

Trinity All Through School

Website: Trinitylewisham.org

WEEKLY NEWSLETTER

Primary Phase

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Secondary Phase

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Dear Trinitarians

I hope you are well and safe. As lock down measures are relaxed please make sure you remain safe and follow the government advice and that from Health England. We have been extremely excited having some of our pupils return to us last week. We had around 40 year 1 pupils return for a part time provision, and their faces lit up the whole school. Our new procedures and practices in the building worked really well and all the pupils adapted so well making their return extremely smooth. This week we welcome approximately 40 year 6 on a part time basis as well. Even though the government has made an announcement about schools not expecting to bring back all pupils before the summer we are still hoping to bring more back over the coming weeks on a part time basis. We feel it is vital that pupils get some face to face time before the summer holiday. We will do all we can to facilitate this, which will be dependent on our risk assessment and our levels of staffing to enable us to achieve our goals. Next week we will be welcoming back year R and 10 and we will aim to bring back another year group the following week. Our buildings only become schools when they are filled with children learning and laughing. We wish to thank you for all your support through this period.

Working at home is still very important and vital for now and into the future. We are working on plans ready for September, but do not know exactly what position we will be in. We are working on several models to ensure whatever the situation / expectation we can adapt what we have and will be ready to run when the time comes. Our staff are working hard developing our curriculum plans and resources to ensure when face to face learning begins pupils will be able rapidly catch up. Home learning will help bridge this gap though. Please do continue spending quality time with your children at home going through the learning packs and resources and check they are understanding what they have learnt. It is great at dinner time to discuss what has been learnt, what facts can they recall and try and get them to explain the answers fully to you. If you get into a routine they often will prepare for this, so they come with facts to discuss and talk about with you. Even if it is something small, this helps them engage with the work. We know home schooling can be a challenge, please keep persevering. We are trialling different techniques as well to try and engage pupils further as well – do also use the Oak Academy material and the BBC bitesize online resources to support you.

The theme of Black Lives Matter will not disappear when the media has stopped highlighting this on a daily basis. This is an extremely important topic to talk about at home, to read about and to listen to people that have different perspectives. Please do look at the resources we have posted on the website to help you. It is vital to recognise that people are discriminated against in all sorts of ways because of their skin colour and that we must focus on ensuring that we are not part of the problem. But more than this, we must be proactively anti-racist and aim to be part of the solution. Language is very important and we need to remember that words we use can be seen as offensive and are sometimes appropriated by groups for negative reasons. We must stand together and be clear - Black Lives Matter.

Many parents and staff have reached out to me to thank me for highlighting this important topic and given further advice on how we can continually drive forward as a school community. I will continue to listen to the children, parents and staff within our BAME and wider community. We as a school are continually working to be better, actively trying to increase the number of BAME people on our teaching staff and our Governing Board to reflect our school.

We are all learning, and need to make sure we listen to each other to ensure we can improve and continue to bring our community together. Learning is life long, working for equality and justice is something we all need to do continually to make the world a better place.

Have a good weekend, stay safe and strong.

DAVID LUCAS

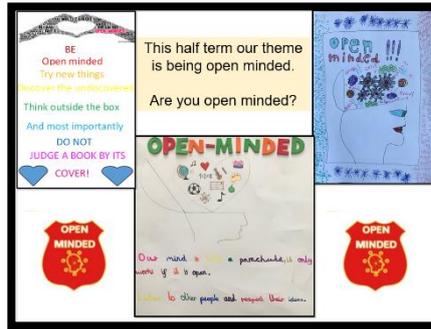
Executive Headteacher
Trinity Church of England School, Lewisham
An All-Through School
www.trinitylewisham.org

LEARNING - LOVING - LIVING



CHAPLAIN'S CORNER By Miss S Alder

This week we have been continuing to focus on your theme of being open minded. Being open minded is about many things it could be about trying new sports or food. It could be about appreciating different cultures and personal histories, as well as the values and traditions of others. As you go into the weekend think about you could open your mind more.



Open minded is about thinking outside of the box (seeing the bigger picture). It is important to be open minded because it builds your character and makes you who you are. Stay safe, stay well and stay home. Kind regards, Hope Ellis year 8

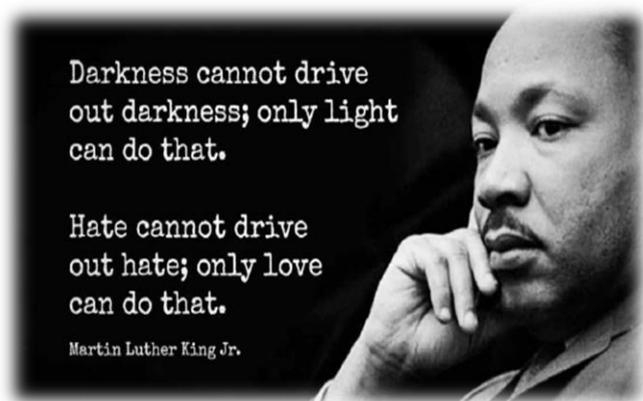
In our Trinity worship this week we looked at being open minded and the importance of the Trinity and being a community of love. St. Augustine of Hippo said that God as Trinity is God existing eternally as a community of love. Christians believe that Love is the greatest thing we are called to. It is important during these times that we continue to be a community of love for one another. In the Bible Jesus said "Love the Lord your God and Love your Neighbour as yourself". This means loving those who may be different to us, or more challenging to show love to. It may also involve a level of discomfort on our part. This weekend try and make time to read the story of the Good Samaritan - a stranger who helps an injured person, who would normally be considered his enemy.

- **Read** the passage together: Luke 10:25-37 or Mark 12: 28-31
<https://www.biblegateway.com/passage/?search=luke+10%3A25-37&version=NIV>

Thinking of the story Jesus told, can you think of a real-life situation where someone has acted as a "Good Samaritan"?

- **Watch** this video, giving a modern interpretation of The Good Samaritan, produced by the Bible Society:
<https://www.biblesociety.org.uk/what-we-do/england-and-wales/the-good-samaritan/>

This weekend my challenge to you is to find an opportunity to help someone else this week – to show love for your neighbour. For example, could you contact someone who you think may be lonely or in need?



Announcement:

- Faith Team Virtual Meetings – will now take place every Friday at 11am. Please email if you would like to join.
- Over the next 6 weeks I will be giving out open minded badges to those Trinitarians at the primary and secondary site who have demonstrated this important characteristic. Get in touch on WEDUC or by email and let me know how you have been open minded.

Lord God, thank you that you first love us. Help me to love you with all my heart, soul, mind and strength.

Help me to love others as you love me. Help me to communicate your love to others this week by my actions and

my words. In Jesus' name,

Amen.



Dear Trinity families,

It has been wonderful welcoming back pupils from Year One this week. The pupils have adapted well to new routines and are working really hard.

Having reviewed our risk assessment, we are pleased to say that we will be able to welcome back Year Six pupils next week. Year Six families will have received an email containing some of the logistical changes that you will need to know as a parent, including changes to pick up and drop off. Please take the time to go through this information.

Next week, we will once again be reviewing our risk assessment with an aim to then begin the reintroduction of Reception pupils. Reception families will receive a phone call at this time to confirm whether your child will be taking up the offer to return to school the week beginning 22nd June. We hope to see as many of you as possible.

We will continue to re-evaluate our risk assessments week on week before making decisions on the reintroduction of further year groups.

Thank you for your ongoing support during these exceptional times.

Keep reading with your child, giving them your time and loving them. I look forward to seeing you and your children soon.

Head of School, Primary Phase
Trinity all Through School



STORY TIME AT THE PRIMARY: WEEK 7

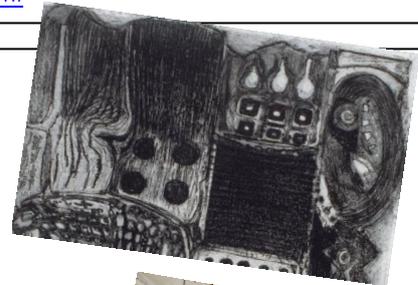
Each week we will be sharing a video of us reading a story and taking time to share loving and supportive messages from each class teacher. Nothing will replace your children being in school but we hope this effort will make the difference.

<https://trinityprimarylewisham.blogspot.com/2020/06/primary-story-time-week-7.html>

ART CLUB WEEK 4 - SOUND

Our new Art Club topic is **SOUND!**

<https://trinityprimarylewisham.blogspot.com/2020/06/art-club-week-4-time.html>



YEAR ONE REINTRODUCTION

It has been lovely to be able to welcome back lots of our Year One pupils to the Primary site.

<https://trinityprimarylewisham.blogspot.com/2020/06/year-1-are-back.html>





FACE COVERINGS MUST BE WORN ON PUBLIC TRANSPORT

Transport for London



Face coverings

From Monday 15 June, everyone travelling on public transport must wear a face covering unless you are [exempt](#) from wearing one. [Find out how to make your own face covering](#)

Important changes to our services:

- **Queuing at stations and bus stops.** Due to the national requirement of maintaining a 2 metre social distance you might have to queue to enter busy stations or stops. [Find out if your stations are among the busiest](#)
- If you can, **avoid busiest times** between 05:45 and 08:15 and between 16:00 and 17:30 on weekdays
- Most of our stations have shifted to **only accepting contactless or Oyster** to pay for travel. [Find out which stations are still accepting cash](#)

In line with Government advice, everyone who can work from home should continue to do so. As London begins to reopen, please continue to avoid public transport, where possible, to free up the limited space available to those who have no alternative way to travel.



WHY we WALK

- Healthier BODIES, happier MINDS
- Fewer CARS at the SCHOOL GATES
- Less air POLLUTION
- Time to CHAT with family and friends

START benefiting from walking to school TODAY and swap your school ride for a SCHOOL STRIDE!

LET'S WALK TO SCHOOL

Walking with me

Walking at Different Paces

The charts below will help you to translate walking event distances into time, kilometers, and miles at various fitness-walking paces. While there is no standardized criteria for pace categories, studies have indicated that a moderate walking pace is roughly 3–5 miles per hour.^[1]

- **Fast:** 7 minutes per kilometer or 11 minutes per mile
- **Moderate:** 10 minutes per kilometer or 15 minutes per mile
- **Easy:** 12.5+ minutes per kilometer or 20+ minutes per mile

Walking





Founded in 2011, Zoom is one of the world's leading video conferencing software providers. It has a number of features, including video and audio conferencing, real-time messaging, screen-sharing and the ability to upload, share and search for content. Users can start their own meetings or they can join meetings set up by others. The app is available to use across PCs, laptops, tablets and mobile phones and is free to download on both the app store and on Android.



What parents need to know about zoom



ZOOM BOMBING

'Zoom bombing' is the term which has been coined to describe unauthorised people joining zoom meetings uninvited and broadcasting pornographic or inappropriate videos. An attacker can hijack a meeting if they know the meeting ID and it isn't reinforced with a password. Not taking preventative measures or implementing privacy controls could open up the risk of children witnessing sexual or inappropriate content with very little notice.

RISK OF PHISHING

The rise in popularity of Zoom has led to a rise in hacking operations and phishing campaigns. This is when participants are encouraged to click on links to join what they believe to be legitimate Zoom meetings via email, but which are in fact fraudulent. These scams aim to obtain sensitive information such as user login details, passwords and/or credit card information.

PRIVACY CONCERNS

Depending on how the app has been set-up, Zoom can offer very little privacy. In many cases, the meeting hosts can see detailed information about each participant including their full name, phone numbers and maybe even location data. Furthermore, depending on where the camera has been set up or where your child's computer is positioned, private or personal information could be stolen depending on what can be seen in the background.

LIVE RECORDINGS

One of the features of Zoom is the ability to record live meetings. By default, only the host of the meeting can usually record live sessions however other meeting members can also record if the host gives them access. Recordings can be stored on devices or on the cloud and can be downloaded and shared with no restrictions. This means that videos, audio clips and transcripts of recordings involving your children could be widely shared on the internet or between users without your authorisation or consent.

PRIVATE ZOOM MEETINGS

Zoom has a facility to set up breakout rooms, which enables a private meeting within the main Zoom session. The host can choose to split the participants of the original meeting into separate sessions. This gives children the ability to speak privately away from the main group to other users however chats aren't always monitored by the host and if the meeting has been made public, children could be more vulnerable to experiencing negative comments.

'LIVE STREAMING' RISKS

At its very core, Zoom facilitates live streaming. That means it inevitably carries some of the associated risks that live streaming brings. These are likely to be minimal within a controlled environment (for instance when used in a classroom setting for remote learning). However, live streaming means that content isn't always moderated and children who use the app unsupervised or with limited security settings, may be more at risk of exposure to viewing inappropriate material. Other risks can include downloading malicious links, sharing personal information or even potential grooming.

Safety Tips For Parents

REPORT INAPPROPRIATE CONTENT

Remind your child that if they do see something that makes them feel uncomfortable or upset then they need to talk about it and report it. Parents can report unwanted activity, harassment, and cyberattacks to Zoom directly. To help your child, you could try setting up a checklist before they go online, with an agreed set of rules and what they should do if they see something inappropriate.

USER PRIVATE MEETING IDS & PASSWORDS

It is always better to set up a meeting with a random ID number generated by Zoom than by using a personal number. This means it is harder to guess and less likely to be hacked. It's important to never share meeting IDs with anybody you don't know and always set-up a password function to allow other people to sign-in. This should already be a default setting that is applied on Zoom.

PROTECT YOUR PERSONAL DATA

It's important to discuss with your child that they should not share personal information on Zoom. This includes passwords, their address, phone number, etc. Create your child's account under a false name or pseudonym and always set a custom background to help hide details in your home. Zoom allows you to turn on virtual backgrounds and select your own image to appear behind you.

BEWARE OF PHISHING EMAILS

Every time you or your child gets a Zoom link, it's good practice to ensure it has come from the official platform and is not fraudulent. Signs of a phishing email include an unrecognisable email address, an unofficial domain name or a slightly distorted logo. The email itself might also be poorly written or contain suspicious attachments.

TURN OFF UNNECESSARY FEATURES

If your child is using Zoom, there are a number of features that you can turn off to make the experience safer for them. For instance, disabling the ability to transfer files or engaging in private chats can help to limit the risk of receiving any malicious attachments or receiving any inappropriate messages. In addition, you can turn off the camera if it is not needed or mute the microphone when not in use.

USE THE 'VIRTUAL WAITING ROOM FEATURE

The waiting room feature on Zoom means that anybody who wants to join a meeting or live session cannot automatically join and must 'wait' for the host to screen them before entering. This is now a default function and adds another layer of security to reduce the likelihood of zoom bombing.

KEEP YOUR VERSION UPDATED

It's important to ensure you are using the latest version of Zoom available and always update it if you get a prompt. These updates are usually to fix security holes and without the update you will be more vulnerable to an attack. Check the official website to see what the latest version is and compare it to your own.

HOST IMPLEMENTED PRIVACY CONTROLS

If your child is part of a larger group meeting, then it's important to make sure that the host is abiding by Zoom's Terms of Service. This includes the fact that they have gained everybody's permission for the session to be recorded. The host should also have set screen sharing to 'host only' and disabled 'file transfer' to help keep the live stream secure.

Meet our expert

Emma Davis is a cyber security expert and former ICT teacher. She delivers cyber awareness training to organisations nationally and has extensive knowledge and experience of managing how children access services and apps online.



National Online Safety®

#WakeUpWednesday



SOURCES: <https://zoom.us/privacy> | <https://zoom.us/> | <https://zoom.us/docs/doc/School%20Administrators%20Guide%20to%20Rolling%20Out%20Zoom.pdf> | <https://www.theguardian.com/technology/2020/apr/02/zoom-technology-security-coronavirus-video-conferencing>

www.nationalonlinesafety.com Twitter - @nationalonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.04.2020

ALL PARENTS – WHAT YOU NEED TO KNOW ABOUT ZOOM

The world is changing

It's changing in good ways. At Sea Cadets you'll see teenagers who cycle miles to us because they can't afford the bus fare, greeting their friend dropped off in a new car, and young people of all races and religions, of all abilities, chatting together, striving together, and cheering each other on. But the world is also changing in tough ways. And too many young people are going into an adult world under-equipped with the resilience, self-belief and social confidence they need to make a decent life for themselves. Sea Cadets has the skills to change this.

More than a youth club

Many teenagers arrive at Sea Cadets excited at the prospect of all the adventures and activities they can have with us. And they're brilliant fun. But quickly they see the depth of what they can gain here for their future and they grab it with both hands!

A future

You can literally see the difference Sea Cadets can make. In how they hold themselves, welcome new people, and support each other. How they listen better in school, aren't offended by constructive feedback, and get on with teachers.

Sea Cadets leaves us like this:

Confident
Feeling more in charge of themselves
A leader people want to follow
Comfortable speaking to anyone
A brilliant team player
Skilled, with qualifications to prove it
With positive habits and thinking
Adaptable
Motivated
See [what cadets say](#) about how Sea Cadets makes a big difference in daily teenage life.

Sea Cadets find:

School gets better
Getting that job gets easier
They can overcome challenges more confidently
They're valued in the community where they live

Engineers play a vital role in all aspects of the modern world. They solve problems to make living in

OUR world easier and more convenient.

The way they solve those problems is to follow the engineering cycle: Idea, Design, Build, Test, and Evaluate.

Engineers will have lots of ideas, one of which will lead to a design that will be built, tested and then evaluated. STEM, and STEM skills are very important for engineers!

Visit their website to find out more - <https://www.sea-cadets.org/about>

We help teenagers from getting lost before life has started

One in five teenagers are now shockingly experiencing mental health problems like anxiety and depression. And the widening gap between rich and poor is seeing huge numbers of young people from disadvantaged backgrounds being shut out of opportunities because they cost too much.

Why are teenagers struggling?

Few children now play unsupervised out of the home with others, where they could socialise and learn a range of life skills many of us take for granted. Meanwhile indoors, the 'always on' culture of social media can make teenagers feel a failure while putting on a brave face. Being glued to screens keeps young people inside and awake at night, for fear of being excluded.

At the same time, family life can be tough for some and being a teenager has always been one of the most challenging times in a person's life. Role models and belonging help you get through it.

At school, young people see looming exams as their one shot at a future and if they fail all is lost. Higher education can seem the only route to success. There is fierce competition for internships and apprenticeships. Soaring housing costs make the prospect of leaving home and starting real adult life impossible for most.

Equipping young people for life today

The world moves so fast today, and the change can be exhilarating and life-opening, but also terrifying.

Opportunities follow change, but standing out from everyone else competing for them means making sure you have the very things that makes meeting a cadet memorable; Confidence. Composure.

Knowing how to listen, speak and present yourself in new situations. Leadership. Motivation. Organisation. And Bounce!



Marine Engineering Workshops

**FREE KS3 (England),
S1-S3 (Scotland) two hour sessions**

BUOYANCY

Sea Cadets are delighted to be able to offer your school the opportunity to book our amazing workshops, which will teach pupils the fundamentals of buoyancy, including:

- Density
- Newton's 3rd Law
- Archimedes Principle
- Mass and weight



SCOTLAND

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NORTHERN

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SOUTH WEST

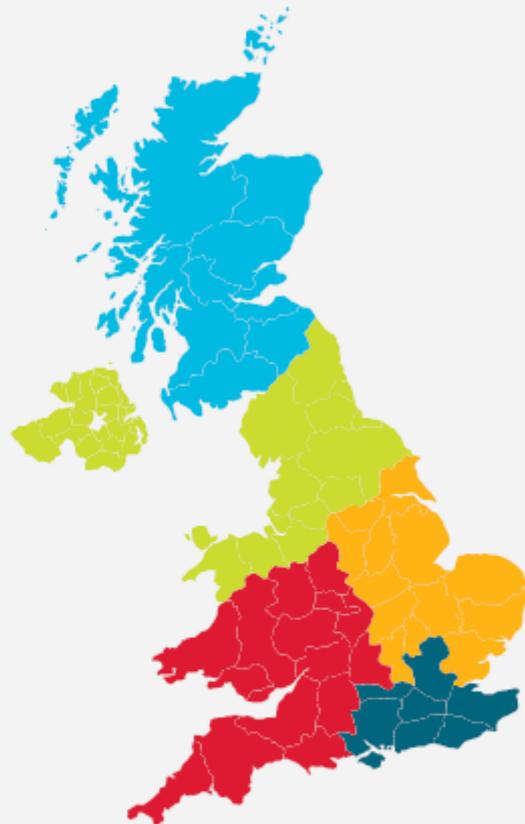
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Patron: HM The Queen
Marine Society & Sea Cadets, a charity
registered in England and Wales 31803
and in Scotland SC037808

HANDS-ON SKILL: "Get Knotted!" (A ROPE TYING ACTIVITY)

"Get Knotted!" (A ROPE TYING ACTIVITY)

Equipment:

- Rope or yarn or shoelaces or equivalent

Introduction:

We use knots in our everyday lives, you have probably used 1 today to tie your shoes. Knots are essential to all boating activities, from dinghies to cruisers, row boats to container ships; they all need knots. As a skill you know when a knot has been mastered, when you can do it with your eyes closed!

Instructions:

- 1) Here are 4 common knots for you to start practicing. For help, use the next pages or click on the  icon for a YouTube Video.
- 2) Ask members of your household about knots they know and practice these. If they don't know any, teach them the 4 you have learnt.

Extension Challenge Activity

Have a go at [decretive knot](#) tying, make a [monkey fist keychain](#), create a [bracelet](#)...

CLOVE HITCH (Easy-Peasy)

1. Make one full turn around an object the rope is being secured to.
2. Then pass the line over itself as you take another turn.
3. Finish the knot by tucking the working end under itself and pull tight.



"Get Knotted!" (A ROPE TYING ACTIVITY)

BOWLINE (Medium)

1. Form a closed loop in the line, with the working end passing over the standing end.
2. Pass the working end through the loop you just made, then around behind the standing end, then back into the loop.
3. Give a hard pull to close the knot up tight.
4. To untie a bowline, turn the knot over and bending downward.



SHEET BEND (Medium)

1. Form a bight (a loop of rope), in the end of one line.
2. Pass the end of the other line (red in illustration) through the bight from beneath.
3. Put this around behind both parts of the first line.
4. Finish the knot by passing the working end of the second line (red) under itself, then pull the knot tight.



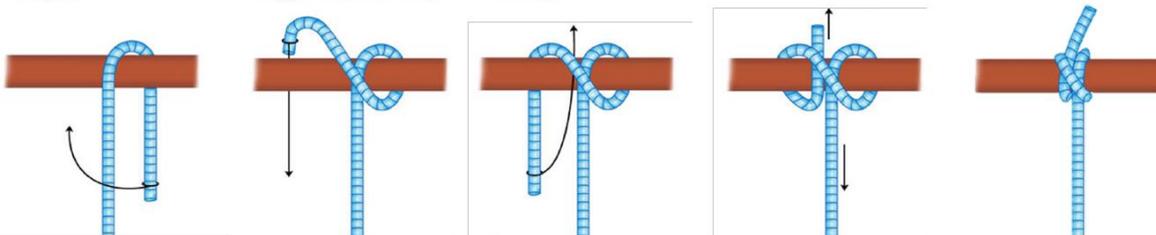
ASHLEY STOPPER KNOT (Hard)

1. Working back to front, pass the working end twice around the palm of your open hand.
2. After two full wraps, pass the working end under the wraps on your palm away from your thumb.
3. Then use the end to pull the knot tight as it slips off your hand.



Clove Hitch Knot: A Step-by-Step Guide

1. Hang rope from the support.
2. Look around the support with the end.
3. Pass it from behind the rope.
4. Pull tight!
5. The knot is complete.



Tips

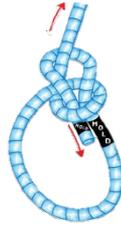
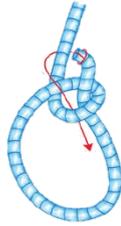
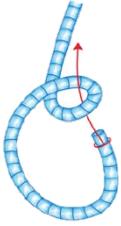
1. The direction of pull in the 4th step should be opposite to each other.
2. Instead of the linear support, e.g. post, tree, you can have a ring.

Some Uses of the Clove Hitch Knot

1. Hoisting.
2. For tying bandages (arm slings) in case of injuries and for first aid.
3. To tie a fender to a rail on a moving boat.
4. To set up teepees.
5. Aircraft wiring.

Bowline Knot: A Step-by-Step Guide

1. Pass the tag end through the rope loop.
2. Pass it behind the standing part and through the loop again.
3. Hold the loop and tag end and pull **tight!**
4. The knot is complete.



Tips

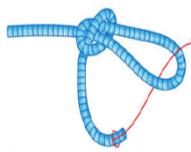
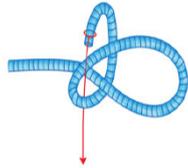
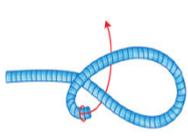
1. Use the poem, "Up through the rabbit hole, round the big tree; down through the rabbit hole and off goes he."
2. It can be tied with one hand, in case you are injured etc.
3. You can interlock the loops of two bowlines to join two ropes.

Some Uses of the Bowline Knot

1. To tie a mooring line around an object.
2. Tying a jib sheet to the clew of a jib

Ashley Stopper Knot: A Step-by-Step Guide

1. Pass the rope end from the back of the rope, forming a loop.
2. Pass it through the loop it just formed.
3. Take it through.
4. Pass it through the first loop.
5. Pull to **tight!**
6. The knot is complete.



Tips

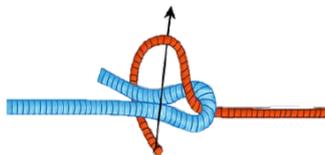
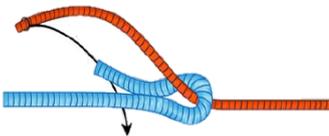
1. Offers greater resistance when pulled through an opening.
2. Secure (it is far less prone to shake loose than the more popular figure 8 knot).
3. Easy to get tightening sequencing wrong.

Some Uses of the Ashley Stopper Knot

1. Sailing
2. By arborists
3. For lariats

Sheet Bend Knot: A Step-by-Step Guide

1. Pass the thinner rope through the thicker rope.
2. Wrap the thinner rope around the bight (thin bit in loop) and tuck it under itself.
3. Hold the thick end and pull the thinner rope to tighten.



Tips

1. Note that the couple of free ends land up on the same side of the knot. If they are on the opposite sides, you have a less reliable alternative.

Some Uses of the Sheet Bend Knot

1. To temporarily join two ropes, especially if they are of different sizes and materials.
2. Along with the Carrick bend, it is most commonly used for making the junctions of nets, including climbing and cargo nets.
3. For building hammocks.
4. For boating purposes.

SWEET DENSITY RAINBOW

Have you ever noticed oil floating in water? This happens because the oil's density is lower than the water's density. Density is the amount of matter (mass) that can fit in a given volume (density = mass / volume). By dissolving increasing amounts of sugar in different coloured water, you increase the water's density enabling lower density to be layered on top. In this activity you will make a rainbow while gaining knowledge about density by layering coloured sugar water.

SWEET DENSITY RAINBOW

Equipment

- 500ml water
- 1 teaspoon measuring spoon (15g)
- 4 glasses or jars
- 60g sugar (caster sugar works best)
- Red, yellow, green & blue food colourings, liquid or gel
- 1 Tall glass (e.g. pint glass, jar)
- Straw (roll an A4 sheet of paper, quite tight, may need a few!)
- 4 popsicles stick or spoons, for stirring
- Optional, warm water from tap / kettle



Introduction:

Have you ever noticed oil floating in water? That is because the oil's density is lower than the water's density. Density is the amount of matter (mass) that can fit in a given volume. The more items (or mass) that can fit into a fixed space (volume), like a box, the DENSER the box becomes. To find an object's density you divide the mass (e.g. grams, g) by the volume (e.g. centimeters cubed, cm^3 , or milliliters, ml.). Let's explore this by changing the density of water by adding / dissolving mass in the form of sugar.

Instructions:

- 1) Measure 125ml of tap water into the 4 glasses/jars, then add 4-6 drops of food colouring to each of the 4 glasses.
- 2) Add the sugar to the glasses in this way:
 - To the glass of blue, add 6 teaspoons of sugar.
 - To the glass of green, add 4 teaspoons of sugar.
 - To the glass of yellow, add 2 teaspoons of sugar.
 - To the glass of red, leave as just water.



Instructions:

- 3) Stir each glass until the sugar dissolves, giving you a coloured sugar and water solution – compare the water levels, *do you notice any differences? Why is this?*
- 4) Pour the blue water into the bottom of your tall glass.
- 5) Use your straw to gently move the green water on top of the blue water.
 - Do this by putting the straw into the green water, put your thumb on top. **DO NOT LET GO!**
 - Move to the tall glass, place the straw to the side just above the blue layer and slowly release your thumb from the straw, adding the green water.
 - You want to add the layers to the glass very slowly otherwise it'll mix muddling the layers too much! It took me about 10 minutes to finish.
 - To make the blue water denser, put it in the fridge for 30 minutes – colder water is more dense. To make the red water less dense, make this with warm water.
- 6) Add the yellow layer next using the same method and, finally, add the last red layer.



Stand back and admire your beautiful rainbow.
Putting it in a window really shows off the array of colours.



Refugee Week is a UK-wide festival celebrating the contributions, creativity and resilience of refugees. Founded in 1998 and held every year around **World Refugee Day** on the **20 June**, Refugee Week is also a growing global movement. Through a programme of arts, cultural and educational events alongside media and creative campaigns, Refugee Week brings about positive encounters between communities, helping them to connect and learn from each other, and promoting a culture of welcome.

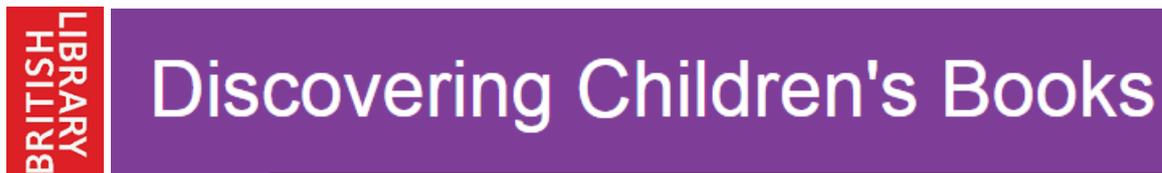
For more information about online events visit: <https://refugeeweek.org.uk/>


SCIENCE MUSEUM EVERYDAY TECHNOLOGY

From light bulbs to motorways and cups of tea to concrete, discover the extraordinary science stories behind familiar objects and technologies we encounter every day. Explore how technology has changed the rhythms of our home life, improved our health, shaped our habits and affected our built environment.



<https://www.sciencemuseum.org.uk/objects-and-stories/everyday-techology>


BRITISH LIBRARY Discovering Children's Books

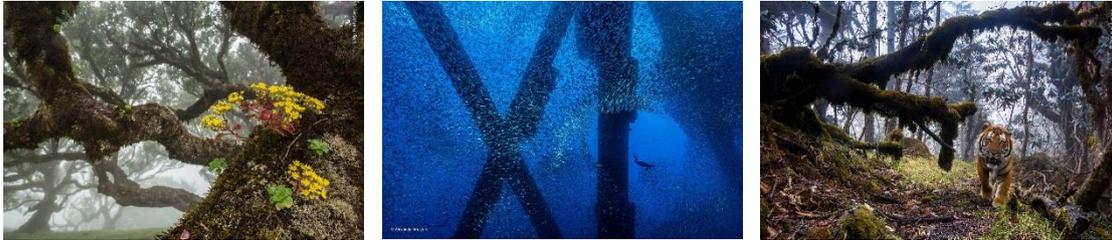
Explore centuries of stories, poems and illustrations with **Discovering Children's Books** at the **British Library**. Discover activities for children and book-lovers of all age, including *what makes a super hero*, *create a talking animal* or learn *how to draw a Gruffalo*.



<https://www.bl.uk/childrens-books>



From bright coral seas teeming with life to dense jungles full of interdependent plants, animals, fungi and microorganisms, the biodiversity of our planet is incredible. Each year, **Wildlife Photographer of the Year** highlights the beauty of the natural world and creates a personal connection with the world around them. Explore some of the richest habitats the planet has to offer and discover the beauty and abundance of life on Earth with this virtual gallery from the **Natural History Museum**.



<https://www.nhm.ac.uk/>



Join the **Royal Museums Greenwich** online for **Refugee Week 2020** and explore migration by sea. For centuries people have crossed land and sea in search of safety and security. The cultural heritage transported by migrating communities has undeniably shaped Britain's history and identity. Explore the rich stories of migration within the collection, hear from communities about their own diverse experiences and celebrate our shared histories and heritage.

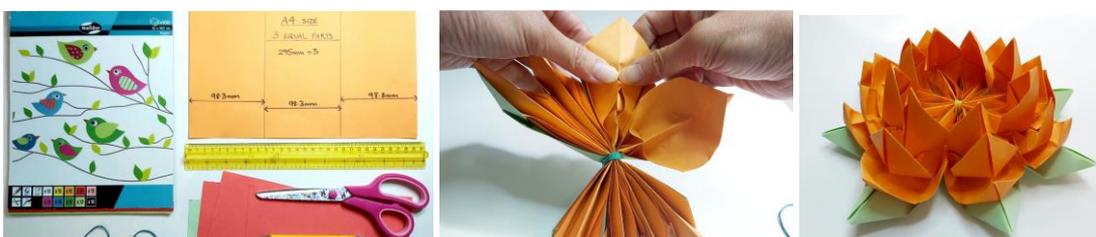


<https://www.rmg.co.uk/see-do/migration-stories>

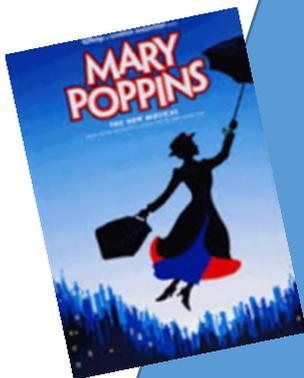
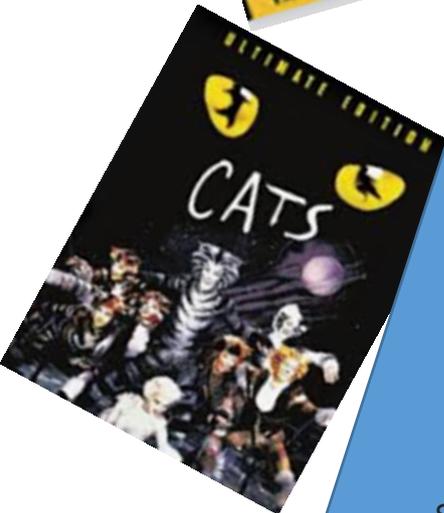
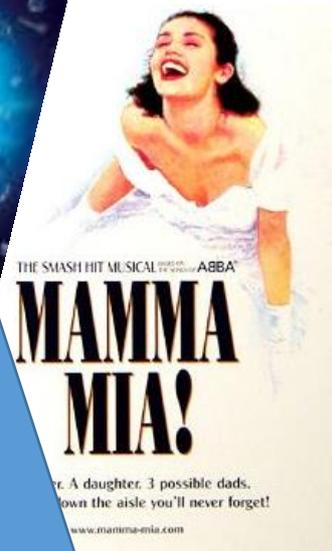
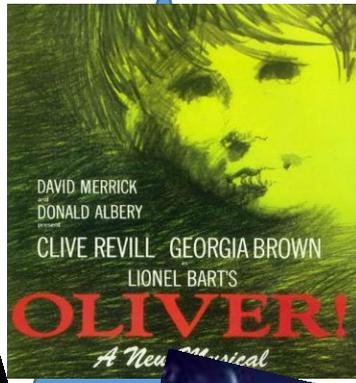
Make an origami lotus flower in support of Refugee Week.



The lotus flower is a popular theme in Vietnamese culture, and is rooted in Buddhism. The flowers grow out from the depths of muddy waters where they rise towards the sun, blooming. For this reason, the lotus is a symbol of rebirth, growth, purification of spirit and faith. Just like the lotus flower, we too can overcome difficulties, grow and thrive. Create your own origami lotus flower with **Royal Museums Greenwich**.



<https://www.rmg.co.uk/galleries/make-origami-lotus-flower-refugee-week-2020>



Would you like to be in the 'Trinity All Through Schools' Summer Showcase?

Showcase your talents for the whole school to see! Open to both the primary and the secondary.

Play, sing, compose some music, perform a skit, juggle, dance, magic show, comic act.

Send MRS LOWE a video of your act through Weduc, with your parents' permission by FRIDAY 3RD JULY.

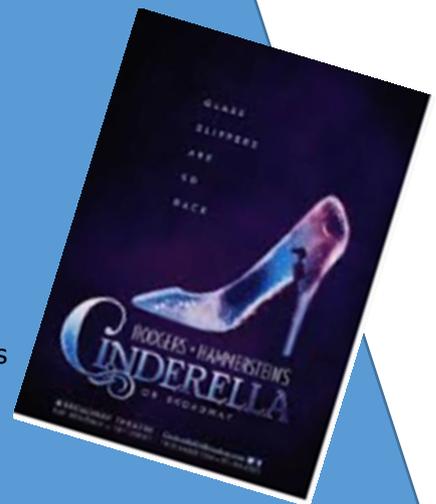
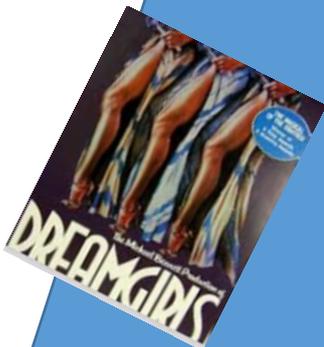
Thank you

Mrs Ruth Lowe

PGCE, BMus (Hons)

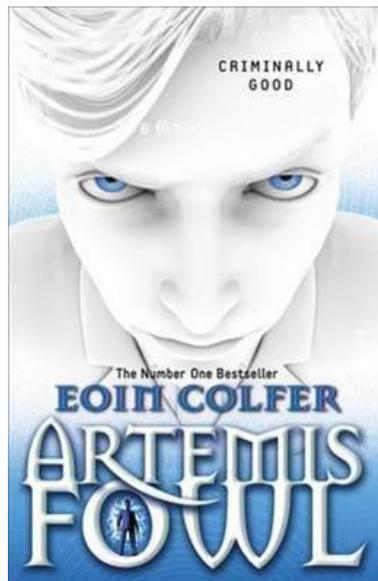
Director of Music and Head of Performing Arts

Trinity Lewisham



Book of the Week

Artemis Fowl by Eoin Colfer



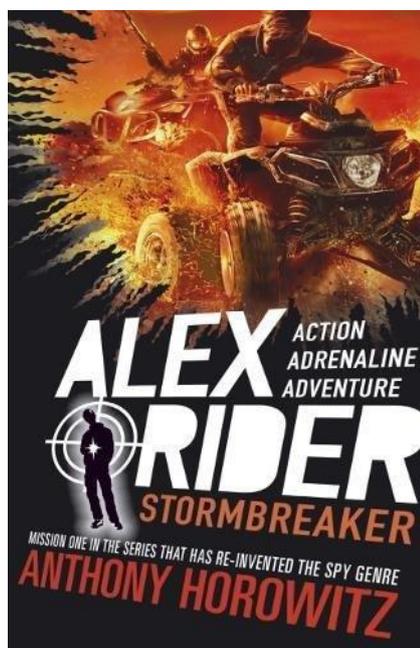
Twelve-year-old criminal mastermind, Artemis Fowl, hatches an ingenious plot to steal all the gold in fairy land. Although a little dubious about the plan - indeed not even quite believing in the existence of fairies - his trusty bodyguard and companion, Butler, is on hand to help. However, they have not reckoned on Captain Holly Short, who as first female officer in the Lower Elements Police Reconnaissance unit, or LEPrecon, has much to prove. When she is kidnapped by Artemis, she is determined to stand her ground and protect the fairy secrets.

This hilarious and exciting adventure story is a deserving favourite with young readers. The unscrupulous Artemis Fowl is such a likable character that you will almost will him to succeed in his dastardly schemes - whilst also rooting for the bold Captain Holly. Colfer's explanations of the structure and technology of his spin on fairy land are absolutely believable, creating an amusing and highly imaginative vision of fairies, dwarves and trolls that is just right for 21st century readers.

This is the first book of an enduringly popular series.

For KS3 and older.

If you liked this, then you might enjoy: Stormbreaker by Anthony Horowitz



Trinity PE Department Report – Friday 5th June 2020

From Monday 1 June, there are a limited number of things you will be able to do in England that you could not do before:

- spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines
- if you are an elite athlete as defined by this guidance, train and compete using the specified gyms, pools and sports facilities you need - which will, in the coming weeks, we hope enable others to watch live sport on TV

At all times, you should continue to adhere to strict social distancing guidelines when you are outside your home, particularly ensuring you are two metres away from anyone outside your household.

This week we have **Mr. Needham** and his new passion for running plus **MS Dillon** and her different physical activities and tips for a better healthy lifestyle. After half-term we will have **Mrs. John** and **Mrs. Ashdown**.

This week we have the following students writing about their lockdown experiences and how they are managing to stay fit: **Amelia Filipek (Y8)** and **Kinthusa Partheeparupan (Y8)**.

The video I recommend this week is for everyone to improve their flexibility and can be done at home without any equipment, a simple 15min session few times a week can be very beneficial for this important component of fitness Try it out!

Just click on this link – [10 Minutes Flexibility session](#)

Mr. Cruz

Staying fit in Lockdown

One of the worst things about lockdown is that I can't play sports anymore. I used to play football twice a week and I played the occasional game of squash too. I'm sure lots of you are missing sport too-I can't wait to play foody again!

While I used to commute to work on my bicycle, clocking up 60 miles each week, I don't do that anymore either so reluctantly and with gritted teeth, I started running.

I hate running. I really hate it. It's boring, repetitive, boring and-in case I forgot to mention it- boring.

Unless I'm chasing someone or chasing a ball, running was not something that I did. Until now that is...

The first few runs were difficult, both in terms of physical exertion as well as motivation. But then I got into a routine. The amount of breaks that I took decreased; my pace slowly went up and I increased the distance that I was running. I'm now running 6k three times a week and while I would much rather be playing football, I have grown to tolerate, even slightly enjoy it. As long as I can listen to music whilst running, what used to be something I resented has now changed to something that dare I say it- I am actually starting to like. My current target is to complete 6k without a break (I'm down to one break at the moment) and then I'm going to aim for 10k.

Mr. Needham

I live in a flat. I don't have a garden or even a balcony, so if the weather is bad, PE with [Joe Wicks](#) is an absolutely essential way to start my day.

When it's not raining I've been going on long walks, exploring my surroundings. Lucky me, it's the Kentish countryside. But walking in towns is fun too. I like finding new routes, going up dead ends that often lead into woods and fields. I take photos of things that catch my eye, like interesting buildings, plants and trees. I also carry a pencil and sketch pad to make quick drawings that I can finish off at home. I believe a walk is always good for your body and your mind. It's even better if you can walk with a companion. Talking is good for you too. While the weather is warm, walking in the morning is best. Take water, a snack, sun cream and a hat.

I have also found some terrific [yoga workouts on YouTube](#) which I have been doing in the evening. These have obvious physical benefits but also help with relaxation and mindfulness.

You might be starting to think I am not challenging myself enough. But that's not true. I have just begun the 0 to 5K programme to improve my cardio vascular fitness. In every session you are trained and motivated by a supportive trainer. This makes it fun and your goal seems more achievable. The app is free and offers tips and tricks to make your experience easier.

I believe that eating well also plays an important part in keeping healthy in lockdown. Cooking simple recipes with fresh ingredients is often a great pleasure to me. If you've tired yourself out with exercise, preparing food is a good way to wind down and reward yourself. Even cake can be nutritious!

<https://www.bbcgoodfood.com/> <https://madeleineinshaw.com/> <https://deliciouslyella.com/>

Lastly, I'd say go for a variety of activities, so you don't get bored doing the same things day-in, day-out. That is what is working for me.....so far, anyway.

Let's try to stay healthy, happy and positive until we all meet again at Trinity.

MS Dillon



To keep active and fit and healthy during LockDown I have been jumping on my trampoline everyday for an hour. I've also tried Yoga but am not sure if it counts as exercise!! The main thing I have been doing and really enjoying is 'Shuffling'. It's basically dancing but mostly with your feet. It's a type of dance where you can dance to the beat of the music it's really fun and it strengthens your muscles in your thighs and legs. I've been doing it for 3-4 days straight my legs hurt so badly but the videos I record look so cool.'

Why don't you give 'Shuffling' a go and don't forget to send us your videos:

Watch the [Shuffling Video here](#).

Amelia Filipek (Y8)



There have been 5 main things I have been keeping fit at home.

1. Every morning I stay in my room for 30-45 minutes to do stretches so I can get myself ready for the day.
2. After breakfast I go on to YouTube and practice taekwondo with my sister after I complete my school work.
3. I do the same three types of stretches for two days of the week and then move on to different stretches for the next two days and so on.
4. Fortunately I always eat a little bit of salad or fruit smoothie during my lunch so I can have a balanced diet.
5. I go in to the garden and play some football or basketball with my brothers to keep myself active. Then after we go on to tik tok to watch some exercise hacks during quarantine. So we will have some ideas for an exercise for the next few days of the week.

These are the main 5 ways I keep fit during quarantine but if there are other easier ways to keep yourself fit like dancing and gymnastics at home. Most importantly I drink a lot of natural water instead of fizzy drinks or flavoured water.

You can follow some of these ideas to keep fit.

Kinthusha Partheeparupan (Y8)



STRAVA

School Strava FITNESS Challenge!

ATTENTION: All Students, staff and parents

During this time of 'lockdown' where the government is encouraging us to go out for our daily exercise (obviously abiding by the social distancing rules) why not set yourselves a bit of a **FITNESS**, yes keeping fit! **Challenge**.

I have created a "trinity-school-pedepartment-Lewisham" Strava Club.

Strava is a great way of tracking the exercise you and your friends (and teachers!) have been doing. This can be anything from a short jog around the block, walking to the shop for a pint of milk or a longer walk with family over the weekend. Why not set yourself a challenge of seeing how long it takes you to run a mile? How about 2? Can you improve on this time?

If you would like to become part of the "trinity-school-pedepartment-lewisham" Strava club you need to follow a couple of simple steps.

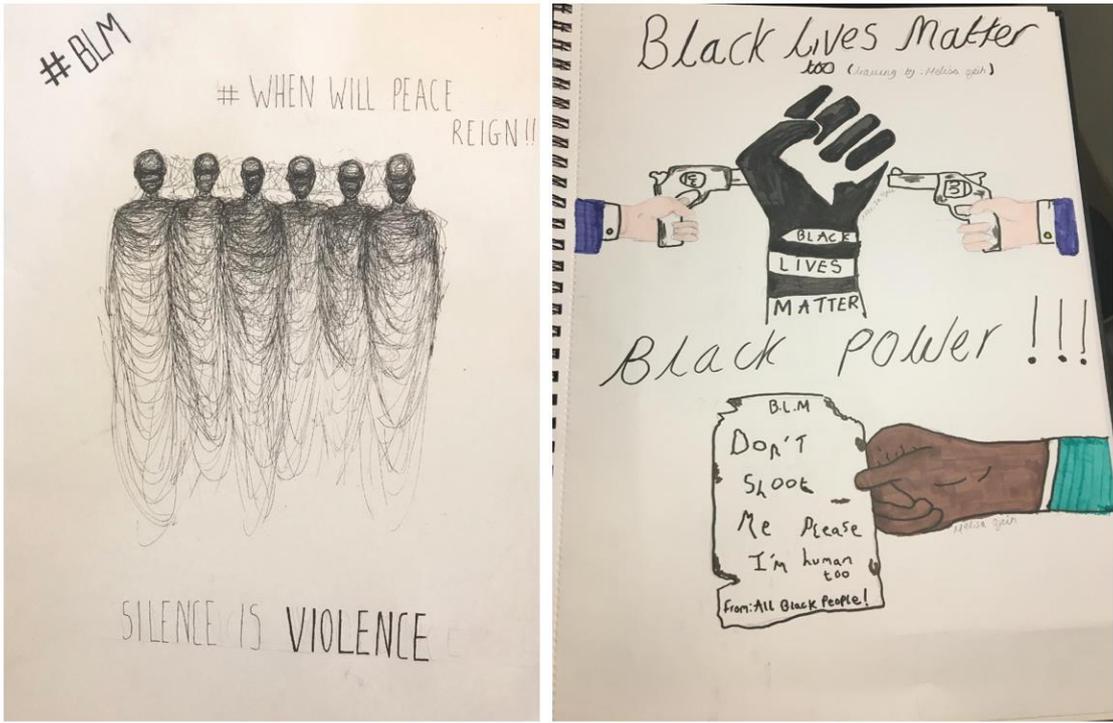
Open the link below to see how some families travel for food and take their kids to school

<https://www.pinterest.co.uk/pin/111182684538609414/>

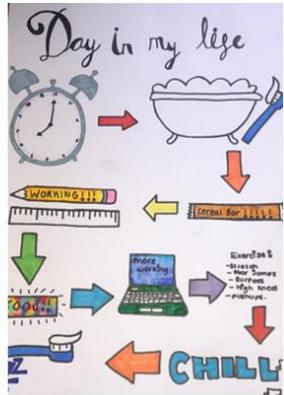
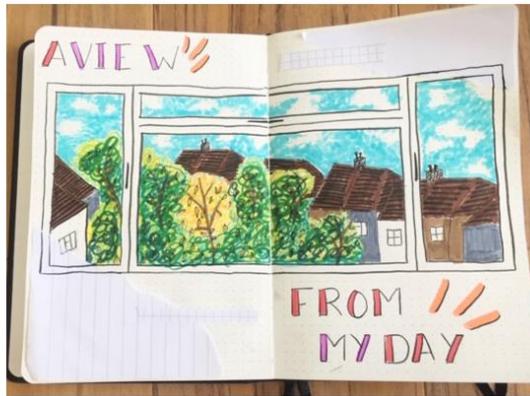


Black lives matter

A somber, but timely reminder from and Melisa Y8.



YEAR 8 ARTWORK ON BLACK LIVES MATTER by Melisa



Well done to Tommy, Amanda R, Amanda V and Danai in year 9 for the fantastic artwork they have submitted as part of their Covid-19 Journal Project. Depicting *A day in the life* and *A view from my day*.

YEAR 9 ARTWORK ON

'A DAY IN THE LIFE' AND 'A VIEW FROM MY DAY'



Manga High

Trinity is currently in the middle of a Fai-To against d’Overbroeck’s College – winner gets the Milkshake Cup trophy! Well done to our round winners so far, and to our overall top 5 students for this week. Can YOU log in and help us win?

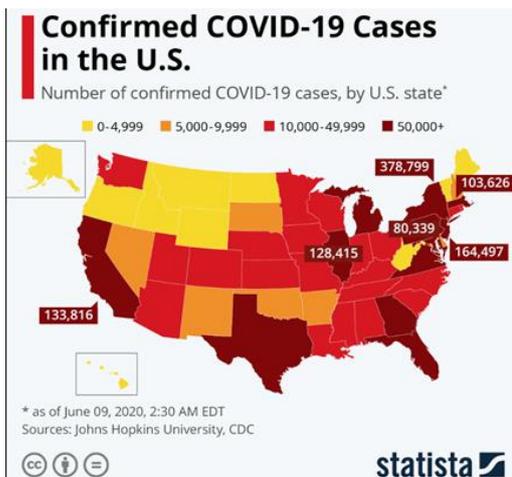


- 1 Tauseef Haider
- 2 Caleb Forgie
- 3 Jayden Bennett
- 4 Ty-Reece Royal
- 5 Olivia Cuthbert

Statistics

This week the Statistics department launched the “**Infographic of the day**” on WEDUC. At 5pm each day, an infographic from Statista, a global business data platform that specialises in producing graphs and charts, is released with 3 questions. The idea is to encourage us to all look beyond the surface of the images we see in the media – why have they chosen to show the data in the way they have? What’s missing from the diagram and why?

Well done to our first winners of the infographic competition – **PAVITHIRA** (Year 7) and **KINTHUSHA** (Year 9) who even had a Race to be the Wednesday champion!



Cyber Discovery

Not signed-up for this year’s challenge yet? Don’t worry – there is still time and space left on the TRINITY TRAINEES team. Get yourself along to <https://hub.joincyberdiscovery.com/sign-in>, and once you have signed-up click the link to “join/change my cub” at the very top of your timeline.

Current club access code:
bonus-studies-logic-consent

Well done to **MATHUSHAN** (year 8) who has already completed level 1 and 2, and to **JUSTICE** (year 9) who has solved the easy and medium challenges and is now working to crack the “hard”.



Geography Quiz:-

Well done to Timon Lakatos for being the first to correctly identify all the dingbats. Well done to all those who gave it a good go.

All correct answers are below.

1. Ukraine 2. Portugal 3. New Zealand 4. Mongolia 5. Yemen

6. Greenland 7. Czech Republic 8. Kenya 9. North Korea 10. Angola

Dingbats- Say what you see! The pictures placed together make the sound of a word (kind of!) Just for fun; ask your friends and family to help you. Also uploaded onto Weduc if you want to see the pictures in a larger size.

This week they are all countries.

To help you get the hang of it- the answer to number 1 is:- Slow Vac U Arrghhh (Slovakia)

First one to send their geography teacher all 10 correct answers gets a mention in the next newsletter.

Challenge: - Send me ONE of your own Dingbats – must be a country- best one gets into next week’s quiz.

Answers will be published Friday morning on Weduc.

Remember they are all countries. Good luck....

1  =

2  =

3  =

4  =

5  =

6  =

7  =

8  =

9  =

10  =

Why can more children go to school?



It is good for children's mental wellbeing.



It is good for children to socialise with other children.



School is the best place for them to learn.

What has changed?

June 8th



From June 8th we welcomed back primary children, but only from Year 1. Year 6 will start school in their bubble groups on 15th June and Reception and Year 10 on 22nd June. School will remain open for keyworker's children and vulnerable children at our secondary site.

Parents will be consistently updated by the school of developments, changes to the school timetable for Reception, Year 1, Year 6 and Year 10 together with the staggered arrival and departure arrangements.

What about their brothers and sisters?



Only children in the year groups above.



Children in years 2 - 5 need to stay at home

How are you making sure school is safe?



We will check for risks before school is open.



Everyone will wash their hands regularly.



If a child or family member is sick they can not come to school.



School will be cleaned regularly.



There will be less children in a room together.



To do this we will need to make changes to the school day.

Does my child have to come to school ?



If your child is well and in one of the groups asked to attend they should.



There will be no fines if your child does not go to school.

Will my child be tested ?



Yes, if your child shows symptoms of Coronavirus they will be able to be tested.

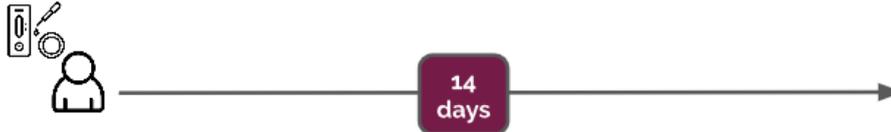
What if there is a case of Coronavirus in school?



The person with symptoms must self isolate for 7 days.



The people they live with must self isolate for 14 days.



If anyone at school tests positive, the whole class must self isolate for 14 days.

What else might change?



The time you drop off and pick up your child.



Your child may have a different classroom & teacher.



They may not have all their normal lessons.



We will change how we serve lunch.

