

Trinity All Through School

Website: Trinitylewisham.org

WEEKLY NEWSLETTER

Primary Phase

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Tel : 0208 325 4551



Secondary Phase

Taunton Road, Lee, SE12 8PD

Tel : 0208 852 3191

Dear Trinitarians

I am extremely proud of our community. I have had so many positive messages from pupils, family members and people from the wider community. Messages about our young people shopping for the vulnerable within the community as well as speaking to others over fences and through family friends. We are being creative about how we communicate in these challenging times of social distancing. I have also started our roll out of Microsoft Teams, where groups of pupils can speak to each other safely via the school set up class rooms. This will take a bit of time to be used across the school, but we are moving to improve the ways we communicate and support pupils with their learning. We will find a way to continue to learn and progress despite the challenges put in front of us. We will be resilient and consequently will become more of a team, develop greater independent learning skills and flourish despite the barriers. Thank you for all you have done to support each other – 'we' are truly amazing.

Please do check out our website for any updates to our school provision. We have updated our free school meal provision online and new e-vouchers will be issued to the families that are currently entitled to free school meals. We have over the last 2 weeks issued around 80 food hampers to families to give further support, as well as provided certain families with packed lunches. We have continued to run our in-school provision for the families of Key Workers and those that are most vulnerable. This has been in the primary site for all our pupils. This provision will continue after Easter. If you feel you should be on this list please do call the school. We contacted directly all our families that are Key Workers for an Easter School provision to ensure we are helping keep these workers doing the vital jobs that are keeping the country going. This has been organised along with other local schools and a central provision has been set up that our pupils are booked on. Collaboration at times like this is essential.

As we end this term and move to the Easter break you will find teachers have set some work to help with ideas over the holiday break. This is to help make the time go by. Please do continue to encourage reading and practice maths. As school work decreases we do not want people to find themselves feeling unhappy. It is a real challenge for us all, and a time when each family unit, as well as communities, need to pull together. Get the children to help with everything, from gardening if you are lucky enough to have one, to cooking. Try and create a routine within your family. Please do all follow the governments guidelines, this is no time to start relaxing the rules and letting children go out and play – stick by the rules for the sake of each of our families. Do prepare them for a start for learning on Monday 20th April, for a full proper day.

If there is anything we can do to support you please do not hesitate to contact us. Take care and stay safe over Easter. We have included some fun tasks you can do at home within this newsletter.

David Lucas

Executive Headteacher

Trinity Church of England School, Lewisham

An All-Through School

www.trinitylewisham.org



Learning - Loving - Living



Dear Trinity families,

I hope you are all keeping well and staying safe. A big thank you to all of you who have maintained learning at home with your child. Reading remains the most important thing you can do. However, the online maths tasks and suggested practical activities will also ensure your child retains the knowledge they have acquired already this year.

Although it will not feel like it, it is the Easter Holidays over the next two weeks. We suggest that you let your children have a break from the paper based tasks over those two weeks but teachers will still set the online tasks they will normally set. There will be twice as many as the next home learning update will be for the two Easter weeks. We hope this will help you maintain structure at a time when wider activities are restricted.

We have placed some further examples of online learning on the blog. These can be linked to below.

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

PRIMARY PHASE

Take a tour of the National Gallery, London

As the museums are all closed, we are going to post one link per week for a virtual tour of a museum or gallery from all around the world.

<https://trinityprimarylewisham.blogspot.com/2020/04/take-tour-of-national-gallery-london.html>



Wind in the Willows theatre show

We are also really excited to hear that lots of the theatres are arranging for their productions to be streamed for free.

<https://trinityprimarylewisham.blogspot.com/2020/04/visit-theatre-from-comfort-of-your-own.html>



Show your support for the NHS- together!

We would like to decorate the glass doors at the front of the school with rainbows made by our terrific Trinitarians

<https://trinityprimarylewisham.blogspot.com/2020/04/show-your-support-for-nhs-together.html>

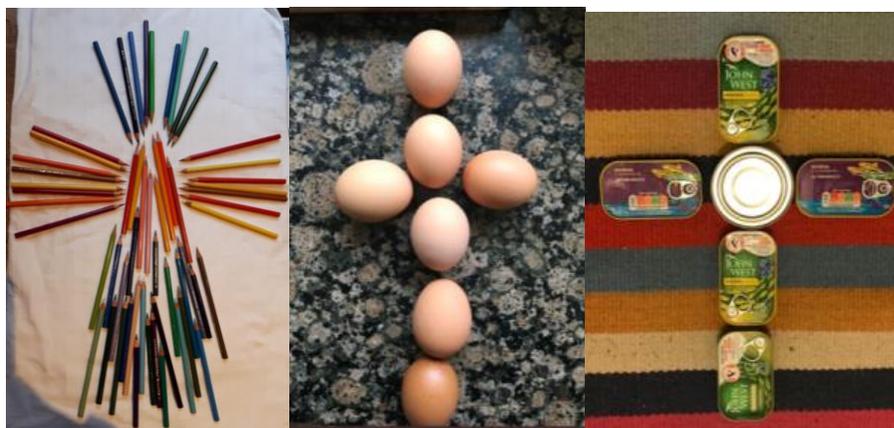


Chaplain's Corner by Miss Samantha Alder

It feels rather strange not to be celebrating Easter in schools this week. My diary was full up with Easter storytelling at the Primary, Easter services and remembering and celebrating Jesus' death and resurrection in different ways. Although we cannot be together during this time there are many things we can do to celebrate this special time.

Things you could do:

1. A church nearby is encouraging people to make a cross out of anything they have in the house...socks, books, eggs, Pencils...and share the pictures. What can you make yours out of? Please do email in any photos of your crosses and I will share for everyone.



2. You could make a cardboard box with a hole in the front into the tomb of Jesus, make 3 crosses to go on top and roll a stone in front of the hole until Easter Sunday. Then roll away the stone and place a torch or silver foil inside and then draw lots of flowers all over the tomb.
3. You could listen to some Easter songs on You tube
4. You could get some flowers to have around the house and remind your family of the hope that we have in Jesus.
5. You could read Matthew chapters 26 and 27 and 28 – Maybe try reading 26 and 27 during the week and 28 on Easter Sunday.

During this difficult and confusing time, find ways of surrounding yourself with Good News, with things that brighten your days and things that bring smiles and hope. Find ways of connecting yourself with God (through prayer or music or online services), connecting yourself with family or friends (phoning them, video calling, writing to them) and connecting with your community (post a card to cheer someone up through a neighbour's door, give flowers to someone in need, shop for someone else if you can). And remember – God loved the world so much that he gave His only son so that whoever believes in Him shall not perish but have eternal life. He did not come to condemn but that the world might be saved through Him (John 3:16-17) and Jesus came that we might have life in all its fullness (John 10:10b).

I will be uploading some Easter readings, prayers and reflections over the holidays on the WEDUC newsfeed. Be safe, be happy and remember to celebrate this important time in the Church during your Easter holidays.

God bless

Miss Alder

Spiritual development at home: activity for this week

- Over the next few weeks we are going to work to create a
-
- 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: read A Gospel

- **Matthew, Mark, Luke, John,**

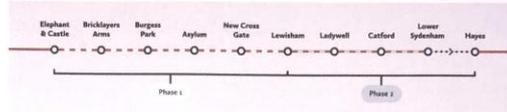
[If you don't have a Bible at home remember you can easily access it online:

<https://www.biblegateway.com/?version=nrsv>]

CLEAN GREEN FAST

Our New Bakerloo Railway Line!

Linking Central London to Lewisham and New Cross
And potentially extended further in the future...



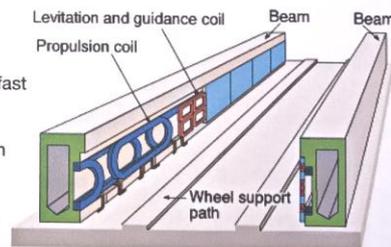
Why?

- Improve transport connections and reduce journey times
- Improve accessibility, enabling residents to travel more easily and safely
- Improve congestion on the roads by increasing capacity on the tube, reducing air pollution and CO2 emissions
- Free up capacity on other lines and buses, making journeys less crowded and more pleasant

With?



- Using Magnetic technology to create super fast train journeys
- Magnetic trains can use steeper gradients, therefore allowing shorter distances between stations.
- Greater number of users, due to it's speed, Will decrease the number of vehicles on the Road. Less green house gases.



How Do Magnetic Trains work?

The magnetized coil running along the track is called a guideway. The guideway repels the large magnets on the train's undercarriage, allowing the train to levitate above the track. Once the train is levitated, power is supplied to the coils within the guideway walls to create a unique system of magnetic fields that pull and push the train along the rails. The electric current supplied to the coils in the rail walls is constantly alternating to change the polarity of the magnetized coils. This change in polarity causes the magnetic field in front of the train to pull the vehicle forward, while the magnetic field behind the train adds more forward thrust. This creates a super fast bullet effect train!

Nathan Hamill – Rail Electrical Engineering – Bakerloo line

Transport for London are considering extending the Bakerloo line to improve transport connections in southeast London and to enable growth in homes and jobs. An extension of the line to Lewisham via the Old Kent Road and New Cross Gate has been chosen as the best option to achieve those goals. The pupils were given the scenario that they work for Siemens as a Rail Automation Electrical Engineer. They were asked to write a proposal for upgrading the existing Bakerloo line to a maglev system, and produce an annotated proposal (with pictures and diagrams) on one piece of paper that could be given to local residents to help them understand the maglev system, how it works and the benefits it would bring. Nathan Hamill has produced an outstanding piece of work. His annotations have been written with fantastic clarity and his choice of diagrams were excellent. A future engineer in the making! Well Done!

Mr Hutton

Parents & Guardians

Free online learning during coronavirus school closure

- English, maths and science courses for children aged 6-16
- Aligned to the national curriculum
- Powered by the world's leading AI learning platform
- Personalised education tailored to every child

While the Essential courses are free for all affected by coronavirus, you will need to enter your card details to sign up. You will not be charged.



Follow the link

<https://www.century.tech/explore-century/parents/>

Recommended Path

This constantly adapting personal pathway contains micro-lessons called 'nuggets' designed to address gaps in knowledge, provide stretch and challenge and promote long-term memory retention.

Get **FREE** access for families during school closure

To support families and ensure that no child falls behind in their learning while the schools are closed, CENTURY platform is now available for individual subscriptions. We are also offering free courses in English, maths and science that cover essential parts of the English national curriculum for Years 3 to 11 for the entire duration of school closures.

OTHER USEFUL VIDEOS

The videos are engaging and the presenters are skilled at explaining complex and abstract ideas.

2) **Duolingo** <https://www.duolingo.com>



duolingo

Duolingo is a highly effective language learning programme with courses on over 30 different languages including French and Spanish,

3) **BBC Bitesize** <https://www.bbc.co.uk/bitesize>



There is useful content for all KS3 and KS4 subjects on Bitesize

4) **Seneca Learning** <https://www.senecalearning.com/>



Seneca is a learning platform based upon cutting edge cognitive science. This means that it is a really efficient way to learn and revise. The content covers KS3 and KS4.



Corbettmaths

5) **Corbett Maths** <https://corbettmaths.com/>

Corbett Maths has video tutorials and practice exercise for most maths topics.

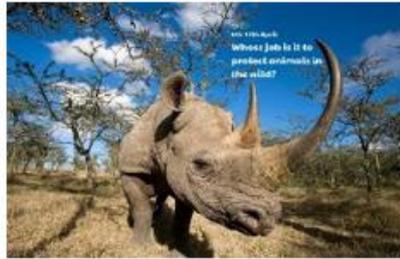
6) **Amazon Audible** https://stories.audible.com/discovery?ref=adbl_ent_anon_ds_ds_vn



Amazon have made some of their Audible Audiobook titles free.

Locate the UK on a world map. The black rhino can be found in Africa. Locate Africa on a world map. Can you find out what other wild animals live in Africa?

If a black rhino's horn grew 7cm per year. How long would it be after 2 years? 5 years? 24 years? Can you record this in mm, cm and m?



Create your own wild animal! Think about its name, habitat, diet, behaviour, appearance and how it is adapted to its environment.

Read and research the history of the black rhino. What was the cause of the rapid decline in the population of the black rhino and when did this happen? What has been done to tackle this?

Animal watch! Find out what animals you can see from your home. Are they somebody's pet or a wild animal? Keep a record.

Design and make your own 3D junk model of an animal. Use empty cereal boxes, kitchen roll tubes etc.





Plant-Based Plastics Could Soon Be Recycled Hundreds of Times Thanks to New Breakthrough

Around 45% of plastic waste is recycled annually in the UK and is on the increase. However, one of the problems with current plastic recycling methods is that you end up with a lower-quality plastic with worse properties than the original.

This means that plastic drinks bottles cannot simply be recycled into new drink bottles continuously, but instead are used for other lower-grade products such as park benches and traffic cones.

Now, scientists from the Universities of Bath and Birmingham have developed a new way of chemical recycling—converting plastics back into their constituent chemical molecules—so that they can be used to make new plastics of the same quality as the original.



Teen Scientist and His Dog May Be First Research Team of Their Kind to Tackle Air Pollution From the Ground

By Good News Network - Feb 13, 2020

A Labrador has become the first dog in the UK—and potentially the world—to join the fight against air pollution by recording pollutant levels near ground level.

Bagheera (or “Baggy” for short) wears a pollution monitor on her collar so she can take data measurements close to the ground.

Since her monitor has found that air pollution levels are higher closer to ground level, her research has helped highlight concerns that babies and toddlers may be at a higher risk of developing lung problems. Conventional air pollution monitors are normally mounted on lampposts at about 9 feet (2.7 meters) in the air. However, since Baggy stands at roughly the same height as a child in a pushchair at just 2.5 feet tall, she frequently records pollution levels which far exceed the standard data.

Baggy is thought to be the first dog in the UK, if not the world, to join the fight against air pollution in this way.

The doggy data research was the idea of Baggy’s 13-year-old owner Tom Hunt and his dad Matt.

The English youngster from Chesham, Buckinghamshire realized that pollution levels are around two-thirds higher close to the ground than they are in the air at the height where they are recorded by the Environment Agency.

Tom has since reported their shocking findings to the government and the Buckinghamshire County Council in an attempt to emphasize that infants are at higher risk of asthma.

“I am really proud of Baggy, I think our research is really important,” said Tom, who has been firm friends with his beloved dog since the family got her at just five weeks old. “People need to recognize that it is us young people and kids who are suffering the most from air pollution, and something needs to be done about it urgently.”

Tom’s dad Matt Hunt said he was “very proud” of his son because “when he gets an idea, he keeps his head down and gets on with it.”

The whole purpose of this is that Tom really does want to do some good and stop young kids from getting asthma,” Matt continued. “The national data is skewed. The pollution monitors are ordinarily hung upside down from lampposts, a lot higher up, to avoid vandalism. But this gives a completely different, flawed result.



Coronavirus: Boy uses pocket money to donate toilet rolls

17 March 2020



Coronavirus pandemic



A seven-year-old boy has been delivering free toilet rolls to his elderly neighbours as panic-buying has seen some supermarket shelves emptied of household goods.

Jimmy-Dean Hudson, from Westcliff, in Southend, said he wanted to help people by spending his pocket money on the bathroom staple.

His mother Tracy Hudson said those he had helped were extremely grateful.

Jimmy said following the success he next planned to deliver milk and bread.

“He knows we have less toilet rolls around at the moment so he went to our local shop and bought 60 or 70 toilet rolls and then went out giving them to people down our road,” Mrs Hudson said.

“We have about 40 to 45 hours of data now, which has shown that pollution levels are about two-thirds higher closer to the ground.”

Matt, who owns alternative energy firm Bio Global Industries, said his son has had a passion for the environment since he was very young.

“He became aware of environmental studies at a very early age, about 7 or 8 years old,” Matt said. “He built up a passion for it, and he became very interested in gadgets, so he started to do some research to see if he could monitor pollution levels for himself.

About 14 months ago, he got this new piece of tech which is like a test tube. One Sunday afternoon, we went out to do some monitoring, and I said, why don’t we take Baggy with us?

“We put a pollution monitor around her collar, and let her monitor the pollution levels lower down,” he concluded.

The family has now contacted government department DEFRA (Department for Environment, Food, and Rural Affairs) with their data—and they say it is up to DEFRA to act on it.

Additionally, Tom and Baggy’s research contributes to the Plume app, which uses mobile phone location settings to let people know how air pollution is affecting their area.

Matt said there are a few key things that can be done to help guard youngsters against suffering asthma attacks.

“The main thing is to keep them above exhaust level. Get them a higher pushchair [stroller], like the old-style ones, to keep them higher up from the ground.” As for one-year-old Baggy, she is apparently happy to enjoy her regular dog days whenever she’s not helping the environment.

Tom said: “Most of the time, Baggy is just like any other dog—she doesn’t like the Hoover and she loves to pull the stuffing out of her teddies. But for the rest of the time she is a super dog, and we are all really proud of her.”

NOTICE : ALL TRINITARIANS

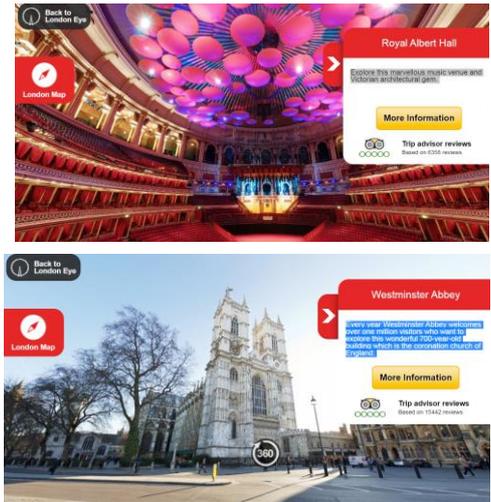
If you have any uplifting, caring and compassionate stories and / or photographs you would like to share in our newsletter during these difficult times please email them to head.masters.pa@trinity.lewisham.sch.uk

Why not explore **London**, one of the greatest cities of the world, from your own home.

Take a **virtual tour of London** from your sofa with a **360-degree interactive map**. Explore some of London's most famous sites from the view from the London eye. Rotate the map for a 360-degree view of the London skyline and click on an attraction to get more information.



<https://360.visitlondon.com/#>

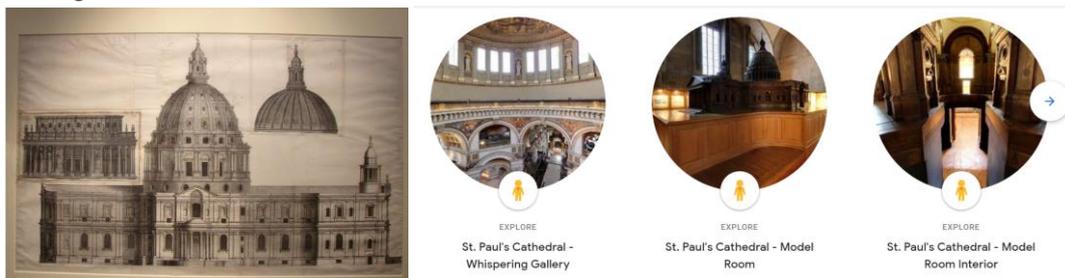


From London's prehistoric landscape to war, plague and fire of Medieval London and the revolutions in technology, fashion and culture that have transformed the city, delve into the fascinating history of London at **the Museum of London**. The Museum of London's collections span over 10,000 years and seven million object. Discover London's history through **its online collections and archives**, learn about London's people and events, or browse museum objects organised according to their borough.



<https://www.museumoflondon.org.uk/collections>

Explore the historic **St Pauls Cathedral** with **Google Arts and Culture**. St Paul's, with its world-famous dome, is an iconic feature of the London skyline. Discover the fascinating stories about its history and step inside and enjoy the Cathedral's awe-inspiring interior with 360-degree views.



<https://artsandculture.google.com/partner/st-paul-s-cathedral>



The **National Maritime Museum** may be closed but you can still Search the collections, discover epic stories of sea, space and exploration, and get expert insight from the museum curators and specialists. There's a whole universe to discover **online** at Royal Museums Greenwich so never stop exploring!



<https://www.rmg.co.uk/discover>



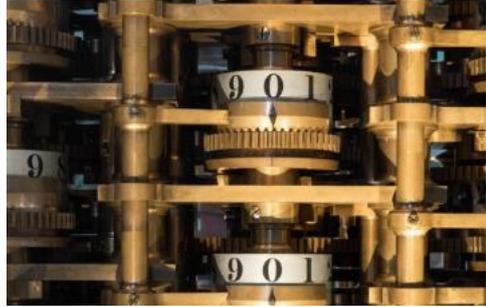
Search **Stories** at the **Imperial War Museum**. From the First World War, to Women at Wartime, from the Cold War to Contemporary conflicts, read about the fascinating and thought provoking stories, photographs and artwork in the Imperial War Museums collection.



<https://www.iwm.org.uk/history>

SCIENCE MUSEUM

Visit **Objects and Stories** at the **Science Museum**. Objects and Stories gives amazing access to the Science Museums ever-expanding digital resources. Search over 250,000 objects and archives in **Collection Online**. Take a look at the curator's highlights and discover unique and compelling stories, from objects that have changed our world to the intriguing personal histories that lie behind them.



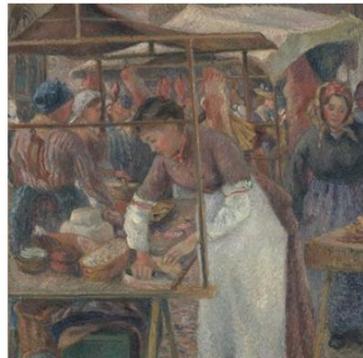
<https://www.sciencemuseum.org.uk/objects-and-stories>

THE NATIONAL GALLERY

Discover **The National Gallery Collection online**. Founded in 1824, The National Gallery houses an amazing collection of over 2,600 paintings dating from the mid-13th century. Search or browse the collection and learn more about the artists and their work.



[The Virgin Annunciate: Reverse of Right Hand Shutter](#)



[The Pork Butcher](#)
Camille Pissarro

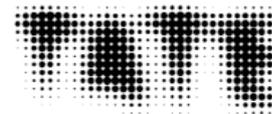


[The Ascension: Upper Tier Panel](#)
Jacopo di Cione and workshop

<https://www.nationalgallery.org.uk/paintings/search-the-collection>

Discover art at the **Tate Modern**

Discover the national collection of British Art from 1500 to today and international modern and contemporary art at the **Tate Modern**. Containing over 78,000 artworks from 4,000 artist with 22,000 archive items, explore the online collections and galleries highlights or by theme and meet the collections artists.



<https://www.tate.org.uk/art>

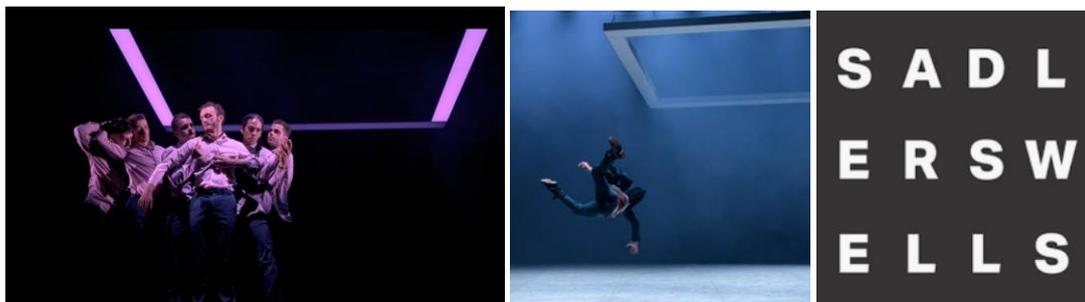
#OurHouseToYourHouse from the **Royal Opera House**.

The **Royal Opera House** has created a schedule of free broadcasts and live content that audiences can access for free at any time from anywhere across the globe. Watch *Peter and The Wolf*, a stunning ballet for the whole family. See website for details.



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

Join **Sadler's Wells Digital Stage**. The **Sadler's Wells Theatre** has created a programme of full-length dance performances and workshops online, to keep you entertained and connected through dance. The programme launched with an online screening of *Deluxe* by BalletBoyz. They will also be presenting a series of online dance workshops specially created for families and young children and the over 60s to help you take part at home.



<https://www.sadlerswells.com/>



Join the **National Theatre** every Thursday at 7pm, for some of the best of the British theatre, free to stream for a week. Starting from April 2nd with the online performance of *One Man Two Guvnors*.

<https://www.nationaltheatre.org.uk/> ot make your own **Junk Art** London landmark or a paper city:



<https://www.youtube.com/watch?v=58vNu0XS1w>

Or get creative with the **Tate Modern** and learn how to draw a fairy tale or make marbled paper with foam:



<https://www.tate.org.uk/kids/make/paint-draw/draw-fairy-tale>

<https://www.tate.org.uk/kids/make/paint-draw/make-marbled-paper-foam>

Maintaining a connection with the natural world is more important than ever to ensure we're taking good care of our health and wellbeing, so why not **watch a webcam**. From Barn Owls in Dorset, Ospreys in Wales or Badgers in Cumbria, watch wildlife on webcams provided by Wildlife Trusts across the British Isles. Webcams allow an unrivalled view of intriguing behaviours: from courtship, nesting, and hatching to peep into the first few weeks of a chick's life. Be warned – its addictive viewing!



<https://www.wildlifetrusts.org/webcams>

Virtual travel to some amazing places without leaving home

This week we bring you a collection of amazing places you can visit without leaving your comfy sofa. Monterey Bay Aquarium's otherworldly kelp forest, the plains of a South African game reserve and the towering hoodoos of Bryce Canyon National Park are all accessible from your own living room. You can also explore the British Museum's 8-million-item collection, see the Mona Lisa without the crowds or watch performances from the National Theatre while staying safe indoors

[Experience The World »](#)



Click on link below to visit some wonderful places.

https://www.travelzoo.com/uk/blog/amazing-places-you-can-visit-without-leaving-home/?utm_source=genericemail_uk&utm_medium=email&utm_campaign=2872096_html_-&utm_content=2872096&ec=0&dlinkid=2872096

Career Home Learning Activities with



START, the innovative online careers resource now used by **Trinity** has created a series of activities to help pupils to continue learning about careers at home. These activities will help students to stay focused on what's important when thinking about the future, including what opportunities are out there, how to get there and how to prepare for the journey. Pupils can set themselves a target to complete all the activities – maybe do one a day. New activities will be added regularly, so keep checking for updates. At the end of every activity, pupils will be shown other ways to find career information on START and continue to explore their future.

Simply **login** and go to your **profile page**.



Go to **my activities** and select **see all modules and activities**.

My Activities



HOME LEARNING ACTIVITIES
Selling Yourself
In this activity you will reflect on what you're good at, your interests, your achievements and how you and others would describe you.

Open Activity

[See all modules and activities](#)

Select **Home Learning** from the module list and open the module.

All Modules

- Exploring My Future
- Improving My Employability
- Making My Choices
- Student Surveys
- Home Learning

Home Learning Activities

0% 50% 100%

0%

Open Module

Here you can find a series of engaging modules to work through including **Selling Yourself**, **Your Career Goal**, **Personal Values** and

How to Build an Enterprise.

All students will have been given a letter containing their individual username and password and instructions on how login to their START account. Parents & Carers have also been given a letter with more information about START and how to create their own START account to learn more about pupil's study, training and career opportunities.

If these letters has been misplaced please go to www.startprofile.com and follow the simple instructions to create your own account.

EASY EASTER EGGS



Check out these youtube clips on how to get make simple Easter eggs and have fun making them



<https://www.youtube.com/watch?v=Ah5WYKluU5w>

https://www.youtube.com/watch?v=lwv3ALtd_jY

<https://www.youtube.com/watch?v=Y67MlxA0zGU>

https://www.youtube.com/watch?list=RDCMUC-RUwcFINfEVBjwIC65RihQ&v=hjoV-kjOycc&feature=emb_rel_end

Music learning using 'MusicFirst'



Mrs Lowe has been able to get access for most of the secondary to an amazing Music website offering many resources and music software for learning, recording & composing.

Make sure you log on using the details Mrs Lowe has sent you and the link below to access this incredible resource.

<https://demo7.musicfirstclassroom.com>



Katie achieved a Merit at GRADE 4 on the Flute



Well done to Eddie & Katie Lindsey on passing their recent Music exams



Eddie achieved a Merit at GRADE 8 on the Saxophone

Music Resources for all:

Calling all armchair musicians!

Join the National Orchestra for All for a joyful morning warm-up at 11am on Tuesday 7 and Wednesday 8 April. Grab something you can make a sound with and head to their [YouTube](#) channel ([Orchestrasforall](#)) to make music! No previous experience necessary!

Music Tech resources & lessons for Primary and Secondary

Leicester-shire Music Education Hub have pulled together some music technology resources and lessons for both Primary and Secondary:

PRIMARY: <https://leicestershiremusicshub.org/prim-music-tech>

SECONDARY: <https://leicestershiremusicshub.org/sec-music-tech>

Gareth Malone's 'Great British Home Chorus' – Youtube daily rehearsals at 5:30pm



THE GREAT BRITISH HOME CHORUS AIMS TO GIVE EVERYONE THE OPPORTUNITY TO CONTRIBUTE THEIR VOICES AND INSTRUMENTS TO AN AMBITIOUS DIGITAL MUSIC PROJECT, CONCEIVED IN THE LIGHT OF MANY CLOSURES TO COMMUNAL REHEARSAL SPACES NATIONWIDE.

Head over to **Decca Records** Youtube page to get involved in Gareth Malone's project

Trinity wishes
everyone a safe and
happy Easter



Manga High Maths Challenge

Some of our students have been taking part in the inter-school Manga High challenges, and this week we even gained a (virtual) trophy!
The individual rounds were won by:

- 1 Emmerson Sutton (Year 8)
- 2 Bradley Ajero (Year 8)
- 3 Bradley Ajero (Year 8)
- 4 Tauseef Haider (Year 8)
- 5 Amanda Ramoshi (Year 9)



Our overall Trinity leaderboard for this week:

1			Tauseef Haider	203 pts
2			Sheng Yu	78 pts
3			Malachi Fiam-Coblavie	75 pts
4			Bradley Ajero	73 pts
5			Khai Adeogun-Bailey	41 pts



Well done to all these students – who will be top this time next week?!

Drama News.

Congratulations to Dominykas in Year 10. He has not only completed the drama work that was set, but also completed the extension task. He is demonstrating the excellent resilience of Trinitarians. He understands the importance of his education and he is striving to be successful in Drama. Well done Daniel.

Congratulations to Abbie Kelly in 7.1. We have been studying jobs in the theatre and she made an excellent attempt to make a poster that exemplified the jobs. Well done also to Haresh (8G1) and Archie (7G1) who also made excellent effort when researching the jobs in the theatre.

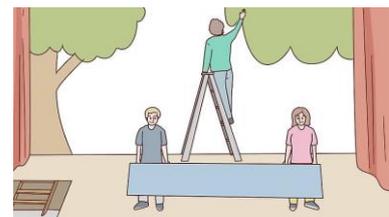
THEATRE JOBS

THE SET DESIGNERS:

The set designers design the set of the play and set dressing. They may also create/source props. All must be appropriate for the style and period of the play.

THE DIRECTOR:

The director oversees the whole production. They develop a concept for the play and liaise with the designers and performers.



THE PERFORMER

The performer has a role on stage. They appear in the production for example, as an actor, dancer or singer.



Trinity pupils get creative

Thanks to all the

Trinitarians who designed these terrific posters. They are all inventive and colourful, and get the serious message across most effectively.

Why not display your poster in your front windows at home to remind your neighbours to stay safe?

LET'S *stay* HOME Covid-19 posters



Stefanie Madubiuke



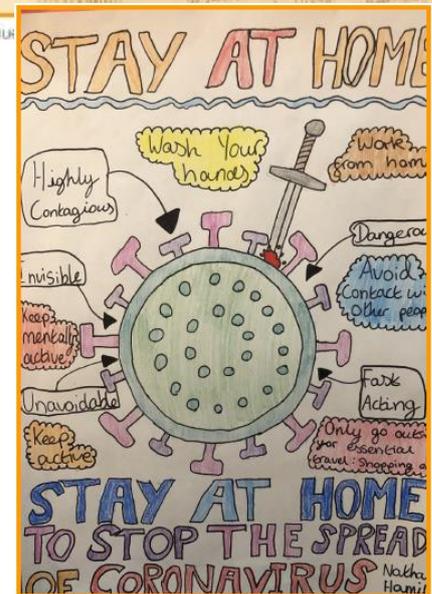
Anh Bui



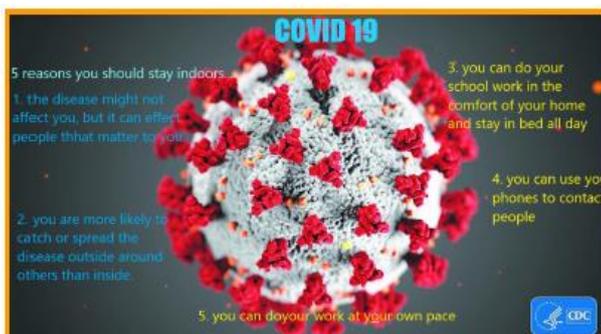
Shianne Henry



Divine Nwankwo



Nathan Hamill



Charlotte Topper



Mathushan Suppiah

Well done everybody and keep drawing!

A goodbye message from Mrs Dunne (Head of PE)

It will come as a surprise to some, but I am leaving Trinity at Easter to move on to a different job. I have always wanted to work with younger children and the opportunity arose to go and be a Head of Department in a junior school in Blackheath. It is very sad that I was not able to let you know that I was leaving or to say goodbye to some of you. Especially those students I have taught all the way through your Trinity life and got to know so well.

So I thought I would put a message in the Newsletter. I want you to know that I have absolutely loved teaching at Trinity, and that comes down to how much I have really enjoyed getting to know all the staff and students. It is a lovely community to be a part of; one that has grown and become something truly amazing since I started there in 2015. I want to wish each of you the very best for the future and thinking of all of you in these difficult weeks. I hope, when schools are back open that I will be able to pop in and say goodbye to some of you in person.

So often you find that students you're trying to inspire are the ones that end up inspiring you.

Stay safe! Best wishes,
Mrs Dunne



RECIPE A DAY CHALLENGE with Mrs Blunden

Pizza Toast



Keira Galloway James



Aaliyah Tamou-Yarou



Shaj Campbell
Egg and cress sandwich...
Lunch!



Daniel Balliu - Soda bread



Taye Collymore - Shortbread

Banana pancakes



Ofua Wanogho

Chicken Fajitas



Daniela Balliu



India Davey- Pitta bread pizza



Gemma Burford - Nifty Knots!

Victoria Sandwich



Camella and Saffron Ogeide-Jhama



Blessing Kadibu



Blessing Kadibu - For my sister's birthday



Ryan Lalaj



Archie Gibson

Curry in a hurry



Camella and Saffron Ogeide-Jhama



Faith Dasho



Rayan Lalaj

Well done for everyone who has taken part in the recipe a day challenge and thank you so much for sharing your pictures. I just want to recognise our top contributors:

Blessing Kadibu
Caleb Forgie
Kiera Galloway-James
Ryan Lalaj

I know lots of you are trying out the recipes even if you aren't sharing pictures which is great – keep going, keep messaging me. Recipe a day challenge is taking a 10 day break, but you can find the full list of recipes published so far on the school website. Finally, look out for the 2 Easter break challenges: Sassy Sourdough, and the Chocolate Concoction Challenge in your WEDUC notices.



Looking after your H.E.A.L.T.H

Trinity Family - Taking care of our mental wellness to avoid mental illness
Six Steps to Wellness

HEALING	ENERGIZE	AWARENESS	LIVE	TIME	HELP
<p>Practice: Heal your hurt & pain. Deal with the past or existing issues that are currently causing you problems.</p>	<p>Practice: Empower your body & mind by looking after yourself. Eat well and exercise.</p>	<p>Practice: Begin to take notice of what you are experiencing i.e. your bodily reactions or change in mood.</p>	<p>Practice: Live & learn. Live life in all its fullness. Take opportunities & make opportunities. Look at life as a lesson, learn from your mistakes whilst moving on better equipped.</p>	<p>Practice: Make time for yourself. Find a comfortable balance, whilst doing the things you have to do, as well as doing the things you enjoy.</p>	<p>Practice: Help yourself as well as others. Be patient and kind to yourself. Believe in your value and that you are good enough.</p>
<p>Why? Avoiding pain will over time increase it. Painful experiences can result in defining you, shaping you & clouding your judgements. Ultimately avoidance will eventually steal away a life of self-fulfilment & reaching your full potential. Self-actualisation. Talk and make connections with others. Talking can release stress & is particularly a helpful way of offloading, making sense of situations & giving your thoughts a voice. Talking allows for relationships to grow, strengthen & perceive problems from a different perspective.</p>	<p>Why? Becoming active both physically & mentally will rebalance you emotionally. Powerful chemical endorphins in the brain are released when we exercise. The same endorphins that make us feel energised & give a feel good feeling are the same endorphins that promote calm & wellbeing. A healthy nutritious diet reduces the risk of chronic diseases & increases concentration and high mood.</p>	<p>Why? Be mindful of not only what is happening for you, but also try to connect with your surroundings & what is happening around you. Once you begin to make these connections, you'll be able to connect & empathise with how others might feel, ultimately promoting the tolerance of people.</p>	<p>Why? We are curious beings. Our learning never comes to an end. What we learn (including the motivation we have for it) can positively have an impact on self-esteem & efficacy, our life satisfaction, our confidence & our capacity to cope.</p>	<p>Why? Give time to your strengths, without forgetting to work on the weaknesses. Consider what it is you need and how these needs can be met. Surrounding yourself with people that will bring the best out in you will encourage you and create confidence.</p>	<p>Why? Learn to accept your uniqueness, as well as other's differences. Offering your support can reduce isolation. It can create a sense of belonging & in general make the world more habitable. Your act of kindness can increase low self-esteem, optimism, self-satisfaction & happiness.</p>
<p>How? Seek advice from your GP. Support groups. Self-help books. Twelve step programs. Counselling. Reach out to friends/family.</p>	<p>How? Drink plenty of water. Relax & get the recommended 8 hours of sleep. Exercise & keep active - Join the gym/dance class/drama group. Try Tai Chi/swimming/walking/jogging. Read. Learn something new/take a course.</p>	<p>How? Mindfulness/meditation. Learn how to actively listen to others, as well as yourself.</p>	<p>How? Try new things. Visit new places. Set realistic goals/ create a bucket list.</p>	<p>How? Volunteer your time to a worthwhile cause. Partake in a creative activity. Take small steps in challenging your fears & weaknesses. Spring clean & organise your home as well as your mind by getting rid of what you no longer need or want.</p>	<p>How? Ask for help when you feel the need. Offer your support where you can. Trust in your capability. Do not let False Evidence that Appears Real (Fear) hold you back from reaching your full potential.</p>

Learning - Loving - Living

Mental Health & Wellbeing at Trinity



Trinity as always remains committed to supporting the needs of its student's. In these uncertain times we will continuously endeavour to ensure that both staff, pupils and their families have access to the help and support they need.

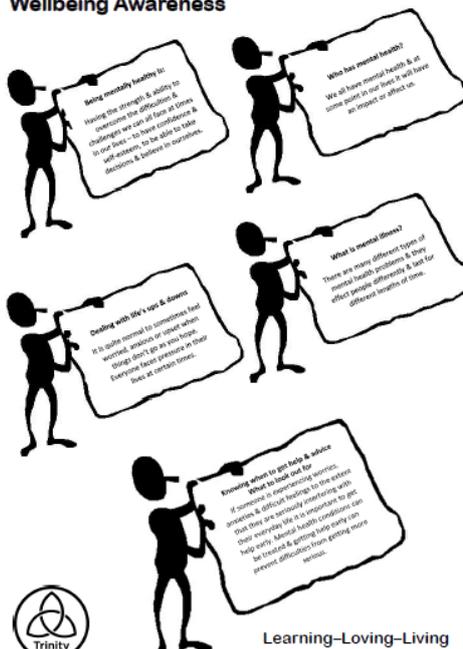
If a parent/guardian or student feels they may benefit from having some support, individuals have the opportunity to discreetly and confidentially communicate with the school's counsellor or any of the Mental Health First Aiders via the Weduc app.

Please follow the steps below

1. Enter app weduc.com into your search engine or sign into your Weduc app.
2. Click or tap on [the envelope](mailto:info@weduc.com) in the top hand right corner. Your inbox will appear.
3. Click or tap on the speech bubble. A new message page will appear.
4. Type the first initial of the person's name you would like to contact, followed by a space and then their surname. A second option to finding the person you want is to click or tap on the eye icon. This will bring up a list of all the recipients available to you. Once you have found the name click/tap on it.
5. Continue by writing the subject of your message, followed by your main message. Once sections have both been completed, scroll down to the bottom of the page and click or tap on the send tab.



Wellbeing Awareness



- Being mentally healthy to:** Having the strength & ability to overcome the obstacles & challenges we face at face as they arise. In our lives - to have confidence in ourselves, to be able to take decisions & follow in courses.
- Who has mental health?** We all have mental health & at some point in our lives it will have an impact or affect us.
- Dealing with life's ups & downs:** It's quite normal to sometimes feel worried, anxious or upset when things don't go as you hope. Everyone feels pressure at their time at certain times.
- What is mental illness?** There are many different types of mental health problems & they affect people differently & can be of different lengths of time.
- Knowing when to get help & when to look out for:** When it's necessary to seek help for someone's behaviour or actions, it's important to be aware that there are several reasons why someone may need help. Mental health conditions can be treated & getting help early can prevent disabilities from getting more serious.



Learning-Loving-Living

