

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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Dear Trinitarians

We have had a great week celebrating Christmas across Trinity. A huge thank you to everyone who has helped organise these events, those that have taken part and those that joined us in the many public events that have taken place over the last two weeks. I wish to thank all of the staff for their dedication, commitment and drive

In delivering a fantastic curriculum to all our children. We have spent all week celebrating what the pupils have achieved, I am extremely proud, and I want to make sure I give the credit to the teachers without whom we would not have such an amazing school. Can I also take this opportunity to thank all the parents for what they have done to support Trinity throughout the year? It has not gone unnoticed. As a family we all work extremely well together to ensure every individual feels valued and experiences success. You are all terrific Trinitarians.

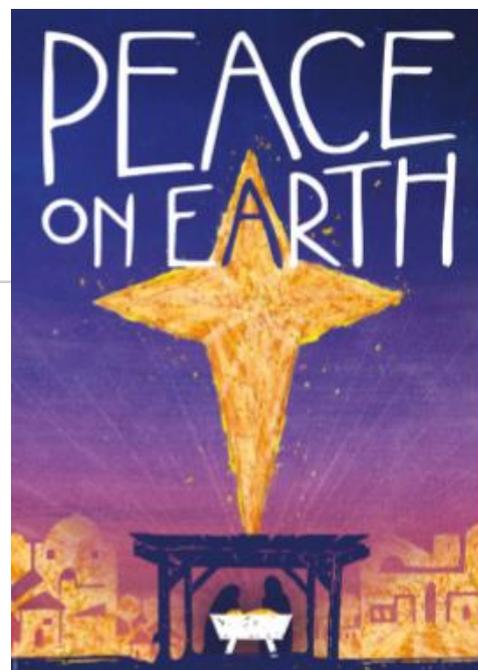
I wish you all a fantastic Christmas break with your family and friends. I hope you are all in the Christmas spirit and will make lots of memories over the 2 week break. We reconvene on Tuesday January 7th at the usual time (Staff training day is on the Monday, 6th January) across the school. Enjoy the holiday and I hope 2020

DAVID LUCAS

Executive Headteacher
Trinity Church of England School, Lewisham
An All-Through School
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www.trinitylewisham.org



LEARNING - LOVING - LIVING



Upcoming Events



SECONDARY

Mr Cruz and 4 pupils head off to Holland on Friday 20th for a Wallball competition
(See page 7)

BACK TO SCHOOL

Tuesday 7th January
2020

You are invited to our upcoming events...

Good Shepherd, Handen Rd, SE12 8NR
St. Peter's, Weigall Rd, SE12 8HQ

All Age Carol Service Sunday 15th Decemb
10.30am at the Good Shepherd
(+ mulled wine & mince pies)

Christingle Service Sunday 22nd Decembe
9am at St. Peter's

Reflective Carol Service
Sunday 22nd December 5pm at St. Peter's
(+ mulled wine & mince pies)

Lighting the Lamps Christmas Eve
4pm & 6pm at the Good Shepherd

Midnight Communion Christmas Eve
11.30pm at the Good Shepherd

Christmas Day Celebration Service
10.30am at the Good Shepherd

www.goodpeter.org.uk

All Parents – Chilblains, hypothermia and frostbite

As the weather grows colder it is important to protect yourself from the dangers of the cold. The elderly, frail, ill and very young are most susceptible to extremes of temperatures, however, anyone can suffer from hypothermia and its effects can be extremely serious.

Hypothermia

Hypothermia is defined as the point at which the core body temperature falls below 35°C. Bearing in mind the usual outside temperatures in the UK, and the huge surface area of our skin, it is easy to see how quickly we can lose body heat and could develop hypothermia.

Small children and babies are particularly at risk as their temperature control area in the brain is not fully developed. Elderly people are also at risk from hypothermia as metabolism slows as you get older. If people are out in cold conditions with insufficient warm clothing they can quickly develop mild hypothermia and in the case of an older person who has fallen outside, this can swiftly escalate to severe hypothermia and this is life-threatening.

Severe hypothermia can affect the clotting factors in the blood and so wounds are likely to bleed more and be harder to control. Severe hypothermia also affects the stability of the heart and so they are more likely to experience a cardiac arrest.

Exposure to cold water and wet clothing brings body temperature down rapidly and people with high levels of alcohol or drugs in their system find it harder to maintain their body temperature. Therefore, if someone has collapsed outside a pub during the festive season, hypothermia is a very real threat.

Signs and symptoms

Pale, quiet and cold to touch.

They may be shivery and then stiff with cold.

As hypothermia develops further, they become confused, disorientated and may lose consciousness – severe hypothermia kills.

Treatment

Remove cold, wet clothing.

Put on warm dry clothing.

Cover their head as considerable heat is lost from here.

Wrap them up in coats and blankets, increase the room temperature if possible as well.

If you are unable to get indoors, wrap them in a foil blanket and use a survival bag and shelter if possible.

Give them small sips of warm (non-alcoholic) drinks.

Always seek medical advice. If their condition deteriorates phone the emergency services.

If they lose consciousness and are breathing put them in the recovery position.

If they stop breathing start CPR.

NOTE: if they are very cold, avoid moving them if at all possible, as the extreme cold can cause abnormal heart rhythms and any swift movement could cause a cardiac arrest. If you do need to move them, to get them somewhere warmer, do this extremely carefully and phone an ambulance for additional advice and help.

Do not use hot water bottles or put the person in a bath to warm them. This concentrates on warming their extremities and can conversely dilate their blood vessels making it harder to warm their core. Hot water bottles can also cause burns.

Frostbite

Frostbite refers to the freezing of body tissue (usually skin) that results when the blood vessels contract, reducing blood flow and oxygen to the affected body parts. Frostbite is most likely to affect those parts of the body furthest away from the body core and, therefore, have less blood flow, including feet, toes, hands, fingers, nose, and ears. These body parts get so cold that ice crystals form in the cells and destroys them

The casualty may develop pins and needles, tingling and then numbness in the affected area.

The skin becomes hard and changes first to white, then blue and finally turns black as the cells die.

As the area is warmed it can become hot, red and very painful.

Frostbite should always be assessed and treated by a health professional.

Treatment

Carefully remove jewellery if possible – rings may need to be cut off.

Do **not** rub the injury as this will make things worse. To stop the freezing getting worse, cup the affected area in your hands. Do not start to warm them if there is a danger of the area re-freezing. Move them indoors and start to warm them slowly by placing the affected area in warm water. Refer for medical help as soon as possible.

Related conditions

Chilblains:

Chilblains can occur as the result of dry cold. The cells do not freeze but the extremities become itchy, bluish-red in colour and swollen. If it is not treated the casualty may develop blisters. Treatment is the same as for frostbite.

Trench foot:

Trench foot is caused by prolonged exposure to wet and cold conditions. The cells do not freeze but symptoms are similar to frostbite.



Frostbite



Trench Foot



TRINITY PRIMARY



Dear Trinity families,

Christmas at Primary School should always be fun but also filled with learning. I am so happy that we have had so many fun events for our pupils but still kept our learning activities going up until the last minute.

We have had: Nativities, carol concerts, Christmas parties, Christmas reading assemblies, and Christmas lunches. All of this has been punctuated with our Trinity Charter experiences, like our Year Four pupils making and flying their own kites on the Heath, and our wonderful home learning log exhibitions. Please check out the blog to see what has been crammed into this week!

We cannot wait to see what new learning the New Year will bring. We will see you all next decade!

I wish you the very best of holidays, full of rest and fun, ready for learning after Xmas and New Year.

Head of School, Primary Phase
Trinity all Through School



CHRISTMAS DINNER AT TRINITY

Everyone enjoyed our Christmas Dinner at Trinity on Wednesday.

<https://trinityprimarylewisham.blogspot.com/2019/12/christmas-dinner-at-trinity.html>

HOME LEARNING EXHIBITIONS: AUTUMN TWO

Even though it is an extremely busy time, it was great to see all of the amazing work that has been happening at home.

<https://trinityprimarylewisham.blogspot.com/2019/12/home-learning-exhibitions-autumn-two.html>



OUR YEAR THREE AND FOUR NATIVITY, 2019

Our Year Three and Four Nativity was absolutely cracking this year!

<https://trinityprimarylewisham.blogspot.com/2019/12/our-year-three-and-four-nativity-2019.html>



CHAPLAIN'S CORNER by Miss S. Alder

During this third week of advent, we have been looking at the importance of being loving and caring particularly during the advent period. Andy led our secondary whole school worship which focused on the importance of us being the light in the darkness, like Jesus. We have been remembering that Jesus is the light even in the darkest places and we have been asking for help to trust in Jesus that when we are lost or lonely He will shine hope into our hearts.

It has been a very busy week here at Trinity as we had our whole school Carol service which was a great opportunity to sing some carols and prepare for the birth of Our Lord Jesus Christ. We have also had some incredible nativities at the primary site, thank you to everyone who has come and supported our Trinity family throughout the festive period.

We have also been continuing our collection for local food banks and the amount of food and gifts that have been collected so far is overwhelming. Thank you to everyone who has donated. They have been collected today and distributed to those most in need.

I wish you all a Merry Christmas and may the peace of Christ be with you during this special time. Have a restful and safe holiday.

John 3:16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

God bless



God of the Trinity

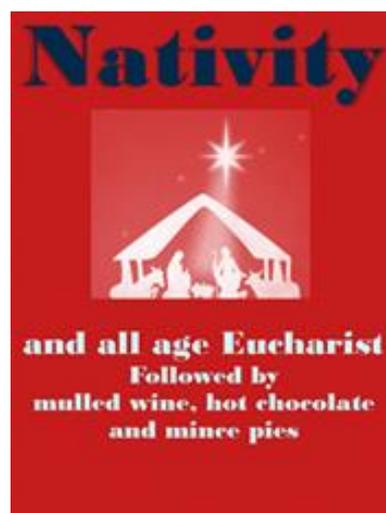
May our lessons light our learning and progress

May we love our neighbours as ourselves,

May we have courage to live good lives,

So that we are outstanding Trinitarians.

Amen



HUGE THANK YOU

Trinity thanks everyone who contributed for the collection to provide a little something for those less fortunate than ourselves in our community. Your generosity will be much appreciated. Gifts and food kept rolling in. Pupils helped wrap the gifts and load up the food boxes.

Special thanks to Miss Dillon from our Art department who headed up the project and also to Mr. Wynter (chaplaincy) who worked tirelessly with Miss Dillon encouraging everyone from staff to pupils to give generously and the results speak for themselves.



Pupils in Miss Dillon's class helped wrap up the many gifts received. The result was an enormous pile of beautifully wrapped gifts. Thank you to all the pupils, parents and staff who have helped to make this collection a great success.

Next year Trinity aims to double the quantity and with your continued help we might just make it.

SECONDARY NEWS & UPCOMING EVENTS



Programmes for secondary schools
We have developed a series of programmes, specifically designed to complement the Year 9 to 13 curriculum with the understanding that older students require a more immersive approach to education.



PINEAPPLE STUDIOS

On Monday 13th students had the opportunity to perform at Pineapple Dance Studios on Covent Garden. The girls had completed weeks of rehearsals with dance coach Tilly showing their dedication to their performance. Monday gave the girls the opportunity to learn a new routine with other schools and then perform their choreographed routines in front of over 100 people. The girls were rewarded for their hard work by spending the rest of the day exploring London and then decided they wanted to perform their routine in the middle of Leicester Square showing courage and resilience!!

Ms Wright – PE Dept.

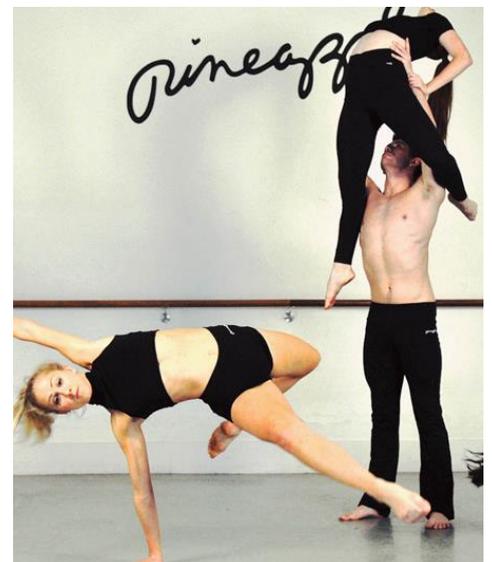


YEAR 7 and YEAR 8

RESIDENTIAL TRIP 2020

Parents/Carers start saving for the Year 7 and Year 8 residential to Kingswood in July 2020. It's an exciting adventure and an incredible learning journey for our pupils, teaching them responsibility, team work, leadership skills, friendship, independence as well as forward thinking, planning, dexterity and courage. Approximate cost of trip £180.00

RESIDENTIAL TRIP 2020



EUROPEAN JUNIOR WALLBALL CHAMPIONSHIPS 20th – 23rd

This week Mr. Cruz will be taking four pupils (Year 9 and Year 10) to Holland to take part in the European Wallball Championships. Despite it being a holiday Mr. Cruz and the pupils are excited to be given the opportunity of a lifetime to compete. All of Trinity wish them well and we look forward in the New Year to report on the event.

The Wallball UK organisers managed to get many sponsors to contribute towards expenses for the trip and help fund their travel, accommodation and meals. Without their help our pupils would not have been able to compete. Our four pupils and Mr. Cruz leave today for Heathrow.

The event takes place in Franeker in Holland. Franeker is one of the eleven historical cities of Friesland with a very impressive City Hall which visitors may visit for free.

We wish our four pupils every success, a fun filled weekend and may they all get home safely for Christmas.



UK Wallball is a charitable outreach organisation which aims to develop and promote Wallball in the UK.

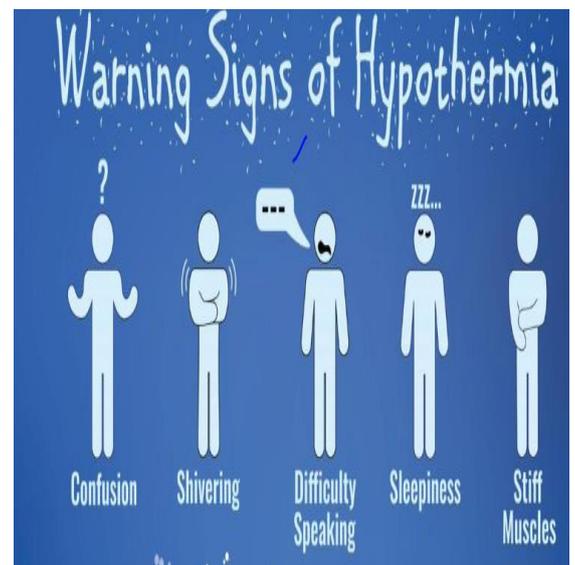
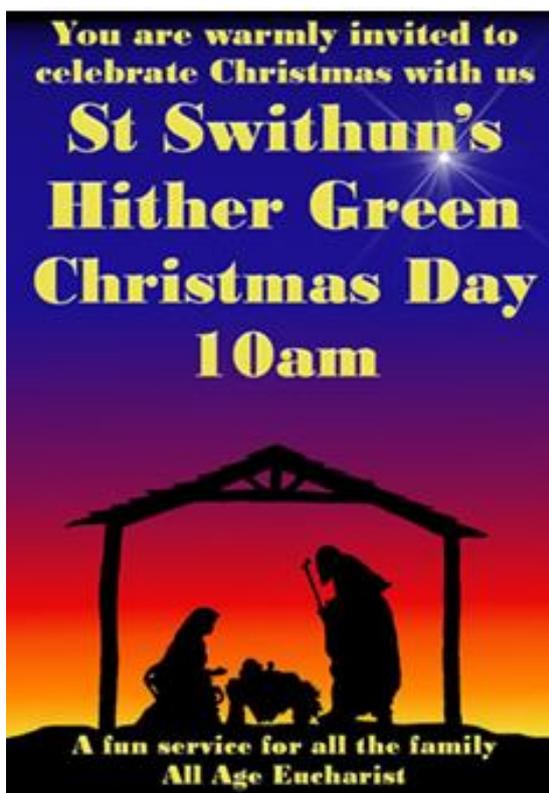
Wallball is a simple activity played by hitting a ball against a wall with your hands. Although it has traditional pathways that lead the sport right up to the top level of international competition, at its roots Wallball is an outreach activity that can be played by those who can't afford to access others. Our values are: inclusive, accessible, free and fun. Our motto is "Any Ball, Any Wall, Any Time". In recent years we've embraced innovation and have modified Wallball to have beneficial uses in mental health, physical disability, chronic health conditions, art, tech and informal activities at school and home.



City Hall – Franeker



Wallball Ball





Celebrate the **Jewish festival of lights** with a visit to the giant Menorah in **Trafalgar Square**. There'll be a main lighting ceremony on December 22nd. Expect live music, dancing and good cheer all around. The menorah will remain in place for the full 8 days of Chanukah.

Sunday 22nd December, 2:30pm, to 4:30pm

<https://londoncheapo.com/events/chanukah-traffic-square/>

Giving your time over Christmas.

If you have a bit of time to spare over Christmas, there are plenty of places to volunteer over the festive period, including on the day itself. Winter shelters all over London are always looking for volunteers over Christmas, including six centres run by Crisis. Christmas can be pretty lonely, even if you do have a roof over your head, especially for older people. But Community Christmas helps connect them to local volunteer lunches. Check the website for local events that might appreciate some extra help.



<https://www.crisis.org.uk/crisis-this-christmas/>

Hunt the Snowman at London Bridge.

Over the Christmas period, 12 giant sculptures of Raymond Brigg's The Snowman will be placed throughout the London Bridge City area. Each Snowman has been decorated by an artist to represent one of the 12 Days of Christmas. This sculpture trail is part of the wider Christmas by the River festival, including family workshops, wooden cabins, festive food, drinks and gift stalls, all with amazing river views.



<https://walkingwiththesnowman.co.uk/event/london-bridge-city-2019/>



Winter Holidays: Make & Do Christmas. Head to the **V&A Museum of Childhood** over the Christmas period for a range of free, festive creative activities, pop-up performances and festive stories. Free drop-in for all ages.

<https://www.vam.ac.uk/moc/whats-on/>



December 21st and 22nd, Free family drop in event.

<https://www.museumoflondon.org.uk/museum-london/whats-on>

Roll up, and experience the fun of the **Frost Fair Festival** at the **Museum of London**. When the River Thames would freeze over, many years ago, huge celebrations called Frost Fairs were held on the ice. Head to the Museum of London for a weekend of festivities recreating the magic of these special festivals, with interactive games and workshops, enchanting performances and arts and crafts. Plus learn about winter traditions from around the world in this wintry festival for the whole family.



Make a Manga Comic at the British Museum. Visit the Digital Discovery Centre at the British Museum and discover the secret design language and storytelling techniques of manga and make a story using your own photos!

Saturday 21st December, Free family drop in activity (a passport, national ID or driver's licence is required as a deposit).

<https://www.britishmuseum.org/events/make-manga-comic>

Visit **Story Seekers** at the **Imperial War Museum**.

The IWM is packed full of stories and you can get hands-on with real artefacts and find moving and surprising stories from people who braved shark-infested waters to ingenious nurses and those who built machines of conflict. This activity gives families the opportunity to learn together about the impact of conflict from the First and Second World Wars to today.



Free, drop-in event, 28th & 30th December, 1st & 4th January.

<https://www.iwm.org.uk/events/story-seekers-december-london>

Personal Development Week 2020

Please see below the list of activities being planned for Personal Development week this year which is from the 6th to the 10th of July 2020. There are a variety of activities which cover a range of price points. Pupils will choose the group they wish to be part of for that week and will partake in all activities as planned by that group.

In order to help with your financial planning, please see below the options to choose from. Please discuss with your child what they wish to do. If they wish to be involved in an activity that requires payment, then this will be ready for you to start paying into on Parent Pay in order to secure their place.

Please note that numbers for certain activities are limited and the prices listed below are a guide at this stage. You will receive further information from the staff member organizing the trip as we move forward. Please note that any activity that is not financially viable, because of lack of numbers, may be cancelled. The information below is an outline and will be subject to some changes.

Activity Name	Description	Cost
London Cultural Tour Remix	Day 1- The City Tour: Fenchurch St- Sky Garden, White Chapel Gallery, Shoreditch Day 2- SW Tour: South Kensington, V&A Museum, Natural History Museum, Kensington Garden Day 3- South Bank Tour: Borough Market, Southbank, Waterloo Day 4- Camden Tour: Camden Market, Kings Cross, Granary Square, British Library	Free
Add It Up	Learn how Math's works in the world around us. Find out about the world of Aviation by considering the science behind it. Design a sustainable aircraft and get the opportunity to use a flight simulator. Learn about the contribution women have had in math and science through the film Hidden figures and look at math in Art. Consider the world of work and finance through a trip to the Bank of England museum and take part in the Secondary Challenge Competition. End your week with an orienteering and outdoor cooking challenge.	£7-£10
Healthy Active Lifestyle Week	Come and learn about how you can improve the health of your body and mind in our action packed week of activities in PE and Art. The week will involve a range of activities that focus on improving physical and mental health and wellbeing. Examples include preparing and cooking nutritious meals; science experiments that look at the nutrients in the food we eat; first aid and CPR training; creative art therapies; fitness challenges and Pilates. We will then end the week with a trip into Central London where we will compete in teams in a STEP challenge, to cover the most amount of ground and see all of London's favourite attractions.	£14
Science of Life	Focusing on our care of the environment, pupils will take a trip to the coast to take part in a beach clean, take a trip to a forest to do some ecology work, visit exhibitions at the science museum and consider how they as young people can contribute towards caring for the world we live in.	£50
English	Enjoy the Clip and Climb experience climbing wall as well as a day at Go Ape where you can enjoy Zip wires and high swings, team building and communication games and activities. Mix this with some English culture for an enjoyable week.	£40
Kingwood	Staying at Grosvenor Hall in Kennington, Ashford, pupils will have the opportunity to build relationships and develop social skills. Pupils will be able to experience a huge range of activities such as orienteering, outdoor team building games, sports and country walks within a friendly and secure environment.	£180
Italy	The Geography department will be running a trip to Sorrento and the Bay of Naples. The trip will be an unforgettable opportunity for students to experience Geography first-hand, supporting their classroom learning and bringing the Geography to life.	£780
Paris	Performing Arts are arranging a trip to Paris. Pupils will be immersed in French culture and visit key sites such as the Eiffel Tower and The Sacre Coeur. Pupils will have the opportunity to practice their French, experience French cuisine and finish off the trip with a day at Disneyland Paris.	£380
Holland	A four-day trip to Holland for up to 40 Year 7-10 students. The trip will run from <u>Monday 6th – Thursday 9th July 2020</u> . The aim of the trip is to give your child a combination of history (World War 1) knowledge and leisure. Pupils will visit landmarks in Belgium from this important period for Great Britain. We will also visit Amsterdam which includes visiting the Ajax FC stadium, experience a canal cruise and on the last day a visit to the impressive Efteling Theme Park.	£450
Taize Year 10 only	Taizé is an international and interdenominational monastery in eastern France (Burgundy) founded in 1940. A stay at Taizé helps young people mature in a safe but challenging environment. On this trip year 10 pupils will experience participation in a community life where each person is free to be who they are. It is accessible to those who do not think of themselves as being religious, as well as to those of other faiths. Visiting groups usually include non-Christian young people. Each day includes small international discussion groups, reflection in a larger group led by a brother of the Community, some practical activity and prayer with the monastic community.	£275

Personal Development Day Wednesday 11th December

Our second Personal Development day of this academic year was action packed once again.

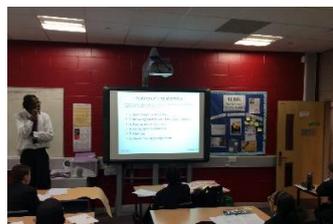
Year 7 enjoyed a relationship building day where they considered how to work as a team, be supportive and inclusive with each.



Year 9 learned about the History of Tate Modern before heading into London to visit some key Art exhibitions there.



Year 8 focused on healthy relationships. They worked with an outside agency, Tender, as well as staff in school to consider how to stay safe on line, to understand the law around the use of social media, they looked at gender stereotypes and had some really meaningful discussions around these topics.



YEAR 11 STUDENT REPORTER – TOMMY MELLUISH



This is the pupil report, a weekly section of the newsletter, where you can gain some insight into the life of a Trinity pupil. This week, in the final report of the calendar year, I will be reflecting on the year, talking about the importance of revision across all years and a quick notice on last week's topic about college applications.

Firstly, 2019 has nearly passed and due to this report being the last of the calendar year, I will be reflecting on the year at Trinity. At Trinity, we've had a change in the head of chaplaincy, Mother Juliet leaving and promptly replaced by Miss Alder who has done a great job so far. We've seen subject teachers leave the school, Miss Demby, Miss Zlateva and Miss Newsome to name a few, leaving at the end of the last school year and teachers such as Mr Dare and Mr Keen join. I asked some students what they thought of some of the changes and one particular response I received was, "Overall, as sad as it is, seeing one of your subject teachers leave the school, the teachers that have come in to replace those who left have done a great job". However, as we come to the end of the calendar year, we will be saying goodbye to Mr Gallears, who will be going on sabbatical from January 2020. It is sad to see Mr Gallears go, one student said and on a personal level, I thank Mr Gallears for everything he's done to help me with my mental health and also how much I feel he's helped me in RE. All pupils wish Mr Gallears a peaceful and fun sabbatical break.

Secondly, now that the Christmas break is upon us, it's a time for relaxation. However it is also vital that pupils revise over the Christmas period no matter what year group you're in. To test the legitimacy of the importance of revision I gave 10 randomly selected students questions on maths, 10 questions in each quiz without telling the selected pupils what topic I would test them on. All of the 10 pupils failed to get above 5 out of 10. I told those same 10 pupils that next week, I would give them questions on those same topics. Out of 10 the lowest score was 8. This result proves that after revision, people get better results in topics they thought they was good at so it is therefore important that all students revise during the Christmas period.

Finally, last week I mentioned college applications for Year 11s and how pupils felt they couldn't apply to colleges because they did not have their predicted grades and therefore could not apply to their desired colleges. In response to this, I spoke to my Head of Year (Year 11) which is Mr Cruz where he addressed this. Mr Cruz said that despite Year 11s not having their predicted grades, most colleges do not actually require your predicted grades when you apply online or in person, instead, they will contact Trinity requesting the predicted grade and also some information about ourselves as reference. Please do apply to colleges and put the grades you are currently at from the last PPE report so that the college can get an idea of what ability you are at. Mr Cruz also said that if any colleges want a reference to confirm your grades and perhaps and receive your predicted grades, he would be more than happy to be the reference. Our YPL also confirmed that himself and Mr Soleyn have sent many references in the past 6 weeks and encourage all Y11 students to apply as soon as possible, especially for Grammar schools which deadlines are fast approaching.

This concludes the pupil report, the last of the calendar year. It has been a great opportunity to take part in writing the pupil report and I can't wait to start writing more reports, the first of which on the week of the 10th of January. Thanks for reading the pupil report and have a great Christmas break and be ready for when we come back to school on Tuesday the 7th of January 2020! -Tommy

NOTICE BOARD

School re-opens on both sites on

Tuesday 7th January 2020



Full Uniform

MOVED RECENTLY

CHANGED YOUR ADDRESS / PHONE NUMBER

Send in your new information either by

- Dropping off the information at either reception
- Emailing us at : admin@trinity.lewisham.sch.uk
- Posting the information to : Trinity, Taunton Road, SE12 8PD



It is essential that we have your current address
and contact information.

PAPERLESS THE WAY FORWARD

Trinity would like to see 2020 going paperless. Communication of letters, reports, newsletters and general correspondence will be sent electronically in future. In addition to helping the planet it also helps to save the school money which can then go towards more important resources.

In order that you do not miss out on any important information please DO ensure we have a working email address for you.
Please send us an email updating us.



Please give pupils full name and Year Group when responding.

Send email to :

admin@trinity.lewisham.sch.uk

MEDICAL INFORMATION



- Any changes in your child/s medical condition/s - care plans!
- Have you supplied us with a spare EpiPen/Asthma pump as a back -up in case your child forgets/loses/empties their own and has an episode/attack!
- Diabetes – Have you supplied the school with spare sugar level testing strips / spare insulin / test meter/pen in case your child loses/forgets their own!
- Have you supplied us with emergency glucose etc to keep for your child.

Please keep us informed.