

Trinity All  
Through  
School

## Primary Phase

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## Website

Trinitylewisham.org

Executive  
Headteacher

Mr. David Lucas



## Dear Trinitarians

Trinity has had a fantastic week with a record attendance and work return rate across the phases. Much of this could not happen if it wasn't for your continued support and determination with home learning. We really do understand that this is difficult for you and thank you for all your support. The government this week has given a provisional date for return, and we will of course be working with this date moving forward to ensure our provision is fluid enough to move from home to school learning without any bumps in the road. This does give us four school weeks of home learning still ahead of us and at Trinity our provision is wide and does involve a variety of ongoing activities for all our pupils to engage with. Do look through the whole newsletter to see all the opportunities available.

A huge thank you to those that replied to our secondary parent survey. We had 48% of all families responding across all the year groups. We have also carried out a pupil and staff survey to ensure we get feedback from all the important groups. The parent group on the whole (91%) felt the pupils were receiving the correct amount of work. 96% felt the work was at the right level for their child. 72% felt the quality of remote teaching was outstanding, with a further 19% feeling it was good (total of 91% Outstanding or Good). A further 5% were satisfied with the quality. This was mirrored in the behaviour for learning question with over 93% feeling it was either Outstanding or Good and 4% satisfactory. The results of this survey are being used to help us improve our provision. We wish to thank the parents for all the extremely positive comments made about the school provision as well. One parent commented "I would like to commend the teachers' efforts as well as the non-teaching staff. It is really not easy for anyone at this time but the school is making a really good effort to keep the students up and going. Well-done distinguished ladies and gentlemen". We are all learning and adjusting our provision – thank you for your continued support.

On Thursday 4<sup>th</sup> February we have our Personal Development Day within the secondary phase, which has a focus on Wellbeing. Pupils have spent so much time in front of a screen this academic year, so to mix this up a bit we have planned a day which is predominantly away from a computer as much as possible. We will start and end the day on screen, but then set challenges where pupils are given a degree of freedom around the activities they choose to really engage them in a variety of activities looking at their physical and mental wellbeing. We will review this, and if pupils find this approach successful we will consider having these events a few more times over the next 5 weeks. We really are listening to feedback all the time.

Have a great weekend. Do try and get some fresh air and we look forward to another successful week starting on Monday.

## DAVID LUCAS

Executive Headteacher  
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## this issue

## Information, Events &amp; News

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# PRIMARY PHASE



**Head of School  
Primary**  
Mr. Darren Janes

Dear Trinity families,

We have some important events and new learning opportunities coming up in the next couple of weeks.

Firstly, next week is children's mental health week. Miss Alder will be speaking about this in her worship. Now, more than ever, we need to ensure we look after our mental health.

A healthy mind starts with a healthy body so it is apt that we begin a new initiative next week. Our PE lead, Miss Gibbins, will begin setting a weekly physical challenge to ensure pupils are remaining active during remote learning. Teachers will share the link to the video on Class Dojo and in live meets next week. We look forward to pupils sending in pictures or videos of them completing the challenge and also receiving pupils' own routines.

Mr Weddell has worked with members of our inclusion team to set up extra live sessions for phonics and reading groups. Pupils have been chosen based on their needs and our knowledge of their prior assessments for reading. If your child has been selected for these targeted groups, you will receive a letter from Mr Weddell next week. Please encourage your child to attend these sessions.

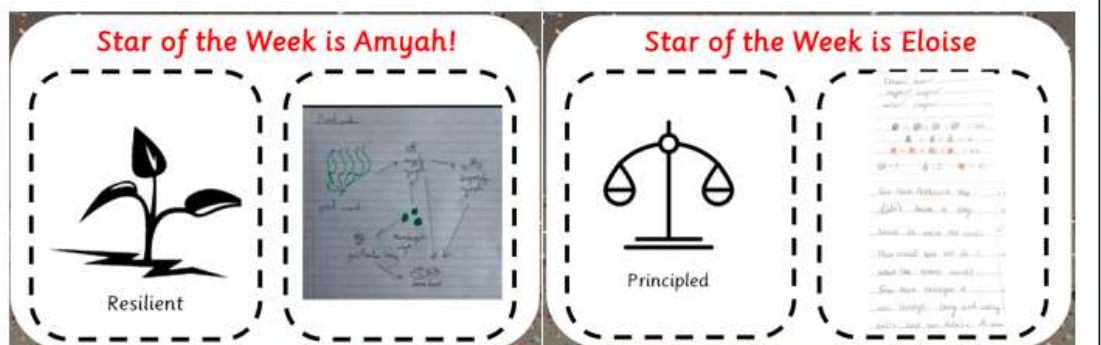
Finally, our art challenges, led by Miss Kiley, continue at a pace. Please check out the blog to see this week's challenge. We have been blown away so far with the artistic exploits our Trinitarians have got up to during remote learning so far.

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

## CELEBRATION WORSHIP — SPOTLIGHT ON TWO STARS

Congratulations to all badge winners this week. Our two spotlighted winners this week are Amyah from 6A and Eloise from 2S.



This week has been a great week in chaplaincy, we had over 20 different primary pupils joining our virtual faith team which is the largest we have ever had. We have also our parent prayer group and have further developed our secondary faith team. We have also been sending out lots of Courageous badges at both sites so keep your eyes on the post to see if you have been awarded a courageous badge.

Our primary worship this week was led by Steve Gurnett, he led a craft worship which focused on Tim and his four friends who showed great courage. If you missed it you can catch it here along with the instructions on how to make your home filled with people Tim and his friends <https://www.youtube.com/watch?v=5IHvhtgFkwE&feature=youtu.be>.

It has been great to see many of our Trinity primary family having a go at creating their own home.



*Well done to Chloe and Harlow in Year 4 for their brilliant efforts!*

### Faith team – Story of Courage – Romy

A moment when I was courageous was when I supported members of my family when they were getting their covid vaccine. Even when they were worried, I stayed strong for them so they wouldn't be nervous. When my grandparents got their appointment I called them up and congratulated them so that they felt special. When my mum got her appointment I offered to go with her because I wanted to be there to support her and comfort her. To me being courageous is stepping out of your comfort zone and doing what you believe in even if you are anxious about it. I wish lots of luck to everyone in our community that will be getting their covid vaccine soon.

### Faith team – prayer for the week – Reiko

Dear God, Please remind everyone that no matter how lonely or how far away they are from you, you will love every single human and you care for them. Please help people who are scared and innocent and everyone who faces obstacles. Remind them that no matter what happens to them you'll always support them. **Amen**

### Chaplaincy competition

*Are you creative? Are you a terrific Trinitarian?*

Over the next 3 weeks we are launching our through school Courage Project. All you need to do is create an image, or project which represents our theme of courage. It might be a poster, a 3D model, it can be anything you wish that shows what courage means to you. All you need to do is get creative and send in a photo of your project to Miss Alder and then the winner will receive a selection of goodies including amazon vouchers.

This competition is open to everyone in reception up to year 11. Good Luck and get creative!

**Deadline:** half term the winner will be announced after the half term break

# Personal prayers for difficult times

Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
Patience obtains all things  
Whoever has God lacks nothing;  
God alone suffices. *St Teresa of Avila*

O Blessed Jesus, give me stillness of soul in  
You. Let Your mighty calmness reign in me.  
Rule me, O King of Gentleness, King of  
Peace. *St John of the Cross*

Watch, O Lord, with those who wake, or  
watch, or weep tonight, and give your  
angels charge over those who sleep.  
Tend your sick ones, O Lord Christ.  
Rest your weary ones.  
Bless your dying ones.  
Soothe your suffering ones.  
Pity your afflicted ones.  
Shield your joyous ones.  
And for all your love's sake. Amen.  
*Attributed to St Augustine*



## Prayers for the nation

Lord Jesus Christ.  
In these dark and difficult days we turn our  
hearts to you.  
In ages past you have delivered our nation  
from disaster.  
Do it again we pray.  
Give Wisdom beyond human wisdom to our  
leaders.  
Give strength beyond human strength to  
the NHS and all our frontline workers.  
Give comfort beyond human comfort to  
children and the elderly and all who grieve.  
Lord, Jesus Christ. In these dark and difficult  
days, turn your face towards us, have mercy  
upon us, and heal our land we pray. **Amen.**

Loving God,  
your Son Jesus Christ came that we might  
have life and have it abundantly;  
pour out your blessing upon our nation;  
where there is illness, bring your healing  
touch;  
where there is fear, strengthen us with the  
knowledge of your presence;  
where there is uncertainty, build us up in  
faith;  
where there is dishonesty, lead us into  
truth;  
where there is discord, may we know the  
harmony of your love;  
this we ask in Jesus' name. **Amen.**

Loving God,  
at this time of crisis when so many are  
suffering,  
we pray for our nation and our world.  
Give our leaders wisdom, our Health Service  
strength, our people hope.  
Lead us through these parched and difficult  
days  
to the fresh springs of joy and comfort that  
we find in Jesus Christ our Lord. **Amen.**

Loving Father God,  
Be with us in our distress: with our families,  
friends and neighbours, our country and  
our world.  
Give health to the sick, hope to the fearful,  
and comfort to the mourners.  
Give wisdom to our frontline and key  
workers,  
insight to our government and patience to  
us all;  
Overcome disease with the power of your  
new life, through your Son, Jesus Christ our  
Lord. **Amen**

The Archbishops of Canterbury and York have invited all to  
join in Prayer for the Nation. The suggestion is that as many  
of us as possible unite to do this at 6pm each day. These  
prayers and themes are offered as tools to enable all to  
participate and are Lord Jesus Christ, intended simply as  
suggestions.





# Daily Themes

## Sunday Family, friends and loved ones

We lift to God those we hold in our hearts – praying for their health, their well-being and their sense of hope.

We pray that even when loved ones cannot physically be together they would not feel apart.

We ask for God's help in our communicating, our connecting and our caring.

## Monday Schools and colleges, children and young people

We pray for all those involved in the shaping of young lives.

We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education.

We pray that all might be nurtured and cared for and that every needful resource would be made available – that all lives can flourish even in these difficult times and that no-one would be overlooked.

## Tuesday Elderly, isolated and vulnerable

We echo God's commitment to those most at risk of this virus by praying today for those who are particularly vulnerable and isolated: praying for their deliverance, protection and comfort.

We hold before God those who care for them – that they would be strengthened and encouraged in this work.

## Wednesday Businesses, the workplace and economic wellbeing

In this time of great challenge, we pray for the economic wellbeing of the country. We remember before God those who face great uncertainty in their work.

We lift before God those who have lost their jobs and face an uncertain and difficult future.

We pray for a renewed commitment to our common life together.

## Thursday The NHS and other key workers

Our God is the great healer – and the agent used more than any other is the NHS. Today we voice our gratitude for those who serve this country in the National Health Service and pray for that God would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.

## Friday National and Local government

We pray for those who are in positions of authority with responsibility for decision making at national and local level at this difficult time.

We ask that God would give great wisdom, deep commitment to all and right judgment.

## Saturday All who are grieving, and all suffering with physical and mental ill-health

*'Lord the one you love is ill...'  
' John 11 v 3*

We bring to God all those who suffer in body, mind, spirit or with grief.

We ask that in God's great loving kindness they might know God's sustaining presence amidst their pain.

We pray for those who are stretched beyond their own capacity to cope and remain hopeful – that in the roar of these waterfalls God would bring a sense of coherence, comfort and strength.

<b>Sunday</b>	Family, friends and loved ones
<b>Monday</b>	Schools and colleges, children and young people
<b>Tuesday</b>	Elderly, isolated and vulnerable
<b>Wednesday</b>	Businesses, the workplace and economic wellbeing
<b>Thursday</b>	The NHS and other key workers
<b>Friday</b>	National and local government
<b>Saturday</b>	All who are grieving and all suffering with physical and mental ill-health

## Notices:

- Virtual primary faith team meeting on zoom: Monday 12pm – 12:30pm – see Class Dojo for the zoom links
- Virtual zoom worships for KS1 [10am] and KS2 [9am] – see Class Dojo for the zoom links
- Secondary faith team Wednesday 3<sup>rd</sup> - 8:45am on teams

## All SECONDARY PARENTS

# Inspiration for home learning

A free online course to enrich the  
teaching relationship with your child.

## How to engage your child in home learning!

How can I do this!

These video's will assist and help you to understand your  
child/ren and apply problem solving tactics to ensure your  
child/ren engage with learning remotely.

Click on the link below and watch the 8 most viewed (and most  
impactful) videos

[https://www.guideeducation.co.uk/  
parentsupport](https://www.guideeducation.co.uk/parentsupport)



## All SECONDARY PARENTS

Trinity Secondary are introducing a weekly  
Question & Answer 'Zoom' meeting. All  
parents/carers may join the meeting by  
following the Zoom links below.

Each week a different member of the  
school's Senior Leadership Team will  
endeavour to answer any questions you  
have relating to the education and welfare of  
your child/ren in this 30 minute session.

The first session is scheduled for Friday 5<sup>th</sup>  
February at 10h00 and will be hosted by Mr  
Steven Gallears

Steve Gallears is inviting you to a scheduled  
Zoom meeting. Friday, 5<sup>th</sup> February at 10am

Join Zoom Meeting

<https://zoom.us/j/93260992687?pwd=cFIGOEZJUkxid3dMWGYyNjZlWUJWQT09>

Meeting ID: 932 6099 2687

Passcode: 8i4fw7

# Join US!

# Online Safeguarding: The Dark Web

What is the dark web? How do people access it? Is it illegal? This guide unpacks the meaning of the dark web, how young people might use it and what to do if you have safety concerns.

## The World Web (Open Web):

The world web is the public facing side to the internet which is used commonly. This includes public facing websites and resources. Only 4% of internet information is hosted through the world web.



## The Deep Web:

The deep web is hidden from initial public view, and has limited access via search engines. For example, mailing lists held by a company would be part of the deep web. 90% of information is held in the deep web.

## The Dark Web:

The dark web refers to an area of the internet that can only be accessed through particular software. This means networks are encrypted repeatedly, making a user anonymous. 6%1 of internet information is on the dark web. Accessing the dark web is not illegal, but due to its anonymity it is used for criminal purposes.

## How do people access the Dark Web?

The Dark Web can be accessed through particular software and programmes. The most common of these is called **TOR** (The Onion Router). The software anonymises the user through directing all requests to a centralised source, and randomly redirecting it. It is known as “The Onion Router” as it promises layers of encryption, meaning a user could **not be traced**.

## Is it illegal?

Accessing software such as TOR is not illegal and not all content on the dark web is illegal. For example the anonymity of the dark web can be used for whistleblowing. However, due to the level of privacy it provides, many illegal activities and transactions take place within the dark web.

## Why would young people use it?

**Anonymity:** Young people may want to remain anonymous in their online interactions. This might be because they don't trust the surveillance of the internet.

**To reach “Hidden Services”:** A hidden service is one where not only the user, but also the website itself, has their anonymity protected by **TOR**.

**Illegal activity:** Young people may access the dark web for illegal purposes. Child Criminal Exploitation includes grooming and coercing children to use the dark web to buy or sell drugs, weapons and stolen items. Young people could also be seeking information around extremist views which is less available on the open web.

**What to  
do if you  
have  
concerns**

**THE  
DARK  
WEB**

**How can I  
talk to young  
people about  
this?**



## **Useful resources**

<https://www.thinkuknow.co.uk/parents/articles/what-is-the-dark-web/>

<https://www.internetmatters.org/hub/guidance/what-is-the-dark-web-advice-for-parents/>

<https://www.ceop.police.uk/safety-centre/>

<https://nationalcrimeagency.gov.uk/what-we-do/crime-threats/child-sexual-abuse-and->





## 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 with the **Science Museum**. These stories explore how technology has changed the rhythms of our home life, improved our health, shaped our habits and affected our built environment.



#### BUILDING THE MODERN WORLD: CONCRETE AND OUR ENVIRONMENT



#### ROMANS TO RAVES: A HISTORY OF ROADS AND MOTORWAYS



#### HOME COOKING: FROM VICTORIAN TECH TO KENWOOD CHEF

<https://www.sciencemuseum.org.uk/object/s-and-stories/everyday-technology>



### EXPLORE THE PLANET!

Staying at home doesn't have to be boring! You may be stuck indoors but that doesn't mean you can't bring the spirit of the outdoors, in! Visit the **National Geographic Kids hub** and discover amazing facts about animals, science, history and geography, along with fun competitions, games, activities and more.



<https://www.natgeokids.com/uk/>



## Anthropocene - Broken Planet Our

Explore the world's plastic problem with the **Natural History Museum**. British photographer Mandy Barker assembles collections of plastic pulled from the water around the world to prove that our obsession with plastic has changed every part of our planet. At a glance, these images of coloured objects set against a deep blue backdrop could be mistaken for marine wildlife, floating serenely. In reality, they show the plastics that most ocean animals now share their space with. She hopes that the pictures inspire people to solve the problem.



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

# The Queen's College, University of Oxford.

Queens College want to make sure that they attract applications from the best and brightest students, regardless of their social or economic background. The outreach work the College undertakes aims to help young people - typically from backgrounds not traditionally significantly represented at Oxford - to develop the confidence, skills and knowledge they need to make an application to highly selective universities. Outreach at Queen's contributes to University-wide access targets, as described in the University Access Agreement

Our Outreach Officer works with schools from all over the country; however, through the University's Regional Outreach Strategy, Queen's provides the first point-of-contact for schools in the following areas in the North West of England:

- Cumbria
- Lancashire
- Blackpool
- Blackburn with Darwen

as well as the following London Boroughs:

- Lewisham
- Sutton

Most of our outreach work is therefore aimed at students attending state secondary schools in these areas. Where possible, we prioritise working with those schools and colleges that have not seen a large number of their students progress on to highly selective universities in recent years.

Some of our Trinity Secondary pupils engaged with @QueensOutreach. Here are some extracts from their site.



## From the students

**Marian**

**On Wednesday, a group of high achieving students in year 10 were given the opportunity to engage in an online workshop in which gave us insight about how university actually is. We were lucky enough to have speakers from the top two universities in the UK, Oxford and Cambridge. Not only were the speakers extremely nice, they also found no problem in answering our many questions about university life. I found it very useful and it enlightened me on many things about Oxford and Cambridge and university as a whole.**

**Itunu**

**On Wednesday the 26th of January, a group of us Y10 were asked to be in a virtual workshop enlightening us about the academic side and social life of a student in Oxford & Cambridge. The workshop also showed us the financial aspect of universities and gave up tips on how to balance our academics and social life. This was told to us live by current Oxford students in university and we were given the opportunity to ask the students our own questions and they all answered whole heartedly. The student were very welcoming so asking questions freely was not a problem. It was an eye opening experience to ask questions about the topics of race, gender and religion in a very prestigious university such as Oxford and Cambridge and to also have a better idea and understanding of what 'Oxbridge' life entails. I really enjoyed the workshop as it helped break down what university actually is and what it is like in reality.**

OPEN TO ALL  
YEARS

*Art resources to be  
won!*



## **Competition time**

### **Superstar Creative**

Work hard consistently in your Art lesson and you could have the chance to win a pack of resources just in time for half term. For more information talk to your teacher.



By clicking on the link you can access a collection of 50 short and practical STEM activities. Each activity requires a few resources and materials and each has a suggested list of substitute materials. Registration is free. No fees involved. There are various activities in the following age ranges :

4 – 5year, 5-11years, 7-9 years, 7-11years, 9-11years 9-14 years, 11 – 14 years, 11- 16 years and 14 – 16 years.

Click here :

<https://www.stem.org.uk/resources/library/resource/482062/50-primary-level-stem-activities-any-classroom>




**SUITABLE FOR STUDENTS AGED 11-14**

## How can we live smarter?

STEM Learning activity resources

**MICROFLATS:** In this activity students discuss and sketch / mock up a microflat – a small, flexible living space where objects can be converted from one purpose to another.

**CLEANING OUR OCEANS:** In this activity students will simulate a small scale oil spill, and investigate different methods of cleaning up the oil.

**THERE'S AN APP FOR THAT:** In this activity students learn about the effects of waste on the environment and try to find a way to incentivise recycling by designing an app that allows households to log how much material they are recycling each week where points will be given depending on the amount of recycling that is done.

**MARTEN UP YOUR LIFE:** In this activity students discuss how advances in the kitchen might affect the future, and design their own product that has all the smart features they can think of. They will then try to sell their product to the CEO of an important 'smart' company using a PowerPoint presentation.

**SHOWERS:** In this activity students will do calculations where they can figure out how many litres of water they use per minute, and look at water usage at home.

Learn about the fight against low-cost, highly nutritious food. perfect recipe.

Completing activities in this set a CREST Discovery Award

on to the Framework that student learning across four creative problem-solving

### Sending texts

Determine the number of text messages sent if four people send texts to each other, and then extending this for different numbers of people.

#### Suggested Materials

Paper; pens; post it notes; rulers; calculators.

### Paper sizes

Study paper sizes in the A and B international series, exploring relationships within each series and between the series.

#### Suggested Materials

Paper in various A and B sizes; pens; post it notes; rulers; scissors, sticky tape.

### Vedic maths 1

Working in the community sector involves knowing and understanding a variety of cultures. This activity explores the ancient laws of Vedic mathematics which feature in Hindu and Islamic contemporary cultures. Students will use multiplication tables to calculate digital roots and observe and interpret patterns.

Sug

Pap

tabl

### Smartphone spectrometer

Students construct a spectroscope using card, DVD and a smartphone camera. Club leaders can prepare the dvd in advance and cut and clean etc. to reduce risk to students.

#### Suggested Materials

Blank dvd; template printed on black card; cutting board; craft knife; black electrical tape; scissors; sticky tape/glue; phone or tablet; clean soft cloth; ethanol/methylated spirits; cotton wool.



[www.stem.org.uk/rxettz](http://www.stem.org.uk/rxettz)

### Vedic maths 2

This activity follows on from Vedic Maths 1 and explores the ancient laws of Vedic mathematics. Students will investigate number patterns and deepen their arithmetic understanding.

#### Suggested Materials

Paper; pens; post it notes; rulers; calculator; internet/laptop/tablet as required.

### Can we rid the world of disease?

Students investigate disease control through a vaccination simulation. By analysing their data they will attempt to conclude what percentage of a population must be vaccinated in order to protect the majority of a community.

#### Suggested Materials

Laptop/tablet with internet access; Large sheets of paper; pens/pencils.



[www.stem.org.uk/rxfmzn](http://www.stem.org.uk/rxfmzn)

ALL PARENTS





## CHEF'S CORNER

For those students who are in school, we have started a lunchtime cooking club. We started off easy this week with rainbow salad jars, the students were able to choose what they wanted to go inside and made them as colourful as they could!

Next week scones but the question is

....is it skons or skouns



Grating carrots for the salad jar

## Lexicology<sup>[edit]</sup>

The pronunciation of the word within the English-speaking world varies, with some pronouncing it [/skɒn/](#) (rhymes with "swan"),<sup>[2]</sup> and others [/skoun/](#) (rhymes with "tone").<sup>[3]</sup> The dominant pronunciation differs by area. The pronunciation rhyming with "tone" is strongest in the [Midlands](#) and southern [Ireland](#), though it seems to have less prominent patches in [Cornwall](#) and [Essex](#). The pronunciation rhyming with "swan" is strongest in [Northern England](#) and [Scotland](#), although this also seems to be the favoured pronunciation in [Southern England](#), [Wales](#), the [Home Counties](#), and [East Anglia](#).<sup>[4][5]</sup> Natives of the [Republic of Ireland](#) and the [United States](#) mainly use the [/skoun/](#) pronunciation.<sup>[6]</sup> British dictionaries usually show the [/skɒn/](#) form as the preferred pronunciation, while recognising the [/skoun/](#) form.<sup>[2]</sup>

## SECONDARY PHASE - COMPETITIONS



Le moment est venu pour la...

# COMPETITION!

virtuelle de pâtisserie  
française

WEEK 1: BISCUITS



Week starting  
1.02.2021

WEEK 2: CAKE



Week starting  
8.02.2021

WEEK 3: PASTRY



Week starting  
15.02.2021

WEEK 4: BREAD



Week starting  
22.02.2021

it's time for the...

## Virtual French pastry BAKE OFF!

All entries to be emailed to [l.gene@trinity.lewisham.sch.uk](mailto:l.gene@trinity.lewisham.sch.uk)

All Trinitarians are invited to participate.

**Conditions:** 2 photographs of your bake your with your name and class  
1 photo of yourself holding your bake.

**You will be judged on:**

skill, presentation and the description  
of your bake.

**Winners** will be announced in the **Newsletter**.





## Read *The Girl Who Stole an Elephant*

Chaya, a no-nonsense, outspoken hero, leads her friends and a gorgeous elephant on a noisy, fraught, joyous adventure through the jungle where revolution is stirring and leeches lurk. Will stealing the queen's jewels be the beginning or the end of everything for the intrepid gang?



To read or listen click on the link

<https://library.thenational.academy/steal-an-elephant-with-nizrana-farook/>

## Listen to *The Girl Who Stole an Elephant*

If you prefer, you can listen to the story as an audiobook below. Every weekday until Friday 29 January 2021, we will be adding new parts to the story, which will be available to listen to until next Friday 5 February 2021.

## Our author of the week is Nizrana Farook!

You can read or listen to *The Girl Who Stole an Elephant* completely FREE below, watch an exclusive video about Nizrana's new book, *The Boy Who Met a Whale*, discover her top three children's books and read an interview all about reading.



**This weeks winner is Jack Morhen-Romero in Year 9**

## AT HOME PHYSICAL ACTIVITIES

Every week in PE we are giving students the opportunity to take part in one of the many workout videos that we share or for them to take part in their own exercise. Well done to Jack Morhen-Romero in year 9 who has so far achieved the most steps this week . Being active is so important and this is a great way to get active. The competition is on ..... Can anyone beat his score next week? Please send your steps to your teacher by the end of your PE lesson.



## HOUSE CHALLENGES

We will start to run House competitions every Wednesday morning during FG for students from Y7-10- **Starting WEDNESDAY 3<sup>rd</sup> February 2021**

Mr Cruz will organize activities to be posted at the same time in the four house channels at 9:05am to make competition fair. There will be two types of activities, one general knowledge task to be completed by 9:15am and another one called weekly challenge, it will be more complex, and should be done outside school hours and away from electronic devices.

Points will be awarded in different ways such as correct answers, participation numbers (including members of staff) and sometimes quickest reply.

Please do participate, it will be something fun!





Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



#### **Magazine**

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



#### **Discussion Boards**

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



#### **Chat**

Young people can chat with our helpful team about anything that's on their mind



#### **Daily Journal**

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



For ages: **11-18**

Sign up for free at **Kooth.com**



## **Struggling being stuck at home?**

Kooth's community can help you feel supported by people like you



Discussion Boards



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## Professional Workshop

### Communication Friendly Strategies for the Primary Classroom

This workshop offers an overview of ASD and how it can present in different children and explores tried and tested ASD good practice for primary school.

**Thursday 25<sup>th</sup> February 2021 – 1.30-3.00pm**

**This session will be a webinar.**

Please email [outreach.admin@drumbeat.lewisham.sch.uk](mailto:outreach.admin@drumbeat.lewisham.sch.uk) or telephone 020 7635 9022 to reserve your place.

**Cost - £35 per person**







# Drumbeat Outreach

## **Parent Workshop**

### **Managing Anxiety**

A workshop to help parents/carers to understand their child's anxiety in the context of their autism diagnosis, with opportunities to discuss and explore useful strategies.

**Tuesday 9<sup>th</sup> February 2021 – 10-11.30am**

**Tuesday 9<sup>th</sup> February 2021 – 6-7.30pm**

**This session will be a webinar.**

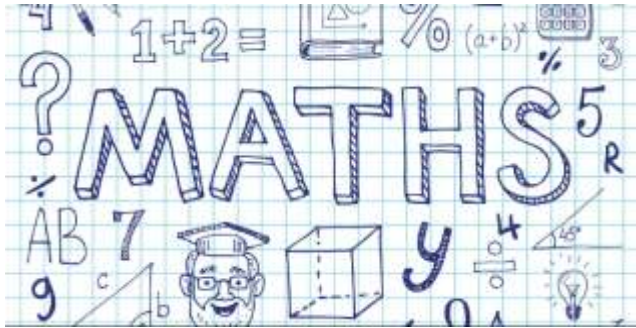
Please email [outreach.admin@drumbeat.lewisham.sch.uk](mailto:outreach.admin@drumbeat.lewisham.sch.uk) or telephone 020 7635 9022 to reserve your place.



**Drumbeat**

# YOUR MARVELLOUS MATHS

## WEEKLY ROUND-UP



Rob and Hannah both write down a two-digit whole number.

Rob's number is a prime number, but Hannah's is not.

Hannah's number is 1 smaller than a multiple of 4.



The difference between their two numbers is a prime number.

Hannah's number is 1 bigger than a multiple of 7.

Rob's number is bigger than Hannah's number.

**What is Rob's number + Hannah's number?**

**Extension:** Make one or more of the clues completely different, but have the answer remain the same.



This podcast is an effort to promote visibility of women in mathematics

### Episode 14

**Charlotte Angas Scott**

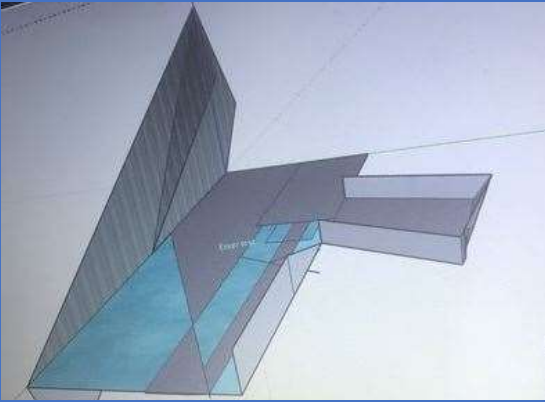
Biography of a 19<sup>th</sup> Century English mathematician, a dedicated supporter of rigor in the education of women and champion of women's education

<https://soundcloud.com/damien-adams-662584563/episode-14-charlotte-angas-scott>

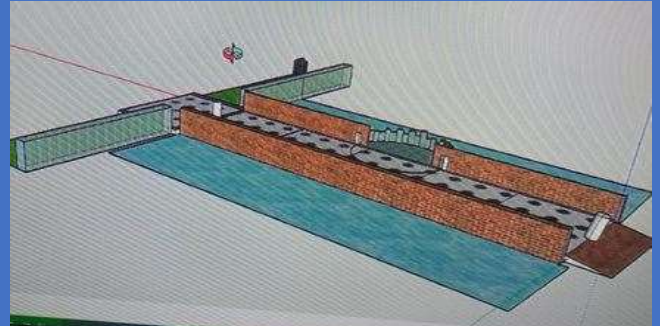


# SketchUp Bridge Designs

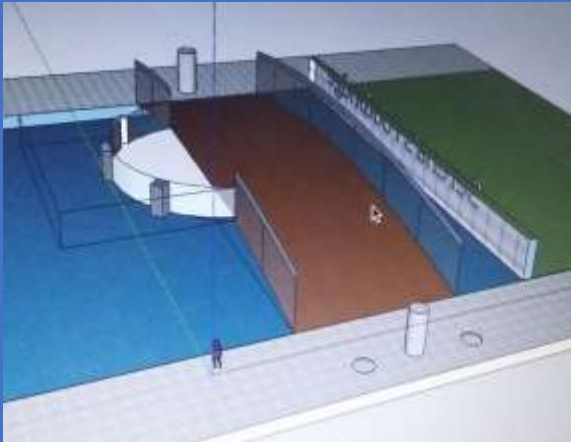
Chedon



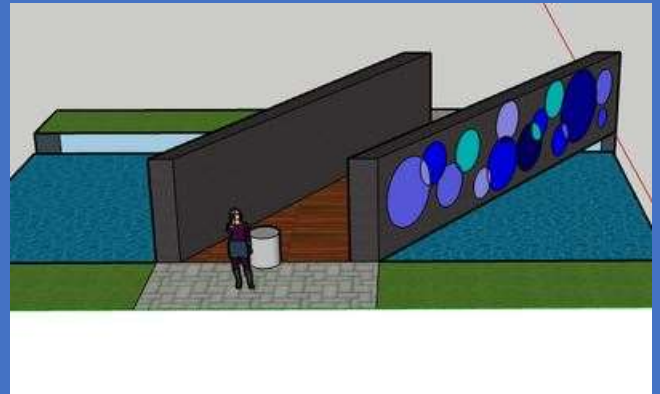
Leonard



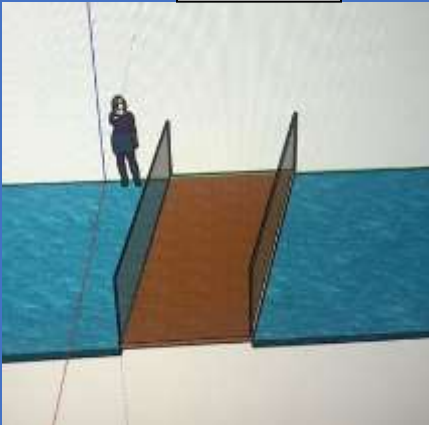
Serena



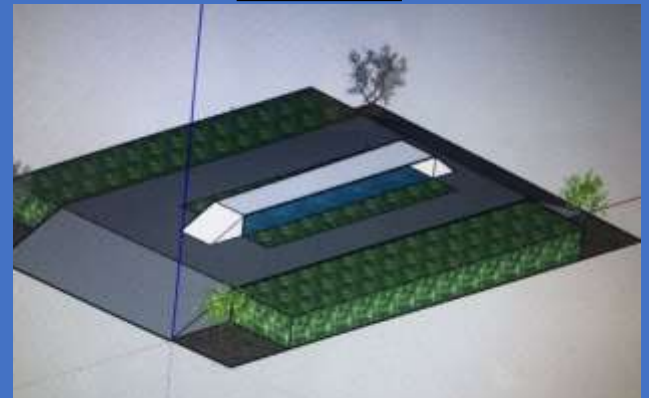
Edie



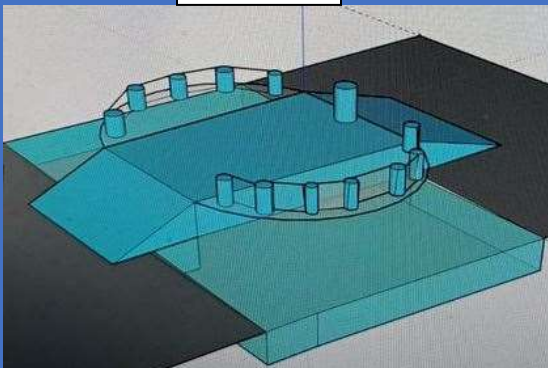
Elizabeth



Rvan



Qasir



Mehdi



Here is a selection of fantastic bridge ideas that were submitted by pupils last week. SketchUp is a fantastic 3D modelling program which is free to use – Have a go during lockdown! Well done to all pupils who tried hard and uploaded work.

**Mr Hutton**



**EXPRESS  
YOURSELF**

**1 - 7 FEBRUARY 2021**  
**#ChildrensMentalHealthWeek**



## PRIMARY-AGE ACTIVITIES

*These ideas to explore the theme 'EXPRESS YOURSELF' are designed for primary-age children.*

*They can be adapted for use in school, for home-schooling, online lessons or independent learning.*

*To differentiate or extend the content, refer to our secondary-age group activities.*

Below are a few key teaching points to consider and discuss with your child or group before engaging in 'EXPRESS YOURSELF' activities.

[https://www.dropbox.com/sh/aaxc4t19k25w8yi/AAAqiWoE0r9cUnGUC\\_bFq7WOa?dl=0&preview=Express+Yourself+-+Primary+Group+Activities.pdf](https://www.dropbox.com/sh/aaxc4t19k25w8yi/AAAqiWoE0r9cUnGUC_bFq7WOa?dl=0&preview=Express+Yourself+-+Primary+Group+Activities.pdf)



### Before the day:

- Throughout the week pupils should look on TEAMS in the file Personal Development Wellbeing Day.
- Look at the menu and decide on the activities they want to do for the Wellness Day.
- They should create a Timetable plan on the template provided.
- Pupils need to look in the file at the various activities they want to do so as to see if they need to gather materials or get ingredients together for Thursday.
- Pupils may also need to book in family members to get involved in the outdoor activities with them.
- Pupils can plan routes, do some research on places of interest, graveyards, historical places.

### The plan for the day is this:

- Extended AM Registration: pupils register as normal and Family Group Leaders will spend some time showing pupils again where to find the Menu on TEAMS in the file Personal Development Wellbeing Day.
- Pupils will go through the sample timetable for the day, encourage them to stick to their plan.
- Remind pupils to gather as much evidence as possible in as many formats as they wish.
- Tell them they must register back in at 1:30 to be marked present for the afternoon.
- Pupils will spend 15 minutes with their Family Group Leader checking how their day is going.
- Pupils then sign off and start on their afternoon activity.

Dear Trinity Family Secondary,

We are delighted to be holding our next Personal Development Day on Thursday 4<sup>th</sup> of February. On this day we are trying to give pupils as much screen free time as possible. There is a menu of activities for pupils to choose from. Please spend some time with your child, helping to choose what they would like to do and help them fill out the Day Planner to ensure their day is structured and they can get the best out of it.

There will be a file on TEAMS entitled Personal Development Wellbeing Day, with guidance and instructions for some of the activities. Other activities have a link to an internet site to give them instructions and support. Pupils should spend as little time as possible on these sites and get on with the screen free activity as quickly as possible.

Pupils will register in the morning and afternoon, but other than that they will organise their day for themselves and record their activity as they progress through the day Pupils will need to organise themselves before the day as they may need to gather some resources and ingredients depending on the activities they choose, so please do look in the file on TEAMS for instructions on what is needed. . It is hoped that other members of the family can get involved in the activities too and have a fun day together.

F. Hanlon - Director of Character Education Trinity



### Personal Development Day February 4<sup>th</sup> 2021 Wellbeing

Pupils have spent so much time in front of a screen this academic year. The aim of this Personal Development Day is to allow you to learn away from a computer as much as possible for today.

You are being given a degree of freedom around the activities you do today. You must choose from the menu on the next slides. Keep evidence of what you have done and share this at the end of the day with your FGL.

You must do at least 3 Activities. Organise your day as a normal school day if that works for you. Plan your day before you start. Spend some time looking at the variety of activities and choose what you want to do. You might do two longer activities and then three shorter activities. It is up to you to organize your day.  
Look at the example planned day below



# PERSONAL DEVELOPMENT DAY

**Sample Wellness Day Planners**  
Use the examples below to help you organize your day.  
Complete a planner for yourself.









Wellness Personal Development Day Planner Thursday 4 <sup>th</sup> February 2021	
9am – 9:30am	Family Group Registration and Wellness preparation presentation
Periods 1 and 2	Bake me a Cake
Periods 3 and 4	Blackout Poetry
1:30 – 1:45	Family Group Registration and progress check in
Periods 5 and 6	Step out challenge combined with step back in time


Wellness Personal Development Day Planner Thursday 4 <sup>th</sup> February 2021	
9am – 9:30am	Family Group Registration and Wellness preparation presentation
Periods 1 and 2	Kitchen Science Activity
Periods 3 and 4	Photography Nandala
1:30 – 1:45	Family Group Registration and progress check in
Periods 5 and 6	Dance on demand followed by the Faith Challenge

My Wellness Personal Development Day Planner Thursday 4 <sup>th</sup> February 2021	
9am – 9:30am	Family Group Registration and Wellness preparation presentation
Periods 1 and 2	
Periods 3 and 4	
1:30 – 1:45	Family Group Registration and progress check in
Periods 5 and 6	

Activity Name	Description
<b>Blackout Poetry</b>  <b>Task 1</b> 	<p><b>Blackout Poetry</b> is a form of “found poetry” where you select words that catch your interest from a newspaper, book, or other printed text – along with a few additional words to make it flow. Then you “redact” all the words you <i>don’t want</i>.</p> <p>Personal Development Day Wellbeing TEAMS</p>
<b>Photography Mandala</b>  <b>Task 2</b> 	<p>For this task, you will create a photography piece using materials in your local environment. If you are able to, natural objects such as leaves are great for this task, but you can find all kinds of things even inside the house to use. For example, stationary, different food items/fruit, fabrics.</p> <p>Personal Development Day Wellbeing TEAMS</p>
<b>The Tin Can Challenge</b>  <b>Task 3</b> 	<p>Task 1: Choose tinned food to create a healthy meal Task 2: complete nutritional analysis Task 3: make the meal for your family Task 4: re-purpose the tin</p> <p>Personal Development Day Wellbeing TEAMS</p>
<b>Photography Challenge</b>  <b>Task 4</b> 	<p>Spend time appreciating the beauty in nature and your local environment. Go outside and find beautiful elements of nature to photograph. You can then use a mood board app to collate your pictures.</p> <p>Personal Development Day Wellbeing TEAMS</p>
<b>Op/Art Origami</b>  	<p>Create your own optical illusion chatterbox. <a href="https://www.youtube.com/watch?v=4wF0JeyRzU">https://www.youtube.com/watch?v=4wF0JeyRzU</a></p> <p>Create patterns to play with your perception</p>
<b>Playful Portraits with the National Gallery</b>  	<p>Download the free activity book: <b>Playful Portraits</b> from the <b>National Portrait Gallery</b>.</p> <p><a href="#">NPG_activity_book_playful_portraits.pdf</a></p>
<b>Phone Photography</b>  <b>Task 5</b> 	<p>Learn some easy and simple phone photography tips and tricks. That will help you master the basics of phone photography.</p> <p>Spend time appreciating the beauty in nature and your local environment.</p> <p>Personal Development Day Wellbeing TEAMS</p>



<b>Dance on Demand</b> 	<p>Join the ground breaking dance company <b>ZooNation</b> as some of their incredible artists bring you a series of high energy dance classes to take part in at home.</p> <p><a href="https://zoonation.co.uk/learning/zoonation-dance-on-demand/">https://zoonation.co.uk/learning/zoonation-dance-on-demand/</a></p>
<b>Kitchen Science Activities</b> 	<p>These activities contain step-by-step instructions for science activities and experiments that are safe and easy to do in the classroom or at home.</p> <p><a href="https://learning.sciencemuseumgroup.org.uk/resources/kitchen-science/">https://learning.sciencemuseumgroup.org.uk/resources/kitchen-science/</a></p>
<b>Step Count Challenge</b>  <b>Task 6</b> 	<p>How many steps can you achieve in one day? After completing exercise you feel so much better about yourself and will boost your concentration levels for today's other challenges.</p> <p>Personal Development Day Wellbeing TEAMS</p>
<b>Chaplaincy competition</b> 	<p><i>Are you creative? Are you a terrific Trinitarian?</i></p> <p>All you need to do is create an image, or project which represents our theme of courage. It might be a poster, a 3D model, it can be anything you wish that shows what courage means to you. All you need to do is get creative and send in a photo of your project to Miss Alder and then the winner will receive a selection of goodies including amazon vouchers.</p>
<b>Mindfulness</b> 	<p><i>Complete a mindfulness colouring</i></p> <p>Find an image to colour in</p>
<b>Faith Challenge</b> 	<p><i>Design and decorate your favourite 'scripture' verse</i></p> <p>Design and create a poster with your favourite scripture verse, remember to add colour, images and share.</p> <p>Your scripture can be from any sacred text</p> <p>Personal Development Day Wellbeing TEAMS</p>
<b>Fractal Cutout Card</b> <b>Task 7</b> 	<p>Make a 3-dimensional fractal cutout card by repeating a simple process of cutting and folding. Turn your cutout into a fractal popup greeting card, decorate it artistically, and share lessons of fractals with others.</p> <p>Personal Development Day Wellbeing TEAMS</p> <p><a href="#">Fractal Scavenger Hunt – Fractal Foundation</a></p>
<b>Bake me a Cake</b> 	<p>Grab a mini apron and get baking with the BBCs Good Food using their triple-tested recipes for cookies, cakes, puddings and even bread.</p> <p><a href="https://www.bbcgoodfood.com/recipes/collection/kids-baking-recipes">https://www.bbcgoodfood.com/recipes/collection/kids-baking-recipes</a></p>

<b>Step Back in Time</b> 	<p>This might sound a bit gruesome, but whilst you are out with an adult on your daily exercise pop into a graveyard. Take time to look at the information on the stones and set yourself a challenge; find a birth/death from every decade in a century, find the oldest grave, do the grave stones change over time? Which is the most ornate? Are there any soldiers or war graves, maybe a war memorial? Record what you find.</p>
<b>Make a historical trail</b> 	<p>Look for the history around you and make a historical trail. Look for buildings and objects from different historical periods such as churches, old telephone boxes or post boxes with GR on the front (what does that mean?). You can produce a written guide, a map, poster or leaflet. Try to give some information about each feature.</p>
<b>Tales of the Past</b>  <p>Or, write a play, poetry or music with a historical theme.</p>	<p>There are few things as absorbing as a good book. Why not write a story set in the past, a good piece of historical fiction. Not only can you blend literary creativity and historical knowledge, but we can submit your stories into the Historical Association's Historical Fiction competition. There are categories for each year group.</p> <p><a href="https://www.history.org.uk/primary/categories/530/news/3451/write-your-own-historical-fiction-competition-2021">https://www.history.org.uk/primary/categories/530/news/3451/write-your-own-historical-fiction-competition-2021</a></p>
<b>Playing With Time</b> 	<p>Design and make a historical board game and then play it with your family. It could be Spanish Armada Snakes and Ladders or Henry VIII and his 6 Wives Cluedo, anything you want based on history. It could even be a different game, what about Kings and Queens skittles or a game of historical bingo?</p>
<b>Guided Meditation</b> 	<p>Teach yourself to relax and think positively by doing a guided meditation.</p> <p><a href="#">[97] Guided Meditation for Deep Positivity - Law of Attraction - Self Hypnosis - YouTube</a></p>
<b>Bird Watching</b> <b>Task 7</b> 	<p>Count the birds you see in your garden or from your balcony. Use the bird identifier sheet on TEAMS or go to the RSPB website for more advice.</p> <p>Personal Development Day Wellbeing TEAMS</p> <p><a href="https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/#Resources">https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/#Resources</a></p>
<b>How to Knit</b> 	<p>Why not start a new hobby and learn to knit?</p> <p><a href="https://www.youtube.com/watch?v=Egp4NRhIMDg">https://www.youtube.com/watch?v=Egp4NRhIMDg</a></p>
<b>Biodiversity Study</b> <b>Task 8</b> 	<p>Complete a biodiversity study in your garden or while out for a walk.</p> <p>Personal Development Day Wellbeing TEAMS</p> <p><a href="https://www.discoverwildlife.com/how-to/identify-wildlife/how-to-identify-trees-in-winter/">https://www.discoverwildlife.com/how-to/identify-wildlife/how-to-identify-trees-in-winter/</a></p>

# Remote Learning

## Surveys



In order to ensure that our remote learning provision is excellent, and to give us ideas as to how to make further improvements, we asked secondary parents, students and staff to complete online surveys. We are pleased to find out that the overall picture for all three groups is overwhelmingly positive. Here are some highlights from each survey:

### Parents Survey

Thanks to the 283 parents who responded: your feedback is invaluable and it really helps us to refine our provision.

- 91% of parents think that the amount of work students are expected to complete is right
- 96% of parents think that the work is pitched at the correct level of challenge
- 91% of parents think teaching is good or outstanding
- 93% of parents think that behaviour for learning in live lessons is good or outstanding

A number of parents have asked the school to provide some support and training on study skills. This is an excellent idea. We will produce a one page summary of study tips, strategies and techniques which we will put on Weduc next week.

### Parent quotes:

*'Thank you for your hard work. The teaching provided is amazing and it is like they are in school'*

*'I think you are doing a brilliant job'*

*'I would like to thank the whole team and the teachers they have worked hard to make sure our children continue with their education'*

### Student Survey

Thanks to the 158 students who responded: we value your opinion. Student voice is at the heart of what we do at Trinity and in addition to this survey, we regularly collect student feedback from family groups, prefects, our buddy teams and our ambassador teams.



- Students think that the amount of work is about right
- 87% of students think that the work is pitched at the correct level of challenge
- 75% think that the online teaching is outstanding

A number of students have pointed out that teachers need to stick to lesson timings so that students don't miss any of their break times and are not late to their next class. All staff will finish classes a few minutes before a transition so that this doesn't happen.



### Secondary Staff Survey

Thanks to the 69 secondary teachers who responded: your comments are helping us to make improvements.

Staff feel supported by their colleagues and are coping well with live lessons. Staff feel that live lessons are, on the whole, an improvement on setting work remotely like we did in March 2020. This is because students are doing more work, participating better and are able to ask for help when they get stuck. Following the school timetable has been really useful as it gives students structure to their day and helps them to organize their learning.



Many of us are trying to reduce our single plastic use, but what do you do with those bottles you've already got? You could chuck them in the recycling bin, but we've got a better idea. Our cleaning spray recipe is simple to make, comes in 3 incredible scents, and is the perfect way to make use of your old spray bottles. First, take a pair of scissors and snip off the wrap-around label. You're going to want to see how pretty this recipe looks in the bottle! It's a good idea to remove the spray mechanism and give the bottle and spray head a clean before refilling.



## Lemon & Rosemary

Slice 1/2 a lemon and 1/2 a lime and add them to the empty bottle.

Add 3 springs of rosemary.

Top up with a 50/50 mix of distilled water and white vinegar.

Replace the lid tightly, add a label, and shake vigorously.

## Grapefruit

Peel a grapefruit, and add the peel to the empty bottle.

Add equal parts of distilled water and white vinegar.

Replace the lid tightly, add a label, and shake vigorously.

## Lavender

Add lavender heads to an empty spray bottle.

Add equal parts of distilled water and white vinegar.

Use a few drops of lavender essential oil to add extra fragrance.

Replace the lid tightly, add a label, and shake vigorously.

*Top tip: To make sure those gorgeous scents have maximum impact, allow them to infuse for up to 3 weeks.*

