

## Trinity All Through School

### Primary Phase

Leahurst Road  
Hither Green  
SE13 5HZ  
Tel : 0208 325 4551

### Secondary Phase

Taunton Road  
Lee  
SE12 8PD  
Tel: 0208 852 3191

### Website

Trinitylewisham.org

### Executive Headteacher

Mr. David Lucas



## Dear Trinitarians

It was amazing seeing pupils back in school on Thursday and Friday. With over 95% at the secondary and just over 90% at the primary it was such a glorious time seeing all the smiles and hearing the laughter. Pupils demonstrated their curiosity and courage through specific enquiry based activity and acquired new knowledge through direct instruction. We discussed our mental health and wellbeing and all the health and safety procedures. We are truly blessed with our terrific Trinitarians.

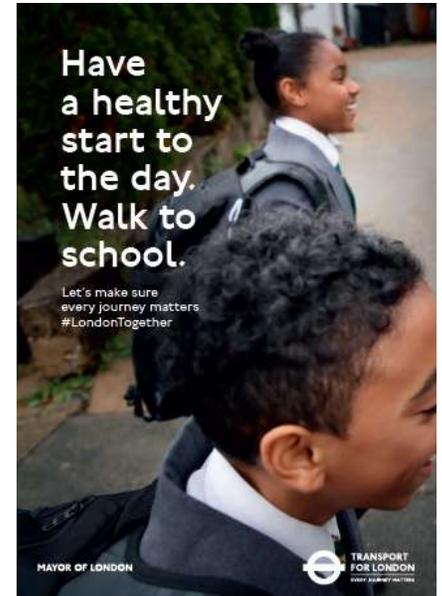
Throughout next week we will be working hard on getting pupils using our online learning platforms. Within the primary phase we will be developing the use of class dojo. The secondary phase will see all home learning, pre-learning tasks and additional learning on Microsoft TEAMS. Please make sure all pupils from the secondary phase are learning daily from their knowledge organisers.

All our parent events will be carried out remotely. Please look out for year 7 meet your tutor remote sessions, year 11 careers fair online and all our primary to secondary transition events will be through live zoom tours and a school video.

Have a great weekend. Unwind as a family and we look forward to an amazing week ahead.

### DAVID LUCAS

Executive Headteacher  
Trinity Church of England School, Lewisham  
An All-Through School  
020 88523191  
[www.trinitylewisham.org](http://www.trinitylewisham.org)



*Remember to wash you  
masks regularly.*



## this issue

### Upcoming Events & News

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Dear Trinity families,

It has been an absolute pleasure to have all of our pupils back together. We have been so proud of how well all of the children have adapted to some new routines. They have played in their designated areas in the playground; sanitized and washed their hands regularly; and picked up their learning as if they had never been away. All classrooms were buzzing with learning – our Trinitarians are so resilient.

We would also like to take the time to thank all parents and carers for adapting so well to our new drop-off and pick-up routines. Over time, these will only become easier as the whole community gets used to them. Another big thank you to everyone for being prompt at pick-up time. The staggered pick-up times now require that parents and carers arrive within their allocated ten minute slot.

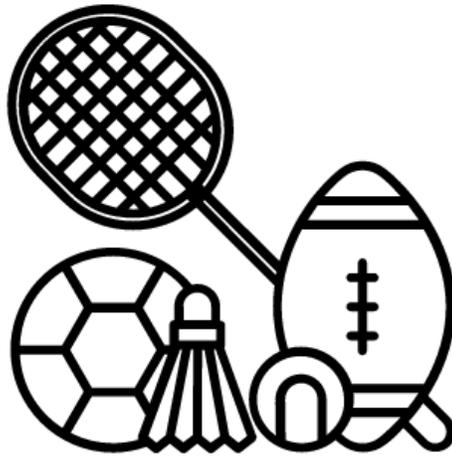
Please make sure you check the newsletter further down to see when your child has PE. We are asking that all pupils come to school in their PE kit on their allocated PE day to ensure pupils remain safe.

Have a look at some of the pictures below to see how great our first two days back have been.

As ever, I wish you the very best of weekends, full of rest and fun, ready for learning on Monday.

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





## PE Primary Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Year 4 / Reception	Year 3	Year 2	Year 5	Year 1 / Year 6

Children will come to school in their PE kit on their PE day. They **do not** need to wear uniform on this day.

- White Trinity polo shirt or white polo shirt
- Plain dark navy blue shorts / jogging bottoms / leggings. No stripes and small sports logo only.
- School PE hoody or navy blue sweatshirt

Sports Trainers with sports sole **not** a flat sole – see below for suitability of footwear







The river Thames is brought to life in September with a month-long season of digital and socially distanced events along the rivers 42 miles stretch during the annual **Totally Thames festival**. This year the festival takes a more online-friendly form with an entertaining programme combining outdoor contact -free events and digital activities to enjoy at home. Look out for festival highlight “Rivers of the World” an exhibiton of river-themed art installed outside the Tate Modern. There is also a new festival online hub with everything from streamed concerts to podcasts and more.



### Totally Thames Festival 2020

<https://thamesfestivaltrust.org/whats-on/>



## IWM LONDON STORY SEEKERS

Explore history with **Story Seekers** at the **Imperial War Museum** this weekend. The Imperial War Museum is packed full of stories and families can get hands-on with real artefacts and find moving and surprising stories, from people who braved shark-infested waters to ingenious nurse and those who built machines of conflict. Story Seekers is a wonderful way for families to learn together about the global impact of conflict from the First and Second World War to today

September 12<sup>th</sup> & 13<sup>th</sup>, 10am to 4am, check online for availability and social distancing measures. Visit: <https://www.iwm.org.uk/visits/iwm-london>



The annual **London Design Festival** returns for its 18<sup>th</sup> year, showcasing the brilliance of the design community throughout London and the UK. Watch London turn into a giant art gallery during the festival as dynamic and innovative projects and creative installations pop up across the capital celebrating contemporary design. This year the festival is also taking a more local approach with more than 400 large-scale installations, exhibitions and events popping up in specified design districts across London, from world famous museums to small local studios. Whether you are visiting online or in-person, you can enjoy all the festival has to offer

# Trinity re-launch of Trinity House system

Dear Trinitarians;

For those of you who missed our first newsletter edition.

We are delighted to announce that we are re-launching the **Trinity House system**. It will be bigger, better and more exciting than ever before.

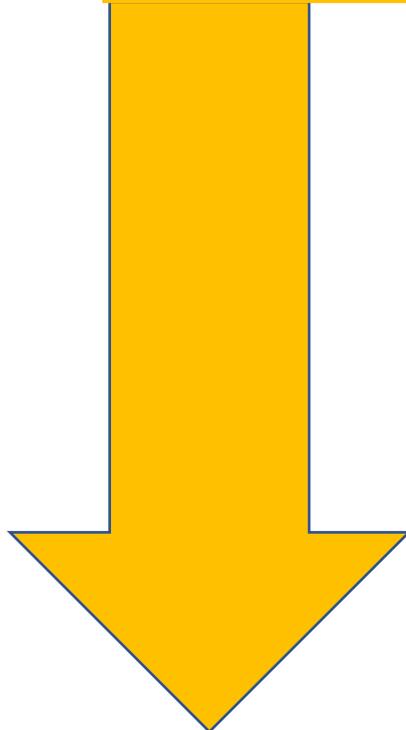
The 4 different houses are named after angels: **Gabriel, Michael, Raphael** and **Zadkiel**. Students will compete for points throughout the year in every subject.

The House System gives our students the opportunity to be rewarded for efforts and achievement in all areas. Students regularly earn house points for excellent work but the primary aim is to encourage all students to get involved in the many inter-house competitions within subjects and extra-curricular activities.

Each house has both senior and junior house captains who will be appointed by their head of house. Students are involved in running the termly house meetings thus promoting student leadership and responsibility.



*See next page for details on 'how to be a House Captain'*



# TRINITY HOUSE CAPTAINS – YEAR 7 TO YEAR 11

We are relaunching the House system at Trinity and I am delighted to say that we are now receiving applications for students to become House Captains. There will be four students per year group from Y7-10.

Be part of a student leadership team and work closely with members of staff to help your house to succeed. The application deadline is Friday 25<sup>th</sup> September.

## House Captain Job Description and Qualities

- You need to feel confident and comfortable talking to adults and pupils.
- You will need to have good organisational and communication skills and have a mature and thoughtful outlook, an ability to lead, work with a team, inspire and motivate others, organise a group or activity and be a good role model.

## Key Tasks

- You will be an ambassador for the school at all times.
- To work closely with your Head of House to promote a strong identity for your House.
- To work with other House Captains to create inter-house competitions involving all areas of the school. You will meet regularly with the other House Captains and senior staff and make sure that the student voice is represented in key decisions and development.
- To work with the primary phase to support transition.
- Be involved with House assemblies to celebrate House achievements.
- Y10 Senior captain will need to liaise, work well with and manage the junior captains in your house.
- Promote pupil voice through the House system. To support decisions made by the school and Pupil Voice and ensure that they are carried out.
- Advertise House events effectively.
- Encourage the active participation of all members of the school community.
- Develop House loyalty and fundraising for a charity of choice.
- Promote a sense of community within each House.
- To attend and contribute to regular meetings held by Mr Cruz and the Head of House.
- To be lead learners in the school and support and prepare activities that encourage and support the learning of others.
- House Captains will give key presentations about the school, for example to prospective parents and students at school events.
- To greet important visitors to the school.
- To be internal and external ambassadors for the school and to act as role models for all pupils at Trinity School.
- Assist at school parents' evenings.

Write a personal statement in no more than 300 words to:

1. Tell us why you are most suitable for the role of house captain.
2. Outline any experience you have had, or situation you have been in, either in or out of school, which demonstrates the skills and qualities required to fulfil the role, for example: Tell us how you have shown an ability to lead, work with a team, inspire and motivate others, organise a group or activity, be a good role model.
3. Suggest what you would like to do if you become House Captain over the next school academic year.

Please send your statement to

Mr Cruz via TEAMS/WEDUC or hand it to him in school by Friday 25<sup>th</sup> September 2020.

Mr J. Cruz

Head of House Structure

Be part of a student leadership team and work closely with members of staff to help your house to succeed



# Trinity Extra Curricular Sport Activities 2020-2021

	<b>AFTER SCHOOL 3.15-4.30 OR as instructed</b>
<b>MONDAY</b>	Mr Sedlak – Fitness Yr10 Terry – Year 7 Football (3:00-4.45pm) Mr Cruz – Year 8 & 9 Football (3:20-4.45pm)
<b>TUESDAY</b>	Mr Cruz – Year 10 & 11 Crystal Palace FC coaches (3:20-4.45pm) Miss Wright-Davies – Y7 Table-tennis Miss Wright – Netball year 8
<b>WEDNESDAY</b>	Staff Meetings Girls Football (Y7-9) – Crystal Palace FC Coaches
<b>THURSDAY</b>	Mr Sedlak Rugby Year 7-9 (3.00 – 5.00) Miss Wright – Netball Year 7

## Welcome back from the PE Department.

This half term we have lots of sports clubs running after school including Rugby, Netball, Football and Table Tennis for boys and girls. All our clubs follow the covid guidelines and are strictly adhered to by all PE staff. It would be great to see lots of students taking part in physical activity as this contributes to their mental / social and physical health.

If you would like to see the covid guidelines for each sport please see below;

Rugby: <https://www.englandrugby.com/news/article/limited-contact-training-approved-for-community-clubs>

Football: <https://www.thefa.com/news/2020/jun/01/grassroots-football-covid-19-guidance-update-010620>

Netball: <https://www.englandnetball.co.uk/about/covid-19-support/modified-netball-training-unlocked/>

Table Tennis: <https://tabletennisengland.co.uk/our-sport/major-events/coronavirus-advice-and-guidance/>

# TRINITY HOUSE SYSTEM

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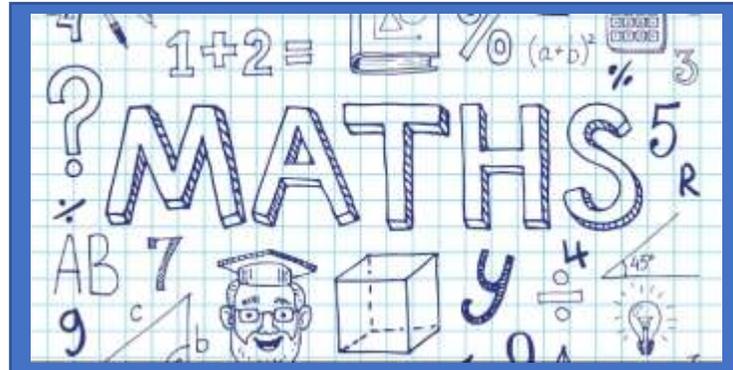


Students will be given the opportunity to represent their house in a wide range of activities including; house debates, inter-house sports competitions, Maths Challenge and English spelling. The vast selection of events reflects our intention to make our house system holistic and engaging; we aim to give everyone the chance to shine. Another important focus of the house system is raising money for charity; students take part in at least three house charity events a year. All money raised is donated to the house annual chosen charity. Students are also given the opportunity to develop their leadership skills within the house system. Y10 students can apply for the role of **Senior House Captains** and are at the fore-front of all events and advancements. Students from Y7-9 can also become **Junior House Captains**. All house captains will wear a distinguished tie.

Application to become **House Captains** will be available from Monday 7<sup>th</sup> September.

**Mr J. Cruz**

Head of House Structure



### YOUR MARVELLOUS MATHS WEEKLY ROUND-UP

#### Manga High leader board



**trinity lewisham**

**British Isles**  
1st – 30th Sep 2020

1		Caleb Forgie	31 pts
2		Tauseef Haider	20 pts
3		Dontae Gibson	8 pts
4		becky johnson	3 pts
5		Ty-Reece Royal	1 pt
6		Naiara De Los Angeles TL	1 pt

PUZZLE OF THE WEEK

Entries open: 02/09/19  
Entries close: 08/09/19





Sam and Mary collect marbles.

"If you give me 5 marbles, I'll have twice as many as you" said Sam to Mary.

"But if you give me 4 marbles we would have the same number" said Mary to Sam.

How many marbles do they have altogether?

*SPOTLIGHT ON...*



This podcast is an effort to promote visibility of women in mathematics

### Episode 1

Maria Gaetana Agnesi

Female mathematician from the 18<sup>th</sup> century

<https://soundcloud.com/damien-adams-662584563/episode-1-maria-gaetana-agnesi>

# Trinity School Counsellor



## Anna Lewis School Counsellor

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Miss Lewis is a qualified therapist who is trained in the integrative psychotherapy and counselling approach. Her experience extends to both children, young people and adults. She has also worked as a bereavement counsellor. Miss Lewis is a member of the British Association for Counselling and Psychotherapy (BACP), which requires her to partake in monthly supervision sessions that ensures her work is ethical and efficient.

Miss Lewis's role is to use counseling methods to help individuals manage and overcome any mental or emotional issues. Her responsibilities include listening to pupils and their experiences, developing treatment plans, and creating coping strategies that will help to break down the barriers to learning and ultimately enabling them to become well rounded individuals. Therapeutic work is provided on both of Trinity's sites.

As well as one to one sessions, Miss Lewis runs daily drop in sessions at lunch times where pupils can visit at their own free will as and when needed. Miss Lewis also oversees the cohort of Wellbeing Ambassadors and contributes to the mental health and wellbeing curriculum within the schools community.

The aim is to support the wellbeing of all pupils and their families. It is to remove the negative stigma that surrounds mental health, reeducate and address current topics concerning wellbeing.



Trinity School  
Taunton Road



02088523191



[a.lewis@trinity.lewisham.sch.uk](mailto:a.lewis@trinity.lewisham.sch.uk)



[www.trinity.lewisham.org](http://www.trinity.lewisham.org)



## Mental Health & Wellbeing

### Self-care

The impact of the pandemic is continuing to make life tough, particularly for the worst off children and young people.

In this edition we've highlighted some resources for those who have suffered bereavement and coping strategies for young people and families.

Dealing with the loss of a loved one can be a really difficult and painful process. Our new [Dealing with loss and bereavement](#) section for [On My Mind](#) has some simple advice and guidance for young people based on what other young people have said have helped them through their pain. The page also sign-posts to bereavement charities who can offer young people additional support should they require it.

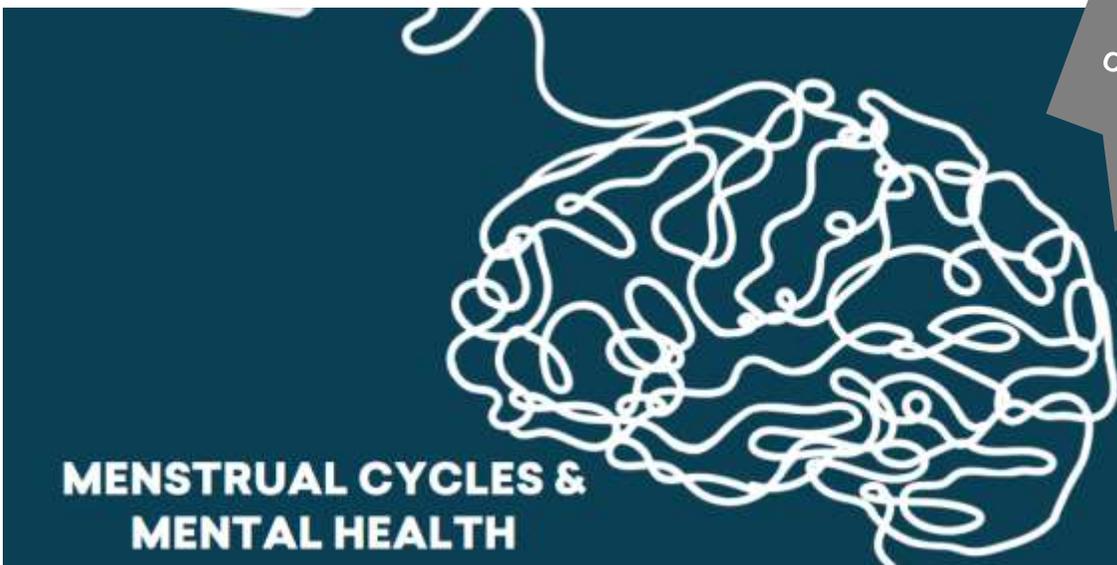
[Self-care top tips for young parents and carers](#) which offers advice and guidance on the importance of looking after yourself as a young parent or carer in order to better support the needs of the children in your care. This may be more difficult during the coronavirus shutdown when access to friends and family may be more limited and opportunities to connect with support or take a time-out for yourself may be more limited.

The booklet [#SelfcareSummer Primary pack](#) & [#SelfcareSummer Secondary pack](#) help young people make self-care plans which can help them as we move out of the summer months.

For more information on any of the highlighted topics, please open the highlighted links within the content of the article

Premenstrual syndrome (PMS) is something that most people who have periods will experience. Hormones are powerful, and when they're fluctuating (as they do before your period) they can make us feel pretty physically and emotionally out of kilter. Sometimes, the symptoms of PMS can go beyond just discomfort, manifesting as premenstrual dysphoric disorder (PMDD) - a severe form of PMS

Open the link below for more information.



<https://yoppie.com/pages/menstrual-cycles-mental-health>