

# Trinity All Through School

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

## WEEKLY NEWSLETTER

Primary Phase

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Secondary Phase

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### IMPORTANT NOTICE - Bank Holiday Friday - 8<sup>th</sup> May 2020

**Please be advised that there will not be any provision on Bank Holiday Friday at all. No school for Key workers on this day.... Thank you**

Dear Trinitarians

I hope you are all feeling safe and strong. These anxious and unusual times bring unforeseen difficulties. But the best of human nature can rise to the challenge. With all the tragic things that are happening in the world as a result of the coronavirus, now might seem like an unusual time to talk about being positive. Yet staying positive is a core ingredient in the recipe of successful coping in a crisis. Research in psychology shows that positive emotions help us to undo the negative effects of stress. In an article written in The Guardian there were a few practical things you can do to foster positive emotions and I would like to share these with you here:

Savour the small moments. The smell of baking, the feel of a warm shower and crafting something new are a few examples of acts when savoured can give your brain a chance to process the pleasure, elevate your mood and make you feel calm. Take the time out to do this at home. Teach your children to this also to help with their wellbeing.

Strengthen your connections with others around you. Take the time to hug your kids or partner, look them in the eyes, have long conversations with them – all of these gestures promote closeness and also boost your sense of calmness.

Look for the good in others. There is a lot of negativity in the press / TV news at the moment – you have to look carefully for the good news. Many people are going out and supporting their neighbours, those small gestures of good will are making a big difference to our communities. There are a lot of people holding out their hand of support. It is amazing how difficulties can bring the best and worst out of people. Look for the best.

We can make a difference at home and we can make our environments more positive at this challenging time. I am always impressed and in awe at the resilience our families have shown and activities / challenges they have shared through social media and through conversations. Please do keep sharing different ideas with each other. I have taught my family a new card game every night after dinner this week in an attempt for us all to learn new games. It has made us all laugh out loud on numerous occasions, although it has also caused a few upsets – some need to learn how to lose gracefully!!!!

I wish to formally thank all the staff at Trinity for their amazing work over the last 2 months during the Covid crisis. The amount of work packs generated, messages sent and positivity has been immense. It takes a lot of planning to create these packs and by now (or over the next 2 days) all primary families will have received their second large home learning pack. This goes along with all the online work set as well. Many packs have gone out to secondary students over the last 6 weeks also, and additional copies / paper copies of all online work can be requested at any time. If you need support or paper copies of any resources please either email the teachers / key stage or phone the school – we are here to support you. Staff have been doing all of this whilst looking after their own families and having to deal with their own home environments – which is difficult for our staff as much as it is for all of us. Together we make a difference, and we are. Thank you.

Over the last 6 weeks the school has been contacting homes of many families, offering our support and checking on pupil's progress. Starting on Monday we will as a school be starting a home calling system where all families will receive a call approximately every 2 weeks to enable us to check on the progress, ask if there is anything further we can do to support you, and to check our children know what they need to do. This is a learning and pastoral call so that we can check on our pupils progress. We are missing the pupils a lot and this will be a way of us checking all is going well. All families will get this, please see it as it is intended, which is another way we wish to support all families.

Take care and stay strong.

**David Lucas**

Executive Headteacher

Trinity Church of England School, Lewisham





Dear Trinity families,

I hope you are now back into the swing of learning at home. We have been working hard this week to ensure that we have new home learning paper packs ready for you. They have been sent to each family in the post and you should receive them by Monday next week. If you have not received them by then, please contact the office. They can also be found under your child's Year Group Home Learning tab on the school website.

Thank you to everyone who emailed positive comments about the Primary Story Time video which can also be found on our home learning tab on the website. The latest edition is now out and is linked below.

Check out the blog for information on how to submit artwork to our virtual online art gallery, which Miss Kiley, our Art Lead for the Primary Phase, is introducing. We look forward to seeing and showcasing your creative submissions every week.

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 1

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.

## Trinity art club

We have really been missing seeing your creative and vibrant artwork so we would like to create our own Online Trinity Gallery to put a smile on our faces and showcase the incredible talent and skill we know you all have!

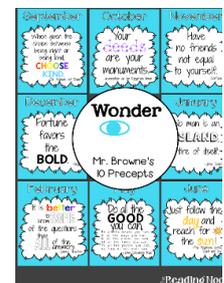
<https://trinityprimarylewisham.blogspot.com/2020/04/trinity-art-club.html>



## We're All Wonders

I (Mr Weddell) really like the precept 'Your Deeds Are Your Monuments'. This means that what you do in your life and how you treat others is how you will be remembered.

<https://trinityprimarylewisham.blogspot.com/2020/04/this-week-our-book-was-wonderful-were.html>



This week in our worships, we have been focusing on resilience and the importance of keeping going and having hope. The Church of England this week launched its #FaithAtHome programme which will form part of our collective worships each week. For those of you who have not yet seen the Archbishops' address to pupils and their families up and down the country you can find it here: <https://www.youtube.com/watch?v=OgdhOstV6il&feature=youtu.be> It is important during these times to remember that Jesus invites us to **'be at home in him, as he is at home in us'** (John 15:1-4 MSG).

The Archbishop draws on the words of Nelson Mandela, as well as his own experience of a visit to Sudan where he met and prayed with a young Christian refugee and focuses on this idea of hope, a word often used which for Christians means *hope means the certain expectation of something you don't have yet but you will have in the future because it's been promised by God.*

It is important during a time like this that we try and build our resilience as Terrific Trinitarians and remember to have hope. I have been asking people to show me ways they have been trying to build their resilience over the last two weeks. On Monday I will be sharing a special video message from our Trinity Faith Team about resilience. It was a very exciting time this week as we held our first Trinity Faith Team Meeting online.



Remember you can be resilient in many ways, it might be with exercise and keeping going even when it gets really difficult. It might be with school work, you want to stop but you are near the end, keep going. Keep sending examples of how you have been resilient over the last two weeks and I will share them in the newsletter. Over the weekend think about how you can build your resilience whilst at home. Don't give up and remember the words of our memory verse - **'keep your mind on Jesus...then you won't get discouraged and give up' Hebrews 12:3.**



If your son/daughter would like to be involved with our faith team weekly meetings online, please email me [s.alder@trinity.lewisham.sch.uk](mailto:s.alder@trinity.lewisham.sch.uk) or contact me on WEDUC. The virtual meetings are held each Monday at 2pm.

Next week if you can, try and make the time at home to complete the next section of your Bible Reading Record, say a prayer and remember to try and develop your #FaithAtHome, if you would like any support or help please do contact me.

**Lord our God. Come and be with all of us together in these difficult times, give us patience, enable us to stay positive and give us courage and resilience to keep going under pressure. And may the choices we make today reflect our hopes not our fears. Amen**

### **Spiritual development at home: activity for this week**

- Over the next few weeks we are going to work to create a Bible Reading Record
- Each week I will give you different parts of the Bible to look at and stories to reflect on
- You should consider – What did you like? What did you not like? What words made you think? What would you want to read next?

**This week:** A Prophet

A few for example:

- (Major) Isaiah, Jeremiah, Ezekiel, Daniel.
- (Minor) Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi.



## CALLING ALL YEAR 6 TRINITARIANS

I hope you are well and keeping safe. I would like to speak to all Year 6's. In particular, **all Year 6 Trinitarians who will be making your move to the secondary phase of Trinity in a few months time.**

I would like to present to you an opportunity to serve and lead within the Trinity family which I mentioned a bit about in the newsletter last week. When you move to the secondary phase of Trinity, there will be many Trinitarians joining with you from the primary phase, but there will also be new Year 7 pupils who have joined Trinity from other primary schools.

I'm sure you are excited and nervous at the same time about moving to the secondary phase, and this will be the case for pupils who are joining Trinity from elsewhere. But, hopefully it is reassuring for you that you already know some teachers, have been in the building, know the Trinity way and the expectations we have at Trinity. We would like **all** pupils, including those who have joined from elsewhere, to have support, an advocate, a friend, to show them what Trinity is all about so they too can be an 'Outstanding Trinitarian' and flourish at Trinity like you.

So, this is where **YOU** and the **Outstanding Trinitarian Buddy System** comes in. I would like to appoint 20 pupils from Year 6 to be a 'buddy' - to advocate the Trinity Way to new Year 7s and show them the standards we have at Trinity; to be that voice demonstrating our expectations, to make sure they are happy in the playground, to sit with them at lunch if they are alone, to get alongside them if they are nervous...ultimately, to be a positive role model; modelling how to behave and act and showing kindness and support. As an **Outstanding Trinitarian Buddy** you will have 5 other pupils to buddy up with. You will be trained up appropriately so you will have all the support you need to start this role in July to support the 'new to Trinity' pupils in the transition process.

I hope you are excited by this opportunity!

If you would like to be a part of this and be an **Outstanding Trinitarian Buddy**, this is what you need to do to apply. I would like you to create a video (2 minutes maximum) explaining why you would like this role and explaining why you think you would make a good **Outstanding Trinitarian Buddy** OR to write a statement of intent (up to one page in length) explaining the same. Once you have made your video or written your statement, please email it to me on [m.buckley@trinity.lewisham.sch.uk](mailto:m.buckley@trinity.lewisham.sch.uk) remembering to make your name clear. The deadline for applications is **Friday 15<sup>th</sup> May 3pm.**

There will be two more steps in the process to select our 20 **Outstanding Trinitarian Buddies**. Firstly, I will watch and read your applications with another member of the leadership team and create a shortlist of the best applications. Secondly, as I would like the Trinity family to be involved as much as possible in the process, I will upload the shortlisted names onto a Google form so all primary pupils can vote who they think should be an **Outstanding Trinitarian Buddy**.

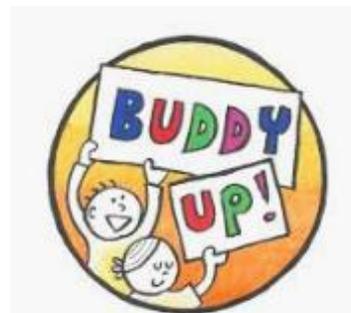
Once the 20 **Outstanding Trinitarian Buddies** have been selected, I will make contact with home to congratulate and then announce the successful pupils in the newsletter. Shortly afterwards, I will start the training needed for this role.

Please do apply for this exciting role as it is a fantastic way to start your time at the secondary phase and continue your journey through Trinity in a rewarding way.

There is also a video including this information on the school website and WeDuc so you can put a face to the name and watching a video might help you process the details. If you have any questions regarding this role, please do email me.

Good luck in your applications!

Mrs Buckley



# Daily lessons

Part of [Learn & revise](#)

ALL PARENTS CLICK ON THIS LINK

To access Bitesize for on-line learning from Years 1 to 10

<https://www.bbc.co.uk/bitesize/dailylessons>

## Pick your year and start homeschooling

You'll find daily lessons for homeschooling in Maths and English for every year group, as well as regular lessons in Science, History, Geography and more.

<b>Year 1/P2</b> Age 5-6 lessons	<b>Year 2/P3</b> Age 6-7 lessons	<b>Year 3/P4</b> Age 7-8 lessons
<b>Year 4/P5</b> Age 8-9 lessons	<b>Year 5/P6</b> Age 9-10 lessons	<b>Year 6/P7</b> Age 10-11 lessons
<b>Year 7/S1</b> Age 11-12 lessons	<b>Year 8/S2</b> Age 12-13 lessons	<b>Year 9/S3</b> Age 13-14 lessons
<b>Year 10/S4</b> Age 14-15 lessons		



[Bitesize on iPlayer](#)

Catch up on your lessons now.

# Bitesize

From Monday to Friday, you'll be able to watch Bitesize Daily on BBC Red Button from 9am to 11am, and again on BBC iPlayer.

Each 20-minute lesson will cover a different age group from ages five to 14, and will be brought to you by experts, teachers and some very familiar faces from the world of TV, sport and beyond.

As well as dedicated programmes covering Maths, Science and English, there will also be lessons featuring other subjects such as History, Geography, Music and Art.

## New daily lessons!

We're adding three new lessons every weekday for each year. Pick yours and get started.

I am in  [Start a lesson >](#)

## Learn & revise >

<b>Primary</b> Age 3 to 11 <a href="#">Go to Primary &gt;</a>	<b>Secondary</b> Age 11 to 16 <a href="#">Go to Secondary &gt;</a>	<b>Post-16</b> Age 16+ <a href="#">Go to Post-16 &gt;</a>
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## Plan your homeschooling with Bitesize Daily

Online lesson schedule	What's on the Daily	Parents' Toolkit	Sign up for our
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## Bitesize just got better!

You can now see your last viewed learner guide and add your favourites. Secondary and Post-16 learners can also add subjects and exam boards.

[Sign in](#) or [Register](#) to personalise your Bitesize now.



## All KS3 subjects

Art and Design	Biology	Chemistry	Computer Science	Design and Technology	English
French	Geography	German	History	History (Environment and society)	ICT
Learning For Life and Work	Mandarin	Maths	Media Studies	Modern Foreign Languages	Music
Physical Education	Physics	PSHE and Citizenship	Religious Studies	Science	Spanish

## Year 8/ S2 online lessons

Monday 4 May - Friday 8 May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Investigating fiction texts	<b>English</b> Investigating non-fiction texts	<b>English</b> Selecting evidence from a text	<b>English</b> Reading lesson: Welcome to Nowhere by Elizabeth Laird	<b>Bank Holiday</b>
<b>Maths</b> Plotting co-ordinates. Solving problems with co-ordinates	<b>Maths</b> Lines such as $y = 3$ , $x = -2$ , $y = x$	<b>Maths</b> Recognise and plot lines $y = kx$ and $y = -kx$	<b>Maths</b> Recognise and plot lines $y = kx + a$	
<b>History</b> Medicine Through Time	<b>Geography</b> Urbanisation	<b>Chemistry</b> Pure and impure substances	<b>Computing</b> Computational thinking	
	<b>Biology</b> Bacteria in the digestive system		<b>Physics</b> Transfer of heat energy	

Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](http://bbc.co.uk/bitesize/dailylessons)

## Year 9/ S3 online lessons

Monday 4 May - Friday 8 May

Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Creative comparisons	<b>English</b> Solve spelling	<b>English</b> Flush out fake news	<b>English</b> Reading lesson: Bodyguard Hostage by Chris Bradford	<b>Bank Holiday</b>
<b>Maths</b> Understand and use ratio notation and simplify ratios	<b>Maths</b> Share quantities into given a ratio	<b>Maths</b> Interpret conversion graphs	<b>Maths</b> Draw and interpret scale diagrams	
<b>History</b> What were the different phases of World War Two?	<b>Geography</b> Coastal landscapes and flooding	<b>Chemistry</b> Solubility	<b>Computing</b> Solving real life problems	
	<b>Biology</b> Digestive system and enzymes		<b>Physics</b> Electromagnetic waves	

Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](http://bbc.co.uk/bitesize/dailylessons)

ALL PARENTS - DAILY LESSONS WITH BITESIZE

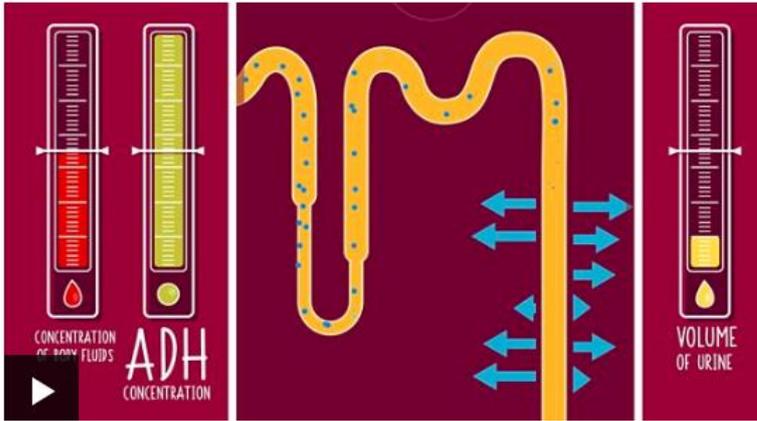
## What is homeostasis?

Homeostasis is the regulation of internal conditions inside cells or organisms, to create the **optimum conditions** for biological function.

The main homeostatic processes in the body are:

- controlling body temperature
- maintaining optimal water levels in cells
- balancing blood sugar levels

In this video, Greg Foot introduces the principle of homeostasis and looks at how it is used to regulate water levels in cells.



## Learn

Watch this video to find out why there has been a dramatic increase in global temperatures since 1950 and how it is affecting the Earth.



The global climate has been changing since time began and will continue to change into the future.

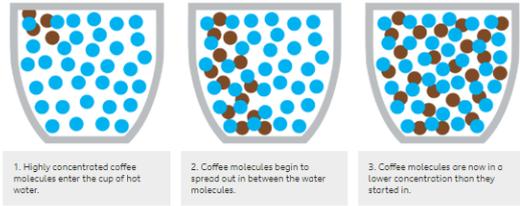
The Earth's temperature has fluctuated in the last few hundred years.

## Have a go

The image shows a step-by-step guide for finding the total fraction of a group playing football and swimming. The text on the whiteboard reads: " $\frac{1}{4}$  of the group are playing football and  $\frac{1}{3}$  are swimming. What's the total fraction?" Below the text, there are two grids. The first grid is a 4x4 grid with 1 square shaded red, representing  $\frac{1}{4}$ . The second grid is a 3x3 grid with 1 square shaded blue, representing  $\frac{1}{3}$ . A hand is pointing to the grids. A yellow banner at the bottom says 'Step-by-step'. A play button icon is in the bottom left, and a right arrow icon is in the bottom right.

Click to see a step-by-step slideshow.

## Diffusion in a cup of coffee



## Mixing particles

The particles have moved from a region of high concentration in the coffee to a low concentration in the water. This difference in concentration is called a **concentration gradient**. Particles will move down a **concentration gradient**, from a high concentration to a low concentration.

As well as diffusion occurring between different regions, it also occurs across membranes, between the outside and inside of cells.

Year 10/ S4 online lessons				
Monday 4 May - Friday 8 May				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Structure in poetry	<b>English</b> Story arcs in fiction	<b>English</b> Writing about structure	<b>English</b> Comparing texts	<b>Bank Holiday</b>
<b>Maths</b> Know the properties of special triangles and quadrilaterals.	<b>Maths</b> Solving angle problems	<b>Maths</b> Find the interior and exterior angles of a regular polygon	<b>Maths</b> Know and use that exterior angles in a polygon sum to 360°	
<b>History</b> Political unrest in Weimar Germany, 1919-1923	<b>Geography</b> Hot Deserts	<b>Chemistry</b> Electrolysis	<b>Computing</b> Solving real life problems	
	<b>Biology</b> The immune system		<b>Physics</b> Newton's First and Third Laws	

Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](http://bbc.co.uk/bitesize/dailylessons)

## Learn

For students looking to achieve grade 4 in GCSE maths, students must know that in **algebra**, letters are used to stand for values that can change (variables) or for values that aren't known (unknowns).

The video thumbnail shows the algebraic expansion of  $-3(2x - 1)$  to  $-6x + 3$ . The steps are:  $-3(2x - 1)$ ,  $-6x + 3$ . A yellow banner at the bottom says 'Watch 1 min'. A play button icon is in the bottom left, and a right arrow icon is in the bottom right.

Learn how to multiply out brackets



As well as reflecting **themes**, writers also use **language**, **structure**, **characters** and **plot** to create **meaning**. When we study any text, it is important for us to analyse what the writer is doing to make us think, or to get a message to us; and this is true of all types of different texts. Just like we can unpick what Shakespeare does to give messages to us as an audience, we can learn how to read the messages in any text – even the hidden ones – by **looking closely at language**.

## Learn

Watch this short clip to learn about the different types of tense.



Adventurous Ahmed finds out about tenses.

Most novels are written in the **past tense**. Readers are more familiar with this tense because they are used to being told a story that has already taken place.

For most verbs you add an 'ed' at the end of the word to change it to the past tense.

For example:

- **she talks** becomes **she talked**.

However, there are some irregular verbs where the whole word changes in the past tense.

For example:

- **I choose** - **I chose**
- **they build** - **they built**
- **she swims** - **she swam**

## Daily lessons

Learn about glaciation including how glaciers are formed and the different glacial landforms that are created by erosion.

This lesson includes:

- two videos explaining glaciation and the impact it has on landscape
- a slideshow demonstrating cirque formation
- two activities

## Learn

Glaciation refers to the formation of huge bodies of ice called **glaciers** and the way they erode and change the landscape as they move.

Watch this video to find out how thousands of years ago, glaciers were a feature of the landscape in Britain.



Video Transcript v

Ice covers about 10 per cent of the Earth's surface.

This ice is in the form of **glaciers**, **ice caps** and **ice sheets**. Most ice is found in Antarctica.

About 20,000 years ago, ice covered much of the continent of Europe, including most of the United Kingdom.

Ice joined the UK to the rest of Northern Europe and it has covered different areas in the past due to **glacial periods** (cold spells marked by extensive glaciation) and **interglacials** (the warmer times between ice ages).

Ice spreads out during glacial periods and gets smaller during warm interglacials. Glaciers also grow and shrink with seasonal changes in temperature.

A glacier is a large mass of ice often shaped like a river that flows very slowly, under the force of gravity.

An ice sheet is a thick layer of ice that covers more than 50,000 sq km. It

## Year 7/ S1 online lessons

Monday 4 May - Friday 8 May



Bitesize  
Daily lessons

Monday	Tuesday	Wednesday	Thursday	Friday
<b>English</b> Graphic novels	<b>English</b> Creating atmosphere	<b>English</b> Linking ideas and using conjunctions	<b>English</b> Reading lesson: A 7 Letter Word by Kim Slater	<b>Bank Holiday</b>
<b>Maths</b> Round integers to powers of 10 by using a number line; working out intervals and positioning integers	<b>Maths</b> Significant figures and estimating	<b>Maths</b> Understanding place value of decimals by using representations	<b>Maths</b> Compare and order decimals	
<b>History</b> The Norman Conquest	<b>Geography</b> Urbanisation	<b>Chemistry</b> Soluble and insoluble	<b>Computing</b> Computational thinking	
	<b>Biology</b> Diet - food groups and deficiencies		<b>Physics</b> Energy stores	

Find all this content and more at: [bbc.co.uk/bitesize/dailylessons](http://bbc.co.uk/bitesize/dailylessons)



Video Transcript v

A river floods when the water normally flowing in the channel overflows its banks and spreads out onto the surrounding land.

This causes major problems for people living close to the river.

### Why do rivers flood?

A variety of factors can increase the likelihood of flooding.

#### Physical causes of flooding:

- heavy rainfall
- long periods of rain
- snowmelt
- steep slopes
- impermeable rock (doesn't allow water through)
- very wet, saturated soils
- compacted (when something is closely packed together) or dry soil

#### Human factors increasing flood risk:

- **urbanisation** (growth in the urban population), because towns and cities have more impermeable surfaces
- **deforestation** (the cutting down of trees), because removing trees reduces the amount of water intercepted (to interrupt the movement) and increases run-off (when rainwater flows over the surface of the land)

### Hydrographs

A storm hydrograph is a graph to show how and when a rainfall event affects the discharge of a river.

## Learn

In 1066 England was in great danger, King Edward the Confessor had died without leaving an heir to the throne.

Watch this video below to remind you of the main claimants to the English throne.



Claimants to the throne

After Harold Godwinson was crowned King Harold II, William and Harold Hardrada both made plans to invade England.

The Battle of Stamford Bridge was the second September battle in 1066, between King Harold of England and King Harold of Norway and Tostig.



Dubbed the Eighth Wonder of the World, the amazing **Eden Project** in Cornwall is a dramatic global garden housed in tropical biomes that nestle in a crater the size of 30 football pitches, including the world's largest rainforest in captivity with steamy jungles and waterfalls. The Eden project is a gateway into the relationships between plants and people, and a fascinating insight into the story of mankind's dependence on plant life. Eden is also fast-becoming a unique resource for education and knowledge towards a sustainable future. Visit **Eden at Home** to learn more about the history and goals of the Eden project and try the activities and ideas for everyone at home.



Recycle a milk carton into a bird



Biome in a Box activity



Facts about more than 70 plants



How to make a marble run

<https://www.edenproject.com/learn/for-everyone>



Discover 11 ways to explore the world famous **Natural History Museum** from home this weekend. Find answers to your big nature questions. Delve into stories about the Museum's collections, scientists and research. Uncover the history of life on Earth, from the smallest insects to the largest mammals. Take a deep dive into the life of a blue whale, hang out with scientists online or let Sir David Attenborough guide you around the Hintze Hall



Then explore over 300,000 specimens in the museum's collections, along with 14 digital exhibitions with a Google

Arts & Culture virtual tour

<https://www.nhm.ac.uk/visit/virtual-museum.html>



**Learn and make** with the Natural History Museum's **Try at Home**. Find activities and ideas to occupy yourself and family at home or in a garden, including a T.Rex origami dinosaur, an erupting volcano or a hatching dinosaur egg.



<https://www.nhm.ac.uk/take-part/try-this-at-home.html>

Royal Botanic Gardens **Kew**



**Visit a Virtual Kew.** Discover the world of science behind **Kew Garden's** botanical collections, with over 50,000 living plants to be found across the UNESCO World Heritage site. Roam the gardens from the comfort of your home, travel to the tropics, the desert and the mountains with seasonal footage and a peak into the glasshouses. Discover plants of the world online and browse over 1,113,000 plant names, 65,800 detailed descriptions and 191,400 fantastic images



<https://www.kew.org/about-us/virtual-kew-wakehurst>



# Picture News

4<sup>th</sup> May 2020

What's going on this week



The toy world is in the grip of a llama obsession as the woolly South American animals become the new industry sensation! At the American International Toy Fair in New York in February, there were

llamas everywhere! Knitted, plush and sequined, small and large; llamas on mobile phone cases and swimming pool floats, llama diaries, puzzles and even backpacks.

*Things to talk about at home...*

What are your favourite toys at the moment? Talk about why you like them.

Can you remember any of your first toys?

If you can, ask someone older than you about their favourite toy. Would you have liked that toy?

Do you think when you become an adult you will still enjoy playing with toys? Why?

*Please note any interesting thoughts or comments here...*

Share your thoughts and read the opinions of others on our discussion board: [www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

## Trinity PE Department - #StayInWorkout Report - 1<sup>st</sup> May 2020

Thank you to Mr Cruz for writing a fantastic article last week about what he is doing to stay active while at home. I have been asked to write for this week so here goes.

I have been very active during the lockdown period completing a range of different sports and activities and setting myself lots of different challenges.

Last Sunday should have been the London Marathon however sadly it was London without the marathon. In the week leading up to the marathon my running club, 'Istead and Ifield Harriers' set a challenge of running a marathon distance. I completed 40 miles over the course of the week which is an 'Ultra'. On marathon day itself the sun was shining and I cycled a large amount of the marathon course passing some of London's sites including the Cutty Sark in Greenwich, Tower Bridge, Buckingham Palace and the London Eye.

I have also been trying to complete **Joe Wick's PE workout** everyday which has been really fun and put me in the right frame of mind to complete my work. I've also been completing the **'Plank Challenge'** with friends.



*What can you do to stay active at home I hear you asking?*

Last week I set up a **STRAVA** Challenge for Trinity. Well done to those of you who have already signed up. **STRAVA** is a great way of tracking the exercise and activity you have been doing and you can use it to challenge your friends and teachers through our 'Trinity School PE Department Lewisham' Club.

One of the things I would like you to try this week is experimenting with **different types of training**. Some of these will need to be done outside in the park or garden so please ensure you maintain social distancing.

**Interval Training:** Periods of intense activity followed by periods of rest.

**Fartlek Training:** A range of different speeds and different terrains for example running on grass, then on concrete.

**Plyometric Training:** Means explosive power exercises for example box jumps or jumps on the stairs or a wall.

Stay safe, have fun, let us know what you have been up to and don't forget to **keep your** distance when you are out and about and wash your hands as soon as you get home.

Miss Wright



Join Joe Wick  
every morning  
for a fun filled  
workout



**Shiaroe McDonald (Y9)**



How I'm staying active during this lockdown; is by following a tutorial on a website which has lots of different types of workouts. For example an upper and lower body workout. When I wake up, I start my day off by doing 25 push-ups, 25 lunges, 25 squats, a 2 minute plank and a 1 minute walk squat. To finish off the workout I'll go onto the trampoline for about 20 minutes practicing my flips. My cool down routines are taking an ice bath to relax the muscles and also to cool down the body. I've been working on my upper body more because I wouldn't like to lose the strength and power which I have. I then work on my lower body the following day because I would like to become faster. For my legs to be more muscular, I've started to eat healthier food such as fruits and protein because protein can grow and repair the muscles.



**Cristiana Alves (Y9)**

During the lockdown I have been playing basketball with my siblings and going on the treadmill which I really enjoy. I have also been going on walks with my family so we can all get some fresh air.

As a family we all have help out around the house with chores. Doing chores around the house is another really good way to burn off calories and exercise. Being home in quarantine, not being able to go out anywhere means we are home all the time, so the house gets messy quicker and more often and we have to keep cleaning. I am not very good at sitting still for long periods of time unless I am studying.

I like being active, I like sports and helping and encouraging people. I like keeping fit because I feel I have more energy and better mood. I am looking forward to getting back to school to see my friends and to socialise.



**Olivia Cliff (Y3)**



During Lockdown, my sister and I have been challenging each other at swing ball and it has been really fun, especially when I win! We have also been going on daily bike rides and walks around the block but I much prefer going on my red, shiny bike! We also started doing Joe Wicks but we stopped after a few days as we were having too much fun with the swing ball. I love gymnastics so my parents bought me some gym mats for me to practice my cartwheels in the garden.



**Emelia Cliff (Y6)**

During Lockdown I have been doing lots to keep active: going for bike rides; lots of swing ball in the garden; I went for a run with my mum and have enjoyed doing challenges like obstacle courses set by my Dad! It's been such lovely weather that I decided to do some gardening; I enjoyed planting some new flowers and I even weeded the path. We've also been going for walks around the block and racing each other to the post box. When this is over, I'm going to meet up with all my friends: definitely go back to playing football and get back into lots of sport!

**Captain Tom Moore, the war veteran who raised millions for the NHS by walking laps of his garden, has been made an honorary colonel on his 100th birthday.**

The occasion was also marked with an RAF flypast and birthday greetings from the Queen and prime minister.

Capt Tom said it was "extraordinary" to be turning 100, especially with "this many well-wishers".

With celebrations under way, the total he has raised for NHS Charities Together topped £31m.

**Live updates: Captain Tom celebrates 100th birthday**

Head of the Army General Sir Mark Carleton-Smith called Capt Tom "an inspirational role model".

Capt Tom is due to spend the majority of the day self-isolating with his daughter Hannah Ingram-Moore and her family at his home in Marston Moretaine, Bedfordshire.

"Reaching 100 is quite something. Reaching 100 with such interest in me and huge generosity from the public is very overwhelming," he said.

"People keep saying what I have done is remarkable, however it's actually what you have done for me which is remarkable.

"Please always remember, tomorrow will be a good day."



*Thank you to all the Trinitarians who sent Captain (now Colonel) Tom Moore a birthday card.*



**To listen to Captain Tom's No 1 hit by clicking on the link below**

**<https://www.bbc.co.uk/news/entertainment-arts-52415966>**

Volunteers had to be called in to **open tens of thousands of cards** sent to Capt Tom, who served in India and Burma (now Myanmar) during World War Two.

An estimated 140,000 cards have been received and are on show at Bedford School, where his grandson, Benjie Ingram-Moore, is a pupil.

Many of the envelopes on the cards will be stamped with a **special Royal Mail postmark**.

All stamped post up until Friday was being marked with: "Happy 100th Birthday Captain Thomas Moore NHS fundraising hero 30th April 2020."

**Captain Tom Moore, the war veteran who walked laps of his garden to raise money for the NHS, has become the oldest person ever to score a number one single in the UK.**

At the age of 99, his duet with Michael Ball has knocked Canadian superstar The Weeknd from the top of the charts.

Their cover of You'll Never Walk Alone sold 82,000 copies, with proceeds going to the NHS Charities Together fund.

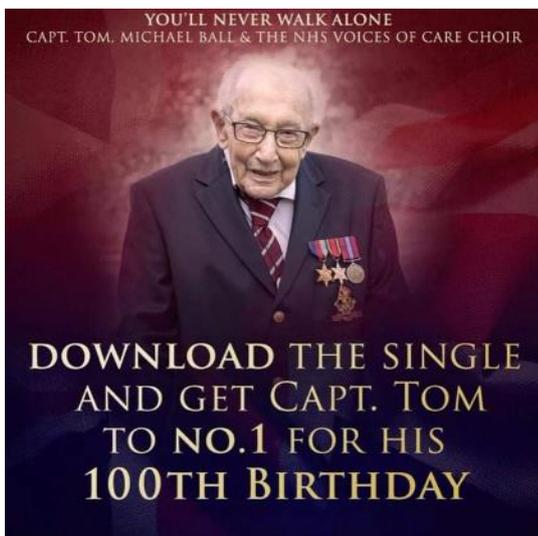
"My grandchildren can't believe I'm a chart-topper," said Capt Tom.

He thanked the public for buying the single, adding: "We're in this together, and I am forever grateful for your support.

"And this just proves 'you'll never walk alone'."

Capt Tom's birthday is next Thursday, meaning he will still be number one when he turns 100.

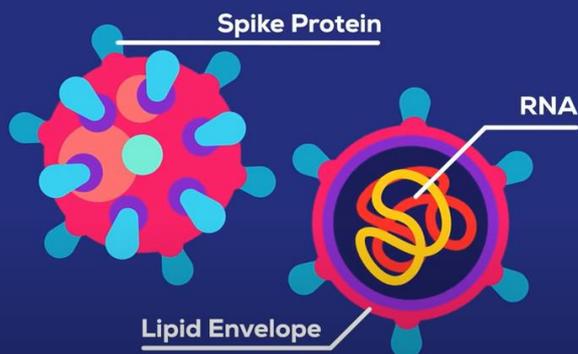
That will make him the first centenarian to top the charts, having already broken the record for the oldest person to reach number one.



*Well done Captain Tom.....No 1 hit single at 99 years 11 months*

Oldest artists with a UK number one single		
Artist	Song	Age
Capt Tom Moore	You'll Never Walk Alone	99 years, 11 months
Sir Tom Jones	Barry Islands In The Stream	68 years, 9 months
Louis Armstrong	What A Wonderful World	66 years, 10 months
Tony Christie	Is This The Way To Amarillo	61 years, 11 months
Frank Skinner	Three Lions (2018)	61 years, 5 months

Corona



Check out the short clip on Covid 19 Explaining how we can get infected

[https://www.youtube.com/watch?v=BtN-goy9VOY&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=BtN-goy9VOY&feature=emb_rel_end)



If you are in need of help with your child's school work please remember our staff are available to help during school hours.

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## Mental Health & Wellbeing

For many years, mental health had been somewhat of an afterthought when it came to general wellbeing, with physical health taking top priority. However, over the past decade or so, attitudes have been changing, as the negative impact of mental ill-health on both a personal and professional level has become more widely recognised and publicised.

### Wellbeing at Trinity

Trinity aims to provide a variety of ways in which pupils can access support for their general health and wellbeing. Currently there is a range of therapies, groups and trained individuals that Trinitarians have access to. Trinity now has plans to add to its existing provisions by introducing its first team of pupil Wellbeing Ambassadors.



## Wellbeing Ambassadors

The role of our Wellbeing Ambassadors is to provide valuable early intervention help to their peers who may be emotionally distressed, need someone to talk too and responds well to those in need of a 'listening ear'. Much like the Mental Health First Aiders the Wellbeing Ambassadors are to be an additional point of contact for pupils. Wellbeing Ambassadors will help to facilitate the implementation of Trinity's Health and Wellbeing strategy by:

- Removing the stigma by getting people talking about mental health and sharing their experiences
- Raising awareness of mental health problems
- Organising specific events & celebrate mental health awareness days
- Promoting positive mental health in our school
- Signpost young people to access support in your school
- Share good news stories

If you have confidence to step in, reassure and support a person in distress or have enhanced interpersonal skills such as the ability to listen non-judgementally and would like to help someone recover their health by guiding them to further support - whether that's self-help then this could be the role for you. Becoming a Wellbeing Ambassador may be similar to the career you wish to pursue in the future.

Even without these skills still apply as all ambassadors will receive training. Keep an eye out for advertising and dates of when to apply.



If you are interested in becoming a Wellbeing Ambassador and would like to make a worthwhile contribution to Trinity's community, please speak to Mrs Buckley, Ms Lewis or Ms Simpson for further information. Further details on application will be on WeDuc and also in the newsletter next week.



## Supporting wellbeing – primary



### Eight ways to support your anxious child during the coronavirus pandemic

Eight simple steps to help you support your child with anxiety. From BBC Bitesize.



### Tips to help children cope during lockdown

Useful advice to help children deal with the current crisis. From Childline.



### More from our supporting wellbeing primary collection

More resources to help you support your child's wellbeing during the pandemic.

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

## Supporting wellbeing



### Tips on staying positive

Advice for young people to help them cope with set backs, failure and disappointment. From BBC Bitesize.



### How to support your teens

Resources on a range of topics that may affect teenagers' wellbeing during this crisis. From Mind.



### More from our supporting wellbeing secondary collection

More top tips to help you support a young person's wellbeing during this difficult time.