

## Trinity All Through School

### Primary Phase

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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

We have had another marvellous week. Pupils are completely focused on different learning experiences, including preparing and practicing for our online christmas concerts and nativities this year. We ran a rigorous and fully risk assessed recruitment process for our primary phase Head of School position this week. This involved the Director of Education within Lewisham, our school improvement partner from the Diocese, many of the staff and some of the pupils through a remote pupil interview panel. We had a large number of applications and literally last night made the final decision. We are not yet able to announce the successful candidate, but we are extremely excited about the appointment. We will let you know as soon as we can – but I can tell you that she is very excited about joining us after Easter.

Can we remind families that it is important that the pupils arrive at school dressed appropriately for the cold conditions we are experiencing at the moment. It will continue to be cold up until Christmas and throughout January, so important that everyone is warm. Can we also remind you to send your son / daughter into school with their own water bottle – so they stay hydrated.

We have two more full school weeks left before the Christmas break. During the last week we will have Christmas Jumper day on the Wednesday (16<sup>th</sup> December 2020), which will also be the day where pupils within their bubbles will be offered Christmas Lunch. Primary will also be having their Christmas lunch on this date. A great opportunity to celebrate with their class. Please remember that on the last day of term we do finish earlier than usual – please check out the times within this newsletter.

DAVID LUCAS

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

### Remember

Trinity Primary &  
Secondary School  
  
Are having their  
  
Christmas Jumper Day  
  
and  
  
Christmas Lunch day  
  
on  
  
Wednesday 16<sup>th</sup>  
  
December  
  
2020



## Reminder

### Secondary School early closure

Friday 18<sup>th</sup> December 2020

Pupils to leave from 12h30

## this issue

### Upcoming Events & News

NEED HELP & SUPPORT x **P.5A**

CHRISTMAS LUNCH – Primary & Secondary - **P.7**

Character Corner **P.9**

Marvellous Maths **P.11**

Charity Event @Trinity **P.12.**

## PRIMARY PHASE



Head of School  
Primary

Mr. Darren Janes

Dear Trinity families,

A big thank you to everyone who brought in a pound on Friday to raise awareness for men's mental health. Although the official month of 'Movember' has now passed, we wanted to ensure pupils had the chance to reflect on the importance of talking through their feelings, particularly in a society which may promote males to remain stoic in the face of emotion. Luckily, we have excellent role models at Trinity, of all genders, who either donned a moustache for a day or had some fun shaving their face. Please see our blog to see some silly faces – and one or two legs! A big thank you to Ms Hudson too, who led the initiative.

Next week we have our Christmas Live Zoom Singalongs. You should have received an email with your child's year group's day, time and Zoom link. We are inviting all pupils to wear something Christmassy on the day of their performance. There is a table below as a reminder of days and times.

Also below are some key dates and notes for the last two weeks before we break up.

Live Zoom Christmas Singalongs			Key dates before the end of term:		
	Mon 7.12.20	Tue 8.12.20	Key date:	Event:	Extra information:
9:20am	Y6		16.12.20	Christmas lunch	Pupils can come to school in something 'Christmassy'. Please let the office know if you would like school dinner that day if you usually have packed lunch
10:00am	Y5	Y3	17.12.20	Christmas parties	Classes will have their own party in the classroom this year to maintain bubbles, including games provided by PAFT. Pupils can come to school in something 'Christmassy'.
11:10am	Y4	Y2	18.12.20	Last day of term	This is a half day. End times are as follows: RB, Y1 and Y2: 1:40pm RS, Y5 and Y6: 1:50pm Y3 and Y4: 2:00pm
2:00pm	Y1	R			

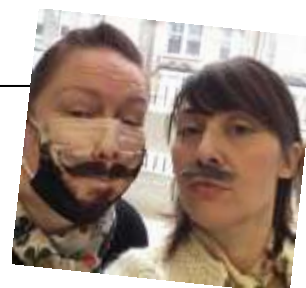
As ever, I wish you the very best of weekends, full of rest and fun, ready for learning on Monday.

Head of School, Primary Phase  
Trinity all Through School

### MOVEMBER 2020

The official month of 'Movember' may actually be over but that has not stopped us raising awareness for this worthy cause.

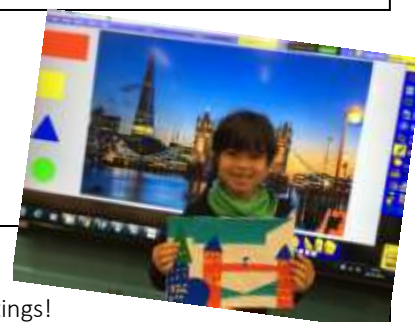
<https://trinityprimarylewisham.blogspot.com/2020/12/november-2020.html>

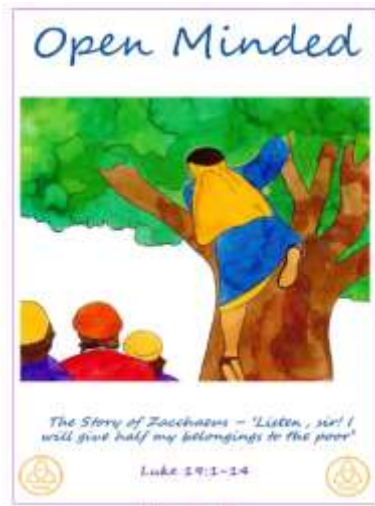


### ABSTRACT SHAPES WITH PAUL KLEE!

Year Two have been studying the abstract shapes used by Paul Klee in his paintings!

<https://trinityprimarylewisham.blogspot.com/2020/12/abstract-shapes-with-paul-klee.html>





This week we have been focusing on our new theme of being open minded and advent. Our year primary faith team led the primary worship thinking and reflecting on how we can prepare, and how Christians prepare for the birth of Jesus Christ.

As people and as Christians, one way of being destructive is by not being open minded. We depend on the word of God to guide us but we also live in a world where such things as fake news which can be very negative to our lives, if we do not seek knowledge to achieve a balanced view. By following the word of God and, importantly, by improving ourselves

through developing our God-given gifts, we can succeed. When it comes to religious faith, a closed mind often does not allow you to see, understand, and experience other belief systems to give you a better picture of the entire world which is really important.

#### How can I become more open minded?

1. These are four key ways you can become more open and aware. Be curious, ask questions, and try to distinguish between facts and opinion.
2. Know that beliefs are different from knowledge, which is often different from reality. You can't live your life totally blinded by a system of beliefs; you have to incorporate them with the world around you.
3. Learn from others, and ask about their beliefs to open yourself up to new possibilities.
4. Don't judge others too harshly. After all, as long as no one is being hurt, if they derive joy from their beliefs and you don't, who is better off?



### Chaplaincy information:

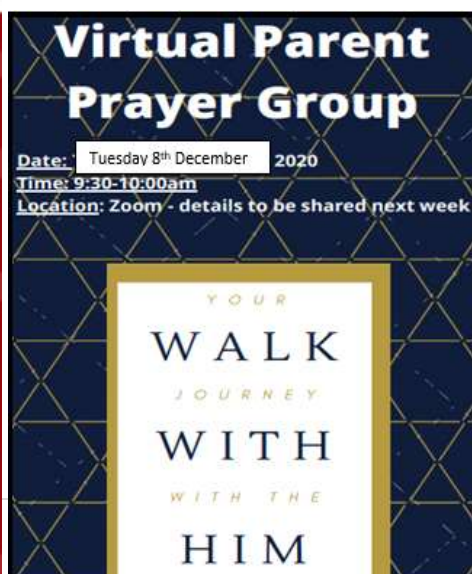
**Parent prayer meeting** – Tuesday 8<sup>th</sup> December 2020. Topic: Prayer meeting  
Time: Dec 8, 2020 09:30 AM

Join Zoom Meeting

<https://zoom.us/j/3899238673?pwd=cEJLcUtpUmlqczBLbURjbmxlTVVYZz09>

Meeting ID: 389 923 8673

Passcode: Qxan3T





As we approach winter and experience a second period of lockdown we wanted to make sure that you are aware of the services available in Lewisham and know where to get help should you need it.

**Get support and advice over the phone** or via self-referral/website  
The community response hub is now known as Community Connections Lewisham. The service can help you with access to food via supermarket slots, social support, advice and connect you with local services that can help you with whatever challenge you are facing. You can ask for help for you or for someone you know. The service is for anyone who is resident of Lewisham.

#### Seek support by:

Calling Community Connections Lewisham helpline on 0330 058 3464, Monday to Friday between 9.30am to 4pm.

Visiting [www.communityconnectionslewisham.org/make-a-referral](http://www.communityconnectionslewisham.org/make-a-referral)

*Please note: Residents may also use Sainsbury's (0800 917 8557) and Morrisons (0345 611 6111) telephone shopping services.*

#### Other Ways to Access Support

Other organisations that can help with access to support:

#### Advice Lewisham

If you are experiencing financial difficulty and can't afford food, you can speak to a trained and independent Advice Lewisham agent for support and advice.

The line is coordinated by Citizens Advice Lewisham who can also help with enquiries about benefits, housing, employment and a range of other advice issues.

The helpline 0800 231 5453 (freephone) operates from 9.30am – 12.30pm & 1.30pm – 4pm Monday-Friday

#### Local Food Banks and Food Projects

Lewisham Foodbank provided emergency food to residents in financial need as part of the Community Response Hub and will continue to do so. <https://lewisham.foodbank.org.uk/>

There are a number of other foodbanks and food projects in the borough that have remained operational throughout the pandemic providing emergency food packages. Find your nearest food project here - <https://www.lewishamlocal.com/lewisham-community-meals-and-foodbank-provision-during-covid-19/>

NHS GoodSam Volunteers

Residents seeking support from volunteers may refer themselves (or a family member) for help with from the NHS Volunteer Responders programme by calling 0808 196 3646 or visiting <https://nhsvolunteerresponders.org.uk/services>.

#### Lewisham Mutual-Aid Groups

Mutual Aid Groups are community-run groups organising support such as food and supply deliveries to neighbours who are self-isolating. Volunteers are organised by ward, and in some cases by smaller areas such as a street.

Join the [Facebook group](#) to find your local WhatsApp group and post requests for support such as food drop-offs if you're self-isolating.

For a list of mutual aid groups please visit

<https://www.lewishamlocal.com/lewisham-mutual-aid-groups/>

*Please Note: Mutual Aid Groups are volunteer-led groups so please always be very careful about sharing your personal details with people you don't know online and do not give people you don't know access to your bank cards.*

#### Medication advice

Please only order the medicines you need at the usual time, to help keep supplies of medicines available for all patients during the Coronavirus pandemic and beyond. Please do not over-order medicines - this causes additional supply pressures in the healthcare system which in turn disadvantages other patients. There are currently no significant supply issues reported for most medicines and none that have been as a result of the pandemic.

GP practices might issue repeat prescription to your usual pharmacy by electronic prescription (known as EPS) where appropriate. To arrange collection of electronic repeat prescription, please contact your regular pharmacy. If you wish to opt out or change your nominated pharmacy, please call your GP practice.

If you're self-isolating and need help with delivery of medicines, please ask a neighbour, friend or family member to collect on your behalf in the first instance. Your pharmacy has limited ability to deliver medicines. If you still need help accessing your medicines, contact your usual pharmacy.

If after exhausting the options above and you're really struggling with accessing your medicines, please contact the Community Connections Lewisham helpline Monday-Friday, 9:30am-4pm, on 0330 058 3464 Visit [www.nhs.uk/medicines](http://www.nhs.uk/medicines) for general medicines information and answers to common questions or speak to your local pharmacist

#### Support during the Christmas period

A number of support services including emergency food for those in need are available during the Christmas period, please check the Lewisham Local website for updates.

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

You can also contact the Crisis Mental Health Line on: 0800 731 2864 to speak to the South London and Maudsley 24 hour mental health support line.

COVID-19 symptoms and booking a Test

The main Coronavirus symptoms are:

- a high temperature, (+38°C)
- a new, continuous cough
- a loss or change of smell and/or taste

If you have any of these symptoms you must self-isolate at home and immediately book a test at [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus). If you do not have internet access you can call 119 to book a test.

You can choose to take the test at a drive-through or walk-through sites in Lewisham or with a home test kit. You can find more information by visiting

<https://lewisham.gov.uk/myservices/coronavirus-covid-19/health/getting-tested-for-coronavirus-covid-19>

#### Keeping Safe

It is very important that you continue to follow the measures that help prevent the spread of the virus including:

- washing your hands frequently with soap and water for at least 20 seconds or using a hand sanitiser. Do this before you eat or handle food and after you blow your nose, sneeze, or cough and always immediately when you return home
- covering your cough or sneeze with a tissue, then throwing the tissue safely in a bin and washing your hands
- avoiding touching your eyes, nose, and mouth with unwashed hands
- cleaning frequently touched objects and surfaces in the home

*You should also continue to maintain social distancing of at least 2metres away from those who are not members of your household.*

## HOW TO DEAL with an ASTHMA ATTACK

### Step 1

Help the casualty to take their usual dose of reliever (usually blue) inhaler immediately, preferably through a spacer.



### Step 2

Sit the casualty upright  
Get them to take slow steady breaths  
Keep calm and try to keep them calm  
Do not leave them unattended

Have the symptoms improved immediately?

**No**

**Yes**

### Step 3

Continue to give two puffs of reliever inhaler every two minutes, up to 10 puffs

Continue to sit with the casualty until they are feeling completely well and can go back to previous activity

### Step 4

If the casualty does not start to feel better after taking the reliever inhaler as above or if you are worried at any time call 999



### Step 5

If an ambulance does not arrive within 10 minutes repeat step 3 while you wait

If the casualty is a child, parents/carers should be informed

Signs of an asthma attack can include any of these

- Coughing
- Being short of breath
- Wheezy breathing
- Being unusually quiet
- Tightness in their chest - some children express this as tummy ache

If the casualty is a child, parents/carers should be informed

© First Aid for Life 2014

## What are the triggers for Asthma?

## TRIGGERS for an ASTHMA ATTACK



Allergens



Work



Respiratory infections

Inflammatory Factors



Strong Odours



Cold air and temperature change



Exercise



Stress & Emotions

Irritants



Pollution



Food Additives



Gastric reflux



Tobacco



Medication

Others



# Primary Xmas Lunch



Traditional Roast Turkey,  
with a Bacon Wrapped Chipolata,  
Sage & Onion Stuffing

or

Roasted Vegetable Parcel

Served with Roast Potatoes,  
Carrots, Peas and Gravy

Winter Wonderland Chocolate Cake

or

Dairy Free Ice Cream (Allergy Free Option)

Please note your child's account must be in credit to partake in Christmas Lunch. Children entitled to universal free school meals will not be charged.  
All dietary needs will be catered for

£2.30



CHRISTMAS LUNCH  
16th December



## Christmas Dinner

Choose from

Fresh Succulent Roast Turkey with  
Pigs in Blanket & Sage & Onion Stuffing

or

Vegetable Wellington in a  
Puff Pastry Crust (V)

Served with

Roast Potatoes, Carrots,  
Brussel Sprouts & Rich Pan Gravy

Followed by

Festive Chocolate Cake & Chocolate Sauce  
or

Fresh Fruit Salad

£3.10



16th - December

## Secondary Xmas Lunch



Dear Parents and Carers,

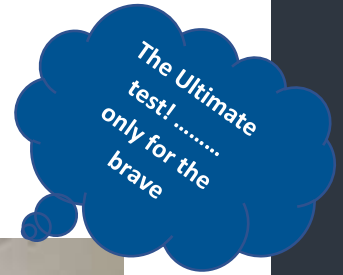
The Christmas Dinner date for the pupils is on Wednesday 16th of December. The caterers are charging **£3.10** per child for a Christmas dinner and dessert. **We would like to charge separately for this as the amount is different from regular school dinners.**

A payment request has been set up on Parent Pay, **please pay by the 9th of December** as numbers will be given to the caterers on that day. Posters for meals are on Weduc,

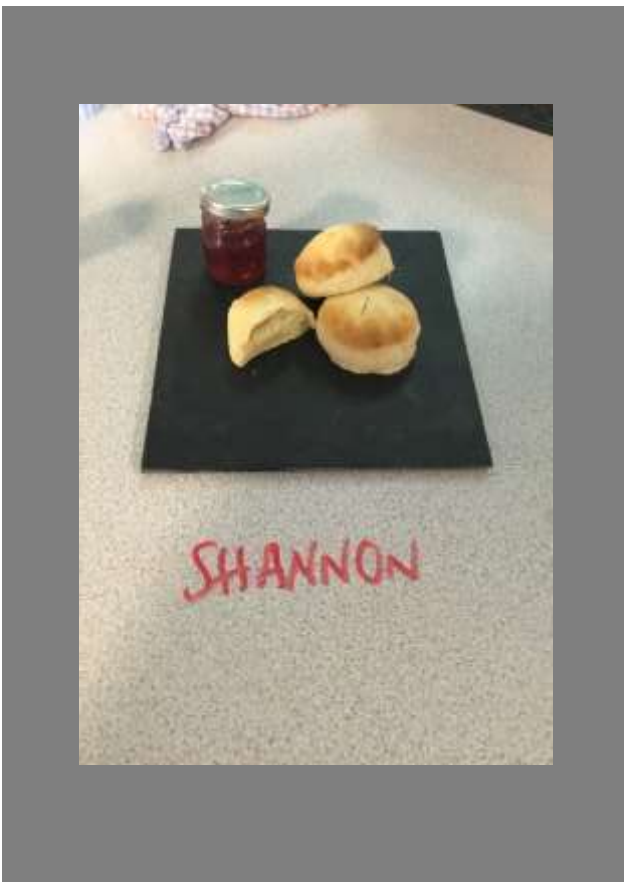
thanks. School Office.



The year 9 food students have been looking at how raising agents work in our food this week. The class was split into groups and each had an investigation to carry out for a certain type of aeration, here is Yuki Timofte showing how mechanical aeration can make runny egg whites change into a stable foam!



We then used our knowledge gained from the theory lesson and applied it in the practical lesson to make scones, you can see Ben Markham and Shannon Causon-Thomas presenting their finished product ready for photographs



## SECONDARY PHASE - OUTSTANDING BUDDIES

**'RESPECT. Show the right actions'**

Some of the responses to ‘what is a role model’ were excellent and very much a challenge to us all:

A collage of positive traits and qualities arranged in a cloud-like shape, with a central purple banner reading "ROLE MODEL".

**Top Section Traits:** HUMBLE, ENERGETIC, CAUTAGEOUS, EMPATHIC, SUPPORT, DISCIPLINE, POSITIVE, CHANGE, CREATIVE, CONTROL, THANKFUL, CREATIVE, HEALTHY, UNITY, LISTEN, SUCCESS, DREAM, SHARING, LIFE, INSIGHTFUL, EMPOWER, IDEA, RESPECT.

**Central Banner:** ROLE MODEL

**Bottom Section Traits:** ROLE MODEL, CREATIVE, SMART, THINKING, BALANCED, BELIEVING, INTELLIGENT, STRONG, GOAL, HUMOROUS, MIND HUMAN, PEACEFUL, TRUST, EMPOWERMENT, FAITHFUL, LEARN, IMPROVE, HOPE, OPTIMIST, FORGIVE, HONEST.



## MUSEUMS

Explore,  
Discover

Museums  
are  
adapting  
and on-line  
family  
activities  
for all are  
fun and  
engaging.

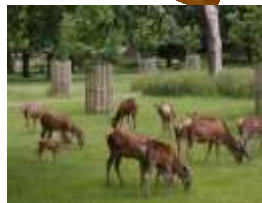


Visit **Greenwich** and discover breathtaking views and royal heritage sites, all in a beautiful riverside setting.

Overlooking the River Thames and home to one of London's most iconic views, **Greenwich Park** covers 183 acres and is an amazing mix of 17<sup>th</sup> century landscape, stunning gardens and a rich history dating back to Roman times.

Follow in the footsteps of England's kings and queens with a walk through Greenwich's ancient trees. Visit the Wilderness Deer Park, the tranquil flower, herb and orchard gardens, or just enjoy the ever-changing view across London skyline.

Visit: <https://www.royalparks.org.uk/parks/greenwich-park>



Learn Online with **The Royal Parks**. You can also try some of the Royal Parks amazing online family activities including Bug Hunting guides, What Am I? And making a scrap garden or a balcony allotment.



Bug Hunting Guide



What Am I?



Make a Balcony Allotment:  
Paper Pot

For more information, Visit: <https://www.royalparks.org.uk/learn/learn-online>

Visit the **Royal Museums Greenwich**, home to the Royal Observatory, the iconic historic sailing ship Cutty Sark, the National Maritime Museum and the Queen's House Art Gallery, all located within easy walking distance of each other within a UNESCO World Heritage Site.

Discover epic stories of exploration and endeavour that have shaped our world today at the National Maritime Museum. Visit the Queen's House, Inigo Jones' architectural masterpiece and home to an internationally renowned art collection. Explore the fascinating Royal Observatory, home of Greenwich Mean Time (GMT), the Prime Meridian of the world and London's Planetarium. Visit the Cutty Sark, the celebrated historic sailing ship and fastest of its time, now an award-winning visitor attraction.



Book advanced ticket to visit the Royal Museums Greenwich attractions or explore the many collections and activates online. For more information, visit: <https://www.rmg.co.uk/>



**OLD ROYAL  
NAVAL COLLEGE  
GREENWICH**



Explore the **Old Royal Naval College** in Greenwich. Sir Christopher Wren's riverside masterpiece is a British landmark encompassing some of the finest buildings in the world. Visit the neoclassical Chapel, hear the stories of the site and of those who lived and worked here, and enjoy the beautiful historic grounds, which have featured in many recent movies.

The recently restored Painted Hall is the highlight of any visit to the Old Royal Naval College in Greenwich. Painted in the early 18th century by Sir James Thornhill, the hall boasts one of the most spectacular Baroque interiors in Europe and features 40,000 square feet of walls and ceilings covered in striking paintings depicting 200 figures including kings, queens and mythological

For ticket information, visit: <https://ornc.org/>

You can also explore the Painted Hall from home with a new, 360 degree virtual tour. Visit: <https://virtualtour.ornc.org/>



## Virtual Christmas things to do

From Virtual markets to the Peter Pan Cup in Hyde park there is still plenty to do this Christmas either from the comfort of your own Home or out in the open air. Visit this link to explore over 100 things to do and see and have fun with your family this Christmas. Remember to stay safe.

<https://www.visitlondon.com/things-to-do/whats-on/christmas/101-things-to-do-in-london-this-christmas#refvirtual>



Every Christmas Day, London's hardest swimmers take a dip in Hyde Park's Serpentine, in a competition for the **Peter Pan Cup**.

The 9am spectacle sees members of the Serpentine Swimming Club battle it out over a 100-yard handicap in the icy December waters to the south of the lake.

## What is the history of The Peter Pan Cup?

Swimmers have met in **London's Hyde Park** on Christmas morning since 1864 to compete in the Christmas Day swim. The first Christmas Day swimming race was won by H. Coulter. He won a gold medal, which became the customary prize for the winner.

**J.M. Barrie** donated the first Peter Pan Cup in 1904, the same year that his play Peter Pan made its debut on the London stage. Like the fictional boy who never grew up, the race has taken on a legendary appeal.





# YOUR MARVELLOUS MATHS WEEKLY ROUND-UP

144

Puzzle Number

PUZZLE OF THE WEEK

Entries open: Mon 30th Nov

Entries close: Sun 8th Dec

Ekta has 23 fidget spinners to sell.

After selling some of them, Ekta increased the price by \$2 and then sold all of the rest of her stock.

In total the 23 fidget spinners sold for \$95

**How many fidget spinners did Ekta sell before she changed the price?**

**Extension:** Why would this puzzle not work if Ekta was selling 30 fidget spinners?

## LAST WEEK'S SOLUTION

PUZZLE OF THE WEEK

Tealeccpepzhrifneihruze

143

Answer: 10

As with all the code-breaking puzzles on the site the key is given in the Puzzle of the Week logo (as shown on the right).

With help from the colouring we can see that we have all the right letters, but not necessarily in the right order. You may also notice that there are two sections that both have three blue letters. If we write the logo again but move the blue sections so that they are underneath each other we get this:

P	Z	L	O	T	E	E	K
U	Z	E	F	H	W	E	

Following the arrows spells out: PUZZLE OF THE WEEK

We've now cracked the cipher and hopefully when we apply the same technique to the puzzle question it will become deciphered. The puzzle is: WAIFENUTATIENTSITESBRCFV?

W	A	I	F	F	E	N	U	T	A	T	I	E
H	T	S	I	T	E	S	B	R	C	F	V	?

This time, following the arrows spells out: WHAT IS FIFTEEN SUBTRACT FIVE?

With added spaces we get: What is fifteen subtract five? So the answer to the puzzle is  $15 - 5 = 10$



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

### Episode 9 Conversation between Alison Day & Amanda Shackelford

A chat about their experiences as maths students and being a female teacher, and the wonders of the STEM Center in America.

<https://soundcloud.com/damien-adams-662584563/episode-9-conversation-between-alison-day-amanda-shackelford>





# Trinity Copper Coin House Charity Event

Have you ever found a penny on the ground and thought twice about picking it up? It's one measly cent and weren't we going to get rid of the penny anyway? We all know once that copper coin lands in our pocket, it's destined to be tossed in the junk drawer or left in your pocket only to be heard clanging in the washer or dryer.

On **Wednesday 16<sup>th</sup> December**, we will have our Christmas Jumper day at Trinity. We couldn't miss this opportunity to launch a House Charity event. House captains will be collecting **copper coins for charity at the school entrance only on that day**. Please send in any loose change to go in the jars to support your house.

Silver coins will be accepted, however, it won't count in your house total amount.

Bring in your copper coins on **Wednesday 16<sup>th</sup> December** and don't forget your Christmas jumper!



## Trinity "Wall Sit" House Challenge

House Captains will run the competition during lunchtime on the following dates below:

- **Competition within their houses** on Tuesday 8<sup>th</sup> and Thursday 10<sup>th</sup> December;
- **Inter-House Semi-Final** competition on Monday 14<sup>th</sup> December;
  - o Michael vs Zadkiel
  - o Gabriel vs Raphael
- **Inter-House 3<sup>rd</sup> Place and Final** to take place on Tuesday 15<sup>th</sup> December
- **Maths House Challenge will take place between 14<sup>th</sup> and 17<sup>th</sup> December**

THE CHALLENGE IS ON.....



REMEMBER WEDNESDAY 16<sup>TH</sup>  
DECEMBER IS

- CHRISTMAS LUNCH
- CHRISTMAS JUMPER DAY

At  
Secondary & Primary