

Trinity All Through School

Website: Trinitylewisham.org

WEEKLY NEWSLETTER

Primary Phase

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Dear Trinitarians

We have had a fabulous week back at school. Our students have been telling us about their adventures last week and have settled straight back into the school routines. A new half term and a new worship theme – caring. Our faith team from across both phases launched this with interactive workshops. This week we saw the secondary site have a celebration of Black History Month assembly followed by a series of one off lectures aired in English classrooms over several lunch periods (Highlight of Malorie Blackman speaking about her experiences as a writer).

This term we have launched our dementia awareness campaign across the secondary site – working closely with the Alzheimer's Society to create a dementia friendly generation. There are over 100 different types of dementia, Alzheimer's disease is the most common. Currently there are 850 000 people living with dementia in the UK. The pupils will all look at the symptoms of dementia, how it affects the whole family and how we can help people living with dementia. We have discussed with pupils where support can be found and how they can get extra help and support through www.alzheimers.org.uk or through the National Dementia Helpline on 0300 222 1122. Together we can make a difference, looking at becoming Dementia Friends, fundraising and generally raising awareness around us.

On Wednesday 13th November I will be running a consultation meeting at 0930 for one hour at the Primary Site with regards to the school uniform. In this meeting we will be discussing in groups what we like and what suggestions we have for change of uniform in early years, KS1, KS2 and the Secondary. This will include the PE kit and school bags. Information and discussions from this consultation will be taken to full governors to discuss any changes going forward. If you are unable to attend and wish to contribute a single sided sheet will be created that can be filled in and emailed back using the consultation email address. More detail will come out next week. This is part of our parent forums and are open to all our parents across the through school – this will be the third meeting this term. Your views are important to us.

You may have noticed that we are having an election shortly and our primary school will once again become a polling station. We will be keeping the school open during this time and the office will be used as the polling station as before. We are able to isolate this area from the school to ensure our pupils can continue learning without compromising the safety of our school.

We have planned a fun packed week of learning next week. Thank you once again for all your support. Enjoy the weekend. Take care

David Lucas

DAVID LUCAS

Executive Headteacher

Trinity Church of England School, Lewisham

An All-Through School

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www.trinitylewisham.org



Upcoming Events

SECONDARY

Year 7 Parents

Cheese and Wine evening

Thursday 7th November

Trinity Hall, Taunton Road

6pm to 8.30pm

A time to meet the teachers informally

QUIZ NIGHT COUNTDOWN

Tickets on sale now!

PAFT presents the Trinity Quiz 2019

7pm (doors open) for an 8pm start, Friday 15th November

Tickets available from reception £5 in advance (£7 on the door)

Grab a team of 8 or we can mix and match you!

Meat/ Vegetarian platters available along with sweet and savoury snacks.

Bar open all night with wide range of beer, wine and spirits.

This is a fundraiser for sporting, arts & theatre equipment

PRIMARY PHASE



Dear Trinity families,

I took the time to visit our primary phase art room this week and it was filled with colour and creativity. We are very proud to have a designated space where our pupils can experiment with different media and express themselves creatively. Have a look at the blog to see some of the amazing creations our pupils have made over the last half term.

On top of that, our usual curriculum learning has been as engaging and challenging as ever. Our Year One classes loved having a visit from Carice, who introduced the children to hedgehogs, snakes and even some cockroaches! It was the perfect way to begin the science topic of habitats.

One of our aims this year is to expose our pupils to more competitive sports events. Miss Gibbins and Mr Instrell, our joint PE leads, have signed us up to the Lewisham Games to ensure this happens. These are organised sports events for different year groups across the academic year. Our first took place on Thursday - a Year 3 and 4 athletics tournament. Suffice to say, our pupils represented Trinity incredibly well and we were very proud of them. We cannot wait for the next organised event.

As always, 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

TRINITY'S TRACK AND FIELD STARS

On Thursday, Trinity competed against schools across Lewisham in an athletics competition!

<https://trinityprimarylewisham.blogspot.com/2019/10/trinitys-track-and-field-stars.html>



YEAR ONE MEET SOME WILD THINGS

Year One had some very special visitors this week: creatures from across Britain and beyond!

<https://trinityprimarylewisham.blogspot.com/2019/10/year-one-meet-wild-things.html>



YEAR THREE PORTRAITS OF A WEeping WOMAN

This week, Year Three completed their own interpretations of Picasso's famous painting of a weeping woman.

<https://trinityprimarylewisham.blogspot.com/2019/10/year-three-portraits-of-weeping-woman.html>



Chaplaincy Corner by Samantha Alder

Welcome back everyone, I hope you all had a lovely break. This half term at Trinity we are focusing on the value of Caring, our primary and secondary workshops and competitions will be based around our theme of caring.

Our memory verse for this half term is: Look out for one another's interests, not just for your own

Philippians 2:4

This week at the primary the worship focused on the importance of caring for one another and how being caring strengthens our link together as a school community. I had some fantastic help from the primary Faith Team which was very exciting. We tried to work out what might hold us together as a school community we tried elastic bands, screws, paper clips but we found that if we are all caring that will hold us together as a tighter school community.



At the secondary site this week, we focused on caring for all and the importance of caring for all linking with diversity and Black History Month. We have also had a special worship focused on All Saint's Day.

Christian Union:

Our Christian Union club at the secondary has also started this half term, if your child would like to join, it is held in RE2 every Thursday from 3:15-4:15. We are very lucky having Greenwich Youth for Christ running this for our school community.

Chaplaincy drop in lunch sessions:

This half term has also seen the launch of our Chaplaincy drop in lunch sessions with many local parishes and youth organisations coming in to support our Trinity family. This is held every Thursday and is in the Trinity Hall.

Competition time at the primary and secondary sites:

At both sites the Pupil Faith Teams have created a caring competition. Students are encouraged to write down a caring act they have done in the week, or they can nominate another student who has been caring and put into the purple box. Each week the Pupil Faith Team will select which students they feel have been the most caring and they will be awarded with the Trinity caring badge in the following whole school worship.



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

CONSULTATION ON ADMISSIONS ARRANGEMENTS FOR 2021/2022

Trinity, Lewisham



Consultation on Admission Arrangements for 2021/22

Last year we consulted on our admission arrangements to ensure as a through school our pupils from year 6 had an automatic place in year 7. This was determined by our governors and put on our website. This year we are consulting again for a small change ready for pupils who will start with us in September 2021 (those that will apply next October).

We have added an additional oversubscription criteria for our open places. This is that:

1. Children of staff who were recruited to fill a vacant post for which there was a demonstrable skills shortage.

We have decided to add this criteria to enhance our staff recruitment process. Looking at our pattern of staff recruitment over the last 3 years we anticipate this would only account for potentially one pupil a year on average.

To make any changes we need to consult with our parents, the local community, other local admission authorities and the Diocese. You will find the full consultation document on our school website: www.trinitylewisham.org.uk

The consultation starts on Friday 1st November and finishes at midnight on Friday 13th December 2019.

You can feedback to the school in writing addressed to the Admissions Team or via email on

If you require a paper copy please do not hesitate to contact the school office on:

0208 852 3191.

All feedback is welcome and will be used by the governors in their decisions. Thank you

LEARNING — LOVING - LIVING

BLACKHEATH FIREWORKS

Head along to Blackheath Common on Saturday November 2nd for the spectacular **Blackheath Fireworks** and enjoy one of London's largest **free** firework displays. Arrive early for this family-friendly event with a funfair open from 12 noon, food and drink stalls open from 5pm and firework display starting at 8pm, lasting around 15 minutes. You don't need a ticket to attend. <https://lewisham.gov.uk/inmyarea/events/fireworks/blackheath-fireworks-2019>



TOP SECRET AT THE SCIENCE MUSEUM

Top Secret: From ciphers to cyber security. From the trenches of the First World War to the latest in cyber security, *Top Secret* explores over a century's worth of communications intelligence through hand-written documents, declassified files and previously unseen artefacts from the Science Museum Group's and GCHQ's historic collections. Discover the challenges of maintaining digital security in the 21st century. This exhibition coincides with the 100th anniversary of GCHQ the UK's Intelligence, Security and Cyber agency.



This is a free event but booking is required.

<https://www.sciencemuseum.org.uk/see-and-do/top-secret>

LONDON DIWALI FESTIVAL



Visit Trafalgar Square on Sunday for **The London Diwali festival**, the annual celebration of Diwali, the festival of lights. This wonderful Diwali festival attracts approximately 35,000 people each year to celebrate this Hindu, Sikh and Jain festival of light. Enjoy cultural performances, lively music, dance and an authentic market with food, craft, art and henna.

This is a free family event on Sunday 3rd November, 1pm – 7pm at Trafalgar Square.

<https://www.diwaliinlondon.com>

DAY OF THE DEAD FESTIVAL



The 3,000-year-old Mexican tradition will be brought to life in **Camden Market** with a Day of the Dead festival. From the 31st of October, the Market will be transformed and decorated with intricate shrines designed by Mexican artists but the spirit will come to life from the 2nd November with a roaming mariachi band, art installations, children's arts and crafts, and a floating mini Mexican market serving native Mexican delicacies.

<https://www.camdenmarket.com/events/day-of-the-dead-festival>

FIREWORKS – the real dangers. Advice to keep you all safe

Autumn in the UK heralds the start of firework season where there are many festivities where fireworks feature strongly; such as Halloween, Bonfire Night, Diwali, New Year and Chinese New Year.

This year many shops and supermarkets are voluntarily choosing not to sell fireworks for private displays. It is far safer to attend a public display and furthermore, there has been a noticeable increase over the last few years in fireworks being used as weapons and as a means of antisocial behaviour.

Fireworks can be dangerous and need to be treated with care. Even when people intend to use fireworks responsibly, there are many accidents every year resulting in some horrific injuries. NHS statistics reveal 4,506-people visited A&E from 2014-15 for treatment of a firework-related injury. The British Association of Plastic, Reconstructive and Aesthetic Surgeons (Bapras) have called for packaging to feature graphic images of potential injuries

The last detailed research for Bonfire Night showed 990 injuries caused by fireworks in October and November. Of these:

-
- *494 were children hurt by sparklers*
- *479 people needed hospital treatment from fireworks*
- *475 of them occurred at family events or private parties*
- *285 of them were eye injuries*

The most common injuries on Bonfire Night are burns, debris in the eye from the bonfire or from fireworks and smoke inhalation.

Advanced preparation and simple precautions can dramatically reduce the risk of accidents happening in the first place:

If you are planning to set off fireworks at home ensure you stock up on the following:

- *a well-equipped first aid kit*
- *bucket of sand to put out fireworks safely, easy access to plenty of water and a fire blanket*
- *sterile saline to irrigate eyes if sparks are blown into them.*

There is no doubt that the safest way to enjoy fireworks is at an organised, regulated display, however if you are planning to host a firework display in your home be sure to follow the Fireworks Code.

Remember too that of 90% of firework parties held at home, alcohol is present so it is good to nominate someone who isn't drinking to be in charge of the bonfire and setting off the fireworks.

Vital tips to remember:

- Never return to a firework that has not gone off and keep everyone, especially young children far away from the site of ignition.
- Only buy fireworks that conform to British Standard number (BS 7114)
- Ensure they are suitable for the size of your garden.
- Keep your fireworks in a closed metal box, removing them one at a time. **Never keep them in your pocket.**
- Read the instructions on the firework by torchlight not by naked flame.
- Light fireworks at arms-length, using a taper.
- Have a rigid board or base for flat-bottomed fireworks.
- Don't return to a lit firework.
- Never throw a used firework on the bonfire.
- Direct any rockets well away from spectators.
- Other than for New Year, it is illegal to light fireworks after 11pm.

Bonfires

Build the bonfire away from buildings, trees, wooden fences and children's play areas.

Ensure the bonfire is solidly built with a stable base.

Don't light the bonfire with paraffin or petrol.

Always check the bonfire for hiding pets or wild animals before it is lit.

Make sure the fire is properly out when you are finished. Put water on the embers.

Have water readily on hand for any accidents.

Sparklers

- Sparklers are often perceived as 'safe fireworks', however they can get up to six times as hot as a pan of cooking oil or as hot as a welder's torch so have the potential to cause some serious damage.
- Children under 5 years old should not be allowed to use sparklers and children older than this should be supervised at all times, ensuring they remain a safe distance away from others.
- Be particularly careful with children in fancy dress, as costumes are rarely fire resistant.
- Sparklers should be lit one at a time and you should always wear gloves.
- Never run with sparklers and make sure you don't wave them too close to others.
- Hold the sparklers horizontally as far away from your face and body as possible.
- Spent sparklers should be put in a bucket of cold water or sand.
- No matter how careful or prepared you are, injuries can still happen. The following first aid advice covers the most common eventualities.

First Aid for burns

If someone is burnt and the affected area is larger than the size of the casualty's hand, you should phone for an ambulance immediately.

Hold the affected area under cold, running water for a full 20 minutes.

Special care should be taken if the burn is on a young child or an elderly person.

All deep burns of any size will require urgent hospital treatment.

Once the burn has been cooled for at least 20 minutes, the burn can be covered with cling film, a burns dressing or if the burn is on a hand, it can be inserted into a sterile plastic bag.

Never rush to dress a burn. The most important treatment is to cool the burn under cool running water.

All burns should be assessed by medical professionals.

If clothing is on fire:

Remember STOP, DROP, WRAP and ROLL

Stop the person whose clothing is on fire from panicking or running – any movement or breeze will fan the flames causing them to spread.

Drop the casualty to the ground and **wrap** them in a blanket, coat, or rug. Ensure they are made from inflammable fabrics such as wool.

Roll the casualty along the ground until the flames have been smothered.

Severe burns

A severe burn exposes the casualty to a greater risk of infection, hypothermia and shock.

Immediately instruct a helper to dial 999 or 112 for an ambulance

Start cooling the burn immediately under cool running water.

Use a shower or hose if the burns are large.

Keep cooling the burn while waiting for professional help to arrive.

The area should be cooled for at least 10 minutes. Ensure you are cooling the burn and not the casualty – keep areas that are not burnt as warm and dry as possible.

Make the casualty as comfortable as possible, if appropriate, lie them down and elevate their legs.

Whilst cooling, remove any constricting items (the area may swell), such as jewellery or clothing, from the affected area unless they are stuck to the burn.

Wear sterile disposable gloves if they are available.

For all burns, never

- touch the burn
- use lotions, ointments and creams
- use adhesive dressings
- pop or puncture blisters

Smoke inhalation

If someone's inhaled smoke fumes:

- Move them away from the smoke so they can breathe in some fresh air.
- Help them sit down in a comfortable position and loosen any tight clothing around their neck to help them breathe normally.
- If they don't recover quickly, call 999/112 for an ambulance.

Eye injuries

It is possible for debris and sparks from the fireworks to land in the eye and cause extreme discomfort.

Always wash your hands thoroughly or wear sterile gloves before touching the affected area.

Open the casualty's eye and look carefully.

If there is anything embedded in the eye, cover both eyes and phone for an ambulance.

If you can see an object moving freely in the eye, use sterile eyewash and gently irrigate the eye to remove it.

Seek medical advice if the casualty is still in pain or discomfort.

It is strongly advised that everyone attends a practical or online first aid course to understand what to do in a medical emergency.

Good to know

If you suffer from heart problems, bronchitis, asthma or other breathing problems, you might be better watching the fireworks from indoors. Anyone suffering from Post-Traumatic Stress

Disorder (PTSD) might find the noise, sight and smell of fireworks can trigger stress memories of conflict.

Most pets, birds and animals find fireworks extremely distressing.

Fireworks and your pets

Fireworks – top tips to keep your pet safe and stress free around fireworks

Fireworks are exciting and eagerly anticipated by many people, yet for the majority of pets it can be a stressful and dangerous time. Pets have no idea that it is Bonfire night, New Year or some other celebration. All they know is that the world around them has suddenly become frightening and unpredictable. This year many supermarkets have voluntarily withdrawn sale of fireworks for private use, in a bid to curb some of the antisocial behaviour that often occurs at this time. Fireworks also prove stressful for many people and it is always far safer for people to attend public displays.



The animal charity [Blue Cross](#) reports a significant increase in pets requiring calming medication around Bonfire night. They also report an increase in pets involved in road traffic accidents at this time, scared by loud bangs and running into the road.

Meanwhile a recent survey by the [RSPCA](#) revealed almost half our dogs (45%) display signs of fear at the sound of fireworks. Similarly, cats and other animals find this time of year extremely distressing.

Fireworks are allowed to be 120 decibels – the equivalent to a jet aircraft taking off. The RSPCA are campaigning for this to be reduced to 97 decibels, other than at a public display.

Fortunately, there is now a new trend for quiet or noiseless pet-friendly fireworks which are now more easily available. This makes sense as animals have very acute hearing. Loud bangs and whistles frequently cause them actual pain in their ears. The loud noise is also extremely distressing for the majority of animals.

Keeping your pet safe and happy during this potentially stressful season is vitally important. Ignoring their fear will increase their stress and could result in aggressive or defensive behaviour or even in a pet running away. The Blue Cross report an influx of pets brought into their re-homing centres this time of year, having run away from home.

With this in mind, ensure dogs are wearing some form of easily readable identification (ID) even in the house. They should have at least a collar and tag.

It is a good idea to fit your pets with a microchip, so that if they do run away they have a better chance of being quickly reunited with you.

Spot the signs your pet could be stressed

If your dog or cat starts to change their behaviour, this could be a clear indication that they are stressed.

For dogs – growling, barking, flattened ears, tucking their tail between their legs, cowering, lip licking and raised hair on the back of their necks are signs that they are unhappy.

The following are signs of severe stress:

Destructiveness, aggression, licking and chewing, diarrhoea and a change in eating habits – you should talk to your vet to rule out any other underlying cause and get their advice.

Following these simple steps can help you minimise the trauma experienced by your pet.

Don't do any of the following as it will increase their stress:

Don't take any pets to a fireworks display.

Don't leave your pet alone if you feel they will be upset by the noise of fireworks.

Don't be angry with your dog or cat if you find they have been destructive or soiled your house. Shouting at a frightened pet will only make them more stressed.

Don't tie your dog up outside whilst fireworks are being let off, for example, outside a shop while you pop inside.

Don't leave any pets alone in the garden or in your car.



SECONDARY SITE – PE UNIFORM

What's new?



A new thicker school PE hoodie will be available to buy from the school shop and from the school office.

Eventually the school Rugby shirt and sweatshirt will no longer be available to purchase. The hoodie will be the only jumper available.

Changes to PE kit

From September 2019

- You will **ONLY** be allowed to wear **NAVY Blue** (no black or other colour)
- You will **ONLY** be allowed to wear the **Trinity School Jumper** no other jackets, jumpers or hoodies are allowed.
- You will be permitted to wear **your own trousers/leggings/shorts** but they must be **NAVY blue** and may not contain any other colour. Only small logos allowed.



What you SHOULD be wearing in PE...



PE KIT STOCKISTS

The school PE kit can be bought online or via the school shop 'WEARABOUTS' located on Sydenham High Street.

Parents may source alternate suppliers for tracksuit trousers, leggings and shorts but they **MUST** be navy and they may **NOT** contain any other colour or stripes. Only small logos permissible.

All shoes are to be trainers. Boys and girls will also require rugby/football boots when using the field, trainers will not be allowed on the field due to Health and Safety rules.

'FIT OR NOT FIT – BRING YOUR KIT'

- Students are required to bring PE kit to **EVERY** PE lesson and wear it, regardless of injury or illness
- Students can take part in the lesson in other ways but must be wearing PE kit
- If there is a medical reason why you cannot participate, you must have a **note** written from parent/carer and **your full PE kit**
- Only exception to this policy is with a Doctor's note (ie. Broken leg, heart condition), which must be agreed with PE teacher prior to lesson with parent/carer.

Failure to bring your PE kit, part of your PE kit or incorrect PE kit will result in a 30 minute detention at the end of the school day in Trinity Hall.

Reoccurring incidences of no kit or incorrect kit will result in being parked to do theory in other classrooms and/or Trinity Centre and Parent calls/meetings.

How to encourage delayed gratification in GCSE students

Working hard now for rewards in the future can be a tough sell - Niki Kaiser looks at the science of taking a long-term view.

I was a pretty geeky teenager.

I distinctly remember talking to a fellow Year 11 about friends of ours who weren't bothering to work for their upcoming GCSEs, because they were too busy doing fun things like watching TV and going out.

"It's only six months out of our lives!" I moaned. "Why can't they just buckle down? It's such a short time."

Click on link below

<https://www.tes.com/news/how-encourage-delayed-gratification-gcse-students>



TRINITY ART DEPARTMENT'S EXCITING NEW INSTAGRAM PAGE



Miss Dillon, Trinity's new Art Teacher, recently set up and implemented an exciting new Instagram page for any students interested in the visual arts.

Exhibiting the outstanding work we do at Trinity. the Instagram is interactive and has encouraged pupils to promote their own art work and research the work of other practising artists. You will find links to current exhibitions locally, H/W reminders and creative inspiration. Please parents and pupils follow along for an insight into Trinity's creative department.



Click on link below to visit our new exciting instagram page.

https://www.instagram.com/trinity_art_department/

YEAR 10 STUDENT REPORTER – TOMMY MELLUISH

This is the pupil report, a weekly section of the newsletter where you can get some insight into the life of a Trinity pupil. This week I will be talking about exams and Halloween.

As of today, Year 11s will be starting their PPEs. These tests are incredibly important because they determine our predicted grades for GCSEs. I spoke to an anxious year 11 pupil about the tests coming up. I only asked him one question but I made sure the question was very open so that he could explain himself in detail, he responded with: "These tests are important. I've done revision since the start of the year, so I feel I've definitely put the effort and time into revising for these tests, it's now just waiting for the outcome. I was not happy with my last results but this time around I want my grades to reflect the hard work and effort I've put in." Good luck to all Year 11s with their PPEs, do your best and if you've put the effort in, the results will reflect that.

Halloween was yesterday and although year 11s were staying indoors, revising, other years got to dress up and trick and treat! I recognised a few people from our wonderful school, when they knocked at the door, because most of them were wearing 'fortnite' costumes. However all of the costumes I saw looked detailed and spooky/weird in some way and I'm sure everyone had fun.

Thank you for reading the student report and be sure to read next week's edition.

