

## Primary Phase

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## Secondary Phase

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## Website

Trinitylewisham.org

## Executive Headteacher

Mr. David Lucas



## Dear Trinitarians

The Board of Governors would like to extend a huge thank you to David Lucas and his team for delivering an excellent year of teaching during what has been an incredibly challenging year. Covid has presented many challenges and David had led from the front keeping both governors, parents and carer's informed at every juncture.

Throughout the year changing risks have been assessed and each Government guidelines has been adhered to. Recruitment has continued successfully over teams and with virtual panels when face to face was not permitted. Nothing has stopped if there was another way it could be done and our home learning went from strength to strength. David and his team have worked tirelessly to ensure our exiting Year 11s get the results they deserve and a school ending that they can remember fondly. At the Primary the leadership team ensured the year 6s could experience their school journey and trips for other years were squeezed in in the last few weeks. Life has been lived in it fullness. We wish David and his team a relaxing summer and thank them off for their passion and resilience.

Regards

*Moira Cuthbert*

Moira Cuthbert  
Chair of Governors





Head of School  
Primary

Ms Amanda  
Harvey

# Primary Phase

## Hello Trinity Family,

What can I say...it has been a great term! I can hardly believe I have only been at Trinity for 12 school weeks; I am enjoying each day.

This week has been full on with activities starting with Diversity Day and the Talent Show. I am now and forever a fan of the Tobies (aka ) who rocked out with a great rendition of Seven Nation Army.



But it was Selah who brought down the house with a performance, in French, with no backing music in the final slot of the day.

I am amazed, not only at the fearlessness of our pupils, but the talent they possess, the respect they showed each other and how everyone came together to celebrate each other. You should be proud of the amazing children you have!

My last big announcement for this academic year is the appointment of the Pupil Leaders for next year. There were 17 applications for 8 spots. I held interviews with each person. Those Trinity characteristics were on full display and I can tell you it was a hard decision.

I am very excited that Cooper Merritt and Reiko Gilbert have accepted the positions of Head Boy and Head Girl. We are all pumped for September!

Finally, all of us at Trinity wish our Year 6s the best of luck in there next academic step. We will all miss you! And to say farewell an Irish Parting...



Have a safe summer. Cannot wait to see your faces in September!

**See you at the gate** (September 2<sup>nd</sup> for new Reception; 6<sup>th</sup> for everyone else)!

AMANDA HARVEY

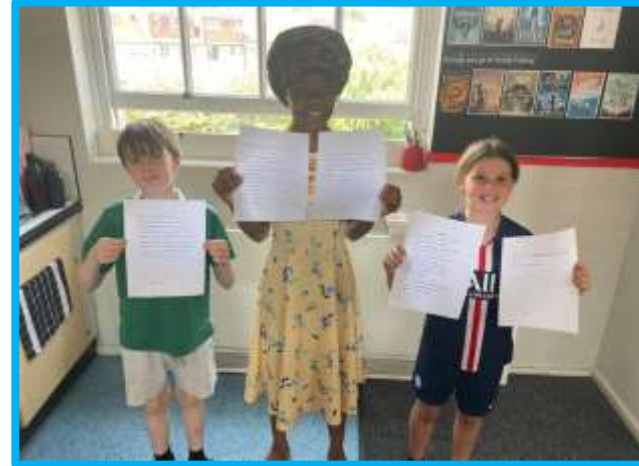
Head of School  
Primary





# PRIMARY NEWS

## Diversity Day



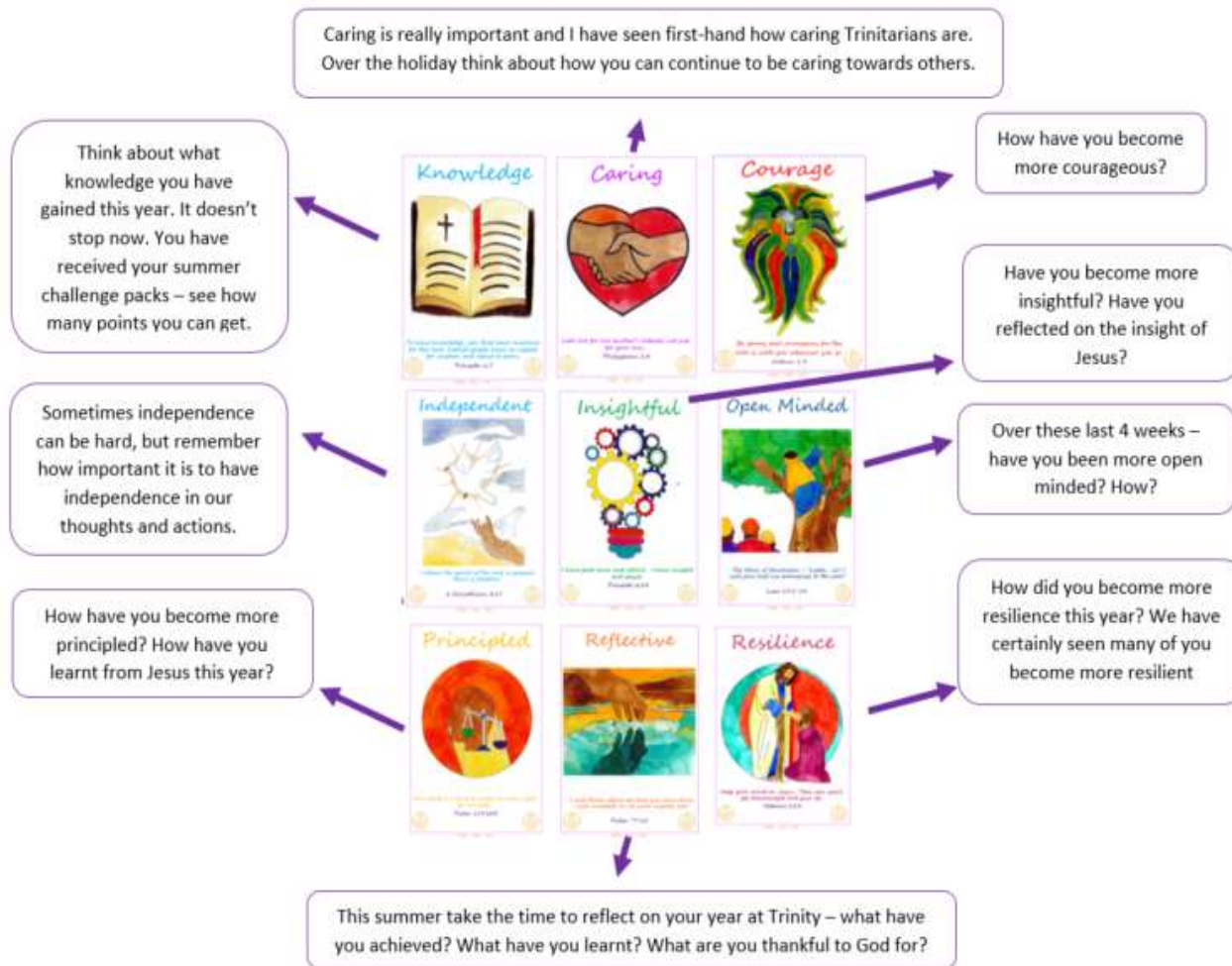
The Ingredients of Diversity  
Diversity is a mix of differences.  
Diversity is a mix of appearance.  
Diversity is a mix of qualities.  
Diversity is a mix of uniqueness.  
Diversity is a mix of being yourself.  
Diversity is a mix of beliefs and religion.  
Then as it bakes, it brings a wonderful smell  
of peace to the globe.  
As we consume it, we give Diversity a  
Home.

By Michelle Williams, 5K



We have made it, in what has been a very difficult year for many of us. We have achieved so much from trips, our active pupil faith teams across both sites and our brilliant speakers who have delivered thoroughly engaging virtual worships. We have raised money and awareness for several charities including the Alzheimer's society, and house charities. I would like to take this time to say thank you to you, our Trinity families for supporting the development and growth of both virtual and face to face chaplaincy at Trinity and particularly for those who have supported out virtual faith teams over the last few months.

This year we have reflected on each of our Trinity characteristics and how those characteristics help us to truly 'live life in all its fullness' John 10:10. Over the weekend and the summer break take a moment to read the questions below and reflect how you have as a Trinity family have lived life in all its fullness and glory.



Christians believe the Bible teaches that God is a God of compassion. God feels the suffering of people. God's compassion is expressed in his mercy, his kindness, patience, grace, forgiveness and love. Many Christians believe they are called to be a compassionate people. This compassion encompasses both a gut level feeling of sympathy and conviction as well as positive action taken on our part to relieve the suffering we observe. In the Feeding of the 5000 (Read John 6 5-13) we hear how Jesus had compassion for the large crowd and healed the sick. Think of a time in your life when you helped others? Or you stood up for others who were suffering? As we begin the summer holidays think about what actions might demonstrate compassion to others today.... Tomorrow.... This week?

God of compassion,  
 Be close to those who are ill, afraid or in isolation.  
 In their loneliness, be their consolation; In their anxiety, be their hope; In their darkness, be their light;  
 Through him who suffered alone on the cross, but reigns with you in glory,  
 Jesus Christ our Lord. Amen

**Have a restful break, keep safe and we will see you in September.**





# EXPLORE ART ON DISPLAY AT TATE



Learn about the themes that bring the artworks together, from the materials and methods artists use, to shared interests in the impact of mass media, **there's so much to discover!**



TATE MODERN

### The Tanks

Explore performance, film and video works alongside new commissions made specifically for The Tanks

FREE



TATE MODERN

### Media Networks

See how artists have responded to the impact of mass media

FREE



TATE BRITAIN

### Walk Through British Art

Walk through time and explore artworks from 1545 to the present day

FREE

Visit: <https://www.tate.org.uk/visit/art-on-display>



## Top things to do at the National Maritime Museum

The [National Maritime Museum](https://www.rmg.co.uk/) is the largest museum of its kind in the world, a trove of maritime treasures, exploring the epic stories of exploration and endeavour that have shaped our world today. Visit one of the museums fascinating exhibitions & galleries this summer, including the *Ship in a Bottle*, the *Polar Worlds Gallery*, a real *Fijian Canoe*, *Turner's largest painting*, *Nelsons Jacket* and the *Astronomy Photography of the year* and *British Royal Portraits exhibitions*.



<https://www.rmg.co.uk/>



Get out and about with the Royal Parks this summer and try one of their fun and fascinating family nature activities, including:



#### Bug Hunting Guide

Invertebrates are all around, but sometimes we have to look quite hard to find them. Make it your mission to go out and search for these fantastic creatures.



#### Photographing Insects (Video)

Calling all budding photographers! If you want to try your hand at capturing invertebrates on film, check out our introduction to macrophotography with expert insect photographer Henry Fitz.



#### Birds in the Royal Parks

Identify common birds of The Royal Parks and see if you can spot them.



#### Make a Balcony Allotment: Wall Meadow

Meadows are not just for parkland. Turn your balcony wall into a meadow and create a fantastic habitat for pollinators.



#### Scrap Garden.pdf

Reduce, reuse and recycle your way to new food by following our how to guide for making kitchen scraps grow with nothing but water.



#### Container Ponds

A water feature enhances the feel of any garden, and you don't need a huge space or a large budget to be able to create one. Find out how to create your own container pond, and which plants to choose for sunny and shaded locations.

Visit: <https://www.royalparks.org.uk/learn/learn-online>



Get active this summer and join the ground breaking dance company ZooNation as some of their incredible artists bring you a series of high energy dance classes to take part in at home. These Dance on Demand sessions are an ideal opportunity to learn something new and improve your Hip Hop moves. From popping and locking to yoga and body maintenance, each class explores different techniques that inspire ZooNation's signature style.



Visit: <https://zoonation.co.uk/>

## LONDON - EVERYONE WELCOME

London's amazing museums are open and welcoming visitors again, so this summer is a great time to discover what London museums and galleries have to offer.





## YEAR 7 ACTIVITIES WEEK

Looking at the forecast for last week, Year 7's first activities week, it looked set to be wash out. Armed with our brollies and raincoats we headed to Sutcliffe Park for Sports Day – the rain Gods played in our favour and Year 7 performed amazingly. Pupils took part in a range of events from 800m to 100m, tug of war, throwing events and jumping!

Tuesday saw our year group trip to *AirJump* Trampoline Park. Excited pupils boarded the train and embarked on the long walk from the station. An hour of jumping and games in the nearby park were enjoyed by staff and pupils alike. Tired legs walked back (uphill!) to the station. All enjoyed the day out and developed their friendships with peers.

Year 7 completed a fantastic day of Science experiments in school on Wednesday including dissecting eyes and looking for the lens and othering exciting experiments.

On Thursday we had a choice day with Year 7's given the option of a Trip to St Pauls and central London, Bowling and orienteering at Sutcliffe Park and 'Clip and Climb'. Pupil's came back full of adventures they had encountered. The pupil's I took to St Paul's were a credit to the school and enjoyed learning about the history of a fantastic building.

The final day of Activities Week promised wall to wall sunshine as we ventured to Greenwich Park for the Big Trinity Picnic. Pupils played football, shared food and chatted about their experiences over the week.

A fantastic week was had by all in Year 7.

### My week at Trinity by Amelia Webster (Year 7)

*This week we enjoyed many activities such as bowling, trampolining and climbing. These helped strengthen our bonds between our peers and our Trinity Characteristics.*

*On Monday we had sports day which worked on our teamwork skills and developed resilience.*

*ON Tuesday we went to Trampoline Park where we helped each other face our fears of jumping from heights developing courage.*

*On Wednesday we were open-minded in Science by having a go at a range of different science experiments including dissecting an eye!!*

*On Thursday we worked with different people and developed teamwork through Clip and Climb and orienteering.*

*I had a great time during activities week.'*



## Congratulations!

A couple of weeks ago Year 7 were given the opportunity to apply to be 'Outstanding Trinity Buddies' for the new school year. Applications were written and conversations had and I am pleased to announce the following pupils who will be helping our new Year 7's on their Trinity journey when they start in September:



Dasirae Idehen,

Eva Ruiz-Heyworth,

Edie Henty,

Eliana Badmus,

Oliver Bardega,

Joseph Savage,

Amelia Webster,

Amelia Gale Hall,

Ilze Taylor,

Mia Thomas,

Hasan Osman,

Zain Elsworth







## The Trampoline Trip! .....a long one!

Below are some comments from the Year 8 girls about their 'Trip'!

It was a long walk there and back but it was absolutely worth it as I enjoyed my time there.....*Sharna Golding*

I found the trampoline trip fun and exciting! Especially when the lights turned off!! .....*Ese O*

It was exciting! Especially when the loud music came on and the fog machine came on!.....*Tihara Lawrence*







## Year 9 Trip to St Paul's

Year 9 pupils had a fantastic trip to St Paul's Cathedral. We had the Cathedral to ourselves as it was closed to the general public and we were taken around by an excellent tour guide. We were able to learn about the Art in the building, heard about the history and about some of the significant celebrations that have taken place there. We were able to visit the spiral staircase which is used as a backdrop in numerous films including one of the Harry Potter films and visited the Crypt which is the burial place of the Cathedral's architect Sir Christopher Wren.



On Thursday a group also got to visit the Tate Modern and saw work by Picasso, Warhole and Rodin



## Year 9

Day 4 of activity week with a small, wonderful group of Year 9s, led by MS Desai (please check - Narinder), compiled by Mrs. Tate and Daisy.

We travelled to Cannon Street from Hither Green then began walking to St Paul's Cathedral before walking over the Millennium Bridge and back through the city to the Museum of London via Postman's Park.

It was a lovely day - not too warm with very few people out and about allowing the group to stroll at a very sedate pace.

The staff at the Museum were very welcoming, on hand to answer any questions. The hour flew by!

The journey back to Cannon Street was punctuated by witnessing an armed response team in action, not something that had been in the Risk Assessment!





Our two groups of Envision students this year have done incredibly well with both groups winning their respective challenges against other schools! This has been an even more challenging project during a year of continuous changes, lockdowns, virtual meetings and Covid measures. This week we had a celebration meeting in which we gave the students certificates and awards.

Envision, Alliance Bernstein (the Business Mentors) and all at Trinity are extremely proud of the following students for volunteering to take part in this worthwhile project as well as going on to succeed:

- |                                      |                              |
|--------------------------------------|------------------------------|
| <b>Ranisa Ratnarajah</b>             | <b>Benjamin Ackah-Akakpo</b> |
| <b>Samuel Nebeolisa</b>              | <b>Daniel Tangu</b>          |
| <b>Dylan Stevens</b>                 | <b>Jeavan Irish</b>          |
| <b>Chadwick Ryan</b>                 | <b>Justice Lennartz</b>      |
| <b>Ayshin Shields</b>                | <b>Teeashka Hanniford</b>    |
| <b>Weini Tesfay</b>                  | <b>Stefanie Madubuike</b>    |
| <b>Skyla Shakespeare-Prendergast</b> | <b>Miracle Ochiama</b>       |
| <b>Marian John</b>                   | <b>Praise Egwuagu</b>        |
| <b>Anh Bui</b>                       | <b>Allakady Sangare</b>      |
| <b>Tiani Aris-Osula</b>              | <b>Christiana Alves</b>      |
| <b>Divine Nwankwo</b>                | <b>Favour Isaac</b>          |
| <b>Ashton Williams</b>               | <b>Elizabeth Egbulefu</b>    |



# List of Graduates

Taye Collymore  
Archie Gibson  
Timon Lakatos  
Gemma Burford  
Nancy Easton-Hilton  
Kimberley Baker-Compass

Freddie McDuell  
Moses Barker  
Obi Adigwe  
Marvellous John  
India Davey

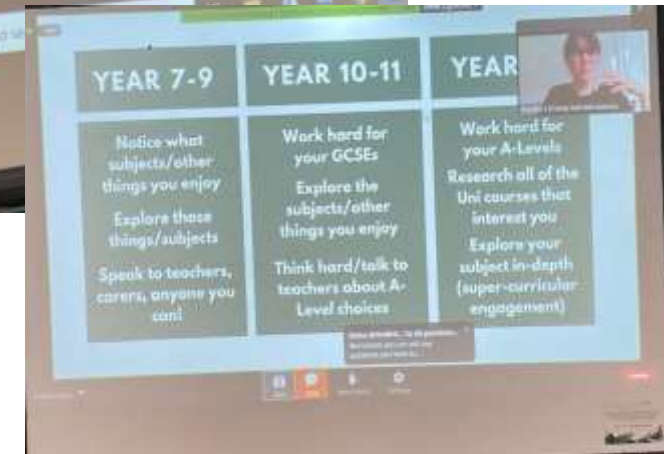
## Congratulations

to the Scholars from year 8 who enjoyed a wonderful Pizza party at their virtual graduation.

All students passed and were awarded their 'degrees' from Trinity College Cambridge.

Here's a short piece written by Nancy, Marvellous and India about their experience on the program.

Mrs. Sharon Blunden



## Here is the piece written by the 3 members of the Brilliant Club.

*Overall we found brilliant club a very inspiring experience. We learnt a lot about portraiture and how to develop language when writing an essay. I now feel confident when writing long pieces of work, and feel as if we would be able to develop these skills in high tier universities. This experience was challenging and difficult in some tutorials and extended writing pieces, however we definitely feel more assured when writing and I will be able to progress in other highly selective universities if I am ever to attend one. We feel as if we have acquired more knowledge in many areas but especially when it comes to writing essays and the technology of portraits. In general, this was a good experience however I would not like to go through it again.*

*I understood that because of this global pandemic, we were unable to meet in person or go on visits to universities as promised in the letter given to us at the beginning. However, we were still able to learn a bountiful of topics from our art historian teacher Laura. We were able to understand how an artist can show true personality through a multitude of war. Our tutor helped us to analyse portraits critically and evaluate how well it goes with of thesis.*

*I very much enjoyed this program as it gave me another option to studying A levels and university. I personally enjoyed the viewing on such a large variety of portraits the most. The portrait I liked the most was the portrait of Vincent Van Gogh with his quarter of an ear. I enjoyed learning about his background and also the letters that he sent to his brother and the letter his brother sent to him. I found this backstory quite emotional and very educational. I liked including parts of this in my final essay because it is very interesting. I also liked the portrait of Queen Charlotte. I thought that this portrait was inspirational as she was going against the stereotypes people inflicted onto her. I also liked the fact that she had dogs and other pets as an expression of her kind character and overall caring personality. In conclusion, I enjoyed this experience but I found it difficult.*

**FAREWELL**

**TO**

**MRS SHARON BLUNDEN**



At great loss to Trinity, Mrs. Blunden has decided to retire. Our staff and pupils will all miss her happy smiling face, her calmness, her sense of purpose and her presence. We all will miss the enticing, delicious and wonderful smells emanating from her classroom and drifting down the hallway! We will miss her wonderful patience and understanding, her tolerance, her strength. She saw the good in everyone irrespectively! We may yet entice her out of retirement and back into our classrooms! Mrs. Blunden taught many a pupil life skills but she also taught pupils to achieve more and have passion. She taught them independence and that they always have choices in life!

Mrs. Blunden was a wonderful teacher and most if not all her pupils will remember her with fondness in years to come. Reflecting back on what she had taught them, what they had learned. Her colleagues, past and present and every one of you that had come to know her either as a pupil, as a parent or carer you will all remember something she said that will make you smile!

So here's to Mrs. Blunden keeping in touch with us and letting us know what she gets up to in her retirement!



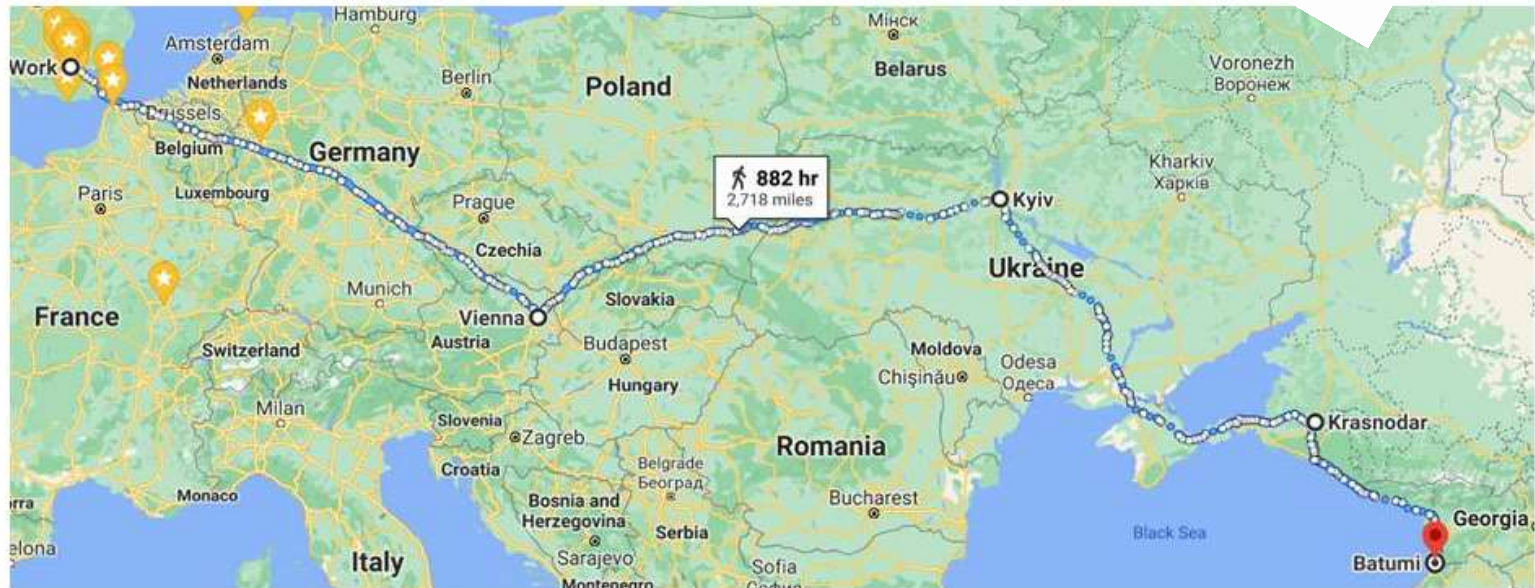
# TRINITY STAFF Continue to TAKE ON THE WALKING CHALLENGE

Trinity Secondary school staff participated in the National Walking month. Each individual House member logged their steps to find out where in Europe they would reach out as a group after 31 days in May. We then continued to extend our walking up to 20<sup>th</sup> July 2021

Have a look at how well Trinity staff performed! They have travelled the world!



House	Final Steps 20.7.21	Final destination leaving Trinity
3 <sup>rd</sup> – Gabriel	3,589,148	Kyiv, Ukraine
4 <sup>th</sup> – Michael	1,934,327	Vienna, Austria
2 <sup>nd</sup> – Raphael	5,321,575	Krasnodar, Russia
1 <sup>st</sup> – Zadkiel	5,693,754	Batumi, Georgia





# Sports Day @ Trinity

This year's sports day was my first ever at Trinity, due to the unfortunate events of the global pandemic. I was overly excited for sports day because I would finally be able to sports that I rarely do, such as high jump or relay. The atmosphere of everyone prepared to demolish the other houses in the races and other events was breath taking. There was competitiveness from every year. We walked towards the sports ground so we were pre-warmed up rather than taking the bus which would have made our muscles tense and not prepared for the multiple sports ahead. We arrived at the sports ground ready for anything that would come towards us. Each year started with a challenge before we got into the main events. You could already see the competitiveness in every person's eye, even the teachers. We were ready.

Students were getting ready for their events, starting with the 800m. Each year in every house, had chosen who would do the certain events beforehand, making the races quicker and easier. The trigger was pulled, and the runners were off. The side-lines were filled with cheers and hype-men, encouragement left and right. The race was over, there was cheers and congratulations. This cycle repeated until all the races were over. There was race after race, the competitive atmosphere was always high. Near the middle of the sports ground there were smaller events, like shot put, javelin, long jump, etc. Every house was going well.

Soon after all the main events were done, it was time to hear the results. Anticipation filled the air. The places of the houses were called, last to first. The first-place house was called. WOO! Excitement filled the anticipating air. People were congratulated and everyone left and nobody seemed to mind the place they came, even if it was last, but what they did know is that next year... They would win.

By Year 8 pupil. Gemma











**Mrs. Ashdown**

**Head of Zadkiel House**

## ZADKIEL HOUSE – end of year report

Zadkiel House became an active force in June 2020. The first task was to appoint a Deputy Head of House, Ms. Hemsley was appointed and have proven to be an invaluable member. The post of Captain and Vice-Captain was over-subscribed and following enthusiastic interviews, the following students were appointed.

### Year 7

Captain        Conor Wyne  
Vice-Captain    Chedon Roye

### Year 8

Captain        David Orisa - Kingsley  
Vice Captain    Neferkare Botwe

### Year 9

Captain        Caleb Forgie  
Vice-Captain    Syed Haider

### Year 10

Captain        Leah Osei  
Vice-Captain    Christian Modogo

Many activities and fund raising events took place, both within school and remotely. In house activities looked at recycling batteries, wall sit challenge, academic quizzes etc. and each house member fully supported and were engaged throughout. Remote challenges proved a little harder, but despite many texts home and Weduc notices Zadkiel scored the most points!!! Zadkiel chose two charities to support: our international chosen charity Water Aid and our local charity Mizen Foundation. We have held non-school uniform days and Christmas jumper days and have raised funds for both charities, again Zadkiel raised the most funds!!!! Mizen Foundation £192.26 Water Aid £85.05. Recently Trinity registered with Eco Schools Award, The Eco-Schools Green Flag is an internationally recognized award for excellence in environmental action and learning. You can work up to your first Eco-Schools Green Flag by achieving Bronze and Silver awards which are self-accredited stepping stones along the way Zadkiel house have taken on the challenge of recycling in Trinity and recent Jack Petchey awards to Zadkiel members has allowed us to purchase recycling bins for every room, we will make Trinity the Greenest school in Lewisham. In July our annual sports day took place at Sutcliffe Park. Zadkiel trailed in last place throughout the day however we slowly but surely rose to the occasion and finished second, this was helped by the student/teacher relay which we smashed.

Lastly pupils of Trinity have been fantastic at engaging with the house system. However our staff have equally played in important role. We have just finished our last staff challenge. Monthly step challenges. Zadkiel managed to walk the most steps in June and it is hoped that we will continue to walk the most in July and the coming months.

**Mrs Ashdown**

**Zadkiel Head of House**

**Winners  
Of  
2020  
-  
2021**



## Gabriel house end of year report

This year the Gabriel house team have worked alongside the other houses to organize many different events that would promote the whole school community to get involved in competing and fundraising. Towards the start of the year Gabriel encouraged pupils to wear Christmas jumpers where we fundraised for our local charity Youth First and raised £120.52. We also then on our non-school uniform day encouraged pupils to wear an item of blue clothing to match the Gabriel house colour and fundraised for our international charity, International Agency for Research on Cancer.

As the house the house team we collectively decided to collect batteries and coppers during the Michaelmas term. Gabriel house rallied together and came second in both events and collected a large amount of batteries, which have been recycled and coppers which have been donated to charity.

Throughout the lockdown, the Gabriel house team continued discussions of how we could motivate the school to keep up their spirits. The house team put together an array of quizzes and competitions and the Gabriel team continued to motivate the school with continuous messages of motivation and images virtually on Microsoft Teams.

Upon the return to school after the lockdown, we started on our house project, looking at healthy eating. The Gabriel house team conducted a survey on the whole school to examine eating patterns. We look forward to continuing this project next academic year.

Finally, Gabriel finished up the year with an excellent contribution to sports day. Although we did not win, all members of the house actively participated and rallied together to cheer and support each other!

We look forward to what the next academic year has to offer. `

**Mrs. Williams**

**Gabriel Head of House**



## Michael House end of year report

My experience as a house captain was gleeful. This has been a new experience for me. I learnt to take up responsibilities upon myself and learnt to have a better connection with others so we can solve problems together. We got to know different people from different years. Throughout the year we did house challenges to gain points for our house, which brought our group together because most of us are competitive. The day that rewarded us for being house captains, was definitely sports day as our whole team was supportive of each other in their events and the feeling of success was great! We as a house, learnt to work together to win sports day as a whole!

We believe that all the house captains did a great job at making sure that everyone participated in the house events, no one felt left out in any of the event. We believe that all the other houses also had a good go of competing against us, but they were no competition to our house. We learnt lots of beneficial skills ex: team work, communication, dedication and most importantly to always try even if we do not succeed.

Samuel Nebeolisa and Kinthusha Partheeparupan

Y10 Michael Senior Captain and Deputy Captain



# ZADKIEL TAKES THE CUP



Trinity House Score Board		Jul-21			
	Gabriel	Michael	Raphael	Zadkiel	
Wear RED day	5	10	7	3	
Trinity Staff Quiz	3	10	7	7	
English Challenge	10	5	7	3	
Battery Hunt	7	3	5	10	
Maths Challenge	5	10	3	7	
"Wall Sit" Challenge	5	7	3	10	
Copper Coin Charity Event	7	3	5	10	
Student Survey	5	7	3	10	
Non-Uniform Day Charity event - Dec/2020	3	7	5	10	
Science Challenge	10	7	3	5	
Remote Challenges	10	5	5	7	
Easter	5	7	3	10	
Creative department challenge	7	3	10	5	
Drama/Music Challenge	10	10	5	5	
National Walking Month Staff Challenge	5	3	7	10	
PE Challenge	3	7	10	5	
MFL Challenge	7	10	3	5	
Sports Day	6	20	10	14	
Staff Step Challenge -Jun/July	5	3	7	10	
<b>TOTAL</b>	<b>118</b>	<b>137</b>	<b>108</b>	<b>146</b>	



Dear Trinity Family,

We finally got the 1st winning House after the re-launch last September.

**Congratulations to Mrs. Ashdown and Ms. Hemsley-Redden for leading Zadkiel House to victory**, only 9 points ahead of Michael. They had a slow start but managed ended up at the top pf the table at the end of the academic year. Final result below.

We are looking forward to more House activities next year without so many pandemic restrictions, there will be competitions, fun activities and community events.

Thanks to everyone who supported and participated in the House events throughout the year.

Enjoy your summer holidays!

**Mr. Cruz**

**Head of House Structure**



Dear Parents and Carers,

As we approach the end of term, I wanted to give you some information on how your children can stay safe and where you or they can seek support while the school is closed over the summer period. Please be aware that there will not be a Designated Safeguarding Lead available until the start of term.

We would advise you to familiarise yourself with the information below and keep this information safe.

### Information for parents

Online safety [www.ce-op.police.uk/safety-centre/](http://www.ce-op.police.uk/safety-centre/)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

UK Council for Internet Safety UKCIS - Childline Report Remove tool now launched.

Active Listening Service. Free counselling service for young people provided by The Gr@nd.

<https://www.wearegyg.co.uk/activelisting>

The below websites are accessible for students and they have also been sent these.

Yr7 – 10 advice lines/websites;

- [www.kooth.com](http://www.kooth.com) is a mental health and wellbeing support website. You can chat to a qualified counsellor or just look for advice.
- [www.moodspark.org.uk](http://www.moodspark.org.uk) is a great website to learn about mental health and find tips and resources to keep emotionally healthy.
- You can text **ChatHealth** for support around physical and mental health on 07520 618850. The number is monitored Monday to Friday, 9am to 5pm.
- <https://www.childline.org.uk/toolbox/>

### Other useful information for students & parents;

- Call NELFT - mental health direct support line (24/7) - 0300 555 1000 [nelft.nhs.uk](http://nelft.nhs.uk)
- Call **childline** for immediate support around a variety of issues - 0800 1111 [childline.org.uk](http://childline.org.uk)

Please also look at our website for Mental Health and Wellbeing resources and information.

**Steve Gallears**

Deputy Headteacher

## Water Safety

It is perfectly natural to want to cool off when it's hot. Unsuitable rivers and quarries hide dangers below, not taking into account the hazards of freezing cold water and currents. Teenagers especially are drawn in by peers and a keenness for risky behaviours.

With limited swimming over the last year, it will be important to remind you people how to stay safe in or alongside water.

Some of these resources might be helpful for assemblies or tutor sessions.

### **Royal Life Saving Society UK (RLSS UK)**

<https://www.rlss.org.uk/pages/category/schools-community-groups>

### **Canal and River Trust - Summer water safety**

<https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>

### **Water Safety at the beach**

<https://www.rlss.org.uk/water-safety-at-the-beach>

### **Derbyshire Fire & Rescue**

<http://www.derbys-fire.gov.uk/keeping-safe/keeping-safe-outdoors/water-safety-code/>

### **RNLI – Float to Live**

<https://rnli.org/pages/ppc/beach-safety/beach-safe-float>

### **RNLI – Activity sheets and posters**

<https://rnli.org/youth-education/education-resources/activity-sheets-and-posters>

### **Colin the Coastguard**

<https://colinthe coastguard.com/>

### **National Water Safety Signs – do you know what these mean?**

[http://www.cheshirefire.gov.uk/Assets/watersafety\\_signs.pdf](http://www.cheshirefire.gov.uk/Assets/watersafety_signs.pdf)

### **Reservoir safety (United Utilities)**

Don't be the one who watched their mate drown this summer

Particularly good package for use with teenagers

<https://www.unitedutilities.com/help-and-support/about-us/recreation-sites/reservoir-safety/>

### **Open Water Education Network**

<https://owen7.org.uk/water-safety-tips>

## Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun than ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.

### **Teenage Cancer Trust Resources**

<https://www.teenagecancertrust.org/support-us/spread-word/shunburn-stay-safe-sun>



# LOCAL SUPPORT?

COMPASS LEWISHAM IS A FREE CONFIDENTIAL HEALTH & WELLBEING SERVICE FOR CHILDREN & YOUNG PEOPLE 10 -19 YEARS OLD (UP TO 24 WITH SEND AND/ OR LAC) OFFERING SUPPORT IN EMOTIONAL HEALTH & WELLBEING, SEXUAL HEALTH & SUBSTANCE MISUSE

GOT QUESTIONS ABOUT YOUR SEXUAL HEALTH?

ADVICE ON CONTRACEPTION?

FREE CONDOMS?



ESCAPISM?

FEEL UNDER PRESSURE?

HOW TO REDUCE YOUR USE?



NEED SUPPORT WITH YOUR WELLBEING?



STRUGGLING WITH YOUR FEELINGS?



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CATFORD, LONDON, SE6 4JU  
MON-THURS 9-5PM / FRI 9-4.30PM



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