

Trinity All Through School

Website : Trinitylewisham.org

WEEKLY NEWSLETTER

Primary Phase

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Tel : 0208 325 4551



Secondary Phase

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I hope you are safe and well at home. Please do follow the government advice about avoiding going out unless you really do need to. Together we can get through this quicker. It has been a strange week for us all. School was not the same without all the pupils in. I wish to thank all the staff that have been running our provision for our Key Workers and Vulnerable pupils. We do thank you for following the advice that this service is only for those that have no other support. We have 50 families on our list getting support, which is not every day for all due to shift patters. We know this is a challenging time and most of you are not only trying to work from home, but also supporting your children with their home learning. We have received many messages of thanks from families and pictures of our pupils carrying out their daily workout and studying hard from home. Please do keep in touch.

Whilst all of this is happening please do remember that our children do not always completely understand what is happening. This will cause anxiety and worries amongst our children – they do need reassurance. Do spend some time talking through the developments, but also just spending time together as a family having a hug. It is easy to get caught up with all the things to do, creating a home learning schedule, but do spend time together as a family. Play games together, watch some TV together and talk as much as you can. This will help reassure your children and help them understand that the world is different at the moment, but the family is a stable part of their life. We are all in the same boat, my staff, when not in school, are working from home with their families whilst also ensuring the work is set for our pupils to help them continue to progress in their learning. They are there to support, so please do contact them if you have any questions.

Having a routine can help. Keeping to normal school day hours, getting up at your usual time for a school day and getting plenty of sleep will help with everyone's mood and attitude with work at home. Having breaks together also helps the day go faster, nothing like a good cup of tea. Our web site has many items added to help with mindfulness, family fun activities and this newsletter has some additional character activities – including virtual visits to various zoos etc. There is a lot you can do from home. Don't forget your daily exercise routine from Joe Wicks, the body coach, and Ms Blunden is putting up some cooking challenges for the family to do together. I am using this as a great opportunity to make sure my children know how to use the washing machine!!! Life skills are important...

Trinity are working with the Local Authority to ensure we have an Easter service in place to support families of Key Workers over this difficult period but cannot guarantee where it will be at the present time. If you have not had a call about this please do contact the school office – again, we wish to support all the families that require this support. The pupils on Free School Meals can continue next week to collect a packed lunch from our Primary site each day. We have around 40 being collected daily.

Once again thank you for your continued support and for the amazing work you are doing educating your children at home. In times of difficulty families come together, at home and across a community. The Trinity family is amazing, please do support each other. One activity each day is to get our children to Facetime / video call members of your family / community to ensure they are safe and well. Working together makes a huge difference. Take care, stay safe and keep well.

David Lucas

Executive Headteacher

Trinity Church of England School, Lewisham

An All-Through School

020 88523191

www.trinitylewisham.org

Learning - Loving - Living



Dear Trinity families,

I hope you are staying well and continuing to follow Government guidelines. We are most certainly missing all the children here but know it is for the greater good.

Please make sure you check the home learning tab on Monday morning to see next week's home learning tasks.

Teachers have been checking the online learning platforms to see which tasks have been completed and you may have received a call from the office to see if there is any technical support you may require from the school.

On top of the designated tasks, there are plenty of additional websites with excellent activities you can do with your child at home. I am sure many of you have been moving along with Joe Wicks' daily PE lesson!

Please see the links below to our blog, which has three examples of learning which can be completed at home. The White Rose maths activities are particularly good and I encourage you all to look at these and complete them with your child.

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

Free Audiobooks for Children

Audible have released hundreds of free books for children to listen to whilst the schools are closed. This is a fantastic opportunity for children to engage with classic stories, try something new or for you as a family to share a book together.

White Rose Maths Resources

White Rose is the planning structure we use in school for our medium and long term planning so it dovetails perfectly with our children's maths journey so far this academic year.

<https://trinityprimarylewisham.blogspot.com/2020/03/white-rose-maths-home-learning.html>



Free Twinkl resources for parents

As a school we use twinkl to supplement some resources we make across the curriculum. During the school closures, twinkl are offering free resources for parents to access. Please follow the instructions below to set up your own free account.

<https://trinityprimarylewisham.blogspot.com/2020/03/twinkl-resources-for-parents.html>



Looking for ways to keep active, check out these sites and activities for fun ways to keep your family moving and off the sofa while at home:



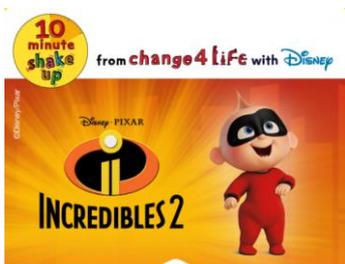
Keep your energy going with **GoNoodle: Good Energy at Home**, a free online resource. GoNoodle: Good Energy at Home provides ways for kids and families to move and learn together including movement activates, dance, yoga, and mindfulness videos.



<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>



Get active at home with these great indoor children's activities and games from *NHS Change 4 Life*. Get started with the easy-to-follow Shake Up games inspired by your kids' favourite Disney characters. With just a few songs and some simple props, they will soon be throwing some superhero shapes, dancing in the jungle, hopping hippos, herding sheep and finding a friend who keeps hiding around the house!

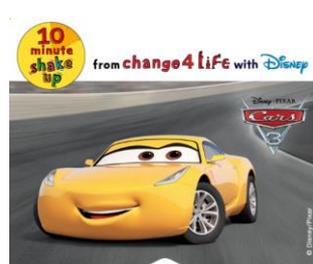


Jack-Jack's Super Shapes

It's your turn to shapeshift like Jack-Jack - he can transform his body! Can you lead everyone in a shapeshifting routine?

2+ Players

542

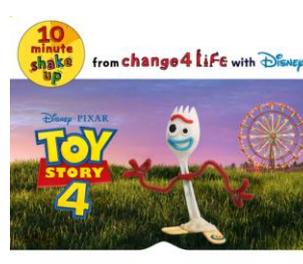


Cruz's Training Station

It's Cruz Ramirez's job to help train Lightning McQueen for his next race using the new high-tech track simulator. Will you be able to keep up?

2 Players

222



Find Forky

Forky, the newest member of the Toy Story gang, does not believe he is a toy. Even though he is Bonnie's favourite, he keeps running away. Who can find Forky the fastest?

2+ Players

838



Yoga Yak

Welcome to The Mystic Spring Oasis, where you can discover your inner yogi with Yak. Ommmmmmmmmm...

1+ Players

1,276

<https://www.nhs.uk/change4life/activities/indoor-activities>



Stay in and work out with Sport England. Get tips, advice and guidance on how to keep fit or get active around your home. Join the movement and use #StayInWorkout to share how you're getting active.



<https://www.sportengland.org/stayinworkout>

You don't need to leave home to get active, check out **This Girl Can** for a range of exercises, YouTube videos and fitness apps for every type of activity or exercise you can imagine, using simple household objects such as stairs, chairs to create your own indoor circuit class.



<https://www.thisgirlcan.co.uk/activities/home-exercise/>

How to stick together, by staying apart



Virtual Visits – Out of this world Fun.

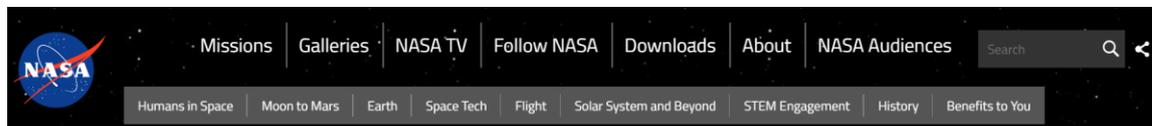
See the world's greatest space photography. **The Insight Investment Astronomy Photographer of the Year Exhibition** is the largest international competition of its kind. Every year it showcases the best space photography from a global community of astrophotographers.



An exhibition is currently held at the The Maritime Museum, Greenwich but see the **online gallery** of winners from previous years.

<https://www.rmg.co.uk/whats-on/astronomy-photographer-year/galleries>

Explore the universe with **NASA**. Check out NASA's amazing online activities, including the latest news, galleries, virtual tours, mission information, e-books, podcasts, apps and other online content. The universe is waiting.



<https://www.nasa.gov/>

Or: Have fun with **NASA kids 'club**.

NASA kids 'club is a great place for young space explorers to play and learn about NASA and its missions. Find out about astronauts currently in space, play intriguing games, and explore the planet Mars. All the games have interesting space facts and include some favourite icons including Buzz Lightyear.



<https://www.nasa.gov/kidsclub/index.html>

THINGS TO MAKE WITH EMPTY TOILET PAPER ROLLS



BUILD A COKE BOTTLE ECOSYSTEM



Pop Bottle Ecosystem

Science

This exploration is for all ages, as the colored smiles show. You can make a pop bottle ecosystem with all your kids. If you have older teens, have them help in the teaching as well.

An ecosystem is an interconnected zone where life exists. It includes the air, the water, the soil, the animals, the plants, and the bacteria in that zone. The space an ecosystem takes up depends on how a person defines it. The entire Amazon rain forest could be an ecosystem, but so could the life cradled in the water trapped in a single leaf high in the canopy of the rain forest.

Defining an ecosystem helps us see that life is interconnected and when one living thing or species is affected so are they all. We see how materials, like water, are cycled through the whole ecosystem to benefit each part of it. The fish and the plants and the soil are all affected by the same water, for example. You can make a small ecosystem in a pop bottle.

Step 2: Pop Bottle Ecosystem Exploration

To make each pop bottle ecosystem you will need a clear pop bottle, a small plant, 2-3 small fish, aquarium rocks, string, paper coffee filters, and water.



We used pansies (violets) but any small annual or house plant will work.



We got "feeder fish" which are sold at pet stores to be fed to larger fish or turtles, etc. They are inexpensive.

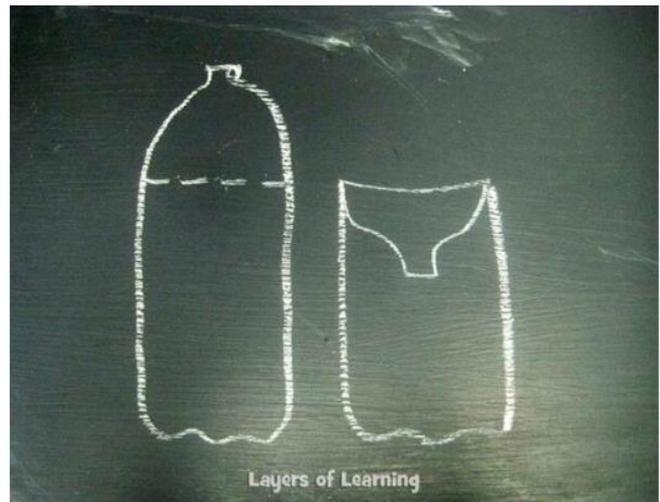


After you have built your ecosystem, you will also need fish food for your fish.



Now get two coffee filter papers and cut two small holes in the center. Cut a piece of string long enough so it can reach from the top of the bottle down to the water with the goldfish. Tie a knot in one end of the string. Thread the un-knotted end through the top of the filter papers, through the little holes you made. Set the filter paper down inside the inverted top of the bottle that you already cut off.

Start with a 2 liter bottle, clear is best so you can see through it. Cut the top off the bottle, just below where the straight sides begin on the bottle.



Next add some aquarium rocks, some water, and a few goldfish. Make sure you use water your goldfish are acclimated to temperature wise. If you leave the water sitting out at room temperature for a few hours before you add it to the goldfish water it will be fine.

Get a plant from the garden center and place it into the coffee filter inside the inverted top of the pop bottle. You may need a little extra gardening soil to fill up the space.



The base of the plant should end up about level with the upper cut edge of the pop bottle.

Place the plant and top of the bottle into the lower part of the bottle, the part with the goldfish in it, so that the string dangles down into the water.



Poke a small hole in the side of the lower part of the bottle, above the water line, but low enough that your child can put a flake or two of fish food through the hole to feed the fish each day. The water, rich with nutrients from the fish, will wick up the string to water your plants. You have made a little ecosystem with a plant, animals, water, soil, rocks, air, sunlight, and food that you replenish every day.



Step 3: Show What You Know

Draw a labeled diagram of your pop bottle ecosystem in your science notebook. Explain how the parts of the ecosystem are connected to one another.



Fish are optional

ECO SYSTEM IN A BOTTLE – visit the following site

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



Stay at home: Guidance for households

Stop the spread of coronavirus

- **Do not go** to work, school or public areas.
 - **Do not have visitors** in your home, including family and friends.
 - Have food, medication and other **supplies delivered to you**.
 - **If possible, you should not go out** even to buy food or other essentials, other than exercise, and in that case at a safe distance from others.
 - If you cannot move any **vulnerable family members out of the household**, **minimise** as much as possible **the time spent in shared spaces** such as kitchens, bathrooms and sitting areas.
- If you live with a vulnerable person:**
- Aim to **keep 2 metres (3 steps) away from them** whenever possible.
 - **Use separate facilities** in your home as much as possible. Sleep alone and use a separate bathroom, if available.
 - **Do not share** cups, eating utensils, towels, bedding or other items with them.

CORONAVIRUS

**PROTECT
YOURSELF
OTHERS &
THE NHS**

Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away.

Looking after your mental health and wellbeing during stressful times

What is mental health?

It is 'a state of wellbeing in which an individual realises his or her **own abilities**, can cope with the **normal stress of life**, can work **productively** and is able to **make a contribution** to his or her community' *World Health Organisation, April 2016*

Key question: Are we able to manage our own mental health?

Who has mental health?

We all have it. Some of us find we need to pay **more attention** to it at certain times than others. Some people have periods of good as well as poor mental health.

How can I look after my mental health?

Firstly, if you are on medication, always follows your doctor's advice.
Secondly, seek help if low moods and anxiety continue for some time, follow the link
Thirdly, there are also things we can all do to help ourselves during times of stress...like the '10 A Day' Choices Challenge!



1 Talk about your feelings



2 Do something you enjoy and are good at



3 Keep yourself hydrated



4 Eat well



5 Keep active in mind and body



6 Take a break



7 Stay connected to those you care about



8 Ask for help

Take the
'10 a Day'
Choices Challenge



9 Be proud of your very being



10 Actively care for others



EXERCISE FOR KIDS WITH JOE WICKS

<https://www.youtube.com/watch?v=d3LPrhI0v-w>