



Cookridge Holy Trinity Church of England (A) Primary School

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www.holytrinity.leeds.sch.uk

'The Best for Every Child -a Unique Child of God' ISSUE No 3

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Dear Parent / Carers

Our Christian Value this term is **Respect**

Our Ethos Statement this week is: **So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. Matthew 7:12**

Autumn Term

Our children in Reception classes have been learning their new school routines – along with wrangling their lunchtime trays and plates etc with great success. We have had a great week dodging the raindrops and enjoying our learning this week too.

Our children, who were voted to be their class representatives for our Worship Team, have had a meeting with Trudi Garrett Ward from the Diocese with a focus upon leading worship in school. We then heard about how wonderful they were from Trudi, who then led our staff meeting on Worship.

We are looking forward to them leading worship in the near future.

Our children have met their year 6 house captains for the year and I am sure that there will be plenty to keep our house teams occupied during the course of the year.

Our year 6 buddies are in place and are starting to support and help our younger children on the playground and at lunchtimes – what a super team we have this year (again).

Morning line up routine

We have now completed week 3 for our lining up routines in school – thank you for dropping off at the top playground. It really does help us – especially when the morning bell rings and our children make their way to class – we will start to remind you where drop off is next week.

If your child is feeling nervous then please stay with them on the top playground until the bell rings and they can then make their way to their line by themselves. This helps with your child's independence, helps them to know that lining up is the start of the school day, and not playtime, and also helps with the congestion on the playground.

Start of the school day: – gates will open from 8:40am. Mr Osborne will be manning the gate from this time. Mrs Helling, Mrs Casling and Mr Clarke supervising the children in their lines. Teachers will be collecting the children at 8:50am.

On the top playground (nearest to the gates) we will have a drop off zone where parents can come onto the school playground (if they need to) so that water bottles, book bags etc can be handed over and then your child will go straight to their lining up point. This system has really encouraged our children to develop independence and resilience – it has also enabled parents/carers to have a quick drop off and get off to work/start your day.

Years 1, 2 and 3 will line up on the middle playground;

Years 4,5,6 will line up on the bottom playground;

Reception parents will be informed of the start/end of the school day as they start school.

 THE CHURCH
OF ENGLAND
Diocese of Leeds



The Best for Every Child- a Unique Child of God

The afternoon collection routine: The gates will open at 3:20pm
The children will be dismissed to certain areas on all three playgrounds
Years 4,5,6 will be dismissed to the bottom playground;
Year 1 will be dismissed from the year 1 gated area;
Years 2 and 3 will be dismissed from the top playground.

Pupil of the Week

<p>1K</p> <p>The pupil of the week in 1K is Frankie Munden for always trying his best. He is lovely and helpful around the classroom. Well done Frankie! 😊</p>	<p>1RM</p> <p>This week in 1RM, we have chosen Jack Woodruff. Jack is a fantastic member of 1RM! He always participates in all lessons and has some brilliant answers. Jack has been very kind this week and has shown how considerate he is to others. Keep it up Jack! Well done 😊</p>
<p>2J</p> <p>My pupil of the week this week is Hugo. Hugo was poorly for the first 2 weeks of term and only started back in year 2 this week. He's coped incredibly well with his late start to the term. He's been polite and mature in his attitude. He's joined in straight away by putting his hand up in lessons and his work shows a conscientious attitude towards his learning. Well done Hugo. 😊</p>	<p>2S</p> <p>It was a really hard choice, but this week we have chosen Lily Mitchell as our pupil of the week in 2S. I have been so impressed with Lily's enthusiasm and the wonderful contributions she's made during class discussions. Lily has her hand up in every lesson and always listens carefully to others. She's also produced some fantastic work which is always beautifully presented. You've made a brilliant start to year 2 Lily, well done! 😊</p>
<p>3P</p> <p>This week, I have chosen Samson Jakubiak as our pupil of the week. Samson gives 100% in everything he does and always has a positive attitude to his learning. In English, he has been writing some excellent descriptive sentences using similes and adverbs. He has also shown great initiative and enthusiasm in our PE lessons, demonstrating his balance and co-ordination skills to the class. Well done Samson, keep it up! 😊</p>	<p>3R</p> <p>This week I have chosen Robyn for always trying her very best and working hard. Robyn has been working her socks off this week and has been producing brilliant work in every lesson! She always listens well in class and will try her very best. She has particularly impressed me in maths when adding and subtracting 10 and 100 from 3-digit numbers. She has been completing lots of work independently and with confidence! Well done Robyn - you are a superstar :-)</p>
<p>4L</p> <p>Our 4L Pupil of the Week is Oscar Thompson! Oscar is a wonderful part of 4L, he always tries his best with everything he does and shows a great attitude towards his learning! This week, Oscar has shown great imagination with his super sentence work linking to our work about the Railways. Keep up the fantastic work, Oscar! :-)</p>	<p>4W</p> <p>Well done to all of 4W for another fab week. This week, our pupil of the week is Oliver Hargreaves. Oliver has had such a brilliant start to the year, he always works incredibly hard, listens, and sets a fantastic example with his behaviour. Not only that but he's so incredibly polite and such a great friend to others too. Well done, Oliver. 😊</p>
<p>5E</p> <p>Isaac Riches is our pupil of the week this week. He has had another great week in Year 5. I see how much effort he puts into each lesson and contributes well with good ideas and answers to problems. He always gives maximum effort in his written work and such</p>	<p>5H</p> <p>I have chosen Sophia Dimonaco as my pupil of the week because she has really impressed me with her positive attitude towards her learning. She is enthusiastic, always tries her best and has a growth mindset when tackling challenging work. She has also written a</p>

has produced superb pieces across all lessons so far. Keep it up! 😊	fantastic letter based on our class novel, "Holes." Well done Sophia! :-)
6C Darcey Verity for her great start to life in Y6. In the classroom and around school, she always puts in maximum effort and is always willing to go into the learning pit. It is also great to see her regularly involved in our class discussions, sharing her opinions and making predictions. Well done Darcey for all the hard work and effort. 😊	6M Olivia Malton for her fantastic attitude to her learning in Year 6. She is showing what a mature, capable member of the class she is and the way she has put 100% effort into every task she has attempted has really pleased both Mrs Oldroyd and myself. This week I was particularly impressed with her work in English where she has produced a wonderful application letter to be in M16- well done Olivia, keep it up 😊

Dates for your diary

w/c 25 Sep - Wellbeing Week

Fri 29 Sep – **Non uniform Day for Leeds Childrens Hospital Fund** (see note below)

Fri 29 to Sun 1 Oct – Angel Festival at Holy Trinity Church

Fri 6 Oct - Harvest Festival – information to follow

Thur 12 Oct - Year 4 trip to the Railway Museum

Fri 13 Oct – Year 2 trip to Harewood House

Thur 19 Oct – Yorkshire Dance Festival at The Carriageworks

w/c 23 Oct - Parents Consultations (information to follow)

Wed 25 Oct – Year 6 trip to Eden Camp (information to follow)

Fri 27 Oct – training day

w/c Mon 30 Oct – half term holiday

Thur 9 Nov – Nasal Flu immunisations (information and consent form to follow)

Mon 13 Nov – Odd Socks Day – Anti-Bullying week

Wed 15 Nov – Year 3 trip to Herd Farm (information to follow)

Tue 5 Dec – 9:30am Reception Nativity

Wed 6 Dec – 2:15pm Reception Nativity

Fri 8 Dec – Christmas Jumper Day

Tue 12 Dec – KS1 Nativity (AM)

Thur 14 Dec – KS1 Nativity 2pm

Thur 21 Dec – KS2 Christmas service in Church (AM and PM)

Christmas dinner

Fri 22 Dec – Carols round the tree 2pm

Parent Prayer Group

Next meeting Wednesday 4th October. We meet in the school conference room from 9am with the meeting starting at 9:30. We finish at 10am – all are very welcome

SEN Parents meeting

The next meeting will be held on Wednesday 18th October at 9am in the Conference Room, please feel free to come along.

Wellbeing Week

w/c 25th September

Next week in school is wellbeing week. During the week we are going to focus on being our B.E.S.T. self:

B (breathing) **E** (exercise) **S** (sleep) **T** (thoughts)

Each day in school there will be a focus:

Mindful Monday – try some mindfulness activities in class, promote resources to use in class/at home

Take care of yourself Tuesday – a focus on how we can be physically healthy through sleeping and eating well, and discuss why this is important

Wake up Wednesday – a time to focus on exercise and how it can boost your mood (get out and do a daily mile, enjoy some fresh air!)

Thoughtful Thursday – a focus on having a positive attitude/growth mind-set/ optimistic outlook

Flourishing Friday – a day to reflect and celebrate how we have looked after our minds and bodies this week in order to flourish 😊

Holy Trinity Bear – coming home!

On Friday 29th September the Holy Trinity Bear will be coming back to school. To mark the occasion we are having a dress down day to raise money for The Leeds Childrens Hospital Fund. Please help us to raise as much money as we can for this worthy cause (suggested donation is at least £2 per child). Please send your donation in to school on the day in cash.
Many thanks, in advance



Mathletics

The trophies for Mathletics start the year is 2J and 4L - well done to all who contributed 😊

This week's top 10 mathletes for participation are:

1. AJ Mills
2. Sophie Harris
3. Logan Woodhead
4. Eleanor Dowling
5. Souad Nahil
6. Oliver Hargreaves
7. Jack Hargreaves
8. Maryam Nahil
9. Zachary Taylor
10. Lyla Jones

There will be a small prize for the overall top 10 mathletes each half term 😊

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