gabbie 😊</p>	<p>6C</p> <p>Aaliyah Sharif for her great attitude over the past few weeks. She has been putting in lots of effort to improve her work, particularly her maths. She has been in the learning pit and developed different strategies to help her solve a variety of maths problems. It has been great to see her confidence grow with maths and see her make steps of continuous improvement each day. Keep up the impressive efforts Aaliyah! 😊</p>

Dates for your diary

Mon 20 Feb – school re-opens after half term

Wed 22 Feb -World Thinking Day (see below)

w/c 27 Feb – Book Week

Thur 2 Mar – World Book Day (see below)

Fri 3 Mar – Year 5 Planetarium in school

Thur 23 Mar – Year 3 trip to Tropical World (information to follow)

Tue 28 Mar – Year 1 trip to Temple Newsam (information to follow, postponed from last year)

Thur 11 May – Reception trip to Hesketh Farm (information to follow)

Training Days for 2023

Fri 26 May

Mon/Tue 24 & 25 July

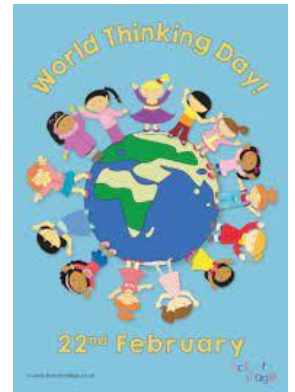
Home School Values

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.

World Thinking Day

Wednesday 22nd February is Girlguiding and Scouting World Thinking Day. Children may come to school wearing their Rainbow, Brownie, Guide, Beaver, Cub, Scout uniforms. It will be lovely to see all the colourful uniforms around school 😊.

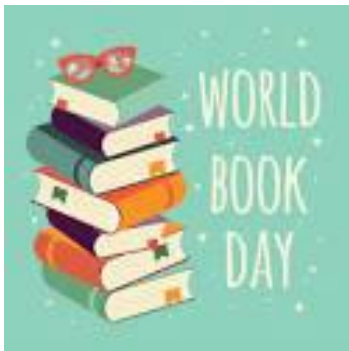
<https://www.girlguiding.org.uk/what-we-do/events-and-opportunities/events/world-thinking-day/>



Bike shed

If your child would like to scoot or cycle to school the bike shed will be open for storage after half term. Year 6 also have bike racks they can use outside their classrooms. Children must dismount bikes and scooters and wheel them across the school playground before and after school to keep everyone safe on a busy playground.

World Book Day - 2nd March 2023



As part of our World Book Day celebrations we will be dressing up as book characters! Although it's not for a few weeks yet, we thought you'd appreciate a bit of time to decide on a costume. We are always amazed by the incredible costumes that come in and I'm sure this year will be no exception!

We will also be holding a Scholastic book fair in school that week and parents will be invited in after school to have a look and purchase books if they wish. More details to follow after half term.

Turkey and Syria

We are profoundly saddened by the devastating earthquake that has struck Turkey and Syria, killing thousands of people. Some of our children have families and friends who have been directly affected.

With small donations, we could do something to help them. There are a lot of different fund-raising campaigns.

Please find below a link to Action for Humanity, a reputable Manchester-based charity that is doing a dignified job to support the relief efforts on the ground. Please donate if you can.

<https://actionforhumanity.org/appeals/emergency-syria-earthquake-appeal/>

Mathletics

This week the mathletics trophies are awarded to 1RS and 3R. Well done to all who contributed. This week's top 10 mathletes are:

1. Luchia Deakin
2. Millie Mellor
3. Ryan Sirisena
4. Nafisatu Sulaiman
5. Emilia Ingle
6. Zhila Zangana
7. Emmeline Pickup
8. Dina Zangana

9. Elsana Ganjpoor
10. Eden Abidian

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