

# Trinity All Through School

Website: [Trinitylewisham.org](http://Trinitylewisham.org)

## WEEKLY NEWSLETTER

Primary Phase

Leahurst Road, Hither Green, SE13 5HZ

Tel : 0208 325 4551



Secondary Phase

Taunton Road, Lee, SE12 8PD

Tel : 0208 852 3191

The sound of the Ickabog, the tremendous noise of laughter, the calm direction from an adult all echo through the corridors of Trinity. We are starting to feel like a school again. It really has lifted our spirits as once again we are delivering interactive face to face learning. We have had an extremely successful start to our gradual increase in numbers here at Trinity and from Monday we will have approximately 120 pupils each day across both buildings – we will have over 67% of year 1, 6, R and 10 getting a part time formal schooling along with the Key Worker provision. Our aim is to continue to welcome back pupils within the primary phase to ensure we get as many pupils receiving this part time face to face provision before the summer holiday. We are currently looking at year 2 and 5 on a part time basis returning from Monday 29<sup>th</sup> June. As long as these plans go well and our risk assessment allows us we will then look at the final two year groups, year 3 and 4, returning on a part time basis the week after. We are working really hard to adapt and change our provision. From next week all secondary pupils should receive at least 7 Screen broadcast lessons, helping to structure and formalise learning further at home. Watch this space...

Home learning is still a vital part of pupils learning. Please do enable and encourage pupils to put as much effort as they can into this work. We really appreciate this can be difficult, many of us teachers know as we continue to work and support our own families, but the effort put in now will really pay off in the future.

Please can I remind you it is still extremely important that we follow the national guidelines on social distancing, washing hands frequently and using face masks on public transport? As the country starts to re-open in many ways it is vital that we all play our part in preventing the virus from spreading. The NHS have worked amazingly to support the whole country, and we now must continue to act appropriately to prevent a second wave. Please be cautious and keep all the children, even older ones, supervised so they understand the importance of their actions. We have lots of procedures when pupils are in school to minimise risks, please also continue to reinforce these at home and out in the community as well.

Thank you for your fantastic support. Your positive messages have really helped us grow as a community. Stay safe, strong and happy.

### DAVID LUCAS

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

[www.trinitylewisham.org](http://www.trinitylewisham.org)



LEARNING - LOVING - LIVING

### SCHOOLING – Monday 21

Reception, Year 1, Year 6 and Year 10 pupils to attend lessons as per schedule given when booking place. Remember if you have **NOT** booked in advance that your child is going to attend please contact : 0208 852 3191 or email – [admin@trinity.lewisham.sch.uk](mailto:admin@trinity.lewisham.sch.uk) to make a booking. Do not just turn up at the school.

**IMPORTANT** : Key worker children - continued service at Trinity Secondary site.

If you child/ren are attending the key worker classes held at Trinity Secondary site they will **NOT** be permitted to then attend lessons in their Year group (ie. R, Y1, Y6 or Y10).

Children can only belong to one 'Bubble' class and not move into other 'Bubbles'



Dear Trinity families,

It has been wonderful welcoming back pupils from Year Six this week. The children have been fantastic, impressing the teachers with their attitude to tackling some very difficult maths tasks in particular.

On Wednesday this week, further paper home learning packs were sent out. We hope these reach you before the beginning of next week to supplement home learning tasks and help maintain pupil motivation during these difficult times.

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

Reception 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.

Next week, we will once again be reviewing our risk assessment with an aim to then begin the reintroduction of Year Two and Year Five pupils. This will only happen if we are satisfied that it is safe enough to do so. Families will be contacted next week to register their interest in their child returning.

We will continue to re-evaluate our risk assessments week on week before making decisions on the reintroduction of further year groups.

Thank you for your ongoing support during these exceptional times.

**Head of School, Primary Phase**  
**Trinity all Through School**



### STORY TIME AT THE PRIMARY: WEEK 8

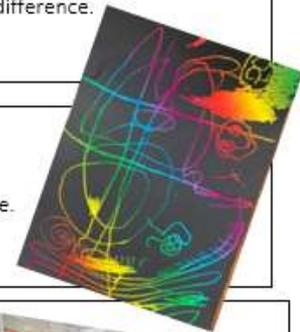
Each week we will be sharing a video of us reading a story and taking time to share loving and supportive messages from each class teacher. Nothing will replace your children being in school but we hope this effort will make the difference.

<https://trinityprimarylewisham.blogspot.com/2020/06/primary-story-time-week-8.html>

### ART CLUB WEEK 4 - SOUND

Thank you to everyone who took part in this weeks 'Sound' project. See your wonderful responses here.

<https://trinityprimarylewisham.blogspot.com/2020/06/art-club-week-4-sound.html>



### YEAR SIX REINTRODUCTION

It has been lovely to be able to welcome back lots of our Year Six pupils to the Primary site.

<https://trinityprimarylewisham.blogspot.com/2020/06/we-6-are-back.html>



Worships this week have continued on our theme of being open minded. I know many of you have viewed Steve Gurnett's worship this week and have enjoyed his exciting worships which has been great to hear. Hopefully you have been working hard to become more open minded during this time, it has been great to hear from many of you how you are being open minded including trying new foods, trying new sports activities and many of you are saying you are trying to work hard to become more open minded.

When it comes to religious faith, a closed mind often doesn't allow you to see, understand, and experience other belief systems to give you a better picture of the entire world which is really important.

These are four key ways you can become more open and aware:



1. Be curious, ask questions, and try to distinguish between facts and opinion.
2. Know that beliefs are different from knowledge, which is often different from reality. You can't live your life totally blinded by a system of beliefs; you have to incorporate them with the world around you.
3. Learn from others, and ask about their beliefs to open yourself up to new possibilities.
4. Don't judge others too harshly. After all, as long as no one is being hurt, if they derive joy from their beliefs and you don't, who is better off?

[Poster from Primary Faith Team]

This week as you will also know from the worships it is loneliness awareness week, and now is a great time to reflect on how you can support those around you and who might be lonely at the moment. One way of doing this could be making that extra effort to call, ring or video call distant friends or family members. What can you do this weekend? How can you spread love and joy to those who might feel lonely? How can you have joy in your lives?

**Joyful actions you could do at home this weekend - Friday 19<sup>th</sup> to Sunday 21<sup>st</sup> June**

**19** Create a list of favourite memories you feel grateful for

**20** Make time to do something playful today, just for the fun of it

**21** Enjoy trying a new recipe or cooking your favourite food

*The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame.*

*You will be like a well-watered garden like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.*

**Isaiah 58. 11-12**

Keep safe, keep working hard ands

Miss Alder

All you budding artist! Why not have a go at creating some illustrations for J K Rowling's new book! What is an ICKABOG! What does it look like!

Click here to see the themes

<https://theickabogcompetition.com/illustration-themes>



## READ THE BOOK FOR FREE

Your chance for your child's illustration to be featured in J.K. Rowling's new book *The Ickabog*.

[Enter now!](#)

Chapter 20  
Medals for Beamish and Buttons

Chapter 17  
Goodfellow Makes a Stand

### About The Ickabog Illustration Competition

J.K. Rowling is publishing an original story, *The Ickabog* (the "Story"), online [here](#) in instalments over seven weeks, and is inviting children to help her by illustrating the Story. A new instalment of the Story and illustration themes to go with it will be revealed daily, Monday to Friday, throughout the course of the seven weeks, so do stay tuned.

34 winning illustrations will be selected to bring the serialised story to the printed page when it is published in full, which is intended for November 2020.

Entries are open, and the competition will close at 6pm BST on Friday 17th July 2020.

Enter below and good luck!

### The Prize

This is your chance for your child's illustration to be featured in *The Ickabog*. If you are one of the lucky winners, you will also receive a copy of the published Book (the "Book"), signed by the author herself. But that's not all. We'll give £500 (or the equivalent in your local currency) worth of Hachette children's books to a school or public library of your choice.

To read the book open this link <https://www.theickabog.com/read-the-story>

To enter the competition open this link <https://theickabogcompetition.com/>

King Fred the Fearless  
Lord Spittleworth  
Lord Flapoon  
Lady Eslanda  
Map of Cornucopia  
Flag of Cornucopia  
Food pictures – pastries, cheese, sausages and wine  
Pictures of what the Ickabog might look like  
Bert Beamish  
Daisy Dovetail  
Herringbone the Chief Advisor  
King Fred's purple suit  
The house with the black drapes over the doors and windows  
The carpenter's workshop  
Daisy's old dresses

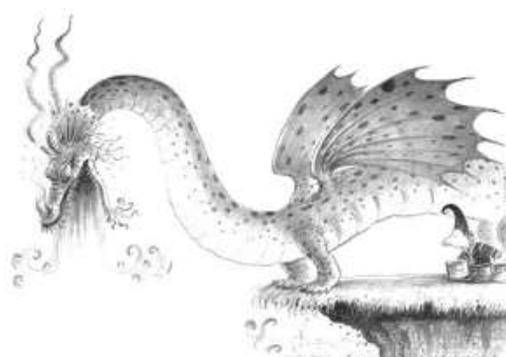
The statue of Nobby Buttons  
The Cornucopian flag  
A house covered in flags and signs  
The painted eyes on the back of the Tax Collector's uniforms  
Captain Goodfellow in chains  
Lady Eslanda watching the trial  
A flying cabbage  
King Fred's jewelled sword  
King Fred covered in mud  
Major Roach Patch the dog, in the brambles  
The imaginary monster with lamp-like eyes  
The blunderbuss

Examples of just a few of the themes you can choose to illustrate. Enter as many themes as you like.

# How to illustrate a children's book



- Read the story. Get to know the characters! How are they described in the book! Where does the story take place! In a castle! In a forest! Way out at sea! As you read the story what images form in your head! What do the characters look like in 'your' imagination – trying describing them, make notes.
- Look at books you have. What illustrations do they contain? Do they relate to the story/characters!
- Check out help on <https://www.youtube.com/watch?v=o5DQXg86luA>



*Let's get creative!*

*Want to write your own story book.*

*If you would like to try writing your own story book and illustrate it. Here is a link to give you some great tips on how to start*

<https://thejohnfox.com/2019/02/how-to-write-a-childrens-book/>

*“The Geography Dept invite you to take part in this brilliant competition – do read the instructions and let your imagination & creative engineering ideas take flight. Good luck and send into school any pics of entries you design.”*



## STEM Clubs Week 2020

### Competition - Design a sustainable city

There are more and more people living in the World and all these people need places to live. See if you can design a city for lots of people to live in but that avoids damaging the planet as much as possible.

Some things to think about in your design:

- **Clean air:** Think about the things that pollute the air. Can you avoid or minimise these and can you do other things to keep the air clean?
- **Clean water:** How are you going to get clean water to your citizens? Where is the water coming from?
- **Sewage:** How are you going to get sewage away from your citizens and what are you going to do with it?
- **Energy:** How are you going to power homes and businesses in your city? Think about whether this uses renewable or non-renewable energy, does it pollute your city etc.
- **Transport:** Remember, transport does not necessarily mean motorised transport! Think about how you will move both people and goods around your city.



@STEMClubs

#STEMClubsWeek

[stem.org.uk/stem-clubs](http://stem.org.uk/stem-clubs)

- **Materials:** What materials will you need to build the buildings, bridges, roads etc.?
- **Green spaces and wildlife habitats:** Will you make space for wildlife in your city? Will you have any parks and woodlands? Will you leave any space to grow 'wild'?
- **Waste:** How will you deal with household rubbish?

**Don't forget to give your city a name!**

Submit your entry as written description (max 500 words) and/or a photograph of a model, drawing, sculpture or computer generated model.

Email your entries, including your name and age range (6-11, 11+) to [STEMclubs@stem.org.uk](mailto:STEMclubs@stem.org.uk) by midnight Thursday 25<sup>th</sup> June for a chance to win one of these prizes.



#### Terms and Conditions

There will be two winners and two runner up prizes.

By entering I agree for my entry to be shown on STEM Learning's YouTube Channel during STEM Clubs Week 22-26<sup>th</sup> June 2020 should it win or receive a runner up prize.

Entries will be judged in age categories on creativity, ingenuity and the extent to which they address the brief above.

UK entries only.

Winners will be announced on YouTube as part of STEM Clubs Week on Friday 26<sup>th</sup> June and notified by email by Tuesday 30<sup>th</sup> June.

We are unfortunately unable to provide feedback on entries.



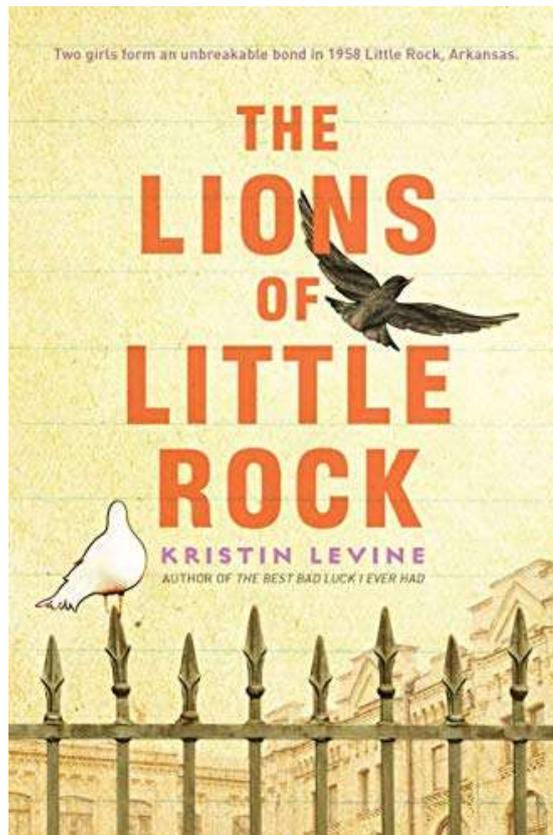
[@STEMClubs](https://www.instagram.com/STEMClubs)

[#STEMClubsWeek](https://www.youtube.com/hashtag/STEMClubsWeek)

[stem.org.uk/stem-clubs](http://stem.org.uk/stem-clubs)

## Book of the Week

*The Lions of Little Rock* by Kristin Levine



Two girls separated by race form an unbreakable bond during the tumultuous integration of Little Rock schools in 1958

Twelve-year-old Marlee doesn't have many friends until she meets Liz, the new girl at school. Liz is bold and brave, and always knows the right thing to say, especially to Sally, the resident mean girl. Liz even helps Marlee overcome her greatest fear - speaking, which Marlee never does outside her family.

But then Liz is gone, replaced by rumours that she was a Negro girl passing as white. But Marlee decides that doesn't matter. Liz is her best friend. And to stay friends, Marlee and Liz are willing to take on segregation and the dangers their friendship could bring to both their families.

The novel is set against the backdrop of high school closings by local and state governments opposed to integrating Little Rock schools. Children and adults in the novel struggle to form their own opinions on the issue, and they grapple with how much to speak up in the face of real threats of being ostracized, losing a job, or being violently attacked.

Sadly, more relevant now than ever, it deals with issues of race honestly and believably without condescension, and provides just enough context for readers unfamiliar with 1958 Little Rock to understand what's going on.

For KS3 and older.

*If you would like to submit a review (no spoilers) for possible inclusion here, please send it to:  
j.clairmonte@trinity.lewisham.sch.uk*

Charlie Taylor came to Trinity in September 2013. A diligent pupil with a head for math's and science. In Year 11 (2018) after writing his GCSE's he was nominated for a math's scholarship to Babington House. Each year Trinity selects a pupil whose passion and skills in mathematics are exemplary for the sought after math's scholarship at Babington. Four Trinity pupils have so far been successful in securing scholarships. Our fifth scholarship goes this year to Mia Rusken. Well done Mia.

On the 15<sup>th</sup> June Charlie emailed Trinity to let us know how he has progressed since leaving us. We would like to share his update with you all.



"Hi all

I hope this finds you safe and well!

It also might seem incredibly random but I thought I'd drop you an email just updating you on A-Levels and maths and everything!

I'm going on to do Electronic Engineering with a company called Thales who Babington have sent a pupil to before. It's a degree apprenticeship in which I do my BSc in Electronic Engineering degree with Southbank Uni whilst working with Thales in their Stratford office. They have sponsored all of my Uni fees (no debt!) whilst paying me £19000 for the first year and then increasing each year of the 4.5 year course!

Further Maths A-Level was far from easy! I've had to do some seriously intense integrals and differential equations and I'm very happy I did FSMQ back in Y11! It got to the point that I had to buy a classroom size whiteboard for my study room at home because of the length of the problems. I never thought I'd have to do 18 mark integration questions! However, it has kept me well occupied for the last two years and I've really enjoyed my studies and learning some quite intense mathematics. Physics has also been a particularly challenging subject and that has also kept me entertained. It has really relied on the maths background too!

I wanted to email just to say thank you for telling me all about Babington back in year 11 and telling me to apply! They have really helped set me up for practically the rest of my life and have never failed to help me and make the choices I wanted to! I was supposed to come to Trinity back in March to do an assembly for Year 11 about Sixth form and future choices and I was hoping to tell you all about this then! I still aim to come back later this year and see everyone and have a chat!

Best wishes,

Charlie Taylor



#### **Mia Rustem secures Scholarship to Babington House 2020**

Mia completes her Year 11 this academic year and will start her math's scholarship at Babington House in September 2020. We look forward to monitoring her progress and will keep you all posted of developments.





## Cyber Discovery

Well done to TOP TRAINEES Mathushan and Tauseef who are doing well with the first "Assess" stage of the challenge. This stage is open until September, and runs alongside the "Cyber Start Game" which the top scorers at Cyber Assess get automatically invited to. Please join me in wishing the boys luck in completing more of the challenges and getting through to the next stage!

Mathu Suppiah

Played and scored 8/14

Syed Tauseef Haider

Played and scored 2/14



Not signed-up for this year's challenge yet? Don't worry – there is still time and space left on the TRINITY TRAINEES team. Get yourself along to <https://hub.joincyberdiscovery.com/sign-in>, and once you have signed-up click the link to "join/change my club" at the very top of your timeline.

Current club access code:

bonus-studies-logic-consent

A recruitment poster for Cyber Discovery. At the top, the text "cyber discovery" is written in a large, stylized font. To the right is the HM Government logo. Below the title, the text reads: "We're looking for the next generation of cyber security experts. Could that be you?". At the bottom, a paragraph states: "Cyber Discovery, HM Government's Cyber Schools Programme, is an extracurricular learning programme for students aged 14-18 across the UK. Its goal is to ensure that many more people enter the cyber security profession in the coming years." The background is dark blue with white text.

**cyber discovery** HM Government

We're looking for the next generation of cyber security experts. Could that be you?

Cyber Discovery, HM Government's Cyber Schools Programme, is an extracurricular learning programme for students aged 14-18 across the UK. Its goal is to ensure that many more people enter the cyber security profession in the coming years.

## Engineering excellent work.

Pupils in KS3 have been set practical challenges over the last few weeks. As we all know the situation is not great at the moment with many pupils not having a large amount of creative materials at their disposal. However, a few pupils have been trying very hard to get around this by being practical, imaginative and using whatever they can find. They are a credit to themselves and I am proud of their efforts.

Pupils in Year 7 were set a fantastic challenge to make a working catapult to fire a ping pong ball into a cup. More examples are coming in but well done to Moses and Josh for these fantastic efforts.



Moses Barker



Josh Cornwell



David Warren

A huge well done to Obi Adigue who did not have the correct equipment to complete the catapult project but instead found an experiment that could be done and completed the write up below. Well done Obi!

## Expanding Gases



This is the balloon attached to the bottle without being heated or cooled



This is the bottle is cooled, it makes the balloon shrink because the air inside contract, this allows the air in the balloon makes its way into the bottle, hence the balloon shrinks.



When the bottle is heated the air in it expands and pushes its way into the balloon, hence the balloon expanding.



Celebrate Windrush Day on June 22<sup>nd</sup> when the nation pays tribute to the ongoing contribution of the Windrush generation and their descendants.

## Windrush Stories

LIBRARY  
HSLIBRIB

Learn more about the History of the Empire Windrush, the Windrush Scandal and the influence of the Windrush generation with the **British Museums *Windrush Stories***. Explore articles, interviews, videos, music and creative writing activities. 70 years on, *Windrush Stories* invites us to consider a longer, more complicated and ongoing relationship between Britain and the Caribbean.



Visit: <https://www.bl.uk/windrush>



Join the **Royal Museums Greenwich** and celebrate **Windrush Day** on June 22<sup>nd</sup>. The **Windrush – Across the Sea** event, in collaboration with the Caribbean Social Forum provides an opportunity for participants to reflect on the resilience, dreams and legacy of the Windrush Generation. Join live online panel discussions, download resource packs, read poetry and view modern street art dedicated to the Windrush Generation.



Visit: <https://www.rmg.co.uk/see-do/windrush-day>



OLD ROYAL  
NAVAL COLLEGE  
GREENWICH



Take a virtual tour of **The Painted Hall** at Sir Christopher Wren's riverside masterpiece, **The Old Royal Naval College, Greenwich**. Completed by British Artist Sir James Thornhill in 1726 this epic painting scheme, known as the "Britain's Sistine Chapel" took nineteen years to complete and covers 40,000 square feet. Telling the tale of Britain's political change, scientific and cultural achievements, naval endeavours, and commercial enterprise, this stunning work of art can now be explored with a **360 degree virtual tour**.



<https://virtualtour.ornc.org/>



## The British Museum podcast

**The British Museum** podcast delves into every aspect of the Museum, from archives to Egyptian black goo, from conservation to Doctor Who, in Bloomsbury and beyond. Every month Sushma Jansari, Curator of South Asia, and *Hugo Chapman*, Keeper of Prints and Drawings, chat with colleagues to bring out the history, research and idiosyncrasies of the Museum. In each episode, hear the fascinating and little known stories behind objects from the Museum's collection.



<https://www.britishmuseum.org/the-british-museum-podcast>

# N NATURAL HISTORY MUSEUM Discover

Bullets, bombs, cans and plastic litter the bottom of the Pacific Ocean. The largest ever study of waste found at the bottom of the central Pacific is showing how even the most remote and protected areas are being impacted by our rubbish. Learn more with **The Natural History Museum's** science news and discover how you can help the planet.



<https://www.nhm.ac.uk/>

## TATE KIDS

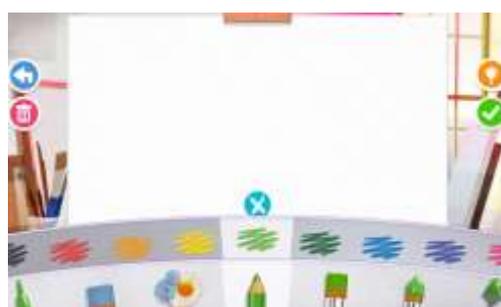
**DRAW A SOUND CREATURE**  
Listen to these weird and wonderful sounds  
and draw what you hear

Artists have often been inspired by sounds that intrigue them or by music they love. Visit **Tate Kids** and listen to one of five different sounds and use it to inspire a drawing. Your challenge is to draw a creature inspired by the sound you hear. What does it look like? Does it sound like a big or small creature? Is it real, imaginary, or a bit of both? Where does it live? Does it have a superpower?



<https://www.tate.org.uk/kids/make/art-technology/draw-sound-creature>

Then bring your amazing creature to life with **Tate Paint**.



<https://www.tate.org.uk/kids/games-quizzes/tate-paint>



## The Jack Petchey Achievement Award June 2020

Congratulations to the following pupils who are winners of the Jack Petchey Achievement Award. They were nominated for their excellent hard work and contribution to the Trinity Community.



Anh Bui

Gustavo Spinola

Katie Lindsey

Felix Hutchinson

Hope Ellis

Caleb Forgie

### About the Award

The Jack Petchey Foundation is a charitable foundation based in the United Kingdom. The charity was founded in 1999 by businessman Sir Jack Petchey. Since the charity's founding, Petchey invested over £110 million in youth projects across London and Essex. The Foundation exists to raise the aspirations of young people, to help them take advantage of opportunities and play a full part in society.

Jack Petchey Achievement Award winners are young people who have gone above and beyond to achieve – perhaps when others thought they might fail.

*'The Achievement Awards are primarily about recognising those who put in the effort and do their best.'*  
Sir Jack Petchey CBE

### *Winner : Anh Bui*

**Reason for award** : Anh embodies Trinity Character. It is a pleasure to teach such a hard-working, kind, positive and motivated pupil. At break and lunch she is always helping friends to revise or catch up on work. She has made amazing progress in geography just out of sheer hard work, positivity and determination!

### *Winner : Gustavo Spinola*

**Reason for award** : Gustavo is an excellent role model for his peers. He always engages with the chaplaincy theme for the half-term and does a card for our prayer corner. His Character Charter work is outstanding and he sets a great example to others in kindness and appreciation of the opportunities presented to him.

### *Winner : Katie Lindsey*

**Reason for award** : Katie is a consistent and exceptional member of the Trinity Community. She always strives to do her best. She is actively part of several clubs as well as completing Latin after school and extra French. Katie is always kind and generous with her time and friendship and is a very valued member of the Trinity family.

### *Winner : Felix Hutchinson*

**Reason for award** : Felix works hard in every lesson, but he achieves this award in particular for his outstanding effort in Art. He has really pushed himself to work hard and achieve during this time that he has been away from the classroom. He has managed to really develop a personal style of work and is an inspiration to others in his class.

### *Winner : Hope Ellis*

**Reason for award** : Hope receives this award for showing a mature, resilient attitude and helping the Trinity Community in a variety of ways. She has been fantastic in supporting the primary school staff and primary school pupils in the key worker provision. She is a key member of the school Faith Team and is regularly providing articles for the newsletter which are always positive and supportive of the school community. Hope is often called upon as an ambassador for the school and she is always willing to help out where she can.

### *Winner : Caleb Forgie*

**Reason for award** : Caleb excels in many subjects and always quietly and diligently gets on with his work. In Food Tech he has done loads of work both for when he was officially part of the food rotation and afterward making recipe of the week. Caleb shared his experiences with others via the newsletter PLUS he's an all-round excellent student who always does the right thing.

## Trinity PE Department Report – Friday 19<sup>th</sup> June 2020

From 15<sup>th</sup> June, the government announced new rules and some of those are stated below:

- You will be **able to visit** any type of shop and some additional **outdoor attractions** - drive-in cinemas, and animal attractions like zoos, farms and safari parks
- **Year 10** and 12 pupils in secondary schools and further education colleges will **begin to receive some face to face support**
- You will have to wear a **face covering on public transport**

At all times, you should continue to adhere to strict social distancing guidelines when you are outside your home, particularly ensuring you are two metres away from anyone outside your household.

This week we have **Mrs John** and her routine of home exercises and running plus **Mrs Ashdown** commitment to cycling for a better healthy lifestyle. Next week we will have **Mr Teuten** and **Mrs Kelly**.

The video title this week is “Total Body Strength Training without Weights for Women”. The video is from Joanna Soh, a women’s fitness specialist. Although the video is targeted for woman, the whole family can benefit from the activity, including the boys. Accept the challenge and try it out!

Just click on this link – [Total Body Strength Training without Weights for Women](#)

**Mr Cruz**

---

### Exercising During Lockdown

#### Challenge 1 – Floor Routine

This is the routine that I do each morning for around 20 mins.

- **Exercise 1 - Bunny hop**
- (Start in plank with knees bent. Push off as though doing a handstand, keeping the knees tucked then drop back to plank – repeat 20 times)
- **Exercise 2 - Jump in and jump out**
- (Start in same position as above, jump feet in towards your chest and jump back to plank – repeat 20 times)
- **Exercise 3 - Side Plank**
- (Start in a side plank on your right side, both legs stacked on top of each other. Extend your left arm upward. Drop your right hip to the floor then lift it back up. Repeat 10 times)
- **Repeat this exercise on your left side**

**Repeat the whole thing twice (or as many times as you are able in 20 minutes)**

**Tip:** keep core tight to avoid sinking into the lower back



## Challenge 2 – Running

Some people have recently discovered running as an effective way to exercise during lockdown but this has been a secret pleasure of mine for many years because not only is it great for your cardiovascular health but it is also a good way to maintain your mental wellbeing. Running is inexpensive and convenient, that's if it isn't raining. You can also build up your fitness level over a relatively short period of time. When you're first starting out, it is important not to be too ambitious because you don't want to exhaust yourself so much, it puts you off ever wanting to go out running again. The thing to remember is that if you get tired, don't stop but just bring down the pace of your movement until you have recovered enough to ease it back up again. When I first started running, I just ran around the block but over time I extended this distance. Now, I do two to three runs per week of around 12 to 17 kilometres.

Remember to always warm up well before you start, stretching your hamstring and calf muscles; doing some squats and pushing up on your toes to warm up the feet. It is also important to warm down by doing the same stretches when you finish.

Exercise has been a great motivator over these long weeks and the endorphins that it releases can have a positive impact on your mental wellbeing.

Mrs John

---



During lockdown I have been keeping busy riding my bike. I have taken advantage of the clear roads and plan to continue riding to and from school every day when we return. I have given up my car and the bus and fingers crossed the enthusiasm to cycling that I am feeling continue. A few years ago I cycled from London to Brighton. 60 torturous miles. I certainly won't be doing that again. Just a few miles every day.

Mrs Ashdown

---

**STRAVA** Trinity School Strava FITNESS Challenge!

**ATTENTION:** All Students, staff and parents

During this time of 'lockdown' where the government is encouraging us to go out for our daily exercise (obviously abiding by the social distancing rules) why not set yourselves a bit of a **FITNESS**, yes keeping fit! **Challenge**.

I have created a "trinity-school-pedepartment-lewisham" Strava Club.

Strava is a great way of tracking the exercise you and your friends (and teachers!) have been doing. This can be anything from a short jog around the block, walking to the shop for a pint of milk or a longer walk with family over the weekend. Why not set yourself a challenge of seeing how long it takes you to run a mile? How about 2? Can you improve on this time?

If you would like to become part of the "trinity-school-pedepartment-lewisham" Strava club you need to follow a couple of simple steps.

---

## Bored of Lockdown and being indoors.....

Backyard camping encourages children to unplug, go outside and appreciate all that Mother Nature has to offer. Backyard Camping is a great opportunity to set up and enjoy the great outdoors with your family right in the privacy of your own backyard. It's half the planning of an actual camping trip and the bathroom is always just a few yards away. If you have a bit of bohemian in your soul and the weather permits plan your very own backyard campout. You don't have to own a tent, blankets, Sheets, duvets, clothes line and pegs will suffice. You can even cover the trampoline to make a tent!

Organise your food and water supplies. Grab a torch or light and have yourselves an outdoor feast before bedding down in your tent for the night.

Remember to leave all your electronics in the house! Settle down with a good book by torchlight!! Maybe even get your parents to tell you some campfire stories.....



### Glow in the Dark Backyard Bowling

Use plastic bottles from your recycle bin, fill with water and inset glow stick. You can then see the bottles which you try to bowl over with a sturdy ball in the dark.

#### Parents, you will need:

10 water bottles  
10 glow sticks in a variety of colours  
Football

Remove any labels from your water bottles. If water bottles are new and still contain water, pour out a little off the top to allow for the glow stick you'll be adding.

Crack the glow sticks to activate them (according to package directions) and drop one glow stick in each bottle. Replace the lid on the bottle securely.

Line bottles up like bowling pins. The back row should have 4 pins, the next row will have 3, next 2, and finally 1 at the front.

To keep the game fair, especially if you have a range of ages playing, set a distance for each age group. Smaller children are allowed to stand closer to the pins while older kids that need more of a challenge should stand farther back.

Glow in the Dark Bowling is a fun game that can be played year round and will provide plenty of giggles and smiles.



### Nature Scavenger Hunt



Write up or print some Scavenger Hunt items you wish everyone to find on their 'camping' trip in the garden. It could be ...

Two green leaves  
An Acorn  
Something colourful  
A smooth rock/pebble  
Blades of grass  
A weed  
A 'Y' shaped stick  
Something fuzzy  
Piece of litter  
Tree bark  
Something beautiful

Something smooth  
A treasure to you  
A brown leaf  
A feather  
Dirt  
A rough rock  
A flower (yellow flower/red flower)  
A pinecone

Children to tick off on list as they find.

## My Name Is Aaron and I Like Aardvarks



**PLAYERS** Fewer than 30

**EQUIPMENT** None

**GAME PLAN** Learn everyone's name.

### HOW TO PLAY

This is a name game that that requires nothing more than the alphabet to play.

Form a circle sitting down. Begin the game by asking all the players to think of something that shares the same first letter as their name.

For younger children, you might have to help them with rare first letters such as Q or Y, or you might have to extend the first letter to the first sound (so that Kathy or Cathy could pick cat, carrots, crazy or Kathmandu).

For older children, you might have them limit items to a particular category, for example, animal, food.

The first person in the circle says his or her name and thing. For example, "My name is Kathy and I like koalas," or, "My name is Lizzie and I like lollipops," or, "My name is Joanne and I am joyful," or, "My name is Herbert and I would go to Halifax."

The person to the left of the first person then says, "That is Herbert and he would go to Halifax. I am Maddy and I would go to Maine."

The next person to the left then says, "That is Herbert and he would go to Halifax. That is Maddy and she would go to Maine. I am Stuart and I would go to Switzerland." The game continues until all the players have gone.

While it is impressive when the last player knows everyone's name without making a mistake, it can actually be more fun and more helpful when learning names to make mistakes.

Sometimes, depending on the energy level of the participants, you can go through the circle again so that each player gets a shot at remembering everyone's name.

### VARIATIONS

For children with poor memory skills, have them repeat what their teammates say immediately afterward, rather than having them remember the whole group all at once.

## Electricity



**PLAYERS** 8 or more

**EQUIPMENT** None

**GAME PLAN** Keep the electricity flowing, or guess where it is hidden.

### HOW TO PLAY

Have the group sit or stand in a circle and hold hands.

Explain to the group that we have electricity in our body that helps us move. Practice passing electricity around the circle by squeezing each other's hands. For example, if Sammy squeezes Julie's hand, and Julie squeezes Timothy's hand, the electricity passes from Sammy to Julie to Timothy.

Pick one player to be the electrician. She must sit or stand in the middle of the circle.

Explain to the group that the electrical wiring has gone crazy, and that this electrician needs to stop it before a power meltdown hits. She has to track down the source of the wacky electricity. The electrician must close her eyes and count to 10 before trying to figure out where the electricity is.

The job of the group is to pass the electricity around the circle stealthily so that when the electrician opens her eyes, she cannot guess who has the electricity.



The electrician has three chances (depending on the size of the group) to guess where the electricity is. If she points to where the electricity is, the caught person must then be the electrician. If she runs out of guesses, she is "stumped" and the leader picks a new electrician.

### VARIATIONS

For a simpler version of the game, instead of having players squeeze each others' hands, have them pass an item around their backs. Play Doggy, Doggy and use this rhyme:

"Doggy, Doggy, who's got your bone. Somebody stole it from your home. Guess who, maybe you. Or maybe the monkey from the zoo. So wake up, Doggy, find your bone. If you find it, take it home!" When the rhyme ends the bone stops and the Doggy, who is sitting in the middle of the circle with eyes closed, "wakes up."

### MODIFICATIONS

To increase the difficulty, have players cross their arms. Or have a "double squeeze" that sends the squeeze back to the direction it came from.

# Kooth Online Counselling Service to Offer Free Support to all Young People Across South East London



## About Kooth

Kooth is a free online counselling and emotional well-being support service. Kooth is available to young people aged 10-18 (19th birthday) in Lewisham and provides a safe, secure and anonymous means of accessing support with emotional health and wellbeing needs. Kooth is easy to integrate as a central component of a whole school approach to student well-being. Kooth provides videos, digital assets, communication templates, staff training and student presentations to promote the service within your school.

### **Kooth provides:**

- **Counselling:** Chat or messaging with friendly qualified counsellors on an adhoc or scheduled basis
- **Online Magazine:** Self-help and informative articles written by professionals and young people
- **Forums:** Peer support via fully pre-moderated live and static forums.

<https://xenzone.com/kooth/>