

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

Happy Friday everyone. We have had a fabulous week of learning at Trinity. Please do look at our primary blog for detail about our amazing learning journey and do talk to our Trinitarians about what they have been up to within all their lessons this week. I love asking the question 'what have you learnt today?' – Their responses across all the age ranges from reception to year 11 are heart-warming. Please do praise them for their hard work and efforts in school.

I wish to also thank the pupils for listening to the clear messages during this second lockdown. Our Trinitarians have been leaving school well behaved and going straight home. We do remind them every day and thank you for your support in this. As we are on National Lockdown it is important they do not arrive at school too early, they have a 15 minute window to arrive in. They need to come straight to school and onto the site. At the end of the day they do need to go straight home and not wait around. I know it is difficult in the evenings and weekend not going out, but please do check our Character Corner within this newsletter – which each week gives ideas on virtual tours you can do from your home.

Next week is Anti-Bullying week 2020. As a school and community we want our children to be happy and safe. Every November schools throughout the UK shine a spotlight on bullying and consider the steps we can take together to stop it. The theme for this year is united Against Bullying. It has started today with World Kindness Day. All of next week we will be running special events looking at the difference between people who are being 'Rude, Mean or a Bully'. There are a lot of resources for parents on the internet, in particular there is a whole section on the anti-bullyingalliance.org.uk site that parents can use at home. #UnitedAgainstBullying.

Have a wonderful and restful weekend. Stay safe.

DAVID LUCAS

Executive Headteacher
Trinity Church of England S
An All-Through School
020 88523191
www.trinitylewisham.org



this issue

Upcoming Events & News

Friday 20th Wear Odd Socks day **P.3**

Christmas Appeal **P.5**

PAFT Meeting 7th November – All welcome **P.6**

Year 7 Flu vaccinations Friday 20th November **P. 12**

Year 8 General Event **P.13**

Marvellous Maths **P.15**



Dear Trinity families,

It was really moving being able to come together as a school on the 11th November to remember those who have fought in conflicts over time. The pupils were so respectful and observed the two minute's silence impeccably. Check out the blog to see what our remembrance worship looked like.

Next week is Anti Bullying week and we are inviting everyone to participate in the Anti Bullying Alliance's 'odd socks' initiative. As well as having a special worship run by Mr Weddell, we would like every child to pay a pound to come in wearing odd socks on Friday of next week, to highlight that we are all unique. Fittingly, all proceeds will go towards Children In Need, which is held on that day too. Please see further into this newsletter for more information.

In the next two weeks, we will be updating you all on what our plans are to celebrate Christmas. Although we are unable to do the usual parties run by PAFT or hold large scale Nativities, we still have plans to make sure Christmas is a special time. Please check the newsletter for updates.

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



Head of School, Primary Phase
Trinity all Through School



REMEMBRANCE AT TRINITY 2020

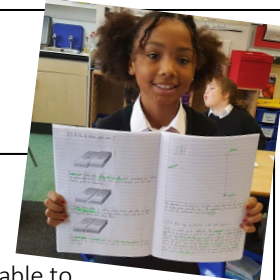
Every year at Trinity we come together at 11am on the 11th November to remember those who have fought in world wars and other conflicts.

<https://trinityprimarylewisham.blogspot.com/2020/11/remembrance-at-trinity-2020.html>

INVESTIGATING TECTONIC PLATE MOVEMENT

Year 4 have been looking at how earthquakes happen and the children will now be able to tell you the three different types

<https://trinityprimarylewisham.blogspot.com/2020/11/investigating-tectonic-plate-movement.html>



MODIGLIANI MAYHEM IN YEAR 4

Last half term, year 4 practised their drawing skills, using a range of mediums.

<https://trinityprimarylewisham.blogspot.com/2020/10/modigliani-mayhem-in-year-4.html>



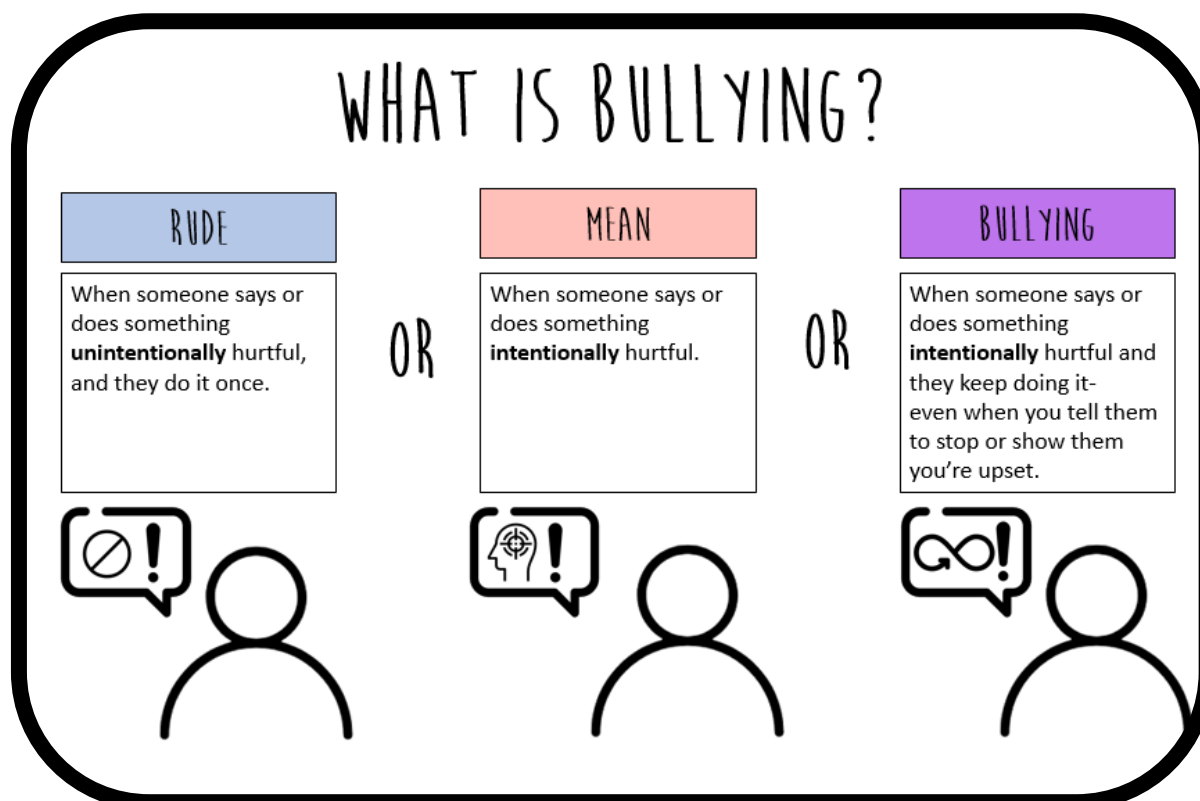


Anti-Bullying Week at Trinity Primary!

Throughout next week, we will be discussing our theme of anti-bullying across the school. On Friday the 20th of November, we will be joining in with Odd Socks Day and collecting donations for Children in Need. We will be wearing odd socks to school to highlight that we are all unique. If you would like to know more about Anti-Bullying week please follow this link: <https://anti-bullyingalliance.org.uk/>

Friday Wear Odd Socks Bring in £1

If you want to discuss key language around bullying at home please see our three key terms below that help us and children understand what behaviours are and are not bullying.



Resilience



Keep your mind on Jesus... Then you won't get discouraged and give up.

Hebrews 12:3



LEARNING - LIVING - LOVING

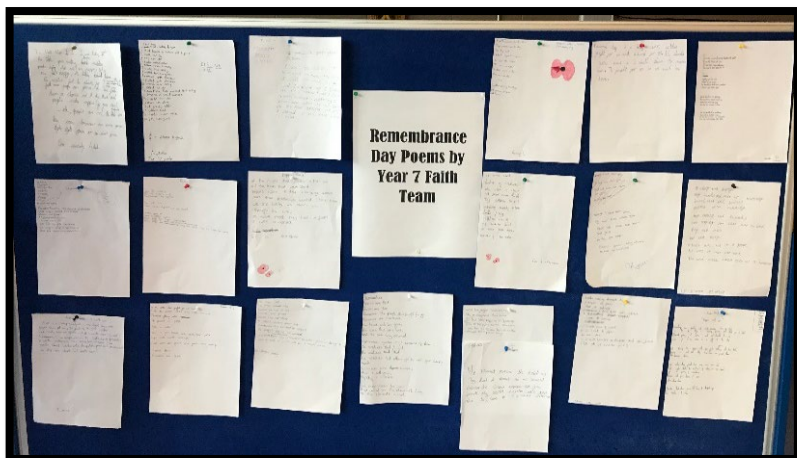
This week we continued to look at our theme of resilience, remembering that being resilient doesn't mean not being vulnerable. Being resilient is not an easy thing to do, but it makes a huge difference. It's also something we can learn to get better at! We can develop resilience in our hearts and minds through practice, a bit like we develop muscles in our body when we exercise. If we practice having a go at things that are hard, we can also get stronger in our minds and our hearts. Eventually, we will be able to do harder and harder things. Knowing that we have people alongside us when we try to do hard things can make it easier too. I wonder – what do you find really hard to have a go at? Who or what helps you with this?

Here is something you could do this week to help you think about resilience at home. Bounce a ball. Each time it comes back, imagine yourself 'bouncing back' from a difficult situation. If the ball isn't pumped up with enough air, it will struggle to bounce back. What do you need to be filled with to be able to bounce back fully? For some Christians, it is the Holy Spirit who gives them the power to bounce back again. Perhaps it's the love within your family and friends, feeling understood and valued, your strength of character developed over time – or a combination of all of these.



Remembrance:

This week we had our special remembrance worship and held our 2minute silence remembering all those who have lost their lives during the war. During our worship pupils reflected on the sacrifice given by some many. Our secondary faith team wrote remembrance poems which they shared with our Trinity community. The pupil faith team has also been working hard to help the Good Shepherd create a poppy garden for remembrance which you can see photos of below. Trinity will not forget.



Christmas – helping our community

This year we will be supporting and helping the Christmas appeal. Please see the poster below. Primary donations to be handed into reception and secondary donations to Main reception.

CHRISTMAS APPEAL

Give a gift and make someone's Christmas!



**Can you donate a
toy (new), food, or
a voucher to help
families in need of
extra support this
Christmas?**

**If so, please drop in your
donation to ...**

**MAIN RECEPTION AT EITHER
TRINITY Primary or Secondary
Mark your donation
CHRISTMAS APPEAL**



Registered Charity no: 214779

How can my family develop spiritually at home? How do we flourish together?

EXPERIENCES that can help us ENCOUNTER:

- Amazing Ants! Have a hunt around outside or in your garden if you are lucky enough to have one. Look carefully and
- Observe what the ants are doing or watch the video using the link below.
- Did you know that ants are able to carry 10-50 times their body weight? They are so muscly that their bodies are incredibly
- RESILIENT and they are also great at working together.
- There are times when we need to be resilient in both our bodies and minds.
- Reflect on any challenges you might be facing at the moment and think about who you could ask for help. Many Christians
- believe that God works in incredible ways and even in difficult times is able to find a path to help us... maybe by finding
- someone else to give you the strength to keep going!
- Amazing ants are ready to view here: <https://www.youtube.com/watch?v=fjyTkagc8BI>





PARENTS & FRIENDS OF TRINITY

Want the best for your school but unsure how to help? Intrigued as to how PAFT-raised funds get spent? Wish to know more about what our school needs to help your children's education? Have the odd fundraising idea? Then we would love to hear from you!

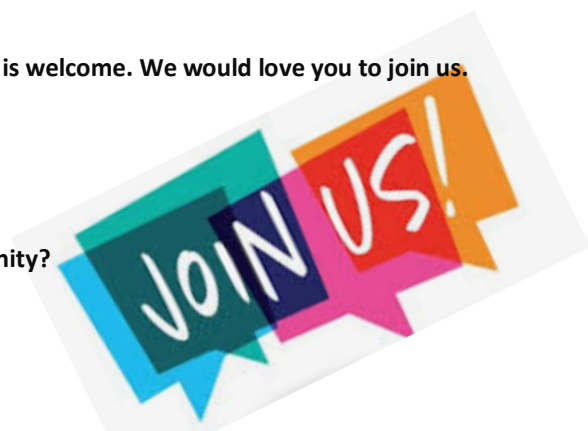
Our next PAFT Meeting is Tuesday 1

7th November at 8pm via Zoom (details below) and everyone is welcome. We would love you to join us.

Agenda

Ethos: Not too stuffy, not too cliquey, all inclusive.

1. Who are PAFT and why and how do we raise money for Trinity?
2. A whistle-stop tour of what our last fundraisers financed
3. Christmas fundraising ideas - the more the merrier!
4. Christmas Class Parties in a world of covid-19
5. Your views on how we can make PAFT stronger



In January, we are looking to elect new Committee members. **Remember, there's always an option to buddy up with a friend and share a role** if you'd like to help but are strapped for time. At the meeting we will explain the different roles and how the committee comes together as a team.

If you have any questions or cannot attend the meeting but would love to offer your help, please email PAFTTrinity@gmail.com

Zoom Details: 8pm Tuesday 17th November

Meeting ID: 431 474 6418

Passcode: 487911

Best wishes and thanks to everyone who has donated their time to PAFT to date.

PAFT



EXAM TIPS

Exam Week

1. START EARLY

Don't leave it to last minute! Start revising a couple of weeks before your exams to give your brain time to absorb.

2. PLAN YOUR TIME

Failing to prepare is preparing to fail, so plan wisely. Make a schedule to document what you will revise and when!

3. AVOID YOUR PHONE

Revision is tough, but looking at social media every ten minutes won't help you learn! Put your phone away so you can focus.

4. PRACTISE!

Athletes don't win gold without rigorous training, and neither will you! Actively practising (e.g. doing mock exams) can help re-inforce knowledge.

5. TAKE BREAKS

Your body needs rest in order to get stronger, and so does your brain! Be sure to take regular breaks during revision - your mind will thank you.

Good luck!

EXAM WEEK

Exam timetables for all secondary year groups

Can be viewed on our school website

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

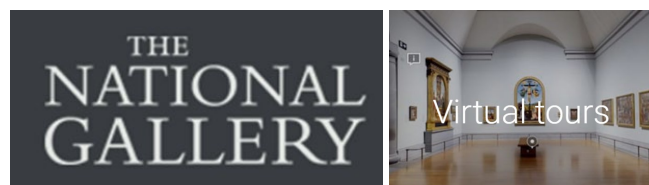
Celebrate **Diwali** Online with **Royal Museums Greenwich**



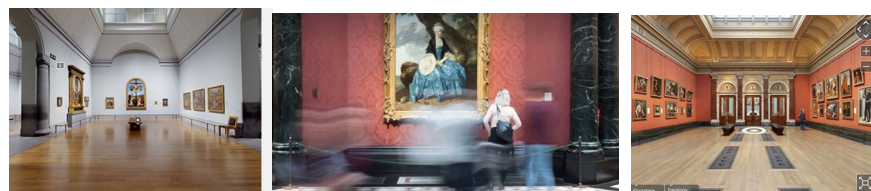
Celebrate the lunar festival, Diwali, from home with stories, activities and more with this free virtual family event from the **National Maritime Museum**. From stories with Peter Chand and craft activities to try at home, to moon gazing with the Royal Observatory and recipe sharing, the **National Maritime Museum** is releasing a whole host of resources to add to festivities at home. You can even explore the connections between Greenwich, the London's docks and India.



For information Visit: <https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light>



Explore the **National Gallery** from the comfort of your own home. Step into the gallery with three virtual tours allowing you to discover one of the world's greatest collections of paintings. Discover Renaissance masterpieces, tour the Sainsbury Wing, explore over 300 paintings and experience the gallery in virtual reality through your desktop, phone or VR headset.



Explore **Picture of the Month** with the **National Gallery**. Discover works of art and learn more about the artist and painting voted picture of the month. You can even sign up and add your vote.



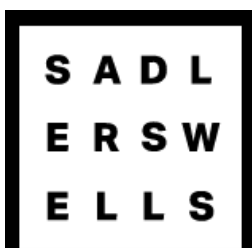
Picture of the month
July 2020: A Regatta on the
Grand Canal

Picture of the month
August 2020: Poplars on
the Nile

Picture of the month
September 2020: Margate
(?) from the Sea

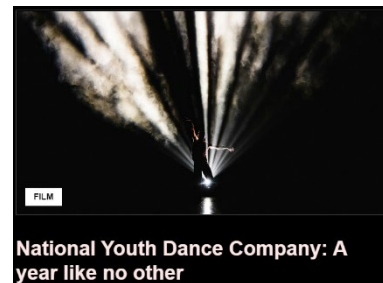
Picture of the month
October 2020: Miss La La
at the Cirque Fernando

For more information, visit:
<https://www.nationalgallery.org.uk/>

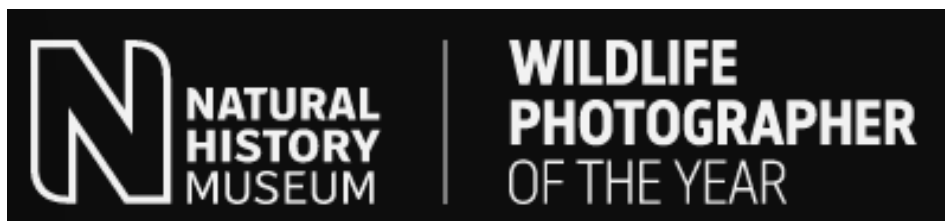


Sadler's Wells Digital Stage

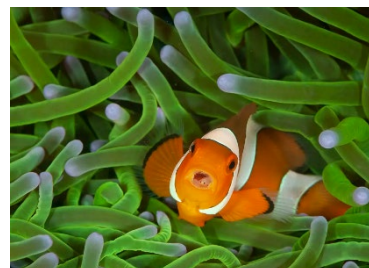
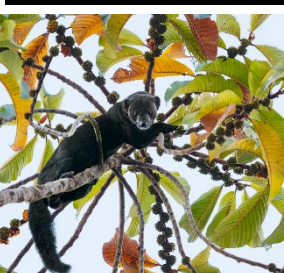
Join **Sadler's Wells Digital Stage** for dance performances, films and workshops. Sadler's Wells presents a programme of full-length dance performances, films and workshops online to keep you entertained and connected through dance, wherever you are.



For more information, visit: <https://www.sadlerswells.com/>



Explore the **Natural History Museum's Wildlife Photographer of the Year** exhibition in this online gallery filled with stunning nature photographs. View amazing images from the current and previous years' competitions, winning awards for artistic composition, technical innovation and the truthful interpretation of the natural world.



Visit: <https://www.nhm.ac.uk/wpy/gallery>

PE UNIFORM AT TRINITY

DO YOU KNOW THE CORRECT UNIFORM?

Rectangular Snip

PE KIT AT TRINITY

SECONDARY PHASE

- ▶ Blue Trinity hoody (Not any other style / type)
- ▶ White Polo T shirt with logo
- ▶ Blue shorts
- ▶ Blue Leggings
- ▶ Blue jogging bottoms (Small logo e.g. Nike / Adidas is acceptable)
- ▶ Boots if on the field (wear trainers to school)

No BLACK or coloured clothing to be worn.

SCHOOL UNIFORM must **NOT** be worn over PE kit as **WE DO NOT WANT** to use the changing room areas.

Sanctions will be given on the day for incorrect uniform and a letter will be emailed home this week regarding uniform.

TELEPHONE CONTACT INFORMATION!

As winter approaches and colds, flu (and Covid 19) surrounds us it is imperative that we have your child's/children's parent/carer contact information and that of a close relative (with name/s) as alternate emergency contacts. This information is equally vital in case of any other medical emergency involving your child. Unfortunately we frequently experience difficulties in establishing contact – numbers no longer exist and other contact information is out of date. **PLEASE can all parents ensure we have your up to date contact numbers and those of your designated other emergency contacts.**

A simple email to : admin@trinity.lewisham.sch.uk will suffice.

Please give your child's name and date of birth together with up-to-date contact information in the email.

We can then update your information on our system.

Keep your child safe – keep us informed.

SECONDARY PHASE

Introducing our team of year 10

Wellbeing Ambassadors



BenjaminAckah Akakpo



Chenaiqwa Oroleye



Tiani Aris Osula



Favour Isaac



Michael Salisu



Faith Dasho



Hannah Quirk



Kate Lindsey



Leah Osei



Kayden Walters Ugboma



Taniola Komolafe

Congratulations to our newly appointed Wellbeing Ambassadors

Trinity aims to provide a variety of ways in which its students can access support for their general health and wellbeing. Currently there is a range of therapy's, 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 student wellbeing ambassadors.

The role of our Wellbeing Ambassadors will be 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 a point of contact for students. Wellbeing Ambassadors will help to facilitate the implementation of Trinity's health and wellbeing strategy, and signpost to the appropriate wellbeing support available.

Look out for publications and events happening around the school and how the ambassadors can help you.



ALL YEAR 7 PARENTS

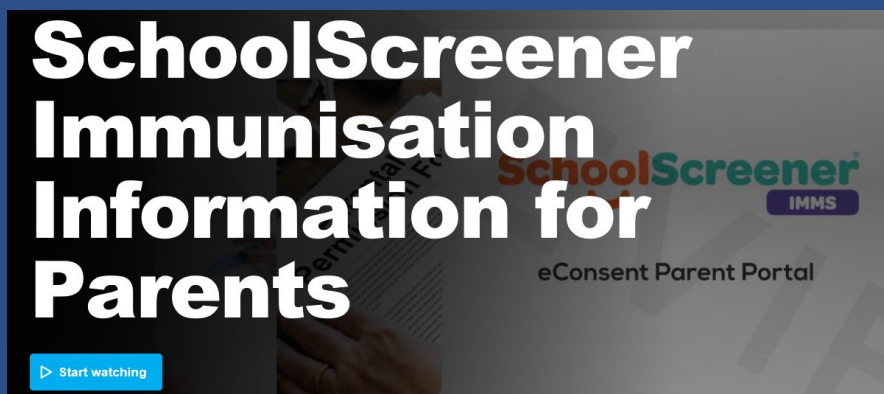
All Year 7 Flu vaccinations are scheduled for

Friday 20th November.

PLEASE ensure you provide the school with your consent. Below are two easy options available.

Please also take time to view the video.

Informative video on how eConsent portal works



<https://vimeo.com/showcase/7321177>

CONSENT VIA TEXT - click on this link

<https://qlink.uk/LGflu/100749>

FLU CONSENT FORM – download



Flu Consent
form.pdf



ALL YEAR 8 PARENTS

Dear Year 8 parents,

The Year 8 team and myself are holding a general event for parents. This is an opportunity for parents to find out about key events in the coming weeks/months. If you wish to join, please use the zoom link below:

Steve Gallears is inviting you to a scheduled Zoom meeting.

Topic: Year 8 parents information event

Time: Nov 26, 2020 11:30 AM London

Join Zoom Meeting

<https://zoom.us/j/4653179233?pwd=NHlPSkdHSDUreVdNOEVsbmhHQ2tBUT09>

Meeting ID: 465 317 9233

Passcode: 0EiCjb

Many thanks

Mr S Gallears

Deputy Headteacher



MORGAN SEWARD – TRINITY PUPIL FROM 2014-2019



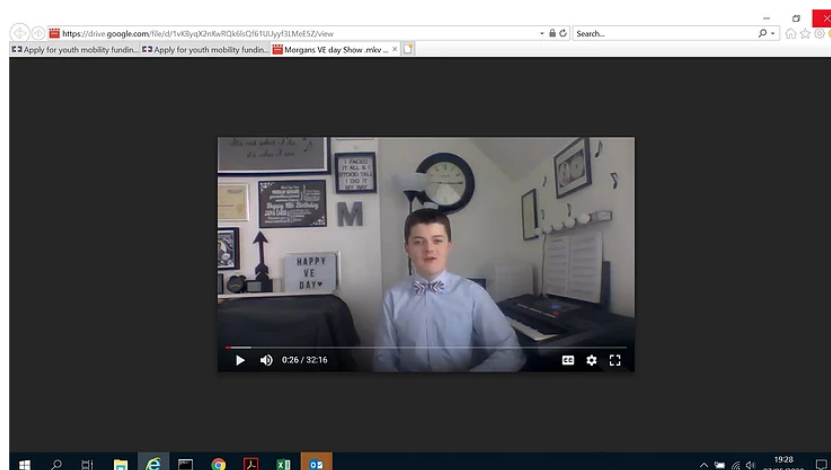
Our very own Class of 2019 pupil Morgan Seward has been nominated for a Lewisham Mayor's Award 2020. The Mayor's Award was launched in 2017 to recognise those who live, or work in Lewisham who has made an outstanding contribution to Lewisham. This year they are recognising people who have made a contribution to Lewisham during the Covid 19 pandemic

Morgan was nominated for spreading positivity during lockdown by doing weekly piano shows. He worked hard on his performances which spread happiness to people he was concerned might be isolated. People have watched his show and enjoyed singing along to his performances.

Well Done Morgan we are very proud of you

VE Day special brought to you by the Morgan Seward Cabaret Show

The fourth virtual concert by the Morgan Seward Cabaret Show celebrating



VE day - enjoy everyone! go on the link below

<https://www.lewishamyoungmayor.com/post/ve-day-special-brought-to-you-by-the-morgan-seward-cabaret-show>

EX-TRINITARIAN NOMINATED FOR LEWISHAM MAYORS AWARD 2020

Puzzle of the week

141
Puzzle
Number

PUZZLE OF THE WEEK

Entries open: Mon 9th Nov

Entries close: Sun 15th Nov



Heather makes a pattern
using some shapes.

The shapes are yellow regular hexagons
and green equilateral triangles.

If the pattern carried on forever in every
direction, what percentage of the area
would be green?

<https://tinyurl.com/yxeeogbp>



22 in the Maths Week Quest England

★ Top 10 Students

1. Tauseef Haider
2. Sheng Yu
3. Caleb Forgie
4. Pavithira Partheeparupan
5. Adeel Haider
6. Kelsea Scott
7. Ilze Taylor
8. Ryan Lalaj
9. Mia Thomas
10. Tyrell Grossett

We've had some great results with the
**Manga High M-fluencers MATHS WEEK
QUEST England** this week – Trinity is
currently school 22 in the whole competition!

Check out our current top 10 medal winners –

*You still have time to earn more! Competition
ends 8pm SUNDAY. Good luck!*

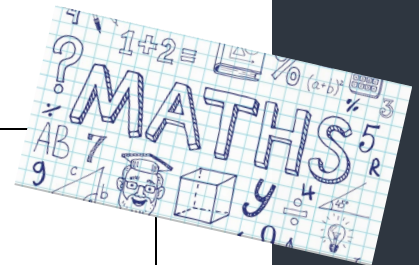


This podcast is an effort to
promote visibility of women in
mathematics

Episode 7 Alice Schafer

Biography on the 20th century mathematician after whom the Schafer
prize was set-up. The Schafer prize is awarded to an undergraduate
woman for excellence in Mathematics.

<https://soundcloud.com/damien-adams-662584563/alice-schafer>



SALT DOUGH DECORATIONS

Fun to make for everyone and all ages

Recipe

4 cups plain flour

1 cup table salt

1.5 cups warm water



INSTRUCTIONS

1. Preheat your oven to 250 degrees Fahrenheit.

1. Combine all of your ingredients and knead for 10 minutes. If your dough is too dry add a little bit more water in and continue to knead.
2. Roll out the dough to a thickness that you'd like your salt dough ornament to be.
3. Using a large cookie cutter, cut out different shapes for your salt dough ornament.
4. Have your child place their hand into the salt dough ornament. If the dough is too hard to get an imprint it may be too dry and you can continue to knead by adding in a little bit more water.
5. Using a straw, make a hole in the top for where you want to hang your salt dough ornament.
6. Bake for 1-2 hours. If your ornaments are still doughy, put back in for another hour. (It will depend on your thickness how long you need to bake for. The thinner ornaments will take less time but thicker may take more).
7. If you encounter too much puffing, roll out thinner ornaments and this will help reduce the puffing. If the ornament is still a bit doughy, bake for longer or let sit out a few days to harden before decorating. The thickness of the dough will determine how long you have to bake them for. You can also raise the temperature up to 325 degrees Fahrenheit but do this gradually as they may start to puff up. We prefer to bake them at 250 degrees Fahrenheit for longer and let them air dry for a few days.
8. Once cool, you can decorate by painting with acrylic or kids paint.
9. To make the hand glittery, fill the handprint with glue then sprinkle glitter on top of the glue, shake off the excess and let it dry.
10. Spray with clear glaze finish or finish with mod podge.



Reassuring children and young people who are worried about coronavirus: advice for parents and carers



Anna Freud
National Centre for
Children and Families

Many parents and carers are concerned about how their children, whatever their age, are feeling at present. It is understandable that children and young people may be feeling anxious and upset.

The support provided by our families, and those networks around us, is something we all value. Taking time to listen to each other's concerns – which may be similar or different to our own – is particularly key in relation to children and young people, who may feel overwhelmed by a complex and changing situation which isn't being clearly explained for their perspective. Be curious about what's on their mind, so they feel able to speak to you in their own time and in their own way.

If you are the parent or carer of a baby or toddler, you may think they won't be affected by current concern about the coronavirus – or indeed other events of national importance. A younger child may find it hard to tell you what is going through their mind, but you may notice that they repeatedly play or draw about the event to let you know they're thinking about it.

We know that babies and toddlers pick up on how we are feeling, and that the anxiety which a parent is feeling could have an impact on them. Try to be aware of this in how you behave around them. A baby or toddler may well sense a change in your mood, or if you are distracted and therefore less attentive towards them. Reassure them in your actions and through the affection you show towards them. Younger children feel safer when their world is predictable and familiar, so keeping things as normal as possible and maintaining their usual routines can be extremely helpful.

If you are the parent or carer of a child, they will also pick up on how you are feeling – both in the way you talk openly (or don't) about worrying issues and in the way you behave. If they see you visibly worried or alarmed, this may prompt them to feel the same. Where possible, try to reassure your child, while also being open so they trust you to be honest with them. Though it may not always be easy, when parents and carers deal with a situation calmly they can provide the best support for children.

There are practical things you can do. Pay close attention to your child's individual worries, whenever they choose to express them. These might seem trivial, but the change to routine itself (e.g. plans for the weekend being cancelled) may be what unsettles them. Concerns for the health of an elderly grandparent are understandable, and reassurance around what practical steps are being taken to keep people healthy can help. Of course, hand washing is something which children need to see their parents and carers doing, and this can be done as a shared activity.

Watching trusted news sources will play a part in helping children to feel informed and aware of the situation (for instance www.bbc.co.uk/newsround, including their advice on coronavirus). But if this starts to dominate, particularly via social media, it may well be unhelpful to a child who is trying to understand a complex situation. The same applies to children seeing the adults around them constantly watching the news, with normal family life being put 'on hold'. This can in itself create alarm.



If you are the parent or carer of a teenager, the above also applies. We know that, in their teenage years, young people can distance themselves from their parents and look more to their peers for support. This can be enormously important as they begin to navigate the world independently. Encourage them to keep looking to these trusted friendships. But also, be mindful that looking to peer support alone can create a pressure on young people to 'have all the answers', including sifting in inaccurate news which may reach them via social media and elsewhere. The support of trusted adults will also play a key role at times of uncertainty. As the parent of a teenager, it may be difficult to know just how worried they really are. They may be just waiting for an opportunity to share their worries, so don't assume they won't want to talk to you. Sometimes, talking can be easier through a shared activity like walking the dog or baking a cake – which is also important in reinforcing that we can continue to do the things we've always done and which we enjoy. Most of all, keep connecting with your child.

Do this in different ways, as this in itself will help you both to work out how you can provide support. Make it clear you are there for them. Stay in touch with how they're feeling. It's not helpful for children and young people to be anxious all the time, so be alert to this and to them possibly needing more support from you if this becomes the case.

Finally, as a parent or carer, look after your own mental health too. This will enable you to best support yourself and those you care about.

For more information and advice about looking after your mental health during the coronavirus outbreak, visit www.annafreud.org/coronavirus

I'm a young person who is worried about the coronavirus - what advice can you give me?



Anna Freud
National Centre for
Children and Families

Most of us are feeling concerned about the uncertainty of the current situation, and this will include young people. That is completely understandable.

It's important that all of us look to the people we trust to support us. For you, this might include your family members or carers, your trusted friends, and perhaps your teachers if you are able to contact them. Reach out to them to help you make sense of things - be open if you have fears and seek answers. Your questions may be specific and feel trivial, but that's fine. If face-to-face contact is not always an option, find other ways to connect with people, including using technology.

There is lots of information available at present, but some of it comes from more trusted sources than others. Finding your way through this with someone you trust can help you to feel more on top of things. Watching the news and spending time on social media may help to an extent (and particularly if social media helps you to connect with those who are important to you). But focusing on the continuous flow of information about coronavirus may be unhelpful, and may have the negative effect of making people more anxious. Stepping away from it at times makes sense for us all.

Young people are often fantastic sources of help to each other, and you may turn to your friends for support - as well as being able to offer your own support to others. Looking after each other, being kind to those around us, can certainly help us to feel better in an unknown situation. But also be mindful that some people may speak in a way which alarms others unnecessarily, so 'protect' yourself where you can from conversations which you sense are not helpful to you and others.

You may feel that your own mental health is being affected, and perhaps you already have mental health difficulties or are receiving treatment. Talk to those you trust, it's really important to us as human beings that someone else understands how we feel. Even when life is disrupted, stick to your routines where possible, stay in touch with your

close friends, and keep trying to do what you enjoy. All these things help give us a balanced sense of how we're feeling in ourselves. Perhaps ask your parents or carers to help you with this.

If there is a gap in your treatment, or it's disrupted in another way, talk to your parent or carer about what you're finding difficult and what could help you to feel better. This may be something practical, like making a call to a friend or listening to music. Ensure that a bit of this happens each day. It won't be a solution, but it may well help you through this time.

There is lots of advice on 'On My Mind', our website for young people created with young people: www.annafreud.org/onmymind. This includes our self-care resource with over 90 simple strategies that young people have told us help them when they are feeling low or anxious. There is also an urgent help page with a list of organisations that offer 24 hour support via text, phone and email.



For more information and advice about looking after your mental health during the coronavirus outbreak, visit www.annafreud.org/coronavirus