



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 574

12th May, 2023

Dear Parent / Carers

Our Christian Value this term is **Peace**

Our Ethos Statement this week is **'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'** John 14:27

Summer Term

Our children in year 6 certainly put their best foot (feet) forward when tackling their SATs this week. Their resilience was certainly put to the test! Whatever the results, we know that they have tried their very best – WELL DONE on a job well done!

We have had trips galore this week with Year 1 enjoying the glories of Harlow Carr, Reception braving the elements and the animals at Hesketh Farm and Year 3 discovering the amazing Royal Armouries. School trips are certainly one of the ways that we bring our curriculum to life and I know that our children always enjoy them! Unfortunately the year 1 re-arranged trip, to Leeds United, has been cancelled again.

Our children's excellent behaviour is always commented upon and great days were had by all!

Pupil of the week

<p>RB</p> <p>We have chosen the whole class as pupil of the week this week due to their fantastic behaviour and attitude on our trip to Hesketh farm. On behalf of the class we have chosen Sam Bakhshi to receive the pupil of the week pencil and sticker. Sam had an excellent time at Hesketh farm, he listened carefully and enjoyed participating in all of the activities. Well done Sam! 😊</p>	<p>RR</p> <p>The Pupil of the Week is Hana Tang. Hana always displays excellent behaviour but especially yesterday on our school trip to Hesketh Farm. Hana listened carefully to all of the farmers when they were telling us about the different animals and was very gentle and caring when handling the animals. Well done, Hana 😊</p>
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 THE CHURCH
OF ENGLAND
Diocese of Leeds



The Best for Every Child- a Unique Child of God

A huge well done to all the children in Reception for their brilliant behaviour and attitude at Hesketh Farm. They represented our school brilliantly and we had a wonderful day. 🐑



1A

This week my pupil of the week is Riley. I have been considering giving to Riley again for a few weeks now as he has been impressing me across the board. Even when he finds things tricky, Riley always tries his best and I can see him giving 100%. Because of this his writing and phonics are really improving. Well done, Riley. A superb attitude to take into Year 2! 😊

1RS

Our pupil of the week is Ryan! Ryan has impressed us with his attitude towards his learning on our trip to Harlow Carr. He has been very interested in discovering new plants and finding all the different flowers and trees on our plants hunt. He showed fantastic listening skills and worked really hard answering all the questions. He played nicely with his friends too, being polite and kind. Well done Ryan! 😊

2S

This week we have chosen Maddison Crossley as our pupil of the week in Year 2. Our topic in year 2 is 'Breaking the rules' at the moment and we have been so impressed by all the children's mature attitude to the different people we have studied and their reasons for breaking the rules. However, this week we wrote a letter to Malala Yousafzai and we were blown away by Maddison compassion and understanding of the things we'd discussed. She wrote a fantastic letter outlining how she felt about Malala's situation and why she was such an inspirational person! Well done Maddison, keep up the hard work! 😊

2J

Our pupil of the week this week is Bonnie. Bonnie has been trying really hard with her learning all term. She's putting in a concerted effort to neaten up her handwriting, she's improving with her reading and she's concentrating hard in Science and History lessons. I've been particularly impressed by Bonnie's mental maths skills recently. She's gaining a thorough understanding of number and is also getting more confident with 3D shapes. Bonnie also tries hard in all of our PE lessons. Well done! 😊

3P

This week I have chosen Boo Mellor as our pupil of the week. Boo is a friendly and enthusiastic member of 3P who always comes to school with a smile on her face! This week she has really impressed us with her English and history work about our topic Ancient Greece. Yesterday she played the part of Perseus, in our Royal Armouries re-enactment, incredibly well with fantastic tone and expression! Keep up the good work Boo! 😊

3R

This week I have chosen Beth for showing great enthusiasm in all her learning. Beth was chosen to play the part of Perseus in the drama workshop during our trip to the Royal Armouries which she did brilliantly. Beth has been working hard in all areas of her learning but has particularly impressed with her contributions in our maths and History lessons. I have noticed she has been taking more pride in her work and listening well in class. Keep up all the good work Beth! You are a superstar! :-)

4L

My 4L Pupil of the Week is Sam Middleton for a brilliant week of learning! Both Miss Wiggle and I have noticed Sam's great attitude towards his learning this week; he's produced a detail information text all about volcanoes, taking great pride in his presentation! He has also continued to work hard with our decimals work and has been encouraging to others. Well done Sam! :-)

4W

Well done to Freya Bell who is our Pupil of the Week this week. Over the last few weeks, I have been really impressed with Freya and her maths work. We have been looking at some rather tricky fractions and decimal work and Freya has shown fantastic perseverance throughout meaning that she has developed a great understanding of the concepts covered. She has also really

	impressed with a fab information text on volcanoes during English too. Well done Freya for all of your hard work! 😊
<p>5H</p> <p>I have chosen Thomas Smith as pupil of the week this week. He has worked really hard in his maths where we have been learning about coordinates and translation of shapes. Thomas has showed much enthusiasm and has an excellent attitude towards challenge. Well done Thomas! 😊</p>	<p>5E</p> <p>Dylan McDermott is our pupil of the week this week. He has had another brilliant week and finally has his pupil of the week award. He always has a great attitude in each lesson and is a great example to everyone else in the class for someone who can have fun and work really hard every day. We are very proud to have Dylan in our class and he thoroughly deserves his (probably late) award. 😊</p>
<p>Year 6</p> <p>All of Y6 for their incredible attitude, perseverance and resilience during SATS week. Every one of you should be immensely proud of how you have conducted yourselves and offered support to each other. You are all fantastic and have demonstrated to us what we have seen throughout the year. You can all hold your heads up with pride as you are the epitome of brilliance! 😊</p>	

Dates for your diary

Thur 18 May – Year 4 trip to the National Science and Media Museum
 Thur 25 May – Emergency Services Day (information to follow)
 Wed 7 to Fri 9 Jun – Year 6 Residential to Peat Rigg
 Mon 12 Jun and Mon 19 Jun – Year 6 Bikeability week
 Thur 15 Jun – Year 4 trip to Leeds City Museum (information to follow)
 Date TBC - Year 2 trip to Yorkshire Wildlife Park
 Mon 26 Jun (am) – Year 5 and 6 Sports Day
 Tue 27 Jun (am) – Year 1 and 2 Sports Day
 Tue 27 Jun (pm) – Reception Sports Day
 Thur 29 Jun (am) – Years 3 and 4 Sports Day
 W/C Mon 3 Jul – Science Week
 Tue 11 Jul – Circus Day (information to follow)
 Thur 13 Jul – Year 6 Enterprise Day
 Mon 17 Jul – Year 6 show for parents (am)
 Wed 19 Jul – Year 6 leavers service at church and show for parents (evening)
 Thur 20 Jul – Year 2 inflatable day!
 Fri 21 Jul – School breaks up for summer

Training Days for 2023

Fri 26 May
 Mon/Tue 24 & 25 July

Training Days for 2023/24

4th September
 27th October
 3rd June
 22nd and 23rd July

Home School Values

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

SEN Parents meeting

The meeting will be held on Wednesday 17th May at 9am in the Conference Room.

Mathletics

This week the Key Stage trophies are awarded to 1A and 3R - well done to all who contributed.

The top 10 mathletes in school for engagement are...

1. Eden Abidian
2. Yvonne Fang Yuan
3. Elsana Ganjpoor
4. Millie Mellor
5. Olivia Barnes
6. Zachary Taylor/Sebastien Wilson
7. Michael Li/Eleanor Porter
8. Milo Webber
9. Evanah Abidian/Emad Hilali
10. Lyra Hakim

Kind regards

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