

# 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

**Keyworker Provision – see page 3**

Dear Parents/Carers

From 1<sup>st</sup> June, the government have stated that schools can begin to reintroduce groups of pupils back into school, provided key measures are met and confirmed on 28<sup>th</sup> May.

As a school, we have carried out a thorough risk assessment, informed by parental and staff surveys.

For the safety of our pupils and staff, we have made the decision to have a gradual reintroduction for pupils.

This means:

- Our current provision for vulnerable pupils and **children of critical workers** will continue on our **secondary site** from **1<sup>st</sup> June**. Those currently eligible for this have been contacted regarding these changes.
- The week beginning 1<sup>st</sup> June will be a staff training week. **No additional pupils will be on site** this week, just the children of critical workers.
- On the week beginning **8<sup>th</sup> June**, we will invite **Year 1** pupils only back to the primary site as long as the conditions are right. Specific detail will be sent to all year one families the week before.
- Half of the year group will be allotted time in school on Monday and Tuesday, with the other half on Thursday and Friday. Wednesday will be a day of deep cleaning.
- On the weeks following the 15<sup>th</sup> June, we hope to gradually welcome back more year groups, depending on government guidance. More detail will follow over the coming weeks. This will include year 6, R and 10.

Year One families will receive a phone call home on the week beginning 1<sup>st</sup> June to ascertain whether your child will be attending. We are encouraging you to ask your child to attend, although there are no sanctions for non-attendance, in line with government guidance.

Further advice around new routines and changes to ensure the safety of our staff and pupils will also be sent out in this week.

Thank you for your continued support. Working together is vital.

Stay safe and strong

## David Lucas

Executive Headteacher  
Trinity Church of England School, Lewisham  
An All-Through School  
0208 852 3191

## Darren Jane

Head of Primary School  
Trinity Church of England School, Lewisham



We hope you have had a great week and you are enjoying the amazing weather. Further to the letter sent out to you this morning please find a summary of our key planning points in this newsletter.

Some of the things the school has already got in place to help with health and safety across the school... This, in line with our risk assessment, will continue to grow as we get more pupils in the building.

- All entrances have hand sanitisers for all to use and staff are checking everyone is using them.
- Outside each classroom there are hand sanitisers and routines will be set up so pupils use them every time they go into and leave a room.
- Doors are being propped open where possible, to minimise the number of surfaces being touched
- Toilets and door handles are fully cleaned every hour
- All sinks in classrooms have hand wash / hand wash in all toilets are checked each hour
- Classrooms have had furniture removed, so those being used will only have 10 tables and 10 chairs
- Furniture has been set up for social distancing in class
- Pupils will be eating their packed lunches inside their classrooms in the primary settings
- The playground will be fully zoned, so the 'bubbles' of pupils will be separated
- At the end of every day all surfaces of the building will be cleaned ready for the next day
- Staff training has been planned where staff will look at how we can enforce the new routines, how we can build the routines into the day further, and what we will do if people do not follow our routines.
- We will need to be tough on pupils that will not follow our health and safety routines. We are creating an information sheet for families to have before you return, to help you as families to understand these routines. We will reinforce this at the start of each group coming into the school. Working together is vital.

Maths 5 key worker class



Gym and activity suit



Learning deck



Trinity hall



Reception Area

**TRINITY SECONDARY**  
**BUBBLE CLASSES & SOCIAL**  
**DISTANCING SET UP**



## **Key worker provision is moving....**

**From the 1<sup>st</sup> of June** (after half term) the provision at Trinity is moving from the Primary site to the

**Secondary site.**

The day will follow a similar pattern and there will be staff from both phases providing support for the provision.

Pupils will be expected to arrive between **0830** and **0845** unless you have arranged a different time directly with the Executive Head. It is vital that pupils arrive in this time slot.

They will have several rooms allocated to them and will need to stick to these rooms as well as the outside space.

Lunch will be provided

Collection will be at 3.15pm – with the secondary pupils leaving at 3pm (unless you have direct permission from the Executive Headteacher).

Our support will continue

**Please note this will happen from after half term...**

This week we had a special worship from Steve Gurnett which focused on Ascension Day [21<sup>st</sup> May], retelling the story of Jesus leaving the earth and ascending to God in heaven. It might seem longer now as we are currently in difficult time but it has been 40 days since we celebrated his resurrection from the dead. It is important to remember that when Jesus ascended into heaven we are now the Body of Christ. Ascension marks the beginning of a new part of the story, it does mean God's intervention in human history stops, through Jesus it is still going on. In a couple of weeks we were learn about and reflect on Pentecost [31<sup>st</sup> May] and the important of this event for Christians around the world and how it tells us about next part of the story.

This week marks the last week of our theme resilience, well done for those of you who have tried new things and tried to build you resilience it has been great to hear the stories. The tricky thing now is to keep being resilient and also think about new theme for next half term which will be announced in our first worship after half term.

I was excited to hear how many of you tried to do the collective worship with Steve Gurnett and there was one photo that blew me away. Well done to Jasmine a fantastic primary Trinitarian, who did a brilliant job recreating the story. If you have recreated the Ascension Day story with Steve Gurnett his week please do send in your finished story it is great to see [s.alder@trinity.lewisham.sch.uk].



This week in our Trinity Faith Team meeting we prayed for education and for students, their teachers and keyworkers, this week we have a special prayer from Reiko:



**Dear God,**

**Please make sure all students are working and if they're finding it difficult then encourage them to be the best because everyone deserves to have a good education.**

**Thank all to the teachers for all their hard work to make enough work and we thank them for going to school to provide keyworker provision.**

**Make sure students don't give up on themselves because people can get through this virus together and let them know that nobody has given up on them. Make sure the NHS, Key workers and teachers don't give up and let them know how grateful we are. Amen**

I wish you and your family a safe and enjoyable break, keep safe and hopefully the sun will keep shining for us all.

God bless.

**Miss Alder**

## IN REMEMBRANCE OF LIAM MANNING

Dear Trinity family,

Unfortunately as some of you may know Mr Manning who was a maths teacher here at Trinity, recently passed away. Our thoughts are with Mr Manning's family at this time and in an effort to try to respond to his death in a positive way, we thought as a school it was important to inform you as I know many pupils were very fond of Mr Manning and he touched many lives.

When someone dies, it is normal for family and friends to experience many different feelings like sadness, anger and confusion and children are likely to ask questions about the death which need to be answered honestly and factually in terms that they will understand. If your child needs any support or there is anything else you or your child needs to know, please do not hesitate to contact me. I will continue to offer spiritual support, to pupils, families or staff remotely. We remember him and all the recently bereaved in our thoughts and prayers.

**Almighty God, as we remember all that *Mr Manning* meant to us at Trinity school, we pray that *he* is now at peace with you in your eternal kingdom. Only you know why *he* was taken from us at this time, but we give thanks for *his* special place in our hearts at our school. We pray for *his* family and friends at this difficult time. Show your love for them and for us, as we struggle to cope with the loss. May your church be a comfort and strength to us all. We ask this through Jesus Christ, our Lord. Amen.**

### **Reflections from the maths department:**

We are desperately sad to hear of Mr Manning's illness and passing. He is very fondly remembered by both his Maths colleagues, who he was always a huge support to, and by his pupils who loved his lessons and easy-going manner. Our thoughts are with his family and three young daughters at this terribly sad time. Maths Department

I studied to become a teacher with him. We would play inter-subject football every Friday after lectures always beating English and Science when they dared show up. Around that time we both attended a Muay-Thai boxing club in Deptford run by a local legend and he certainly knew how to box. He was always full of practical advice and helpful tips and I learned how to "give it your best shot and be happy with that" from him. It was years later that he joined us at Trinity and I recognized him instantly. He was a kind hearted man and he will be sorely missed. My condolences go out to his family in particular. Love and Prayers" Mr Williams



# Parental Engagement

made easy

## Home Learning

Giving teachers the ability to set, track and mark tasks; while keeping parents in the loop.

## School & Classroom Newsfeed

Providing a space for teachers, parents, and pupils to create a community and communicate.

## One To One And Group Messaging

Allowing teachers, parents, and pupils to communicate with direct messages to each other and the wider class.

## School Noticeboard

Enabling schoolwide notices and important bulletins.

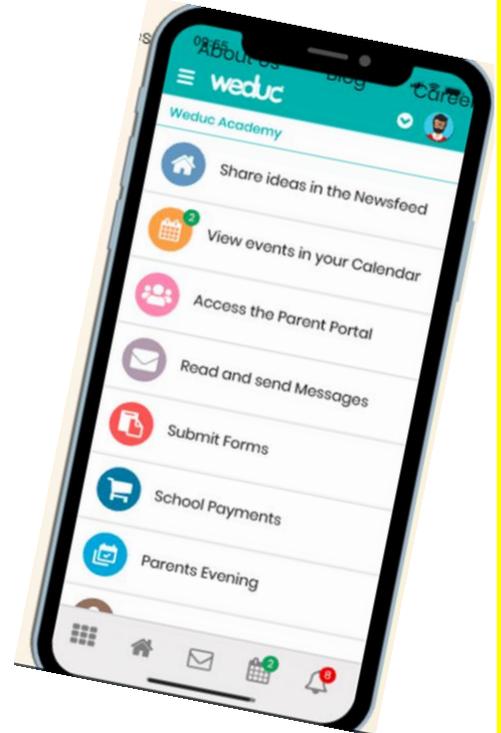
**If you have not enrolled onto WEDUC you are missing vital communications that are vital for the progression of your child's education. It keeps you informed every step of your child's journey through school. From teacher/parent contact, trips, parent evenings and so much more.**

**Please enrol now. If you need assistance contact us Monday to Friday on**

**Tel 0208 8523191**

**Email : [admin@trinity.lewisham.sch.uk](mailto:admin@trinity.lewisham.sch.uk)**

(Provide your telephone number and a convenient time to call you and we will then contact you to assist you in getting you up and running)



ALL PARENTS – IMPORTANT INFORMATION



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## The most powerful and easy to use app imaginable



**ENROL NOW – IT'S FREE, EFFECTIVE, And SIMPLE TO USE & PROVIDES AN IMPORTANT PLATFORM OF COMMUNICATION BETWEEN ALL OF US.**

# Get Creative this half term !



Enjoy art wherever you are with the **TATE**. Walk through British art with a chronological display of Britain's greatest artist, investigate the processes artists use to make artworks, explore the history of modern art, and delve into centuries of art with the Tate's online collection or play games, quizzes and create with **TATE kids**. Discover how to paint like Lowry, Turner and Kandinsky or print like Andy Warhol.



Then create like an artist with the **TATE**. Learn skills from casting to weaving with a range of art activates for adults and kids. Why not make a spin painting, build a recycled robot, try a soap carving, draw a surreal creature, make a play dough sculpture or create some pop art.



<https://www.tate.org.uk/art/create-artist>

Visit **V&A online** and explore the world's leading museum of art and design.

Discover **Pandemic Objects**, an editorial project that compiles and reflects on objects that have taken on new meaning and purpose during the coronavirus outbreak. During times of pandemic, a host often-overlooked objects are suddenly charged with new urgency, from toilet paper, door handles and forehead thermometers to convention centres and public parks. By compiling these objects and reflecting on their changing purpose and meaning, this exhibition paints a unique picture of the pandemic and the pivotal role objects play within it.



Delve into the **V&A Museum's stunning and varied online collections**. From ancient Chinese ceramics to Alexander McQueen evening dresses, take an incredible journey through 5000 years of human creativity.



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

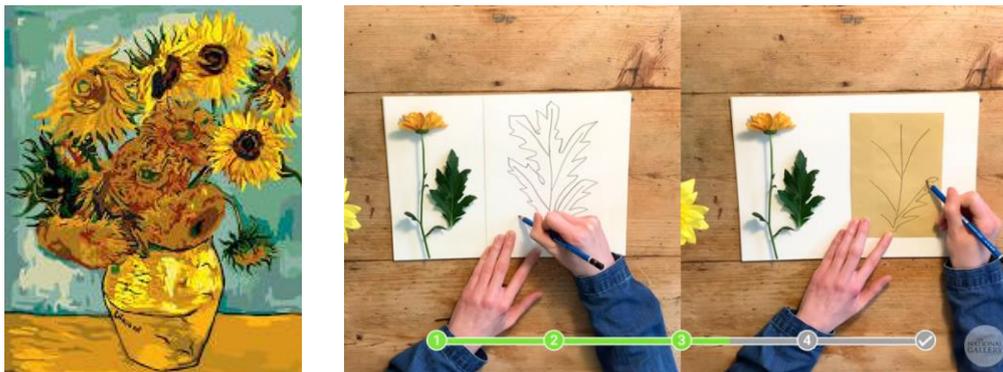
Visit the National Gallery online and explore one of the greatest collections of paintings, from the comfort of your home. Discover highlights from the collection and explore popular masterpieces, go behind the scenes of the gallery or step inside with three different virtual tours.



Now make and create with the National Gallery's video tutorials. Create a jungle-inspired collage inspired by Rousseau's 'Surprised' using just materials you can find at home. Or recreate Van Gogh's famous 'Sunflowers', or draw something you find on your daily walk or lying around the house



<https://www.nationalgallery.org.uk/>



Enjoy the world of art from your home with **Google Arts and Culture**. Explore some of the world's greatest galleries including the Louvre, Paris, Metropolitan Museum of Art, New York City, Rijksmuseum, Amsterdam or J Paul Getty Museum, Los Angeles.

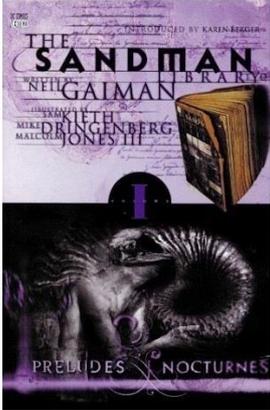


<https://artsandculture.google.com/>

# Book of the Week

## The Sandman 1: Preludes and Nocturnes

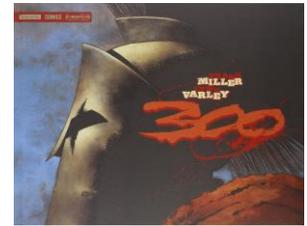
There was a time not too long ago when no-one had heard of the graphic novel and all we had were comics (not Manga). Along with classics like *The Dark Knight* and *Watchmen*, Neil Gaiman's iconic *Sandman* series changed the landscape of the modern comic book industry, widening its emotional and intellectual scope to often match or surpass other mediums in its impact on the reader.



The protagonist is the Lord of Dreams (also known as Dream, the Sandman, Morpheus, and many other names that assorted cultures have given him through time). He is one of the *Endless* (Death, Destiny, Destruction, Desire, Despair and Delirium are the others). At the outset we find Dream being mistakenly captured, and imprisoned, by a group of human occultists (they were trying to capture Death). They also steal his tools of office rendering him almost powerless. This is the story of Dream's imprisonment, escape and subsequent journey to reclaim his property

This first volume (of ten) is a relatively straightforward introduction to the characters of Dream's kingdom and how the fictional universe works, but as the series continues (and Gaiman grows in confidence), its expert mix of legend, myth and history is an intoxicating and thrilling read, in my opinion, up there with any great literary work.

.If you enjoyed this, you may like *300* by Frank Miller:



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

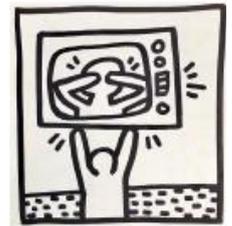
## ART

Already studying Art? Thinking of choosing Art as one of your GCSE options? Improve your knowledge and skills, while you enjoy watching these programmes. Let me know what you think of these shows



### Gogglebox

What can I watch to improve my Art understanding and knowledge?



The show	The channel	Live/ Catch up	The low down
Culture in Quarantine	BBC 4	Catch up Iplayer	Creative masterclass with Anthony Gormley Improve knowledge of techniques
Museums in Quarantine	BBC 4	Catch up Iplayer	Privileged access to the Tate Modern for a last look at the Warhol exhibition. Improve Artist Knowledge
The Great British Sewing Bee	BBC 2	Watch live Wednesday at 9pm Catch up Iplayer	Improve you knowledge of sewing and design with a competitive edge.
Grayson's Art Club	Channel 4	Watch live Monday at 9pm Catch up 4OD	Improve Artist Knowledge. Hosting masterclasses set to unleash our collective creativity during lockdown.
Portrait Artist of the year	SKY ARTS	Catch up Sky Now TV	Learn about how to approach painting a portrait. Improve knowledge of different materials and techniques.
Chill with Bob Ross	NETFLIX	Catch up on Netflix	Creative masterclass with Bob Ross demonstrating different techniques and processes.

Could include GET CREATIVE SECTION FROM THIS WEBISTE <https://www.justonenorfolk.nhs.uk/covid-19-coronavirus-faqs/covid-19-activities-for-the-family>

# GEOGRAPHY DINBATS QUIZ

**Geography Quiz:-** Well done to **Moses Barker and Tauseef Haider** in year 8 for being the first two to return all the correct answers for last week's dingbats quiz.

All correct answers are below.

1. Iceland 2. England 3. India 4. Belgium 5. Canada 6. Japan 7. South Africa 8. Peru 9. Jamaica 10 Northern Ireland

Dingbats- Say what you see! The pictures placed together make the sound of a word (kind of!) Just for fun; ask your friends and family to help you. Also uploaded onto Weduc if you need want to see the pictures in a larger size.

This week they are all countries.

To help you get the hang of it- the answer to number 2 is:-

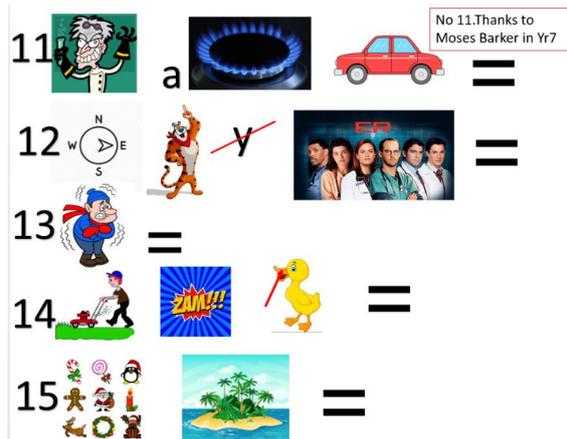
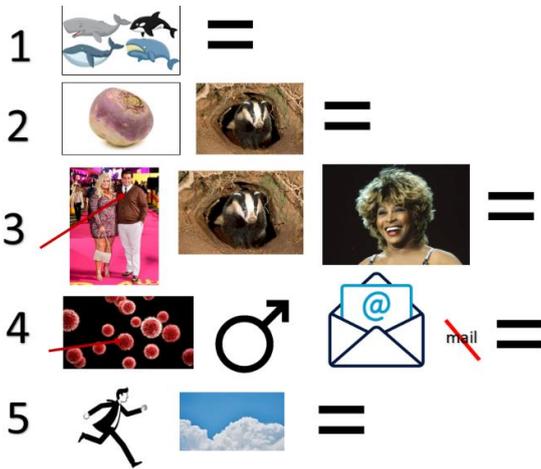
2:- Swede Den (Sweden)

First one to send me all 15 correct answers gets a mention in the next newsletter.

Challenge:- Send me ONE of your own Dingbats – must be a country- best one gets into next week's quiz.

Answers will be published at the end of the day on Thursday on Weduc.

Remember they are all countries. A bonus five for half term! Good luck....



Caleb, Y8 student at Trinity writes to us about lockdown and how he spends his time cooking for his family

## Cooking in lockdown review (isolation work)

12 May 2020 11:30

During lockdown, many people have been attempting things they never have done before, such as drawing or playing an instrument. For many, cooking has become a day-to-day activity many families enjoy. Due to the lockdown, I too have taken up cooking as a means of not only producing delicious food for my family, but also taking my mind off the coronavirus pandemic and all the suffering it leaves in its wake. Cooking is also an essential skill of life and so doing it as often as possible is something that will really benefit me in the uncertain future. Cooking also intertwines with multiple subjects, such as maths, and makes it fun, if maths can be! Cooking, if said to anyone before the lockdown, would have been too easily dismissed. People would say it should be left to be professionals and would not be on first in their list of to-do things. However, those who may have never cooked a meal from scratch are currently can't get enough of such as rewarding activity. Something that has come into greater light during my cooking sessions is that failure is merely an obstacle to success. Those who may not have cooked before may be afraid of messing up the recipe or the opinion of those who eat the food prepared. Many people forget that trying things that may not work is merely a stepping stone for the creation of something far greater than you thought you were capable of. Something that cooking during lockdown has taught me is that those who offer their work to other people's judgement and criticism are the one's whose boundaries know no limits. They will continue to cook and to work hard to achieve, unrestrained by the negative comments they may receive by others. In fact, they will use as a fuel to achieve. I have attempted many recipes over the course of the lockdown and have also made many mistakes, non of which knocked my confidence nor prompted me to give up. In fact, it made me more excited about various possibilities that can be created if I wavered slightly from the recipe. I could try to exchange different ingredients for others. If the experiment doesn't work, I could always try again until I have made it just right. It is true that anybody can cook, but only the fearless will succeed.



### VE RECEIPES

Using authentic recipes from the war Trinity pupils put their cooking skills to the test. Here are some of the results.

Well done to everyone that tried some of the recipes. Keep on baking!



Charlotte Cogger made VE Carrot biscuits



Louis Drew made a VE Victoria sponge



Charlotte Cogger with her no bake chocolate cake



Potato scones by Charlotte Cogger

### Anzac biscuits (isolation work)

28 April 2020 11:35



Curry and Victoria sponge cake pictures (isolation work)

29 March 2020 14:03



Year 7 pupils were asked to research the Black Tudors and submit their work back to Mr Teuten. Here is a piece of work submitted by Diego Grateron Sangines

## DIEGO

### *The circumnavigator*

Diego, the circumnavigator, ran and fought with his eagerness to be taken aboard Drake's ship in Panama in 1572. He forged an alliance between the English and the local Cimarron (Since England broke the pact with Spain) that resulted in the capture of over 150,000 pesos of silver and gold.

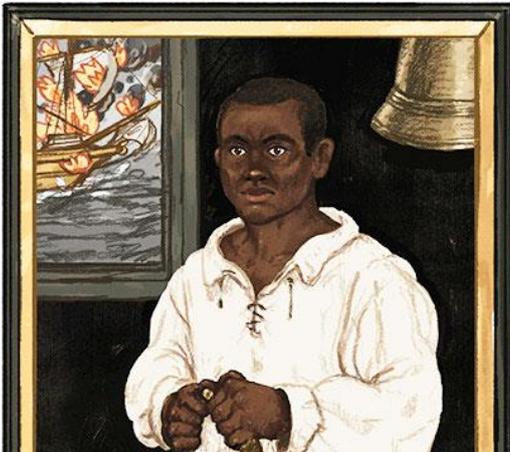


*This is Sir Francis Drake's boat, where Diego's fame started. He was originally a slave. However, he proved the boat's Captain he was not any slave. Eventually he became a circumnavigator, just like Francis Drake, making deals with Africans and the English.*

*This painting from 1580.*

### **Black Tudors**

Work set by Mr Teuten for Y7s to investigate the role of Black Tudors in 16<sup>th</sup> Century England by analyzing the work of pioneering historian Miranda Kaufmann and her book *Black Tudors*



**Work submitted by Moses Barker – Y7**

JACQUES FRANCIS, the salvage diver is an important black diver, he is important because he is part of the team that took guns from a wreck of a ship called the Mary rose. He is very important for becoming the first African to give evidence in court that's recorded.

## JACQUES FRANCIS

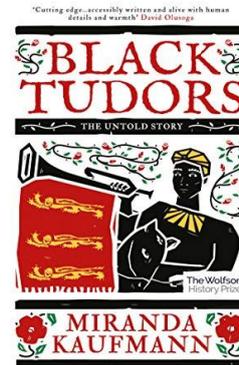
### *The salvage diver*

Jacques Francis, the salvage diver was an expert swimmer and diver. Both common skills to his native land, but extremely rare in Tudor England (Period of medieval time). Jacques Francis was part of a team hired to salvage guns from the wreck of the Mary Rose (An explorer Battleship) in 1546.



*Painting of Jacques Francis  
By Joe Lillington in mid-16<sup>th</sup> century.*

Work submitted by Nathaniel Stanislas-Blow

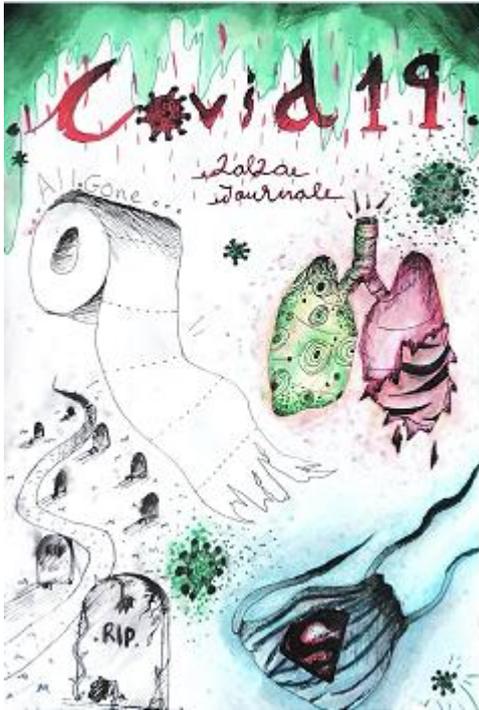


Diego the circumnavigator:

Diego was another black Tudor; he ran through gunshot as he was so eager to board Sir Francis' drake's ship when it docked at nombre de dios in panama in 1572. He formed an alliance which resulted in the capture of over 150,000 pesos of Spanish silver and gold. Diego formed his alliance between the English and the Cimarrons (Africans who had escaped their Spanish captors to found their own settlements). After this adventure, Diego returned to Plymouth with Drake, whence they set sail together again once more to circumnavigate the globe in 1577 on the Golden Hinde. Diego died near the Moluccas of an arrow wound sustained after a fight a year earlier with the Araucanians, who lived on Mocha Island off the coast of Chile.

It is important to remember that black Tudors played a big role in the Tudor times, and that they should not be forgotten. It is also important to remember that you should not treat someone different because of the colour of their skin and that we would not be where we are now in society if it weren't for black people such as the black Tudors

Well done to Felix and Romaila in year 10 who have been consistently producing excellent work while working at home. Felix completed his architectural study of the learning deck using an exceptional amount of detail with the pointillism technique, and Romaila has made a creative and colourful response to the current pandemic and shown a high level of skill and control with her painting.



Art Enrichment Activities

	Website	Description	Media
	App: Art passport Website: <a href="http://www.galleriesnow.net">www.galleriesnow.net</a>	Virtual gallery tours from around the world, including small independent galleries as well as large collections. View this with a parent- these are international art collections the content can change.	App and Website
	<a href="https://pixlr.com/x/">https://pixlr.com/x/</a>	Free creative photo editing- this website works nearly exactly like photoshop, and has a lot of creative options to edit pictures of make your own digital artwork. Great if you are a GCSE art students editing pictures to work from, or if you want to gain experience doing some digital artwork.	Photo-editing website
	<a href="https://www.bbc.co.uk/bitesize/subjects/z6f3cdm">https://www.bbc.co.uk/bitesize/subjects/z6f3cdm</a>	Fantastic resources to read about different techniques and skills that you can develop in art. Excellent for students looking to try out new techniques to develop their artwork.	Website
	<a href="https://coroheroes.org/">https://coroheroes.org/</a>	Free downloadable coloring pages with positive messages to say thank you to key workers at this time. Print one out, get creative and place it in your window! All of the colouring pages are designed by contemporary illustrators.	Free colouring pages
	<a href="https://www.tate.org.uk/kids">https://www.tate.org.uk/kids</a>	Great art games and quizzes, a fun way to learn about different artist and art movements. Try the 'art spin' game, where you can digitally explore the technique of 'paint pouring', it was very fun!	Website with quizzes and art games

We have even more good news as the weather is finally getting warmer, meaning we are able to do more activities outdoors.

This week we have **Mr Tarca** and intense running training program plus **Ms Alder** which is also covering a lot of ground running on London roads and parks. After half-term we will have **Ms Dillon** and **Mr Needham**.

This week we have the following students writing about their lockdown experiences and how they are managing to stay fit: **Leo Vecciarelli (Y9), Ryan Lalaj (Y7) and Tauseef Haider (Y8)**. After half-term we **Kinthusha Partheeparupan (Y8)**

The video I recommend this week is from our famous Body Coach Joe Wicks, his 10min abs workout is quite good. Try it out!

Just click on this link – [10 Minute Abs Blaster | The Body Coach](#)

**Mr Cruz**

## Keeping fit in lockdown



For someone who has always stayed active through both competitive and social sports throughout my whole life, the dread of being bound indoors with no release was always going to present challenges.

Sports and staying active, for me, is life. Not only are the effects felt physically ('you never regret a workout' as Joe Wicks says) they also significantly help reduce stress, improve your mood, build self-esteem and help with your overall mental health state.

With lockdown now entering its seventh week here are some of the ways I have managed to keep active and ease the ever growing stress of being locked indoors.

- 1) **Joe Wicks** aka 'The Body Coach' - Every school day Joe Wicks posts a new 30 minute workout called PE with Joe on his YouTube Channel that you can do from your home without the need for any equipment and with limited space. I have been regularly keeping up with these and some of his older work. For those a little more adventurous, Joe has been posting videos since 2015, try one of his older ones and double up on a day. You won't regret it!

Click [HERE](#) for his YouTube



- 2) **Challenges, challenges, challenges**- Why not challenge your friends to a fitness challenge? Put down the Xbox controller and see who lasts over the month. Here is a 30 day press up challenge for you to try. Don't like press ups? Change them to sit ups? Squats? Star jumps? Whatever you can to make a game of it. Currently I am in a 100 a day press up challenge, each day we post our completed progress challenge in group chat.



- 3) **Running!** - Yes you are allowed out in the great outdoors once a day. Why not make the most of it? Want to keep it competitive like me? Download Strava as a running app and join the Trinity Strava group. This will record your times, your routes, your pace and you can compare with other students and staff members. Prefer to cycle or walk? Strava also records your cycling/walks also. Why not set yourself a challenge of 50 miles in a month? 10 miles in a week? For those who want to beat me 176 miles last month.

**Mr Tarca**



#### 4) Doing my best to keep fit during lock down

After the Great North Run back in September I hadn't run since, but thought the lockdown was a perfect time to start back up again and help clear my mind and stop me eating too many chocolate biscuits. It was hard when I started and struggled to keep going especially as it's been quite warm, but I kept going and last week did my first 15km. As well as running, I have been doing HIIT workouts on the days it's been too warm to run. Last week I did one live and Anthony Bellew was hosting it which was quite fun, I got my friends to do it remotely as well and we did it together which was good. To make working out more fun and when it's not great weather I have been doing RingFit on the Nintendo which is great fun doing core workouts whilst running around different parts of the world all from the comfort of my living room.

**Miss Alder**



The school asked me to write a report for the school newsletter, it sounded exciting and it would have been a way to spend more time doing something productive. I have to admit that at the beginning of the quarantine I went crazy but then I comprehended that I just had to switch habits and keep the fundamental activities to overlook the quarantine. I created a new weekly routine where I study, I also thought about this summer, how I have to prepare myself, so I decided to download an app, so now I train in the late afternoon 3 times a week, then play football. Sometimes in my free time, I read a book. Sometimes I even play Just Dance 2020 to do extra physical activity. In the evening, after dinner, I relax by watching Netflix or by playing video games. Honestly, I think that this quarantine is an opportunity to do things we hadn't the time to do before, to try new things, and live new experiences.

**Leo Vecciarelli (Y9)**



Every day I try to do some exercise either alone or with my family. Usually I go out for a jog, run or cycle in the afternoon every day. I also play football and table tennis in my back garden.

My favourite physical activities are playing football and going cycling. Personally, I think that it is important for us to keep active as much as we can as it supports our physical health and mental well-being. This can also set you on a great mindset for the day ahead.

**Ryan Lalaj (Y7)**



During the lockdown, I have done quite a lot of activities. For example, in the morning I normally do the Joe Wicks session and then I play a game of table tennis with my brother. After I've done all my schoolwork, I would go for a run. After the run, I would have a 20-minute rest and then I would play cricket with my brother.

Keeping active is important to your mental health because if you exercise, then your blood is pumping and because of your blood pumping, you could feel more relaxed and then you could do your work easily.

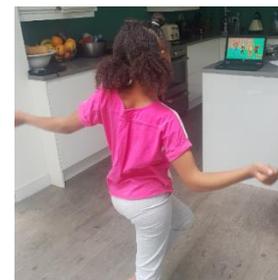
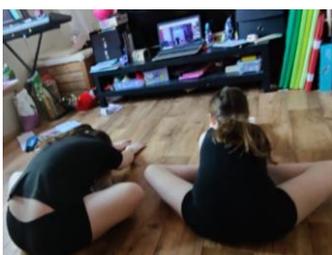
**Tauseef Haider**



**Mason Osborne (Y3)** - I've been doing dance and going for walks as well as doing PE with Joe.

**Piper Osborne (Y4)** - I've been doing ballet, tap, PE with Joe and I go for a walk in the woods.

**Teyla Osborne (Y5)** - I have been doing gymnastics, ballet, PE with Joe and I go for a long walk with my family.



**Romy Atwere (Y3)** - "During lockdown, I have only left the house twice as my mum is being shielded. I like to Exercise and Just Dance is very fun and keeps you fit , if you have a computer. I am also doing my Saturday dance classes on line."

# How are you ?

sad? stressed? anxious?  
worried? hopeless? angry?  
tearful? overwhelmed?  
want help?

## Your Mental Health First Aiders are



Mr Galliera  
Deputy Headteacher



Ms Lewis



Ms Simpson



Ms Noel



Ms Dillon

**There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better.**

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health Please make contact with one of the staff members above.

Training provided by



MHFA England  
mhfaengland.org

**For more information on Mental Health at Trinity please visit our website**  
<https://www.trinitylewisham.org/page/?title=Character+and+Wellbeing&pid=177>

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