

# Trinity All Through School

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

## WEEKLY NEWSLETTER

### Primary Phase

Leahurst Road, Hither Green, SE13 5HZ

Tel : 0208 325 4551

### Secondary Phase

Taunton Road, Lee, SE12 8PD

Tel : 0208 852 3191



Welcome back to the Summer / Trinity term. I hope you have had a restful Easter, able to enjoy the good weather and take up many of the opportunities available for children over the break. We are so lucky to live in such a fantastic area with many different events, venues and activities around us. Trinity did also put on 12 different events over the Easter break for our year 11 pupils who are pushing forward ready to start their actual GCSE exams now! We have a very busy term ahead of us with many external and internal assessments / examinations as well as a wealth of trips and activities planned for our pupils over the next 12 weeks. As staff we are already working on our Calendar for next academic year and have started to plan our curriculum and timetable ready for September.

Summer is a time for lots of fun and excitement, but we must remember that it is also a stressful time for pupils. Many young people do worry, feel tense and become irritable when stressed – and during the exam period this does become heightened. We take the Mental Health of all our community very seriously at Trinity School and have already run training sessions for staff across the school to ensure we are looking out for the signs. We have 4 fully trained mental health first aiders across both our sites who are there to listen, support and signpost other services available within the community. We have a school counsellor who is available for pupils to talk to and we have already run some mindfulness courses for staff and pupils to help those that have already shown signs of anxiety. Pupils do find having someone to talk to about their work helpful. Support from a parent, sibling or study buddy can help young people share their worries and keep things in perspective. If you feel your child isn't coping please do come and talk to us as well. There are a few tips that can help:

- Help your child get enough sleep – good sleep improves thinking and concentration (8 to 10 hours a night)
- Make sure your child eats well – a balanced diet is vital for their health
- Help them study, take an interest and test them on key words. Sharing this can really support them
- Talk about exam nerves, remind them that feeling anxious is normal
- Encourage exercise during the exams – getting out is good for boosting energy levels and helps clear the mind
- Make time for treats – can be simple things, like their favourite meals / watching TV together etc.

You can get more advice from the Childline website as well – search on the web for Childline exam stress. This is useful to talk through with your son / daughter.

Have a great week

### DAVID LUCAS

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



LEARNING - LOVING - LIVING

### Upcoming Events

**Monday 6<sup>th</sup> May**

**Bank Holiday – no school**

**ATTENTION  
ALL PARENTS  
PRIMARY YEARS 5 & 6  
&**

**ALL SECONDARY**

**Invitation to attend  
'For Jimmy'**

**Parent awareness  
Event**

**13<sup>th</sup> May 2019**

**Time : 16h00 to 17h00**

**See page 7**

**PRIMARY PHASE**

**Library will now be open on  
Friday lunchtimes**

**SECONDARY  
PHASE**

**Exam timetable  
See Page 8**

# PRIMARY PHASE



Dear Trinity families,

Our first week back has only consisted of three days, yet that has not stopped our Trinitarians starting as they mean to go on. There has been so much fabulous learning already!

Across the Primary Phase, all pupils have been reading the book 'Leon' and then retelling it. Mrs Mulholland and Mr Weddell both read the story in whole class worship this week and we are really proud of the written outcomes. Alongside that, 5J received their first session with the Safe Haven for Jimmy project, learning about life beyond the school gates, their local community and how they can have a positive impact on it. Our Year Five classes also had their very first swimming sessions on Friday.

Next week we will be holding our second open classroom parent evening. There are two slots available for you to visit your child's classroom: one at 3:45pm – 5pm and one at 6pm – 7pm. Please feel free to attend, look through your child's learning and speak to your child's class teacher. It is a perfect time to see how well your child is progressing across the curriculum. I look forward to seeing you all there.

As a final note, it was wonderful to see our new Buddy System working across our playground this week. It is a system set up by Trinity Voice, which Miss Stevenson has helped implement. Trinity playground is a place where everyone has a friend. Please see the blog for more details.

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

Darren Janes

Head of School  
Primary Phase  
Trinity all Through School



## FOR JIMMY: SAFE HAVENS PROJECT

This week, Year 5 began the For Jimmy: Safe Haven Programme. Safe Haven is an initiative designed to help young people recognise the power they have to bring about change and create safe public spaces to turn to.

<https://trinityprimarylewisham.blogspot.com/2019/04/for-jimmy.html>



## BUDDING BUDDIES AT TRINITY!

Our Trinity Buddies are in action! Our first group of buddies donned their jackets and set a fantastic example of what it means to be a buddy. It has been wonderful to see them in the playground, helping children join in games and making our playground a terrific place to be!

<https://trinityprimarylewisham.blogspot.com/2019/04/budding-buddies-at-trinity.html>



## LEON AND THE PLACE BETWEEN: WHOLE SCHOOL WRITING PROJECT

This week the whole school has been reading Mr Weddell's favourite picture book together: Leon and the Place Between. The week began with Mrs Mullholland and Mr Weddell reading the book during whole school worship and every class has had the opportunity to retell the first exciting part of the tale

<https://trinityprimarylewisham.blogspot.com/2019/04/leon-big-writes-across-primary.html>

*Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire...*

*With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness.*

*James 3: 5-6a & 9*

*Loving God,*

*may we know the power of our words  
to build up; or to put down.*

*May we be honest with ourselves about our motives  
and strong enough to recognise the hurt we can cause.*

*Help us to show compassion and care to others.*

*Amen*



## All Pupils

Trinity offers discreet and confidential counselling /advice to all pupils

If you feel you need someone to talk to about anything that is troubling you or if you merely want advice then collect a time pass from either Pupil Reception of Miss Lewis.

All discussions are strictly confidential on a one to one basis.

Miss Lewis is available on Tuesdays, Thursday's and Friday's between 12h45 and 13h15.

Book your session with her now



## All Parents – Mental Health Week

WORK IT OUT IS AN INTERACTIVE SPACE, CREATED LOCALLY, IN WHICH YOUNG PEOPLE, PARENTS AND PROFESSIONALS CAN EXPLORE RESILIENCE, WELL BEING AND MENTAL HEALTH.

WE ALL NEED TO LOOK AFTER OUR MENTAL HEALTH AND RESILIENCE – START TODAY!

Visit the website : [Workitoutlewisham.co.uk](http://Workitoutlewisham.co.uk)

## Where to get help and support

Speak to someone you trust like your parents or brother or sister. If not someone at home, speak to someone you trust at school or at a group or club you attend, like your friends, teacher or youth worker.

Get help online. If you are aged 10-18, you can get help online by talking to friendly, qualified counsellors. This service is free, safe and anonymous. For more information or to access a free magazine or group forum go online to [www.kooth.com](http://www.kooth.com) Monday-Friday 12 noon till 10pm and weekends 6pm till 10pm.



Free, safe and anonymous online support for young people

Monday – Friday

12pm – 10pm

Saturday – Sunday

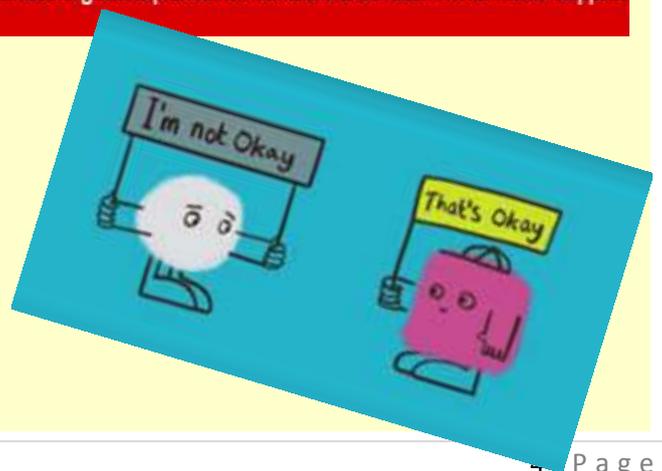
6pm – 10pm

## Where to get help in a crisis

If you have self-harmed, or having suicidal thoughts and need emergency help, call 999.

Feeling depressed, alone and anxious or being bullied, call Childline 0800 1111. They will be there to listen to you 24 hours a day.

For serious mental health concerns, if you, a family member or friend are in distress and need urgent help or advice contact the 24-hour mental health support line on 0800 731 2864.



## NHS Go

Questions about your health?

Young people have been saying they need quicker, easier access to reliable information. NHS Go is the new way to get 24/7 instant access to information that can help you take control of your health. It's easy to use, fast, reliable, and has accurate and up to date information about health issues. The app is anonymous, confidential and can be downloaded for iOS and Android. It's also available online.

NHS GO



## Samaritans

If there's something troubling you, then get in touch.

### Contact

We're here 24 hours a day, 365 days a year.

**Call:** 08457 90 90 90 (call charges apply)

The Young People's Health & Wellbeing Service. This is an Early Help service supporting in emotional health and wellbeing available to 11-19 year olds living in Lewisham. Contact: [www.compass-uk.org/lewisam](http://www.compass-uk.org/lewisam) Tel:02086903020



## SupportLine

SupportLine is able to take calls on the following range of issues: relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, disability, mental health, depression, anxiety, panic attacks, addictions, debt, phobias, conflict, sexuality, health concerns, homelessness, racial harassment, loneliness.

### Contact

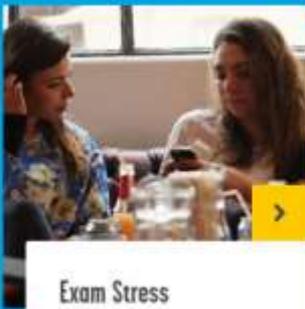
**Helpline:** 01708 765200

## ChildLine

**Telephone:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.



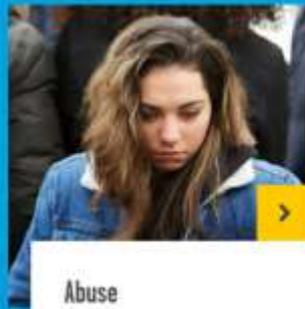
## Exam Stress

Pressure to do well in exams can be overwhelming and affect your mental health. Here's our advice if it's all getting a bit too much.



## Anger

We all feel angry sometimes, often when there's a good reason. Uncontrolled anger can be harmful, but you can learn to manage it.



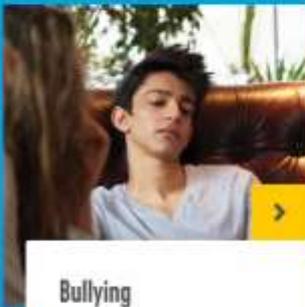
## Abuse

Abuse is always wrong and it can be very difficult to talk about but you're never alone. If you're worried about abuse, find out what it is and who can help you.



## Body Image

Body Image is how we think and feel about ourselves physically, and how we believe others see us. Find out what you can do if you're struggling with the way you look.



## Bullying

Bullying affects over one million young people every year, and anyone can be bullied. Here's what you can do if you're being bullied.



## Death and Loss

It's natural to feel sad, depressed, anxious and angry when someone close to you dies. We can help you find support as you come to terms with your loss.



## Eating Problems

Everyone eats differently but if you take eating to extremes you could have an eating problem. But you're not alone. Find out how eating becomes a problem and what you can do if you're affected.



## Problems at School

Some of us enjoy school, some of us find it tougher. If you've got a problem with school, there are ways to get help.

## Are you a young person in crisis?

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

CRISIS TEXT LINE |

Call or visit the website – [youngminds.org.uk](http://youngminds.org.uk)

# FORGIVENESS, PEACE & HOPE FOR JIMMY

The 'For Jimmy' charity will be visiting Trinity on Monday 13<sup>th</sup> May at 16h00. All parents of years 5 through to 11 are invited to attend.

The safety and wellbeing of our children is of paramount importance and we can all make a difference. Please come and find out how we as individuals and as a community can help make our children safe and make our community a better place for young people.

Come join us for tea or coffee and meet the 'For Jimmy' team.

Let us become a caring and safe community.

Venue : Secondary site

For Jimmy was founded by Barry & Margaret Mizen MBEs. It has now grown into a committed and enthusiastic team of former teachers, youth workers, learning mentors and experienced charity professionals

We believe we can achieve safer and more cohesive communities by working together and understanding the root causes of the issues we are seeking to rectify. This involves early intervention, education and engagement with young people and their communities.

Through all of our work with young people we aim to:

Inspire individual responsibility

Build connected communities

Create safe spaces to turn to

## Inspiring responsibility

### Safe Havens

Safe Havens is an effective six session early intervention programme, that moves disadvantaged young people from feeling disconnected and unsafe in their communities, to an awareness of their ability to bring about change. The key activity involves creating Safe Havens - places of refuge for young people to turn to when they feel unsafe. All activities support young people to make positive choices and reach their potential through building relationships within their local community.

### Talks for Change

For Jimmy runs Talks for Change across the UK, inspiring and equipping young people to take action towards making their schools and local communities safer places to grow up in.

We share Jimmy's story and our ongoing inspirational response to his death; encouraging the young people to be advocates of forgiveness, peace and hope.



## Connecting communities

For Jimmy works hard to give young people a voice and subsequently a stake in their community

Many young people do not have an accessible forum in which they can express their safety concerns to those with the power to implement systemic change. Our Safety Conferences provide a platform for young people to express their safety concerns; ensuring young people lead on the planning and delivery of positive social action.

For Jimmy builds connected communities, through facilitating a space in which a wide range of community members interact and build understanding, empathy and trust. This year's Safety Conferences in Deptford and Lewisham brought together young people from 15 different schools to meet with members of Lewisham Council, the police force and the business community.

**"The safety conference gives young people a voice because we get to see how change can actually happen. The process has given us confidence... if we really want to make a change then it is achievable"**

A year 8 pupil at Prendergast

**Early Exams : Summer 2019 Final GCSE exam timetable**

Date	Start	Length	Board	Comp. code	Component Title
Wed 1st May			AQA	8673/SH	Chinese Speaking H
Wed 1st May			AQA	8688/SH	Polish Speaking H
Wed 1st May			OCR	A832/01	Portugese Speaking
Wed 1st May			AQA	8201/X	Art & Design (Art Craft & Des) Ext Set
Thurs 2nd May			AQA	8201/X	Art & Design (Art Craft & Des) Ext Set
Fri 17th May			EDEXL	DA20101	Developing Web Products
<b>Week 1</b>					
Mon 13 May	09:00	01:40	EDEXL	1CP1 01	Computer Sci. Principles of Comp.Sci.
Mon 13 May	13:30	01:45	EDEXL	1RB0 1B	Religious St.Christianity
Tue 14 May	09:00	35/45m	EDEXL	1FR0 01	French Listening F/H
Tue 14 May	09:00	45/60m	EDEXL	1FR0 03	French Reading F/H
Tue 14 May	13:30	01:45	AQA	8461/1H	Biology Paper 1 Tier H
Tue 14 May	13:30	01:15	AQA	8464/B/1F/H	Combined Sci Trilogy Biology P1F/H
Wed 15 May	09:00	01:00	OCR	R051 01	Sports Studies Cont. Issues (Y 10 only)
Wed 15 May	09:00	01:00	OCR	A834/01	Portuguese: Writing
Wed 15 May	13:30	01:45	AQA	8702/1	English Literature Paper 1
Thu 16 May	09:00	01:45	AQA	8462/1H	Chemistry Paper 1 Tier H
Thu 16 May	09:00	01:15	AQA	8464/C/1F/H	Combined Sci Trilogy Chemistry P1F/H
Thu 16 May	13:30	02:00	EDEXL	1CP1 02	Computer Science Applic. Comp.Think.
Fri 17 May	09:00	70/80m	EDEXL	1FR0 04	French Writing F/H
<b>Week 2</b>					
Mon 20 May	09:00	01:45	EDEXL	1RB0 2C	Religious St.Islam
Mon 20 May	13:30	00:50	OCR	A831/01	Portuguese: Listening Written
Tue 21 May	09:00	01:30	EDEXL	1MA1 1F/H	Maths Non Calculator [F]/[H]
Tue 21 May	13:30	01:30	EDEXL	1GB0 01	Geography Global Geog.Issues
Wed 22 May	09:00	35/45m	EDEXL	1SP0 1F/H	Spanish Listening [F]/[H]
Wed 22 May	09:00	45/60m	EDEXL	1SP0 3F/H	Spanish Reading [F]/[H]
Wed 22 May	09:00	45m	AQA	8673/LH	Chinese Listening H
Wed 22 May	09:00	60m	AQA	8673/RH	Chinese Reading H
Wed 22 May	13:30	01:45	AQA	8463/1H	Physics Paper 1 Tier H
Wed 22 May	13:30	01:15	AQA	8464/P/1F/H	Combined Sci Trilogy Physics P1F/H
Thu 23 May	09:00	02:15	AQA	8702/2	English Literature Paper 2
Fri 24 May	09:00	35/45m	EDEXL	1IN0 1H	Italian Listening H (Y 10 Only)
Fri 24 May	09:00	45/60m	EDEXL	1IN0 3H	Italian Reading H (Y 10 only)
<b>HALF TERM</b>					
<b>Week 3</b>					
Mon 03 Jun	09:00	01:15	EDEXL	1HI0 10	History Crime & Punishment
Mon 03 Jun	13:30	75m	AQA	8673/WH	Chinese Writing H
Mon 03 Jun	13:30	75m	AQA	1IN0 4H	Italian Writing (Y 10 only)
Tue 04 Jun	09:00	01:45	AQA	8700/1	English Language Paper 1
Tue 04 Jun	13:30	01:45	EDEXL	1MU0 03	Music Appraising
Tue 04 Jun	13:30	01:00	OCR	A833/01	Portuguese: Reading Written
Wed 05 Jun	09:00	01:10	EDEXL	1SP0 4F/H	Spanish Writing [F]/[H]
Wed 05 Jun	13:30	01:30	EDEXL	1GB0 02	Geography UK Geographical Issues
Thu 06 Jun	09:00	01:30	EDEXL	1MA1 2F/H	Maths Calculator [F]/[H]
Thu 06 Jun	13:30	01:45	EDEXL	1HI0 2R	History Superpower, Elizabethan P4,B4
Thu 06 Jun	13:30	45m	WJEC	951401	Additional Latin Language
Fri 07 Jun	09:00	01:45	AQA	8700/2	English Language Paper 2
Fri 07 Jun	13:30	01:45	AQA	8461/2H	Biology Paper 2 Tier H
Fri 07 Jun	13:30	01:15	AQA	8464/B/2F/H	Combined Sci Trilogy Biology P2F/H
<b>Week 4</b>					
Tue 11 Jun	09:00	01:30	EDEXL	1MA1 3F/H	Maths Calculator [F]/[H]
Tue 11 Jun	13:30	01:20	EDEXL	1HI0 31	History Weimar & Nazi Germany
Wed 12 Jun	09:00	01:45	AQA	8462/2H	Chemistry Paper 2 Tier H
Wed 12 Jun	09:00	01:15	AQA	8464/C/2F/H	Combined Sci Trilogy Chemistry P2F/H
Wed 12 Jun	13:30	45m	EDEXL	1GN0 1H	German Listening (Y 10 only)
Wed 12 Jun	13:30	60m	EDEXL	1GN0 3H	German Reading (Y 10 only)
Wed 12 Jun	13:30	45m	AQA	8688 LH	Polish Listening
Wed 12 Jun	13:30	60m	AQA	8688 RH	Polish Reading
Thu 13 Jun	09:00	01:30	EDEXL	1GB0 03	Geography People & Environ.Issues
Thu 13 Jun	13:30	01:30	EDEXL	1ST0 1F/H	Statistics Written Paper F/H
Fri 14 Jun	09:00	01:45	AQA	8463/2H	Physics Paper 2 Tier H
Fri 14 Jun	09:00	01:15	AQA	8464/P/2F/H	Combined Sci Trilogy Physics P2F/H
<b>Week 5</b>					
Mon 17 Jun	09:00	01:20	EDEXL	1GN0 4H	German Writing ( Y 10 only)
Tue 18 Jun	09:00	01:30	EDEXL	1ST0 2F/H	Statistics Written Paper F/H
Tue 18 Jun	09:00	02:00	OCR	6993/01	Additional Maths
Wed 19 Jun	09:00	75m	AQA	8688 WH	Polish Writing



*Now Open Friday Lunchtimes*

# TRINITY LIBRARY

## KIDS

Visit the library every Friday at lunchtime.  
Read, play a game or just pop in to borrow a book!

## ADULTS

We need your help to make the library fun and accessible for our kids!

Could you give your time one lunchtime (12 noon - 1:30pm) every couple of weeks to be with the children in the library, help them choose and borrow books, and keep the shelves tidy?

To find out more, contact [paftrinity@gmail.com](mailto:paftrinity@gmail.com) or chat to Miss K

**VOLUNTEER  
AS A  
LIBRARIAN**

Do you have any books at home that your children no longer need? We would love to have them at the library! Please bring any donations to school reception, [www.trinitycatholiclibo.com](http://www.trinitycatholiclibo.com)

