

Trinity All Through School

Primary Phase

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Tel : 0208 325 4551

Secondary Phase

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Lee
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Website

Trinitylewisham.org

Executive Headteacher

Mr. David Lucas



Dear Trinitarians

I hope you have had an amazing week. We are starting to feel like a school again as more pupils have returned for some face to face learning. We started out with the aim of wanting to offer all primary year groups a part time in school provision before the summer holiday - and we will achieve this from Monday, as the last two year groups return part time before the summer holidays. I wish to thank the primary staff who have worked tirelessly to organise and plan for this to happen. Just seeing our Terrific Trinitarians smile as they return has been totally tremendous for us all. Thank you.

While this has been happening we have been getting around 80% of year 10 pupils back into school for face to face lessons, and we continue to have around 40 pupils in the Key Worker provision. The secondary team have been exploring different methods of remote teaching and a whole stream of screen-casting has been produced and we have also used live lessons across several key departments. We are pushing TEAMS for year 9 and 10 – so that we can develop a blended approach to teaching. We do want all pupils in the secondary phase to get into using TEAMS, as we are planning to use this to help pupils catch up once we are all back at school. We will be setting up many short films on key topics for pupils to continue learning with at home, whilst developing further information at school. This new blended approach to learning will support all pupils to thrive at school.

New information from the government came out late this week to help schools plan for September. There are caveats to this of course, but our aim is to make sure we are ready to welcome all our pupils back at the start of September. We only get the detailed information at the same time as you do, so have been working hard to secure our plans. These plans will be taken out to all leaders of the school on Monday and Tuesday and full staff and governors on Wednesday. With all the feedback from these meetings we will finalise our plans and get information out to you by the end of next week. We have positive and successful systems working in place right now with over 250 people in school and feel positive that we can facilitate all to be back in September.

this issue

Upcoming Events & News

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During the summer holidays there will be Free School Meals support available. The current voucher system has been extended to include the summer holiday and all families will receive an email with one voucher for the entire holiday. Can I encourage you to apply to the Local Authority for Free School meals if you feel you meet the criteria – it is not too late for this and the process is quick, so let us know and we can add you to the scheme once you get the confirmation email. This includes Reception, Year 1 and 2 who are used to getting a free meal at school through the universal infant free school meal offer – this does not entitle you to the support unless you apply and meet the criteria for Free School Meals. Please do go onto the Lewisham website and check out if you do meet the criteria.

I want to again thank you for your continued support through this difficult period. We truly are a family and support each other. Only 2 more weeks of home learning to continue with – please do keep it going. Do give a big drive during these weeks so that pupils are up to date on work before they stop for the summer holiday. End of year reports will be generated soon and sent home. Finally the secondary pupils will get a summer task booklet – it is all about reviewing learning this academic year. The aim is to prepare them ready for September. There are options from each subject, so that pupils have choice in activities – but all the activities are reviewing the knowledge accumulated throughout this academic year. Stay safe and strong.

DAVID LUCAS

Executive Headteacher
Trinity Church of England School, Lewisham
An All-Through School
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PRIMARY PHASE



Year 6 Parents Question & Answer Session

Next week there will be a question and answer session for all Year 6 pupils in school.

There is a red box for children to put their questions in at the primary site and the secondary teachers will be on the gate next Tuesday 7th July and Thursday y 10th July at pick up time to answer any questions parents have.

Dear Trinity families,

The school has now had almost all year groups return and it has been a pleasure seeing our pupils back where they belong and learning.

Having reviewed our risk assessment, we are pleased to say that we will be able to welcome back Year 3 and Year 4 pupils next week.

That will mean that we have offered the opportunity for all year groups to come back to the primary site before the summer, which was our ambition from the moment the Government set out its guidelines. All the teachers and support staff have worked tirelessly to ensure this has been achievable, many going over and beyond their roles. We thank all of them as a community.

Year 3 and Year 4 families will have received an email containing some of the logistical changes that you will need to know as a parent, including changes to pick up and drop off. Please take the time to go through this information.

Following the announcements made by the government on Thursday this week, we have begun the planning process to ensure we meet the next stage of pupil reintroduction to the primary site in September. After conducting a thorough risk assessment and training staff, we will let parents know how we will be ensuring the school is safe for a complete return.

Thank you for your ongoing support during these exceptional times.

Keep reading with your child, giving them your time and loving them. I look forward to seeing you and your children soon.

Head of School, Primary Phase
Trinity all Through School

STORY TIME AT THE PRIMARY- WEEK 10

Each week we will be sharing a video of us reading a story and taking time to share loving and supportive messages from each class teacher. Nothing will replace your children being in school but we hope this effort will make the difference.

<https://trinityprimarylewisham.blogspot.com/2020/07/primary-story-time-week-10.html>

PRIMARY STORY TIME

LEWISHAM SCHOOL GAMES AND SUMMER SPORTS CHALLENGE!

While we have not been able to partake in Sports Day this year, there is a special challenge which the whole school is invited to join in...

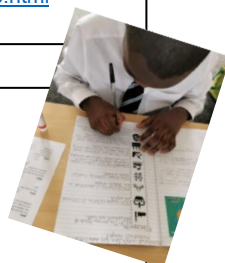
<https://trinityprimarylewisham.blogspot.com/2020/07/lewisham-school-games-and-summer-sports.html>



YEAR 2 AND YEAR 5 REINTRODUCTION

It has been lovely to be able to welcome back lots of our Year 5 and Year 3 pupils to the Primary site. Have a look at what they have been getting up to.

<https://trinityprimarylewisham.blogspot.com/2020/07/year-2-are-back.html>



THE IMPORTANCE OF BEING GENEROUS

Last week in the newsletter we reflected on being kind and how hugely important it is, this week I want us to focus on the importance of generosity. In our virtual faith team meeting this week we set ourselves generosity challenges, next week I will be feeding back how we all did. How can you be generous? Have you been generous?

Being generous is a conscious decision from the heart to do something with what you have. Christians believe that God calls his people to be generous with what he has given to them. It is a sign of trust in God, that there will be enough for everyone, so share it. Being generous isn't always about money, we can be generous in so many other practical ways. How else can you be generous? This is one thing we spent a lot of time talking about in our faith team meeting this week. Read the passage below and take time to reflect on the questions.

The story of the generous widow Luke 21: 1-4

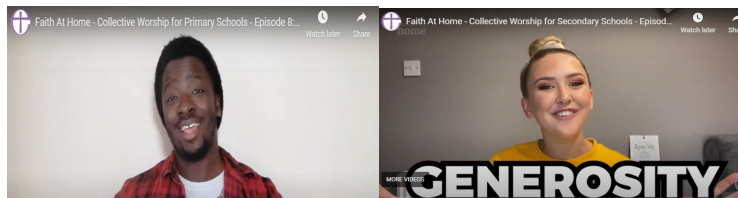


The Widow's Offering

21 Jesus looked around and saw rich people dropping their gifts in the Temple treasury, ² and he also saw a very poor widow dropping in two little copper coins. ³ He said, "I tell you that this poor widow put in more than all the others. ⁴ For the others offered their gifts from what they had to spare of their riches; but she, poor as she is, gave all she had to live on."

I wonder who you think was the most generous person in the story? Why do you think that? I wonder why Jesus told this story? What do you think he wanted his followers to learn from it? I wonder where those two copper coins came from – did someone give them to the widow? Did she find them? Did she earn them? Jesus noticed the poor widow. He saw that she knew and loved God and that she trusted God to meet her needs, in every area of her life. This meant she was free to be generous and give her two copper coins away.

This week's Faith at Home episode also explores the theme of GENEROSITY, with input from Lady Singh (President of the Global Sikh Council) on Sikh approaches to generosity, have a watch of the videos below.



- Primary: https://www.youtube.com/watch?v=F7CqMXK15MU&feature=emb_logo
- Secondary: https://www.youtube.com/watch?time_continue=15&v=QunglEJtd3A&feature=emb_logo

Here is a creative task to do this weekend, please do send in the images of your generosity trees it would be great to share them with our Trinity family:

Could you create a generosity tree? Could you decorate it with symbols of generosity? I wonder what these would look like?

Think about all the people you care about and then reflect on how you could be generous to each of those people.

Keep the tree up as a reminder to be generous.



Following on from last week here are some joyful actions you could do at home this weekend

- 3** Adopt a growth mindset. Change "I can't" into "I can't... yet"
- 4** Find an action you can take to overcome a problem or worry
- 5** Avoid saying "must" or "should" to yourself today

Trinity Councillor, Attendance & Safeguarding contacts



Shelley Simpson

Attendance, Welfare and Deputy Safeguarding Officer

Miss Simpson is the Attendance and Welfare Officer for Trinity all through School, the Deputy Safeguarding Officer and also responsible for children that are cared for.

Her role is to support pupils to attend school regularly, to support them in being happy and safe in school and are not suffering any harm in or outside of school. Miss Simpson works with the local authority, Children's Social Care and the Virtual School to make this possible.

If a pupil is having problems with their school attendance it is her duty to inform the local authority of this and work together with parents and pupils to find ways to ensure their attendance does not fall so low that they become a Persistent Absentee which will stay on their record for their whole time at Trinity. Part of her role involves going in to the local community to undertake home welfare visits to see why a pupil is not attending.

Trinity School takes the safeguarding of pupils seriously and have a duty of care to ensure pupils are safe in and out of school. Miss Simpson works closely with Children's Social Care to find the right solutions and support for pupils and their family.

Miss Simpson is also a Mental Health First Aider for the school and works alongside our Trinity School Counsellor supporting pupils where needed.



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Anna Lewis School Counsellor

Miss Lewis is a qualified therapist who is trained in the integrative psychotherapy and counselling approach. Her experience extends to both children, young people and adults. She has also worked as a bereavement counsellor. Miss Lewis is a member of the British Association for Counselling and Psychotherapy (BACP), which requires her to partake in monthly supervision sessions that ensures her work is ethical and efficient.

Miss Lewis's role is to use counseling methods to help individuals manage and overcome any mental or emotional issues. Her responsibilities include listening to pupils and their experiences, developing treatment plans, and creating coping strategies that will help to break down the barriers to learning and ultimately enabling them to become well rounded individuals. Therapeutic work is provided on both of Trinity's sites.

As well as one to one sessions, Miss Lewis runs daily drop in sessions at lunch times where pupils can visit at their own free will as and when needed. Miss Lewis also oversees the cohort of Wellbeing Ambassadors and contributes to the mental health and wellbeing curriculum within the schools community.

The aim is to support the wellbeing of all pupils and their families. It is to remove the negative stigma that surrounds mental health, reeducate and address current topics concerning wellbeing.



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For more information please contact

Miss Simpson

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or

Miss Lewis

a.lewis@trinity.lewisham.sch.uk

All Parents

Lewisham Foodbank have informed us that parents are eligible for foodbank support from them if they are in a financial crisis such that they can't afford essentials like food. The crisis could be caused by increasing costs of having children at home, loss of income, reduced income, benefits delays and so on.

They primarily provide short-term support and try to make sure that people are linked with agencies that can support them out of crisis. They understand that the Covid crisis has been particularly tough on families and that the drain on resources increases as time goes on.

They realise that schools have a holiday coming up soon and may be wondering how vulnerable families will be able to get foodbank referrals over the summer. They have a new national foodbank referral line run by Citizens Advice in partnership with Trussell Trust. As well as making foodbank referrals, the staff on the line will also be able to discuss your financial situation and signpost to any agencies that could help with issues such as benefits and managing debt.

Their number is 0808 208 2138.

If you are struggling to afford food and fuel because of the Covid crisis please apply for a new Lewisham Council Covid Hardship Fund – click on link for more information

<https://lewisham.gov.uk/myservices/benefits/get-financial-help-if-you-are-struggling-due-to-covid19>

Finally you may be aware that during this crisis, Mutual Aid groups have been providing support to vulnerable people in the community. There is a significant group of people in the network who are willing and keen to support vulnerable families during the holiday period, recognizing that there may be less support available through schools. They are offering to deliver food parcels/breakfast food if schools need that service and to make packed lunches for children in schools or community buildings. They are very flexible and will try to source funding if needed.



Lewisham Foodbank

07938 071854

www.lewisham.foodbank.org.uk



WHAT'S IN A FOOD PARCEL?

A typical food parcel includes:

Breakfast cereals	Soup	Pasta/Rice/Noodles	Longlife milk	Longlife Fruit Juice
Pasta Sauce	Tinned Beans	Tinned Meat	Tinned Vegetables	Tinned Fruit
Tea/Coffee/hot chocolate	Biscuits	Snacks	Toilet paper	

Extra items added to food parcels may include nappies, sugar, toiletries, cleaning products and special treats.

Dietary Requirements

Our foodbank can usually adapt your food parcel to meet your dietary needs, for example, gluten free, halal or vegetarian. When you arrive at the foodbank centre, a volunteer will chat to you about any special dietary requirements you may have.

If you have a pet do let us know – sometimes we can donate dog/cat food.



ADVENTURES IN HISTORY

Cakes Made from Carrots and **Amazing Animals**, discover amazing **Adventures in History** with the **Imperial War Museum's** home learning hub. Tune in every Wednesday to watch IWM experts telling their favourite stories that you won't have heard in the classroom.

From **Trench Tales** and **Spies in Disguise** to



Visit: <https://www.iwm.org.uk/learning/adventures-in-history>



Nature Challenge: Trash or Treasure

One person's trash is another person's treasure. See if you can make something useful out of rubbish with **The Horniman Museum's** series of nature challenges. **Make treasure out of trash**, can you create something amazing from the things you normally throw away. **I Spy rubbish**, see how many different rubbish items you can spot on a local walk. Be a **Zero Hero**, could you go zero waste for a week? Write down your ideas to reduce, reuse or recycle the things your family buys. **Garbage gatherers**, rubbish isn't just bad for people, it's also a problem for animals. Go on a walk and see if you can spot some local wildlife, maybe a bird or an insect, or perhaps something bigger.



Visit: <https://www.horniman.ac.uk/>



Meet the Royal Academy



Google Arts & Culture

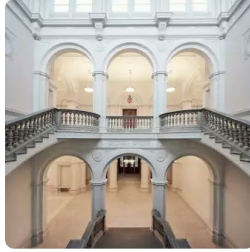
London's **Royal Academy of Arts** has been championing artists and architects for more than 250 years. Explore the **RA online**, view their collections and exhibitions, go behind the scenes and take a virtual tour with **Google Arts & Culture**.



ONLINE EXHIBIT
The story of the Royal Academy of Arts



ONLINE EXHIBIT
An introduction to the RA Collection



ONLINE EXHIBIT
Walk through the Royal Academy



ONLINE EXHIBIT
Behind the scenes of Britain's oldest art school

Visit: <https://artsandculture.google.com/project/meet-the-royal-academy>

RA Family How To

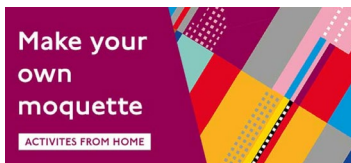
Inspired by the RA's world class exhibitions, artists, architects and collections, discover a range of creative family activities to do at home including paint a protest poster, print with fruit and vegetable, make a relief print and redesign your street.



Visit: <https://www.royalacademy.org.uk/articles/tag/family-how-to>



Discover a range of family activities to do at home with the London Transport Museum. Celebrate London's most famous fabric – Moquette and the designs you might recognise from the London underground. Download, print and **design your very own Moquette pattern**, will you use the same colours or come up with something new and bright? **Make your own Transport Museum.** Download, print and cut out colour templates of some of the vehicles in the museum's collection and create your own London Transport Museum from home. Or **create some poster power**, design your own iconic transport poster or download and colour in some old posters from the museum's collection.



Visit: <https://www.ltmuseum.co.uk/learning/activities>

MANGA HIGH LEADER BOARD RESULTS



Caleb Forgie

2



Jayden Bennett

3



Moses Barker

Design a sustainable City.

Last week’s challenge was to design a sustainable city. Here is one entry received by Conor Wynne a Year 6 Trinity pupil

Zero C – City of the future

by Conor Wynne

A Day in the life of Zero-C

You wake up in your apartment, take a dip in the solar heated roof top pool and enjoy some fresh fruit from the roof top garden for breakfast. You head to work on the monorail, powered like the rest of the city by the solar farm and wind turbines. When you get to work you grab a glass of water from the fountain, with water collected and recycled from rain water. After work you head to the park and play a game of football with friends. You head home and enjoy a plant based dinner made from food grown in the city.

Energy and clear air

Zero emissions solution with clean air because all power is obtained through natural resources - we have a solar farm and wind power for energy. Our main mode of transport is the electrically operated city monorail, powered by our solar farm. It removes the need for polluting cars and buses. Deliveries are by drone.

Clean water

The town has two water towers to catch rain water and combined with the recycled water (see sewage below) this means we are able to produce enough clean water for the city.

Sewage

This city is able to be sustainable as it has a sanitary plant so that the water is clean for the citizens. This means that water is cleaned after usage therefore we recycle the water.

Personal transport

In order to get around in the city it is encouraged to use bikes or walk (or skateboard) but for longer trips most people use the monorail. No petrol or diesel cars are allowed.

This city has everything you need to live a happy and healthy life.



Well Done
Conor

Pictured above is Conor with his
LEGO ECO CITY



How can we live smarter?

Smarten up your kitchen

Your challenge

It seems like these days everything

is becoming technologically 'smarter'. How about our homes? Smart fridges will allow us to see on our phones exactly when we need to buy more milk or when our eggs will be out of date. Are there other smart devices we can add to our homes?

YOUR TASK

Design, sketch up, and sell your own futuristic smart device to the CEO of the influential company 'Smart Creations'.

WHAT YOU NEED TO DO

Phase 1 – research and mind map

For one week, study all the tasks that happen at home. Who does them? How often? How long does it take? Where could a smart device or new feature be useful to make one of these easier or more pleasant? Create a mind map with your ideas.

Phase 2 – decide on your two big ideas

What are the two features that have come out of your mind map that you are the most enthusiastic about? Name and describe each feature briefly. In your description, explain what the feature is for and how it would work?

FEATURE 1

What does the feature do? How does it work?

What are the unique selling points of my product? (e.g. what will make people want to buy it?)

Phase 3 – sketch it up

On plain paper, sketch up some different versions of what your final design for the two features should look like. Make notes.

Phase 4 – create a presentation

Next, produce a presentation to convince the CEO of the smart company 'Smart Creations' to start making and selling your product. Consider the following points as you work on this:

- what makes your product appealing or sets it apart from others
- how does this feature make the buyer's life easier
- what materials and technology would they need in order for it to have this function
- what is your target audience? (Everyone, people who cannot go to the shop by themselves, young people, older people, very wealthy people, or maybe very technological people?)
- is this a very expensive feature to build

USEFUL LINKS

Wired article: How to build a smart home with your own dumb stuff

www.wired.com/2015/03/build-smart-home-dumb-stuff/

Smart refrigerators illustrate why we need to define 'smart', by Vivint Smart Home

www.vivint.com/resources/article/smart-fridge

Why buying a smart fridge is a dumb idea, How-To Geek

www.howtogeek.com/260896/why-buying-a-smart-fridge-is-a-dumb-idea/

GEOGRAPHY CHALLENGE

Issue 37 - 3rd July 2020

All pupils of Trinity

Another challenge for all you budding scientific engineers out there, further developing our theme on "Living Smarter"

Can you successfully design the Fridge of the Future

Submit your designs along with your designs and specifications to Mrs McLaughlin

r.mclaughlin@trinity.lewisham.sch.uk



- 1 Smart fridges connected to the internet should get regular updates, or they might stop functioning properly. There have been instances in the past where this caused trouble for (maybe-not-quite-so) smartfridges.
- 2 Smart devices are not only useful in households – they are taking over everywhere. The technology involved in nursing today would likely surprise even the most devoted gadget freak. Nurses must increasingly master a host of complex technologies, from smart medical devices to tablet PCs.

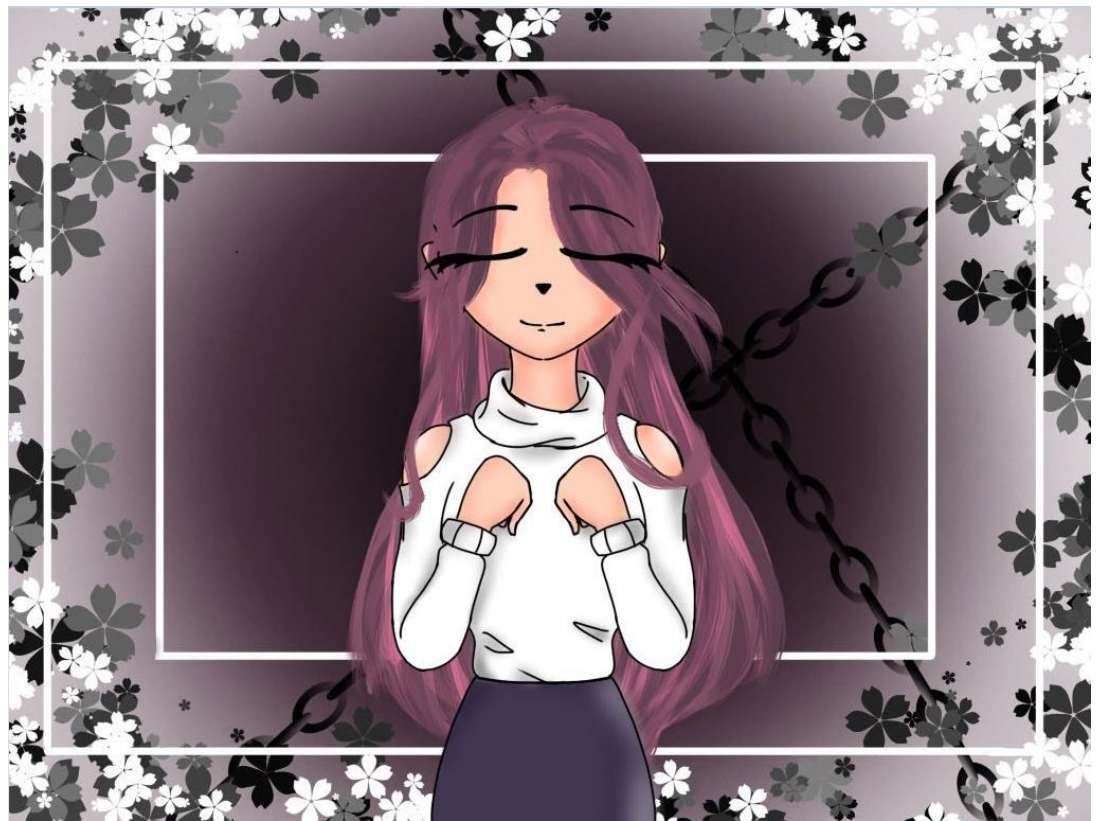
ART

ANIME DRAWINGS

Sara De Carvalho has produced these amazing digital anime drawings, showing a high level of skill and creativity.

Sara works by sketching her designs on paper first and then producing a final digital image.

SECONDARY PHASE



Artist : Year 8 Pupil - Sara De Carvalho

Lockdown.....Trinity pupils perfect their performances

During lockdown Mrs Lowe received some amazing music learning from all year groups, varying from Performances, compositions, research, and theory work.

Below are just some of the Musical Maestro's and their contributions:

Outstanding performances:

Year 7: Gemma Burford; Zac Simpson; Sjoukje West-Simmons; Taye Collymore; Nathaniel Stanislas-Blow; Eva Aris-Osula; Moses Barker; Tobyn Chappell; David Warren; Ryan Lalaj; Thea Oum Nkana-Banim; Becky Johnson; Liam Hurd; Daniela Balliu.

Year 8: Nee-Oman Bentil Mensah; Caleb Forgie; Faith Okoro; David Okoro; Gustavo Spinola; Christiana Aboagye.

Year 9: Katherine Lindsey; Chadwick Ryan; Honey Hill.

TIMON LAKATOS

Year 7 pupil

Shared some amazing performances with his family



SHENG YU

Year 8 pupil

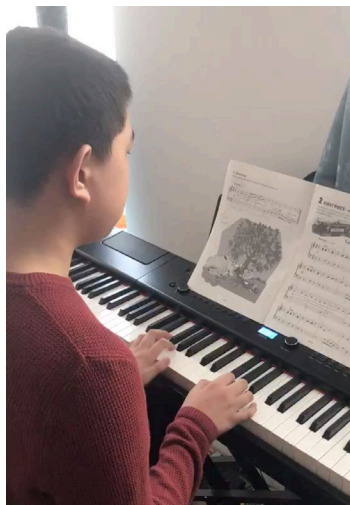
Shared some lovely piano playing

Outstanding performances

Year 7: Gemma Burford; Zac Simpson; Sjoukje West-Simmons; Taye Collymore; Nathaniel Stanislas-Blow; Eva Aris-Osula; Moses Barker; Tobyn Chappell; David Warren; Ryan Lalaj; Thea Oum Nkana-Banim; Becky Johnson; Liam Hurd; Daniela Balliu.

Year 8: Nee-Oman Bentil Mensah; Caleb Forgie; Faith Okoro; David Okoro; Gustavo Spinola; Christiana Aboagye.

Year 9: Katherine Lindsey; Chadwick Ryan; Honey Hill.



Outstanding Music theory and history work

Year 7: Obi Adigwe; Taye Collymore; Jenny Dao; Jake Darteh; Diego Grateron Sangines; Zac Simpson; Charlotte Topper; Sjoukje West-Simmons; Timon Lakatos; Noruwa Owen; Moses Barker; Esohe Edevbie; Alex Gaitan; Ryan Lalaj; Freddie McDuell; Eva Aris-Osula; Lucy Murphy-Watt; David Warren; India Davey; Oum Nkana-Banim; Joshua Cornwall; Pavithira Partheeparupan; Celia Sandrat; Malachi McDonald; Denilson Tipan Analuiza; Caitlin Makau.

Year 8: Shannon Causon-Thomas

Year 9: Quiana Howell; Katherine Lindsey; Itunu Matti; Darren Newell; Amanda Vassell; Kanye Robinson; Skyla Shakespeare-Prendergast; Komborero Kaachidza.

Outstanding compositions

Year 7: Obi Adigwe; Archie Gibson; Zac Simpson; Sjoukje West-Simmons; India Davey; Ryan Lalaj; David Warren; Louis Roulland; Thea Oum Nkana-Banim; Cornwall; Pavithira Partheeparupan; Celia Sandrat; Denilson Tipan Analuiza.

Year 8: Lucy Anyobode

Year 9: Darren Newell; David Oyebamiji.

Outstanding Music Technology Work

Year 8: Kahi Adeogun-Bailey; Evie Bishop; Omario Fasheyitan; Caleb Forgie; Tauseef Haider; Nathan Hamill; Faith Okoro; Gillian Sarfo; Sheng Yu; Tamara Copeland; Suppiah Mathushan; Thenuhan Nanthakumar; David Okoro; Matipa Rusenza; Miriam Ofusuhene; Rebecca Awoyemi; Isaac McLean



A reminder to send Mrs Lowe your videos showcasing your talents for the Summer Showcase! Open to all - primary, secondary AND staff!

Video yourself singing; playing; acting; dancing; gymnastics display; comedy act, in fact, any talent! Send the Video by **WEDNESDAY 8TH JULY**, with a parents permission, to Mrs Lowe via weduc, TEAMS or trinitylewishammusic@gmail.com

Online Choir Project : **Get involved in the choir project - OPEN TO ALL** Trinity's online choir's second session is now live on Youtube! Sing along and send in your video by **WEDNESDAY 8TH JULY**, for a combined choir :

<https://www.youtube.com/playlist?list=PLVKAq-3HA49MAx5zDNafCYuVT4prqxdX>

SEND VIDEOS TO MRS LOWE via weduc, TEAMS or to trinitylewishammusic@gmail.com

OUTSTANDING MUSICAL PERFORMANCES BY TRINITY SECONDARY PUPILS DURING LOCKDOWN

Mrs R. Lowe
(HEAD OF MUSIC)

TRINITY SUMMER SHOWCASE

YEAR 10 – BACK TO SCHOOL

social distancing measures keeping our pupils safe

WELL DONE



Well done to the Year 10 students who have returned to school and are attending classes in English Maths and Science

It is wonderful to see so many of you returning with apposite mental attitude and truly excited about pursuing excellence in your education. Many of you have told me how happy you are to be back in school and starting the process of returning to a new normal.

Your teachers have told me how impressed they are that so many of you have embraced the opportunity of face to face learning. They have also been very impressed that many of you have further developed your understanding of what you learned in school by completing the Home Learning tasks independently.

Thank you for adapting to the new health and safety protocols in school that ensure both staff and students are safe. Your level of maturity has been impressive and demonstrates that you understand the importance of keeping safe in school. By coming in to school, you are helping to reduce the gaps in your learning and propel yourself to meeting your potential with your upcoming GCSEs.

Well done again. I am very proud of you.

Ms Clarke
Year 10 Progress Leader



BOOK OF THE WEEK

HITCH-HIKER'S GUIDE TO THE GALAXY

Free audiobook on Amazon

Seconds before the Earth is demolished to make way for an intergalactic bypass, the hapless Arthur Dent is saved from certain death by his friend Ford Prefect. Arthur thought Ford was an out of work actor, but discovers he is actually an alien researcher for *The Hitchhiker's Guide to the Galaxy*, a travel guide to the universe.

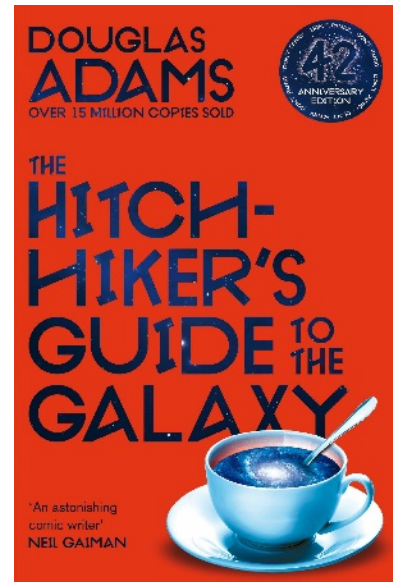
Together this loveable 'odd couple' begin a journey through space meeting a host of weird and wonderful characters along the way including: Zaphod Beeblebrox—the two-headed, three-armed ex-hippie and totally out-to-lunch president of the galaxy; Trillian, Zaphod's girlfriend (formally Tricia McMillan), whom Arthur once tried to pick up at a cocktail party in Islington, and Marvin (my personal favourite), a paranoid, brilliant, and chronically depressed robot.

THHGTTG started life as a radio serial in the 1970s. It was an instant classic. If you get the chance, I thoroughly recommend giving it a listen. The novel was released in 1979 and since then there have been multiple adaptations with a TV series, movie, stage productions, a computer game and several more novels and series on the radio. It continues to endure, I think, because despite having a science fiction setting, it plays out on a very funny, human level thanks to having the frequently bemused Arthur Dent as the protagonist.

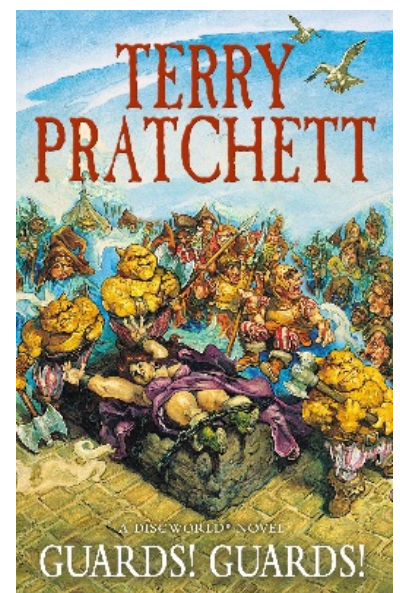
For KS3 and older.

If you liked Hitch-Hiker's Guide to the Galaxy
you may also enjoy

Guard, Guards
by
Terry Pratchett



Free Audio Book on Amazon



Trinity P.E. Department – Secondary Phase

We are glad to see some of the Y10 students at school, some are walking and others cycling to attend their lessons.

I am pleased to inform you that we will continue the partnership with **Crystal Palace FC** for the next academic year. Their coaches will be responsible for coaching the Y10 and Y11 boys after school every Tuesday. The partnership this year resulted in seven Y11 students being accepted to study the BTEC Sports course and represent the club. Students will be training on a daily basis and competing in a college league.

We are also delighted to announce that we have extended the partnership with Crystal Palace FC and they will also be training the **Girls Trinity football team** every Wednesday after school, we will start training once the government allow us to play team sports.

Please see the football training schedule for 2020/21.

Football training Schedule 2020/21

Year Group	3:30-5pm	Coach
Y7 Boys	Monday	Terry
Y8/9 Boys	Monday	Mr Cruz
Y10/11 Boys	Tuesday	Crystal Palace FC Coaches
Girls	Wednesday	Crystal Palace FC Coaches

PE REPORT

This week we have Mrs Hanlon and her passion for cycling plus Mr Williams commitment to improve his garden keeping himself very active.

On Yer Bike!

While the restrictions placed on us all over the past couple of months have had their challenges, one of the things I have been thankful for is the opportunity to get out on my bike. This pastime has not been unaffected by the pandemic however. Rather than my usual 50 mile Sunday morning club ride, I have had to make do with cycling the roads around where I live and finding as many hills as I can to get some more challenge into my cycle. The reduction of traffic on the roads has been a help and it is heartening to see so many others doing what I was doing, many of them clearly new to cycling, but hopefully aiming to keep it up as we start to return to more normal life.

I have always loved cycling. As a child I was constantly borrowing my older brother's bike and taking off on my own down the country lanes which surrounded me growing up in the west of Ireland. Perhaps that is one of the reasons I now continue to love cycling as an adult here in London. I am a member of a cycling club in Penge and every Sunday morning groups of us head out into the countryside and onto the North Downs. It is surprising how quickly you can get out into beautiful countryside from South London, through Beckenham, on to Elmer's End and then voila- beautiful country lanes that remind me so much of home.

I look forward to getting back on those long rides again which have been suspended due to Covid 19, but will hopefully start again in July. In the meantime I am doing as much cycling as I can around my area. I find in such unusual times, being able to still get out on my bike has been brilliant for maintaining my fitness, but perhaps just as important, has helped with positive mental health and wellbeing. Yes, I miss my friends from my cycling club at the moment, but the great thing about cycling is that it is a pastime you can enjoy alone as well.

Being out in the fresh air, challenging myself to climb the tougher hills and feel my heartbeat rise as I move faster makes me feel so good. Like any form of exercise, cycling helps boost self-esteem, mood, sleep quality and energy. We all have the opportunity to make choices that will lead to a healthier and happier life and being physically active is a key lifestyle choice. So find some form of exercise you enjoy and get out there into the fresh air and sunshine (which will return soon) and keep fit and well.

Ms Hanlon – English Teacher

Lockdown didn't mean stopping everything for me. Luckily allotments were allowed to remain open during lockdown and being an avid gardener this meant I was able to work my plot in relative isolation from others, which is the nature of vegetable gardening any way so it suited itself to socially distanced activities. I dug over, fertilised, planted, weeded, watered out my crops on a daily basis, cycling to and from the allotment too. I also did a lot of work in the garden at home laying a path, planting out and maintaining trees. I am not that into jogging so this kind of physical garden work meant that alongside keeping active I was also investing in my future food source.

Mr Williams – Maths Teacher



MATH'S PUZZLE

Please send your answers to Miss Di Ricci

n.diricci@trinity.lewisham.sch.uk

Which group of four numbers, arranged in a square, has the largest total?

	A	B	C	D	E	F	G	H	I	J
1	3	5	1	3	4	1	3	4	2	3
2	1	2	4	3	1	4	2	4	1	2
3	2	2	5	5	4	4	4	1	3	1
4	2	4	1	1	4	2	4	2	5	2
5	1	5	2	5	4	1	1	4	5	3
6	4	1	4	2	5	5	4	4	2	2

Which group of four numbers, arranged in a square, has the smallest total?

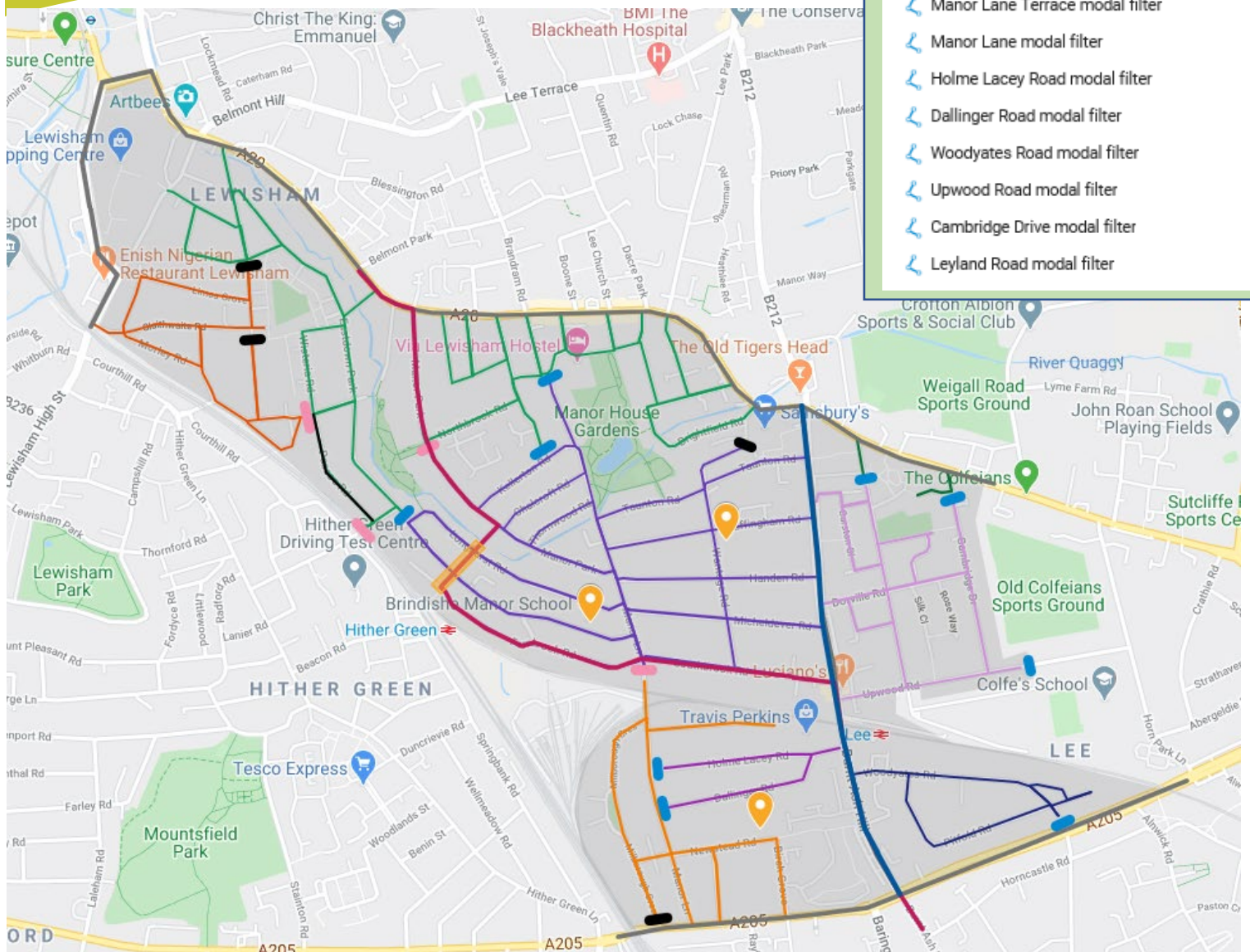
Congratulations to Mathushan Suppiah in Year 8

The first of our Cyber Trinity Trainees to be invited to the next round of Cyber Discovery!

Mathushan now has the chance to try the Cyberstart Game after doing well enough at the Cyber Assess first stage of the challenge. Well done!



Trinity



Lewisham and Lee Green Healthy Neighbourhood (HN) – Community led traffic reduction update and COVID-19 implications

Please click on link for the Lee Green modal restrictions

https://www.google.com/maps/d/viewer?mid=1qQtHq_dB023PuKiVAIZcxnucoMyQuy3N&ll=51.45299545658788%2C0.08639357809528847&z=13