

# Trinity All Through School

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

## WEEKLY NEWSLETTER

### Primary Phase

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Dear Trinitarians

Thank you for all your kind words of support over the week. Our phone calls home have been received with open arms and our staff have been extremely excited in hearing all your voices. We are all missing going back to the way we were, but this is not going to happen quickly. We need to be patient and follow the guidance and advice from the government. We do miss you all. If there is anything we can do to support you please do let us know. We have a long weekend ahead of us and included in this newsletter are a few additional activities you can do with this time at home. Stay safe and stay strong.

The question I keep getting asked is 'when will Trinity re-open' and 'how will the gradual opening of school work in practice!' We have to follow government advice and will hear the news at the same time as you. I can assure you once any announcements are made we will make sure we communicate with you as swiftly as we can to reassure you about the Trinity plans. We understand the importance of gaining your hearts and minds with school opening again – and will always seek your opinions and advice to help us achieve the best we possibly can. The safety of our whole community is paramount to us all – this does not just mean our pupils but also our families and staff. Over the last 6 weeks we have been planning for numerous possibilities, and have bought enough equipment to support our return to school. We have now bought and installed hand sanitisers in both reception areas of the school, and will be putting more up throughout both buildings. We have already started using tape on the floor to support with social distancing in school, and this has worked very well with the pupils we currently have for our key worker provision. We will have to consider staggered starts, breaks, lunches and ends of the day as well as class sizes, to support safe provision within the school. All the advice given by the department of Education will be followed and we are already working very closely with all the other schools across the borough. I am on both the school improvement teams for primary and secondary schools across the borough and will ensure we use the latest information to support our school provision.

Home learning though is still here to stay for some time yet. What every the announcements are we need to remember gradual opening of schools will mean there still will be pupils working from home. It is therefore vital we work together to ensure pupils have a routine and are progressing at home. It will make their return to school much smoother. We really do appreciate how hard it is for you, and really value everything you are doing to support at home. Have time making memories together as a household this extended weekend.

On a final note, I know some of you are aware that this year there was an error with admissions to our primary Reception year group starting in September 2020. The computer programme used by the Local Authority miscalculated the distances and the offers made were therefore incorrect. To ensure the system is fair and transparent our admissions policy must be adhered to and consequently the Local authority has had to correct all the errors they made. Out of the 60 offers made there were 9 errors – 9 families offered a place that should not have based on our admissions criteria. These changes mean no one was disadvantaged as a result of the computer error, and the local authority do take full responsibility. We are very disappointed in this error as it has meant these families that we have welcomed have been told they are now on the waiting list, which is a huge disappointment. There are also 9 families that do have a place that did not get offered a place originally, which is great news for them, but no one wants to receive disappointing news. It was out of our control completely but we do wish these families every success and are sorry this has happened at such a challenging time.

Take care

## David Lucas

Executive Headteacher  
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## Learning - Loving - Living



Dear Trinity families,

I hope this week's newsletter finds you safe and well. I also hope you enjoy the VE Day Bank Holiday and take the time to reflect during the two minutes silence.

All families will have received a call home from their child's class teacher or teaching assistant this week. As the time period of remote learning has lengthened, we know it is important that all families are supported pastorally. We hope that these weekly calls will be beneficial in keeping our pupils motivated and feeling connected with our wonderful school community.

Miss Kiley is looking forward to opening your emailed art submissions on the theme of home and will be posting these on the blog in the next few days. I cannot wait to see the fantastic creations our Trinitarians will have come up with!

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 3

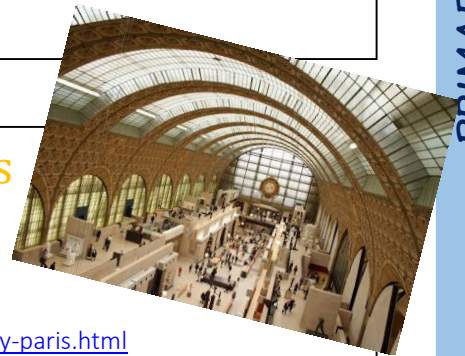
Each week we will be sharing a video of us reading a story and taking time to share loving and supportive messages from each class teacher. Nothing will replace your children being in school but we hope this effort will make the difference.

<https://youtu.be/UkDOFdgVc0M>

## Take a Virtual Tour of the Musee d'Orsay, Paris

This week we are recommending that you 'take a trip' to Paris and look around the Musee d'Orsay, a famous gallery on the banks of the River Seine.

<https://trinityprimarylewisham.blogspot.com/2020/04/take-virtual-tour-of-musee-dorsay-paris.html>



## Lewisham Music- Zoom Choirs

This week, Mrs Bibbi-Thompson would like to introduce to Lewisham Music's Zoom Choirs.

<https://trinityprimarylewisham.blogspot.com/2020/05/lewisham-music-zoom-choirs.html>



This week in our worships, we have been reminding ourselves about the importance of hope. As the weeks go past it is important we remember to have hope and to reflect on the fact that things will get back to normal and that for now it is important to stay home, to stay safe and enjoy spending time with our families. Last week we heard from the Archbishop and his message drawing on his experience and this week I ask you this week to draw you on your own experiences. What are you hopeful for? What you are you hopeful of over the coming weeks and months?



This week in our Virtual Faith Team we read the story of Jesus Healing Blind Bartimaeus and we reflected on his hope and his resilience and about what we can learn from it. In Mark 10: 46-52 we are told of a blind beggar names Bartimaeus who was sitting by the road side. He began to shout “Jesus! Son of David! Have mercy on me”. Unfortunately many people at the time told the man to be quiet but he had hope Jesus would listen and he showed resilience and he kept shouting. In face he shouted even louder. Jesus stopped and turned to him and said called him over, Bartimaeus went over to Jesus and told Jesus he wanted to see again. Jesus told Bartimaeus to go and that his faith had healed him and at once he was able to see again. We are reminded in this story to not give up, to keep going and be determined, if someone says you can’t do something then keeping working at it until you can, remember to have faith and belief in yourself that you can achieve and manage difficult tasks.

**Reiko, one of our primary faith team Trinitarians wrote a special prayer this week which I would like to share with you:**

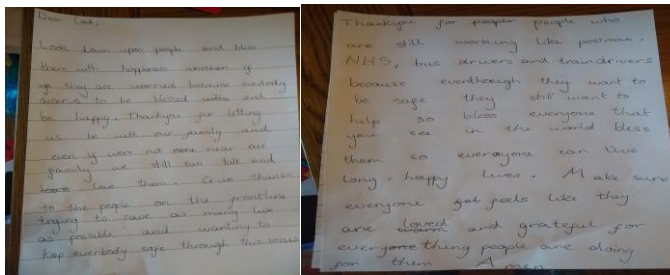
Dear God,

Look down upon all people and bless them with happiness if they are worried because everybody deserves to be blessed and be happy. Thank you for letting us be with our family and even if were not near our extended family we still can talk and love them.

We give thanks to the people on the frontline trying to save as many lives as possible and wanting to keep everybody safe through this virus.

Thank you for people who are still working like Postman, NHS, Bus drivers and Train drivers because even though they want to be safe themselves they still want to help, so please bless everyone that you see in the world.

Make sure everyone feels like they are loved and grateful for everything people are doing for them.  
Amen



Have a lovely bank holiday weekend, enjoy the weather if you can but remember to keep safe and be resilient.

God bless,  
Miss Alder

#### **Spiritual development at home: activity for this week**

- Over the next few weeks we are going to work to create a
- 
- You should consider – What did you like? What did you not like? What words made you think? What would you want to read next?

**This week:** A Poetry book

A few for example:

Job, Psalms, Proverbs, Ecclesiastes,

- Song of Songs, Lamentations.



*The 8<sup>th</sup> May 2020 is a bank holiday set aside to commemorate the ending of the Second World War in Europe. Ms Shobbrook reflects on the experience her gran had in London during the VE Day Celebration of 1945.*

Germany surrendered to the Allied forces on 7<sup>th</sup> May 1945. The news was announced to the people of Britain late that day. The BBC interrupted its scheduled programming with a news flash announcing that Victory in Europe Day would be a national holiday, to take place the following day.

Eileen Brooks, my gran, made her way into London from Sutton with her two older sisters. They went to Trafalgar Square where they were joined by friends serving in the Canadian military. Churchill had gained assurances from the Ministry of Food that there would be enough beer supplies in the capital and the Board of Trade announced that people could purchase red, white and blue bunting without using ration coupons (which would take away from other essential purchases). Eileen's memorabilia from the day can be seen in the image below.

Various events were organised to mark the occasion, including parades, thanksgiving services and street parties. Communities came together to share the moment. St Paul's Cathedral held ten consecutive services giving thanks for peace, each one attended by thousands of people.

At 3pm, Winston Churchill, the Prime Minister, made a national radio broadcast. In it, he announced the news that the war had ended in Europe – but he included a note of caution, saying: 'We may allow ourselves a brief period of rejoicing; but let us not forget for a moment the toil and efforts that lie ahead.' He knew that the war was not over: Japan still had to be defeated. Later on, Churchill appeared on the balcony of the Ministry of Health building on Whitehall and gave an impromptu speech. Huge cheering crowds (including Eileen), gathered below and he declared, 'This is your victory.' The crowd shouted back, 'No – it's yours!'

VE celebrations continued well into the night. All round the country people took part in parties, singing and dancing. Many bonfires and fireworks were lit to mark the occasion. An estimated 50,000 people were crowded around Piccadilly Circus, including my grandmother and her sisters. The joy of the day broke down normal social conventions, and people spoke to and embraced those whom they had never met before. Music was provided by gramophones, accordions and barrel organs. Revellers sang and danced to popular tunes of the day. Licensing hours were extended so that people could toast the end of the war with a drink (or two), and dance halls stayed open until midnight.

But let us not forget, for members of the Allied forces who were still serving overseas on VE Day (including Eileen's future husband [Ms Shobbrook's grandfather], who was in the RAF based in the Far East), the occasion was bittersweet. Although it meant victory in one theatre, the war was not yet over in the Far East and Pacific. The battle conditions there had been some of the toughest of the war. In May 1945, thousands of Allied servicemen were still fighting in the Far East and thousands more were held as prisoners of war in terrible conditions.







8 May 2020 marks 75 years since VE (Victory in Europe) Day when the Second World War came to an end in Europe. The long anticipated news resulted in spontaneous celebrations breaking out across the nation. A national holiday was declared and people from all walks of life came together to mark the moment. You can commemorate this important day at home with a range of virtual events.



Commemorate 75 years since the end of the Second World War in Europe with the **Imperial War Museum**. Learn about the personal stories of people who stood together during a time of national crisis. Listen to a four-minute soundscape featuring first-hand accounts of VE Day, available from May 8<sup>th</sup>. Learn where Winston's Churchill's V for Victory sign originates from and discover some amazing photographs of VE Day celebrations.

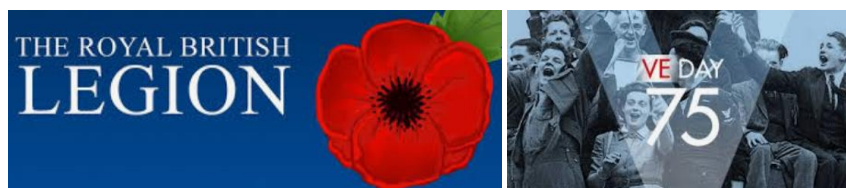


<https://www.iwm.org.uk/history/what-you-need-to-know-about-ve-day>



The **National Museum of the Royal Navy**, the **National Army Museum** and the **Royal Air Force Museum** are joining forces to host a free online festival, from 7-9 May, bringing to life the stories of those who helped deliver Victory in Europe. Events include live talks with historians James Holland and Jonathan Fennell, virtual 1940s swing dance class and sing-along concert and voices from the three armed forces share stories from the fighting front and home front.

<https://www.rafmuseum.org.uk/london/whats-going-on/events/ve-day-party-london-2020/>



Join the **Royal British Legion** calls to mark the 75th anniversary of VE Day from home.

On Friday 8 May pay tribute to the service and sacrifice of the entire Second World War generation, from British, Commonwealth and Allied Forces to evacuees and those who served on the home front. Join a range of remote activity, including a live VE Day 75 Livestream at 11.15am, national moments of Remembrance and thanksgiving, including a Two Minute Silence, a UK-wide sing-along to Vera Lynn's 'We'll Meet Again' at 9pm and an evening of memories and music in partnership with the BBC from 8pm on BBC One



Remembrance  
VE Day 75  
Livestream



Remembrance  
VE Day  
Singalong

<https://www.britishlegion.org.uk/get-involved/remembrance/remembrance-events/ve-day-75>

Now get creative: Make your own special VE Day 75 Great British Bunting to display in your window or home.



For easy to follow instructions and templates visit:

<https://www.bbc.co.uk/programmes/articles/4TrqYDyf4PMdLypxzyTwGDg/great-british-bunting>

Create your own VE Day flypast with a squadron of paper planes.



For instructions and templates visit: <https://redwhiteblueday.co.uk/wp-content/uploads/2019/01/RWB-2017-Spitfire-Instructions.pdf>

### Wartime Carrot Cake

During the Second World War when sugar was rationed to 8 oz. per week, carrots were used to naturally sweeten cakes and biscuits. The sweetness of the carrots replaced some of the sugar used in the original recipes.

8 oz. self-raising flour  
3 oz. margarine or cooking fat  
3 oz. sugar  
4 oz. finely grated carrot  
2 oz. sultanas  
a little milk or water  
1 reconstituted dried egg or 1 fresh egg if obtainable

**METHOD**  
Preheat oven to 220c/ 425f/ Gas Mark 7  
Sift the flour into a mixing bowl  
Rub in the margarine or cooking fat  
Add sugar, carrot, sultanas and egg  
Mix well and then add sufficient milk or water to make sticky  
Pour mixture into a lined baking tin and cook until golden in colour

### DOCTOR CARROT

the Children's best friend



# VE Day 75 at home: How the UK will channel 1945 spirit in lockdown bank holiday



Crowds in Trafalgar Square celebrate VE Day on May 8 1945. Credit: PA

Parties in the streets and crowds cheering in Trafalgar Square marked Victory in Europe Day in 1945, with the British public rejoicing after six long, hard years of war.

This year, the **coronavirus** lockdown has meant that hundreds of celebrations planned for the 75th anniversary of the momentous day have had to be cancelled.

But in the same way that millions of Britons have used technology to satisfy their pub quiz itches, see family members, and even get married, VE Day 2020 on May 8 is taking place at home and online.

Here is a round-up of how the country will be marking the occasion - which is also a bank holiday - be it taking part in the Nation's Toast, cooking with ration books or planning a #VEDay75stayathome party.

## Across the UK:

- 11am: A two-minute silence will be held to honour the service and sacrifice of the wartime generation and reflect on the devastating impact Covid-19 has had on so many lives across the world.
- 11:15am: The nation is invited to join in with the Royal British Legion's (RBL) VE Day 75 Livestream. Grab a cup of tea and tune in as the generations of the Second World War and today are brought together to chat about their shared experiences. Hosted by TV presenter Sonali Shah, the 45-minute programme will feature stories from those who served and sacrificed, as well as recognising the difficulties people are experiencing today.
- 3pm: The Nation's Toast to the Heroes of World War Two. Take part by raising a glass, cheering and clapping on your doorsteps and saying: "To those who gave so much, we thank you."
- 9pm: A pre-recorded address by the Queen will be broadcast at the exact moment her father, King George VI, gave a radio address on May 8 1945.
- 9pm: Fancy a sing-along? After the Queen's address, the nation is invited to come together in a rendition of Vera Lynn's We'll Meet Again on BBC One.

• [Queen's new address for VE Day as nation urged to sing We'll Meet Again](#)



Credit: Love Peasedown

Community leaders in a Somerset village are hoping their campaign for VE Day will go national. The councillors in Peasedown St John want to see households marking Friday by toasting the nation's war heroes in living rooms, gardens, on their doorsteps and balconies at 3pm.

"The coronavirus pandemic that's sweeping across the country is making a huge impact on the way we live our lives.

It means that we need to look at new ways of doing things, which includes the celebration of upcoming national events like Victory in Europe Day, with this year being the 75th anniversary.

VE Day stands for Victory in Europe Day which took place on Tuesday, May 8, 1945. It was the **day** on which allied forces announced the surrender of Germany in Europe.



Huge crowds gathered at Whitehall in London to celebrating VE Day in 1945 but it will be empty in 2020. Credit: PA







## How did you celebrate VE day 2020.

Send us your pictures to share in our next newsletter. Whether it's a tea party in the kitchen, lemonade on the patio. Did you dress up! Make a flag! Blow up some balloons! Had tea and cakes on the front lawn! Make VE day a fun day to celebrate. Send your pictures to:  
[head.masters.pa@trinity.lewisham.sch.uk](mailto:head.masters.pa@trinity.lewisham.sch.uk)

## Resources to Help Explain VE Day to Children

### Educational Videos

<https://youtu.be/QF0Qx5TLfus> – Aimed at Primary School Children

<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-ve-day/z7xtmfr> – Aimed at older children

<https://www.bbc.co.uk/newsround/48201749>

<https://www.historyextra.com/period/second-world-war/what-when-ve-day-victory-europe-end-ww2/>

<https://m.youtube.com/user/ImperialWarMuseum/videos>

<https://www.iwm.org.uk/learning/adventures-in-history-the-worlds-best-den>

## Knitting ideas for VE Commemorations



### Ace the Pilot Knitting Pattern

Here is our take on a World War 2 Pilot soft toy knitting pattern. He was seen on duty in the skies above our cities to keep us safe during World War 2. Created to commemorate 75 years since VE Day in 1945.



### Tommy the Soldier Knitting Pattern

Here is Tommy our WW1 soldier. He is standing proud with his medal and tin hat. A knitted remembrance doll.



### War Nurse Knitting Pattern

Here is a Nurse soft toy knitting pattern. She was seen on duty in hospitals all over the world during World War 2. Created with love to commemorate 75 years since VE Day in 1945.



### Air Raid Warden Knitting Pattern

Here is an Air Raid Warden soft toy knitting pattern. He was seen on duty on the streets of our cities to keep us safe during World War 2. Created to commemorate 75 years since VE Day in 1945.



### Albert the Sailor Knitting Pattern

Here is our take on a World War 2 Sailor soft toy knitting pattern. He was seen on duty on the seas around our country to keep us safe during World War 2. Created to commemorate 75 years since VE Day in 1945.



### Hayley the Land Girl Knitting Pattern

Here is our take on a Land Girl soft toy knitting pattern. She was seen in the fields of Britain during World War 2 making sure we were fed. Created to commemorate 75 years since VE Day in 1945.

<https://knittingbypost.com/knitting-pattern>



## Calling all Year 7 pupils!

Do you have what it takes to be a nominated role model to support the new Year 7 pupils at Trinity in September? Are you a good communicator? A good listener? Are you supportive and good at helping others? Are you keen to develop your leadership skills early on in your Trinity journey? Find out more in the newsletter and on WeDuc over the next week for an exciting opportunity coming your way! *Mrs Buckley.*

A great opportunity for our current Year 7 pupils to show what a fantastic year group we are. This is a chance for you to do something new and be the start of a great new programme at Trinity while developing a range of transferable skills. Watch this space for more details! *Miss Wright*



## Ex-Trinitarian elected KCSU President

Eunice Adeoyo is an ex Trinitarian who successfully gained a full scholarship to the prestigious Lancing College. Whilst at Lancing Eunice was elected Head Girl and went on to obtain another scholarship to King's College. As an under graduate she is studying English Literature. She is an astute and intelligent young women and has yet again made us proud by being elected the KCSU President at Kings College.



### King's College (@Kings\_College)

05/05/2020, 16:22

[@englishunicam](#) undergrad and KCSU President Eunice Adeoyo joins in our [#poemsfromlockdown](#) initiative with a poem by the incomparable Gwendolyn Brooks, the first black author to be awarded the [#PulitzerPrize](#).

Full text via [@PoetryFound](#) - [poetryfoundation.org/poems/43315/my...](https://poetryfoundation.org/poems/43315/my...) [pic.twitter.com/bDiVLKvspz](https://pic.twitter.com/bDiVLKvspz)

*Fancy yourself as a cyber-detective? Need a challenge? Want something exciting to supplement your Maths & ICT home learning?*

**Then SIGNUP for the 2020 VIRTUAL CYBER SCHOOL!**

With your FREE CyberStart Game licence, you'll be able to explore and have a go at over 200 online cyber security challenges. Learn how to crack codes, find security flaws and dissect criminals' digital trails whilst playing as a cyber-agent in our Cyber Protection Agency. You will learn the essential concepts and ideas cyber agents apply when dealing with the aftermath of real Cyber-attacks.

Watch a demo here: <https://cyber-school.joincyberdiscovery.com/>

Sign-up here: <https://cyber-school-application.joincyberdiscovery.com/>



GOOD LUCK, CYBER-SLEUTHS!

# cyber discovery

## Virtual Cyber School

Gain access to over 200 free cyber security challenges and learn from industry experts at the Virtual Cyber School

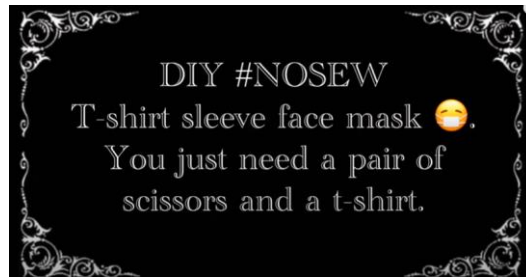


## GET THE FAMILY CREATING FACE MASKS – SIMPLE & EASY & FUN

No sew face masks.

<https://www.youtube.com/watch?v=r51YroAFPds>

<https://www.youtube.com/watch?v=Ol3jKp-YH8k>



[https://www.youtube.com/watch?v=\\_pZLEt](https://www.youtube.com/watch?v=_pZLEt)

Hand sewn face mask



<https://www.youtube.com/watch?v=DJZeT4GCD7U>

Made from a sock

<https://www.youtube.com/watch?v=T6hFa5QBYGQ>

Made from old leggings



<https://www.youtube.com/watch?v=v9NUcB15qiU>

<https://www.youtube.com/watch?v=v9NUcB15qiU>

Face shield made from plastic bottle

<https://www.youtube.com/watch?v=sBRjxlTEu-s>

Face mask and shield all in one



Grab old tee shirts, socks, leggings and plastic bottles and get the family making creative protection wear. Fun to make.

Make one for yourself or perhaps even one for your favourite teacher, grandma, grandpa, aunt, uncle or friend

(Remember to get permission before you cut up your clothes!!)

# Fun games for everyone and all ages

Try out these Dutch games. They are fun and will get everybody moving about.

## Koekhappen

This is a traditional Dutch children's game. A cookie is affixed to a thread and suspended from a tree branch or artificial structure of some sort.

Each player takes their turn trying to eat the food item from the thread while keeping their hands clasped behind their backs.

One can substitute healthier snacks for this game, too. Try cutting an apple into segments, drilling a hole in each segment, and then running the string through that hole to suspend the fruit. Variations to the game – blindfold the participants.



## Spijkerpoepen

Another Dutch game that scouts like to play and children on national festivities in the Netherlands. It is an old Dutch game which leads to amusement and requires a good coordination and concentration. You need a rope or string, a nail and a bottle. The nail is attached to the string and fastened to the backside of the player's trousers. – The aim of the game is to put the nail into the bottle only by moving the hips and the middle and upper legs



### Wartime Recipes

#### Uncooked Chocolate Cake

- 50g margarine
- 50g sugar
- 2 tablespoons of golden syrup
- Heat gently until the margarine has melted, then remove from heat.
- Stir in 50g cocoa powder
- Stir in 1 tsp of vanilla
- 125g stale/ crispy breadcrumbs (bake stale pieces of bread in the oven until crispy and crush with a rolling pin in a bag)
- Stir in breadcrumbs and mix well
- Grease cake/ tart tin then pour in the mixture
- Leave in the fridge until hard

Leave for a couple of hours

HELP WIN THE WAR ON THE KITCHEN FRONT

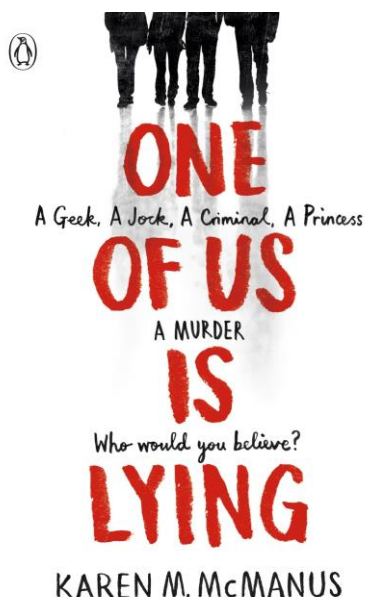
FUN Kitchen

RATION BOOK



## Book of the Week

As we know, it's important to exercise our bodies in this time of lockdown. It is just as important to exercise our imaginations, so with that in mind, welcome to "Book of the Week" where we'll let you know about a fabulous book you may not have discovered yet.



Five students go to detention. Only four leave alive.

Yale hopeful Bronwyn has never publically broken a rule.

Sports star Cooper only knows what he's doing in the baseball diamond.

Bad boy Nate is one misstep away from a life of crime.

Prom queen Addy is just holding together the cracks in her perfect life.

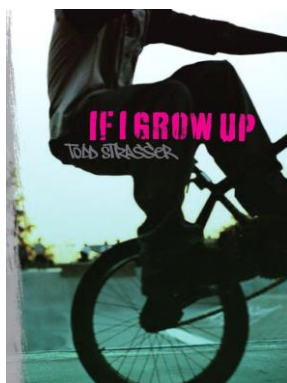
And outsider Simon, creator of a notorious gossip app at Bayview High, won't ever talk about any of them again. He dies before he could post their deepest secrets online.

Investigators conclude it's no accident. All of them are suspects.

***Everyone has secrets, right? What really matters is how far you'll go to protect them.***

*It's Pretty Little Liars meets The Breakfast Club in a page-turner high school thriller.*

If you enjoyed this then you may like: *If I Grow Up* by Todd Strasser



*If you would like to submit a review (no spoilers) for possible inclusion here, please send it to:*  
[j.clairmonte@trinity.lewisham.sch.uk](mailto:j.clairmonte@trinity.lewisham.sch.uk)

# Trinity PE Department Report – Friday 8<sup>th</sup> May 2020

We are coming to the end of our 7<sup>th</sup> week during the lockdown, many people has taking this opportunity to create healthier habits, such as better diet and also adhering to a routine of exercises.

As I mentioned previously, we will have members of staff and students writing about their experiences during this unusual time for all of us. This week we have **Mr Sedlak** and **Mrs Buckley** describing how they are staying active during this time. Next week we will have **Mr Scoggins** and **Mr Hutton**.

There are thousands of different exercises videos online, it is difficult to select some which is quite complete and with some science behind it. This week I recommend a video for all levels; beginners, intermediate and advanced sports person can follow it. No equipment needed!

Just click on this link - [15min Home Workout](#)

Mr Cruz - #stayinworkout

## Mindfulness in difficult times

We are currently living in very uncertain times with the reality of Coronavirus. We have lost our daily routines, the freedom to go out and enjoy things like school :-)) and we can only guess what the next few months will be like.

All this change and uncertainty can bring up strong emotions; boredom, anger, fear, stress. We are probably also picking up a lot of these emotions through the interactions we have with our parents, from the news and from friends. It's perfectly natural to feel like this, a little bit of worry keeps us safe. It ensures we wash our hands, keep our distance from others and to listen to our parents and government advice when they say we can't go out. The human body is designed to experience emotions such as stress and fear in short doses, for small amounts of time, by releasing a hormone called cortisol. When cortisol is released, our body enters a fight or flight mode preparing us to fight any danger, or to run away, more like when we were all cavemen and women and we had to get away from a sabre tooth tiger!

Over a long time, cortisol can affect our sleep, our mood, it can impact on our immune system, concentration and appetite. So, we need to do something to stop us from getting caught up in emotions and to calm ourselves. Mindfulness training can help us not get too carried away with our thinking and to reduce stress, especially in a time like this! Mindfulness training also has a large amount of research showing its effectiveness in increasing happiness and improving performance. It is used by businesses including Google, Apple and the US Marines, sports teams such as Tottenham Hotspur FC and England Rugby, and by many famous celebrities. Mindfulness isn't just about reducing bad feelings it also helps us improve our performance and have our A-game!

You will know what mindfulness is from school but just to recap; it's training ourselves to be more in the present, this moment, rather than caught in our thoughts about earlier on in the day, tomorrow or daydreaming. It involves 'stepping out' of thinking and coming to our senses. Feeling, seeing, smelling, tasting, hearing what's going on around us and in our bodies. For example, when we are having a shower, we are there, feeling the water hitting our skin, smelling the shower gel and hearing the sound of the water around us.

Normally what stops us being mindful is the tendency to rush. In reality, we should be called 'Human Doings' not 'Human Beings'. Generally, we make it a goal to fit as much into the day as we can. We do everything so fast that sometimes we don't stop and enjoy it. But right now, there is no rush, everything is shut down, our days are similar, and life's pace has slowed dramatically. So, during this period, it's a perfect opportunity to start to enjoy each moment rather than worry about what's next. And when you start to slow your brain down and notice the finer things, they can become quite interesting.

Mindfulness is being taught in schools across the UK now too because it works! All muscles need to be constantly worked to keep them strong and healthy, the brain can be exercised in a similar way. We can train the brain to be strong, happy, healthy, kind, focused. Let's do an exercise to show the power of your mind...

## How can you practise mindfulness as you wash your hands?

Before you begin, consciously choose to stop and connect with your breathing and the sensations of contact of your feet on the floor.

As your hands come into contact with the water from the tap, tune into the sensations this brings with it. The texture and temperature of the water, where on the hands and fingers these sensations showing up most vividly and how this feels.

Bring as much present moment awareness to all your sensations of smell, sight, sound and touch

If you notice the mind wandering off, and the process of washing being taken over by 'autopilot', reconnect with your breathing, and then return to where you left off.

Try investigating how the hands respond to the temperature and movement of the water as you rinse them.

Notice the sensations as you dry your hands as you use the towel.

**Mr Walshe** practicing mindfulness while washing his hands

## There are many ways that we can practice mindfulness

This is **Zuhre** who works at Trinity admin team. Zuhre loves mindfulness. You can see her doing breathing techniques during her work at Trinity





And if you are keen on sports, mindfulness practice is one of the main techniques taught in sports psychology at the moment. It prevents athletes from getting caught in worries and instead helps them concentrate on technique and performance. Unfortunately, below you can see **Mr Sedlak** hasn't done his mindful breathing and you can see just how anxious he is with his 165KG bench press.



**Mr Cruz** has a passion for football and calisthenics, he practises mindfulness often. You can see how Mr Cruz is preparing himself before the plank challenge.

So NOW is a perfect time to practise this life skill that is portable, free and will help you in every area of life, both whilst you are at Trinity and beyond. We cannot control our currently circumstances, but we can make a choice to control how we respond!



Please take some pictures of yourself and/or your parents doing your daily mindfulness and send it to Mr Sedlak.

Running is a very important part of my life; for both my physical and mental wellbeing. After having my second child last year I got back into running in a big way and have continued this very much into lockdown. Physically, running keeps me fit and strong but I love running because it gives me time alone to have some headspace be it from the worries associated with Covid-19 or the relentless demands of my lovely two young sons.

Running energises me and gives me more get up and go in life, making me more effective at my work, more patient with home life, and gives me a sense of calmness from any worries that are going round my head. During lockdown I am trying to vary the length of my runs and starting to build in some HIIT sessions after some of my shorter runs. Running is my comfort zone so doing a few HIIT sessions a week really pushes my stamina and teaches me to keep persevering even when I want to give up! I love having challenges and goals for myself so I am definitely looking forward to the end of lockdown so I can enter a half marathon race to put my training to the test!

**Mrs Buckley**



During this unprecedented time, we as a collective of Trinitarians have to remain positive. In the blink of an eye approximately eight billion people have had their lives turned upside down and inside out. It is my personal aspiration to become a professional sports player so deciding to keep fit is not an option for me, it is my way of life so remaining mentally and physically sharp during and after this pandemic is key. The UN Convention on the rights of a child (Article 31) states that we all need physical, mental, social and emotional activity to grow and develop well. With this being stated, every morning at 6 am I do a morning run and bring my ball with me to practice my skills, the following day I will ride my bike to build up muscles in my legs and also bring my ball to practice my skills as well. This is necessary as it builds a mental reminder to always keep active, fit and healthy and makes me realise that exercise is a fundamental right and not an option especially during the lockdown. At 6am I have the park almost to myself so take a tip and wake up early! Many people already know that I play for a professional academy. Instilled in me is a high level of football drills, fitness, nutrition, reflection and sleep.



I have a trainer and other sporting advisers who give me activities to help me keep sharp. This includes, 1k runs, 500 kickups, dribbling around dummy defenders and practicing my spot kicks and on the run shooting. This really helps me as I know if I want to get to that level it will take effort and practice even during lockdown. Lastly, I try to eat healthily, as I can't allow myself to get too tempted with fizzy drinks, snacks and sweets.

**Emmerson Sutton (Y8)**

Covid-19 trying to bring us all down (well, not me). On the first couple of weeks I was not at school and you might be wondering how I kept active. I use the [Fitness Blender](#) videos on YouTube. Now I am in school most days as my mum is a keyworker but that doesn't stop me doing exercises.

It's not hard at all and it keeps you fit at the same time as being at home. I've been doing daily bike rides with my mum who runs alongside. I did 18 miles on bike and sometimes I would go on a run with my mum. The fastest I can go is 11 minutes per mile and the most I can do running is 5 miles.



So you are probably wondering what I eat to keep fit. Well I have been eating many things such as homemade salads which improves your muscle performance protects your heart and builds your bones to become stronger. I have also been eating things like apples which provides vitamin C, and numerous antioxidants.

So there are many things we can do to keep fit and healthy even in times like this. I hope you are well and safe and hope to see you soon.

**Hope Ellis (Y8)**

**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, just download the app and search for our club.

Ms Wright

## Making Your £15 Free School Meal Voucher Go Further at Home

### How best to spend it?

The government have made a £15 per week food voucher available to some families.

If that includes you, or your family, Bite Back 2030 has put together a guide to what you need to know about claiming; a simple shopping list and some easy meal ideas that will hopefully help families.

**We need to make it as easy as possible right now for parents and carers to feed their children well.**

*Bite Back 2030 Founder, Celebrity Chef and Campaigner Jamie Oliver*

The shopping list has been price-checked to come within the allocated budget at a mid-range supermarket. It aims for meals that can be made with minimal prep time and equipment.

### Where can I spend it?

The vouchers can be spent on food at a range of shops including Sainsbury's, Tesco, Asda, Morrisons, Waitrose and M&S, with the Department for Education working to get more shops to join the scheme as soon as possible.

### How best to spend it?

Along with School Food Matters, we've pulled together a simple shopping list with some ideas for balanced meals to give an example of how these vouchers could be spent. And this isn't just for those receiving vouchers. Hopefully this will also work for anyone on a budget and for families with limited time.

#### #BiteBackLunchList

• Sliced wholemeal loaf (400g)	£0.79
• Baked beans in tomato sauce (reduced salt and sugar if available)	£0.30
• A block of store brand cheddar cheese (220g)	£1.55
• Store brand sweetcorn in water (325-380g)	£0.50
• Store brand tuna chunks or salmon in spring water (3 x 80g)	£2.00
• Store brand couscous	£0.45
• Store brand lower fat mayonnaise or light cream cheese (400-500g)	£0.90
• Shredded iceberg lettuce (140g)	£0.69
• Clementines x 1	£0.24
• Store brand bag of mini apples x 6	£0.62
• Loose tomatoes x 1	£0.28
• 6 large free-range eggs	£1.20
• Jacket potatoes (700g)	£0.58
• 2pt semi-skimmed milk	£0.80
• Crunchy peanut butter	£0.85
• Loose bananas x 3	£0.39
• Greek-style yoghurt (500g)	£0.69
• Sliced chicken (240g)	£1.99

#### Meal Ideas

#### #BiteBackLunchList

##### Sandwiches:

Tuna mayo and sweetcorn  
Cheese, tomato and lettuce  
Chicken and mayo  
Egg and tomato

##### Toast:

Scrambled, poached and boiled eggs  
Baked beans and cheese  
Peanut butter and banana

##### Jacket potatoes:

Tuna mayo with sweetcorn  
Cheese and baked beans  
All of these can be served with lettuce

##### Couscous:

Chicken and sweetcorn  
Salmon and tomato

##### Dessert (or a snack):

Banana with half a tablespoon of peanut butter  
Yoghurt and fruit

## Year 8 pupil tells of her experience in 'Lockdown' during Covid-19

Covid-19 has stressed many of us out. It has made people anxious & made them scared to come out of their homes and meant that kids like me are missing out on their normal school education. I am Hope, I'm in Yr. 8 and this is my experience of Covid-19.

Coronavirus is exhausting, scary, worrying, upsetting - You can describe it using many words because it's all of them. It has affected me and my family in very many ways.

Many people may say "It's ok, we have internet, data, a phone" but I like many thousands of other children have no way to talk to my family and friends. My grand-dad is really old and suffers with Alzheimer's and is at high risk & I have an auntie who is disabled and suffers with epilepsy. So as you can tell I am worried like many of us out there and although we may look happy and jolly but in the inside it's very different. So my experience is really up and down.

One of the reasons for me writing this is for my mum - I would like to say a big thank-you to her as she is putting herself at risk to care for elderly people. I would also like to say thank-you to all of my teachers that are setting me work every day in order to make sure that I do not miss too much of my education like many kids out there. Thank-you to Mr Williams, Mr Gene, Ms Scott, Mr Teuten, all of the Primary staff and Mr Lucas - I am thankful to all of my teachers out there. Miss Alder is still trying to keep us together by helping the Faith Team worshipping together over FaceTime and if it wasn't for her I wouldn't be able to talk to my friends now and that really helps me.

Through all of this struggle I'm going through I'm still trying to be resilient, keep going and have a positive mental attitude.

I hope that you are all safe including any family members who work in the NHS, teachers, my family and friends and your family and friends.

By Hope Christiana Samantha Ellis. Yr. 8

## VE RECIPES FROM THE WAR

Wartime Recipes for a VE Day Bake Off to honour the VE Day anniversary and as a thank you to the heroes of the Second World War. You can use these recipes for your own 'VE Day Bake Off'!

Food rationing meant novel wartime recipes, so we've looked back to those alternative foods in wartime 'MOCK' recipes like delicious Carrot Cookies, Potato Scones and novel uncooked chocolate cake!

The ingredients and recipes (provided by Fun kitchen find them on YouTube, the founder is a Food teacher) are below. Your challenge is to make one of these recipes for your 'at home VE day tea party' then upload and send your pictures to Mrs Blunden.

### Ingredients

**Carrot Cookies** 25g margarine 50g of sugar 60g self-raising flour (or plain flour add 1/2 teaspoon of baking powder) 1 medium carrot 1 teaspoon of vanilla paste Optional additions - spices eg. cinnamon and nutmeg, nuts or raisins

**Uncooked Chocolate Cake** 50g margarine 50g sugar 2 tablespoons of golden syrup 50g cocoa 125g stale/crispy breadcrumbs 1 teaspoon of vanilla paste / essence.

**Potato Scones** 30g margarine 180g self-raising flour (plain flour add 1 and 1/2 teaspoon of baking powder) 1 teaspoon baking powder 1/2 teaspoon salt 1 potato





## YEAR 8 PUPIL – YOUNG REPORTER FOR BBC

Good Afternoon,

Last week I represented England at the European Film Awards 2020. This is the second year that I have participated and it is great fun. I have sent my full report back to the BFI and the BBC Young Reporter's Page.

Thanks  
Emmerson

*Read Emmerson's report below.*

### EUROPEAN FILM AWARDS: Emmerson Sutton YOUNG JUROR 2020

My name is Emmerson Sutton, I am a young reporter for the BBC in London. I attend Trinity Church of England Secondary School in Lee.

For the second consecutive year I have been fortunate enough to be amongst a panel of teenage European judges who watch three films and critique them. This event spans forty five countries and gives the opportunity for young people who are interested in the film industry to watch, learn, enjoy and review. Collectively we ultimately decide who will win the coveted statuette. As with most things this year due to the Covid-19 pandemic we could not convene at our secret salubrious location in London. We were all given online instructions which worked well but recreating the same venue ambience was virtually impossible. Last year I announced votes for the United Kingdom. It was a pleasure to be from the London Borough of Lewisham and to have the duty of revealing my countries preferences. The three films that we watched this year were

- Rocca changes the world.
- My extraordinary summer with Tess.
- My brother chases dinosaurs.

In my opinion all of the films were fantastic but being a juror you have to use skills of critical thinking, honesty, an integral piece of mind, you need to look at music, direction, location and acting, you have to look at all of the components that make a movie outstanding and ultimately a worthy winner. A strong storyline is also the key to success.

Rocca changes the world is an amazing movie which features a young girl who is courageous, brave and has such a deep intrepid spirit, she is completely fearless and we watch her adventures throughout the movie, she brings into play so many of the social issues that currently exist in the world, she is a great citizen of the planet and we could all learn so much from her.

My extraordinary summer with Tess this was a good movie there are many twists and turns and also captures attitudes towards relationships very well. I really liked the film and it gave me another genre of film option to watch again.

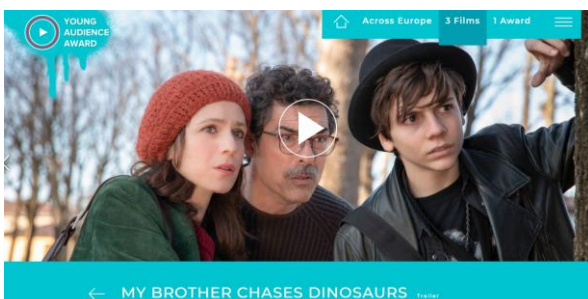
My brother chases dinosaurs was a very encouraging film and it gave me another important subject matter of life to evaluate. I really enjoyed learning and watching it.

I would like to announce that all films are now available for you to watch at leisure for yourselves.

This is now my second year of working on the European Film Awards with the BFI. Next year will be the last year that I meet the eligibility criteria, I really hope to score a hat-trick. Each year I attend many events that nurture, develop and offer exposure into so many cultural fields. I would like to reaffirm my commitment to encouraging children and their families to get early access which widens their participation and hopefully enables them to have additional opportunities that may change their lives in a very positive way.

Thanks again Corinna, Once again you helped us all to analyze films whilst making a significant European contribution based upon what we saw. When this is all over maybe we can meet up for a celebratory meal at Wagamama?

### THE WINNER OF THE EUROPEAN FILM AWARDS 2020 WAS MY BROTHER CHASES DINOSAURS *Directed by Stefano Cipani*



Click on the link if you would like to see the film

[https://yaa.europeanfilmawards.eu/en\\_EN/yaa-films/13819/my-brother-chases-dinosaurs](https://yaa.europeanfilmawards.eu/en_EN/yaa-films/13819/my-brother-chases-dinosaurs)

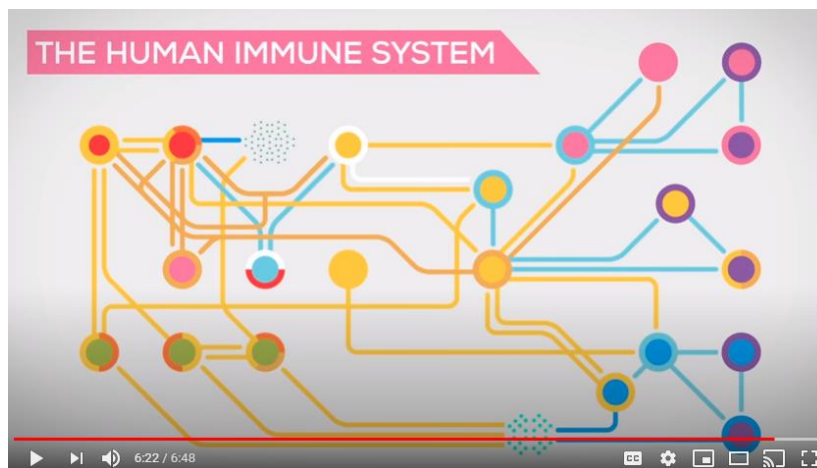
## VACCINES



Whilst the world waits for a vaccine against Covid 19 lets take a look at why vaccines are important, what are the risks in having them. This on-line tutorial explains in simple terms the importance of vaccines, side effects, myths, herd immunity and why vaccines are so powerful and important.

Click on the link: <https://www.youtube.com/watch?v=zBkVCpbNnkU>

Another interesting tutorial is our Immune system. How it works to fight off bacterial infections.



Click on the link: <https://www.youtube.com/watch?v=zQGOCouBi6s>

## Captain Tom Update



Captain Tom Moore has been awarded a prestigious gold Blue Peter badge for raising almost £33m for the NHS.

The badge is the show's highest accolade and famous recipients include the Queen, Sir David Attenborough and Mary Berry.

# Open to year 9s only

## Mental Health & Wellbeing

For many years, mental health had been somewhat of an afterthought when it came to general wellbeing, with physical health taking top priority. However, over the past decade or so, attitudes have been changing, as the negative impact of mental ill-health on both a personal and professional level has become more widely recognised and publicised.

## Wellbeing at Trinity

Trinity aims to provide a variety of ways in which pupils can access support for their general health and wellbeing. Currently there is a range of therapies, groups and trained individuals that Trinitarians have access to. Trinity now has plans to add to its existing provisions by introducing its first team of pupil Wellbeing Ambassadors.



## Wellbeing Ambassadors

The role of our Wellbeing Ambassadors is to provide valuable early intervention help to their peers who may be emotionally distressed, need someone to talk too and responds well to those in need of a 'listening ear'. Much like the Mental Health First Aiders the Wellbeing Ambassadors are to be an additional point of contact for pupils. Wellbeing Ambassadors will help to facilitate the implementation of Trinity's Health and Wellbeing strategy by:

- Removing the stigma by getting people talking about mental health and sharing their experiences
- Raising awareness of mental health problems
- Organising specific events & celebrate mental health awareness days
- Promoting positive mental health in our school
- Signpost young people to access support in your school
- Share good news stories

If you have confidence to step in, reassure and support a person in distress or have enhanced interpersonal skills such as the ability to listen non-judgementally and would like to help someone recover their health by guiding them to further support - whether that's self-help then this could be the role for you. Becoming a Wellbeing Ambassador may be similar to the career you wish to pursue in the future.

Even without these skills still apply as all ambassadors will receive training. [Application forms are on WeDuc & the deadline is 18<sup>th</sup> May](#)

If you are interested in becoming a Wellbeing Ambassador and would like to make a worthwhile contribution to Trinity's community, please speak to Mrs Buckley, Ms Lewis or Ms Simpson for further information. For further details on the application process please watch the Wellbeing Ambassador video on WeDuc



# Wellbeing Ambassadors



## Are you passionate about Trinity's wellbeing?

Do you want to promote activities, encourage your peers to access relevant health and wellbeing opportunities, and provide mental wellbeing support?

Become a Wellbeing Ambassadors!

1. Take a look at the job description to find out more about the role itself and whether it's right for you.
2. Speak to your Year Progress Leader or Family Group Leader to make them aware of your interest and get their support.
3. Apply via the Weduc app by 18/05/20.

You'll be asked a few simple questions about yourself and why you'd like to volunteer.

We'll then review all requests. We will invite an external organisation in to Trinity to train up volunteers in accordance with our requirements.

We are looking for proportional representation across our year 9. If you're unsuccessful this time we'll be in touch to speak to you about how you can support the wellbeing of our people in other ways.

## Summary of the Wellbeing Ambassadors Role:

To support the Trinity's Wellbeing Strategy by promoting activities in the schools community, encouraging peers to access relevant health and wellbeing opportunities, providing mental wellbeing support to peers, collating activity data and sharing best practice including stories of success.

You will provide physical wellbeing support to peers, e.g. through sharing healthy eating resources or information on how to improve physical activity/sleep hygiene.

You will support people to spot the symptoms of mental health issues, offer initial help and guide people towards support. It's not about becoming an expert in any of these areas but understanding what you can do to support their physical and mental health.

### The following will be expected of Ambassadors:

Work area engagement Ambassadors will be expected to promote health campaigns through poster displays, emailing peers, giving out leaflets and updating peers at meetings they attend and team meetings (e.g. World Mental Health Day, Healthy Eating Week, and National No Smoking Day). Ambassadors may organise activities, e.g. a lunch time walk/runs, book club or hobby group. They will lead assemblies and whole school wellbeing weeks.

Ambassadors will be able to signpost peers to relevant services. They will provide information to peers about the Wellbeing Strategy.

## Wellbeing Ambassadors

Open to year 9s only

Deadline for applications 18.5.20

Find application and video on Wedduc

Trends & New Software P.4

## What you will gain from the role

Trinity is committed to the development of our Ambassadors

They will be provided with training on the following:

- A wide range of transferable skills in listening, communicating and relating to others
- An understanding of mental and physical health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental distress
- Understanding of holistic approaches to health and wellbeing
- Knowledge in topics that you are interested in like nutrition, exercise, sleep, mental wellbeing etc
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, services provided locally through the company, the NHS or a mix.
- A greater ability to manage your time, set boundaries, and care for yourself
- Friendship and support within the team



## LIVING LIFE IN ALL ITS FULLNESS (JOHN 10:10)



**Mondays 2- 5**  
**Thursdays 9.30-12.30**  
Call.....07377 913538 or  
07377 976518

**LEWISHAM**  
**EP CONNECT**

**How to help  
your child with  
learning**

**Call EP Connect to  
talk to one of the  
Lewisham  
Educational  
Psychologists.  
We can offer  
support to think  
about..**

**For Parents  
For carers  
For school staff**

**Managing  
routines at  
home**

**Other  
services  
that might  
be helpful  
to you**

**How you are  
feeling and  
managing... A  
listening ear**

**Emotional  
responses  
(e.g.  
managing  
change, fears  
and worries)**