



THE TRINFORMER

NEXT WEEK IS WEEK

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Learning in Lockdown 3.0

Edition No. 21: Friday 15th January 2021

Heads-Up! A message from Darren Palmer, Vice Principal

Dear Parents, Pupils & Families,

What box set did you binge-watch during one day in the holidays? What series did you devour on Netflix the following day? And what programme did you revisit for the second or third time the next? Sound a little familiar? It reminds me of Bill Murray's 1993 film 'Groundhog Day' where his character is destined to wake up repeatedly in the same morning and is constantly trying to change his daily outcome to be able to move on to the next. It finally happens.

Returning to school closures, remote learning, sectors shut down, absence of recreational activities and even more restrictions really feels like we're living our own version of this film. But, with the increasing rates caused by the new COVID-19 variant - especially in our areas -

everything is even closer to home than it was last time.

We all have friends and family who have been taken ill or succumbed to this deadly and virulent virus. Our thoughts and prayers are with each and every family who has had to deal with this and those who have suffered tragedy and loss. It is more difficult that we cannot gather to console and share others' grief.

So, this week, whilst we hear good news surrounding vaccines and the impact this is starting to have, please pause, please reflect and please think of others. And for those of you who we can't be with, know we are there in spirit.

Please stay safe.

Mr Palmer

"Christmas Greetings from the Chapel"

Hope, Compassion, Forgiveness

We are in the season of Epiphany in the church year. Long after everyone else has moved on from Christmas, Christians are remembering the second bunch of mysterious visitors.

The thing about Epiphany is that even the most devoted know the story of Christmas so well that we may be forgiven for parking it with the discarded wrapping paper, the leftovers we haven't bubbled and squeaked and forgetting about it for another year.

As good Christians we know that it occurs after Christmas and that Mary and Joseph were living in a house with a toddler and that after the visit they had to flee to Egypt as refugees to escape the murderous raging jealousy of Herod, the puppet king. However we go for a quieter life and our crib sets ram everybody into the stable. The star hovers somewhere competing with angels, cherubs and assorted dramatic personae...but the story really does merit it's own well, story!

The jokes about it are plenty. A friend sent me a Christmas card with 3 women in old fashioned clothes in an old fashioned scooter with a side car. The caption read "Three Wise Women would have asked directions, arrived on time, delivered the baby, cleared the stable, made a casserole...and there would have been peace on earth". Inside she had written 'perhaps best not to show the bishop!'

I think the bishop would have laughed, but I'm not going to risk it!

The fact is we don't know much about these visitors. They must have been rich and well connected to travel with a retinue, so we focus on their gifts. Gold, frankincense and myrrh. We say Gold for a King, frankincense for a priest and myrrh as a forewarning about Jesus' sacrificial death. However, these gifts may well symbolise these aspects of Our Saviour; but they were also eminently practical. Gold has never lost its currency or value, frankincense would have smelled sweet and myrrh was useful for rubbing on teething gums! It is perhaps just as well we do not focus on Herod's murderous rampage on discovering the visitors had gone home by another route rather than reporting back where Jesus lived... but the true nature of Jesus' kingship can be compared to Herod's falseness.

Epiphany and indeed Apocalypse means 'uncovering' or 'revealing'. So in these dark times we may be comforted that the true meaning of our lives together is slowly being uncovered and revealed to us. Like a gold thread running throughout our community together, even when we are physically apart. Whenever we see smoke rising we can share prayers in our hearts for each other; and may our very being be embalmed and calmed knowing that we are loved unconditionally by God who sent His Son to draw us ever deeper into a relationship with Him and surrounds us with compassion.

Rev Ali S. J. Healy



Some shout outs...

Well done to everyone who has actively engaged with remote learning since the return. It came as a shock to us as much as it did to you that we would not be seeing each other for so long but we have been so pleased with the engagement you have shown so far.



The Calendar

25th January: Year 12 Virtual Parents' Consultation Evening: Further information about how to access this event will follow next week.

11th March: Year 9 Virtual Parents' Consultation Evening: Further information will follow at the end of February.

To be arranged: Year 11 Virtual Parents' Consultation Evening: this is to be scheduled

7 WAYS TO HELP YOUR HOME STUDENT MAINTAIN A ROUTINE

by @inner_drive | www.innerdrive.co.uk

- 1 CONSISTENCY** – Encourage your student to weave their new behaviours into a daily routine. If they do this consistently then after a while, it will become automatic.
- 2 DON'T BLUR LINES** – It is easy for home-life/student learning to blur into one. If possible have a dedicated space to learn and different spaces to eat and relax, so as to help avoid confusion.
- 3 STRUCTURE THE DAY AROUND KEY EVENTS** – Having a relatively set times for breakfast, lunch, dinner and bed makes it easier to maintain the learning part of the routine.
- 4 HAVE HIGH STANDARDS** – Don't settle for mediocrity. Children take their cue from the adults in the room, so set the bar high.
- 5 HAVE SOME FLEXIBILITY** – The best laid plans can quickly change. The key is sticking to routines and having high standards, while also accepting that some things will need to change last minute.
- 6 LIMIT DISTRACTIONS** – Learning is challenging enough without the constant temptation of distractions. This is going to mean, amongst other things, limiting access to phones during study periods.
- 7 PRODUCTIVE BREAKS** – Your student should be encouraged to use breaks to rejuvenate both physically and mentally. This also means taking exercise and catching up with friends online.

Wellbeing



It's all about the routine!

When people don't have a structure to their day it can cause increased stress and anxiety, as well as overwhelming feelings, lack of concentration, and loss of motivation.

Implementing a daily routine can give you a sense of control. It can also improve your focus, organization, and productivity.

Having a routine is about more than just your day-to-day responsibilities and your work — don't forget to make time for self-care.



HOW TO LEARN FROM HOME

6 Good Habits to Get Into

by @inner_drive | www.innerdrive.co.uk



- 1** Prioritise school work along with self-care.
- 2** Create a To-Do list at the start of the week for some added structure.
- 3** Don't spend all day in bed! Adjust your body clock to a healthy cycle.
- 4** Make sure you're getting all the nutrients you need and drinking enough water.
- 5** Get some exercise and fresh air at least once a day to rejuvenate your body and brain.
- 6** Socialise with your friends via video call and work together to achieve your goals.

THE LIBRARY

Don't know what to read next?
Read all your books at home?
Join your local library to access hundreds of e-books and Audio books for free.
Click [here](#) to find out more about Bexley Libraries. Here are some further sources of free digital books. Enjoy! <https://sway.office.com/c2it1G0wGB58Det1?ref=Link>

One of the best ways to enjoy a book is for someone to read it to you. What better way than to listen to the author reading to you. Fans of **David Walliams** will love this! He is releasing 30 free audio stories for children who are self-isolating during the coronavirus pandemic.

ELEVENSES WITH THE WORLD OF DAVID WALLIAMS
He will be sharing the full audio of THE BOY IN THE DRESS for FREE for a New Year special of #AudioEleveneses! He'll be releasing chapters every weekday at 11am and you'll have a chance to catch up over the weekends. The recordings are only available for a limited time, so don't miss out, go to <https://www.worldofdavidwalliams.com/elevenses-news/to-catch-up>

Scholastic shares some great ideas to help inspire children's reading and literacy - no matter what their age. <https://www.wizardingworld.com/features/make-reading-harry-potter-fun-three-easy-tips>
"Children deserve reading experiences that resonate with their joyful spirits, and their desire to explore and play". Scholastic have three activities which will help. Visit the website above for full details. Here is the first activity...

Read aloud, read aloud, read aloud

"To help children become super readers, one persistent theme is the power and fun of the read aloud. It's a simple, yet transformative act that brings families together and helps kids learn thoughtfully. Make the read aloud a daily experience for kids, and use best practices to keep them engaged. Before even opening the book, look at the cover - the Harry Potter books have magical illustrations - and make predictions together on what the book is about.

As you read, stop to ask your child questions about the text - what shape is the scar on Harry's forehead? Who is their favourite character so far? Which shops would they like to visit in Diagon Alley? Read with enthusiasm and expression by making silly voices, faces, and gestures to bring the text to life. Don't be shy - the more dramatic the better!

Also remember that reading aloud is for kids of **ALL** ages. So, start early and don't stop!"
When it comes to Harry Potter-themed inspiration, you can find fun create-at-home ideas on Wizarding World's Crafting Magic page - which is part of Harry Potter At Home."

Audible has made the first Harry Potter audiobook free for everyone over the coming weeks. This is one of many classic books that will be available on Audible's new platform, [stories.audible.com](https://www.audible.com). Take a look and see what you can find.

Think outside of the box when it comes to reading and watch your child light up with excitement. Making reading fun fosters a love of reading and captivating our kids with great stories is where true magic lies.

For more brilliant articles, book recommendations and reading advice and tools for parents and guardians, visit Scholastic's, [Raise a Reader blog](#).

Over to... PSHE & PE

As the new Head of PE, my aim is to ensure that we offer a varied curriculum that engages all students and provides an opportunity for life long participation in sporting activity. With a broad and balanced programme of study and extensive extra-curricular program, each student will be equipped with the knowledge and skills to make responsible lifestyle choices that directly impact their health and wellbeing.

At Trinity we believe that Physical Education is not just about physical development but also about developing understanding of how active lifestyles can benefit the individual in preparation for life long participation in sport. Students should have positive experiences in PE that then lead to sporting opportunities. Introducing children to new sports they would never otherwise try helps them to develop new skills with confidence and boosts self-esteem. Having our students gain a fuller understanding of what PE is truly about can have a positive impact on their whole school learning journey and preparation for life in the wider community.

We are keen to develop the quality of leadership and in all PE lessons, students are taught the value of working as a team and how to do this effectively. Some students, as ambassadors, will have the opportunity to complete Sports Leader qualifications, whereby they will help to organise and lead sports activities and evaluate PE within the school.

Despite the current restrictions enforced, the PE team are keen to keep extra-curricular sport moving forwards. Our aim is that there will be an increase in the levels of participation in lunchtime and after school clubs and as soon as local governing bodies give the go-ahead we will also be able to take part in fixtures.

We are confident that with this new approach to PE, we are sure to develop new athletes with a passion for making progress in sports they enjoy!

Mr Pullen

Even though Christmas was a few weeks ago, I would like to share the Christmas card sent out by Abena Oppong-Asare MP (MP for Erith and Thamesmead). She created a competition with the theme, 'Portraits of Key Workers: Caring as a Calling', where pupils from across her constituency had to draw a portrait and write a few sentences explaining why that key worker was important.

There were several entries made by Year 7 and 8 pupils, William McLeod (Y7) was successful, and his drawing of his brother was selected to feature on Abena's first Christmas card as an MP! Congratulations! The card can be seen in full on the next page.



William McLeod, Trinity Church of England School, Belvedere

My brother Eil is a Fire, Health and Safety Officer for M&S, he has the huge responsibility of keeping over 400 colleagues and customers as safe as possible.

After the excesses of Christmas and New Year (albeit celebrated differently by many of us), many people take the time to set resolutions, seeking hope in the year ahead. Now, more than ever, we should all probably consider our mental wellbeing.

At the start of this academic year, Key Stage 3 pupils took part in COPE lessons and discussed some of the things they did during the first lockdown which helped with their mental wellbeing. Perhaps you might consider trying out some of their methods as one of your New Year resolutions...going for long walks, drawing, talking about how you feel with others or trying new hobbies to keep busy.

Miss Pike



Rights Respecting School



Article 2 : Non-discrimination
The Convention applies to every child without discrimination, whatever their ethnicity, gender, religion, language, abilities or any other status, whatever they think or say, whatever their family background.

World Religion Day: 17th January

What is it: A day to recognise, respect and accept the hundreds of differing faiths across the globe.



Article 14 Freedom of thought, belief and religion
Every child has the right to think and believe what they choose and also to practise their religion, as long as they are not stopping other people from enjoying their rights. Governments must respect the rights and responsibilities of parents to guide their child as they grow up.

Virtual Awards Roll Call: The following Year 8 pupils have been awarded Bronze, Silver or SLT awards since November

Bronze Award: Amidat Akande, Nikole Scirova, Matheus Martini Romano De Souza, McKenzie Barker, Kai Hamilton, Nikol Troeva, Esther Ekeke, Ryan Francis, Lexie Gillett, Becky Adams, Crystal Anderson, Vinnie Legg, Riley Murray, Jack Hawkey, Sarah Jaijirdar, Lenny Wicks, Toni-Mai Martin, Grace Archer, Jack Ettridge-Cutts, Jeremiah Iyangbe-Idiaghe, Alfie Bennett, Joshua Bonisehi, Raynell Dennis Marfo, Skye Allen, Daniel Iyangbe-Idiaghe, Hari Gill, Joe Smith, Summer Allen, Emmanuel Ekpaga, Demi Rendle-Faulkner, Ella Dunne, Mikel Cover, Sasha D'Souza, Callum Sekhon,

Aramide Adeleye, Angelica Williams, Georgia Belsey, Ellie Purcell, Kia Burrell, Basit Sunmonu-Schmache, Jack Toker, Daniel De La Torre Usman, Danyaal Ismail, Max Braham, Josh Roe, Armaan Sanghera, Tavish Bassi, Augustas Kvizikevicius, Oluwatofunmi Olayiwoladare, Finley O'Connor, Maria Costea, Connor Donovan, Amber Phelps, Tommy Smith, Ameira Swaby, Amelia Ramzan, Tommy Magee, Temitope Ogunyemi, Lucy Brown, Peri-Rose Marmara, Xavier Lamont, Aaron Truong, Denziel Dennis, Grace Hazelwood, Boyd Bragger, Isobelle Peters, Ysobella Roman, Oliver Smith, Oliver Harvey, Karen Yenon, Troy

Hubbard, Freddy Smith, Whitney Jones, Whitney Jones, Amber Cohen, Josiah Akoto, Tommy Castle, Nathaniel McFarlane, Jessica Myatt, Gabriel Rojas Ortega.

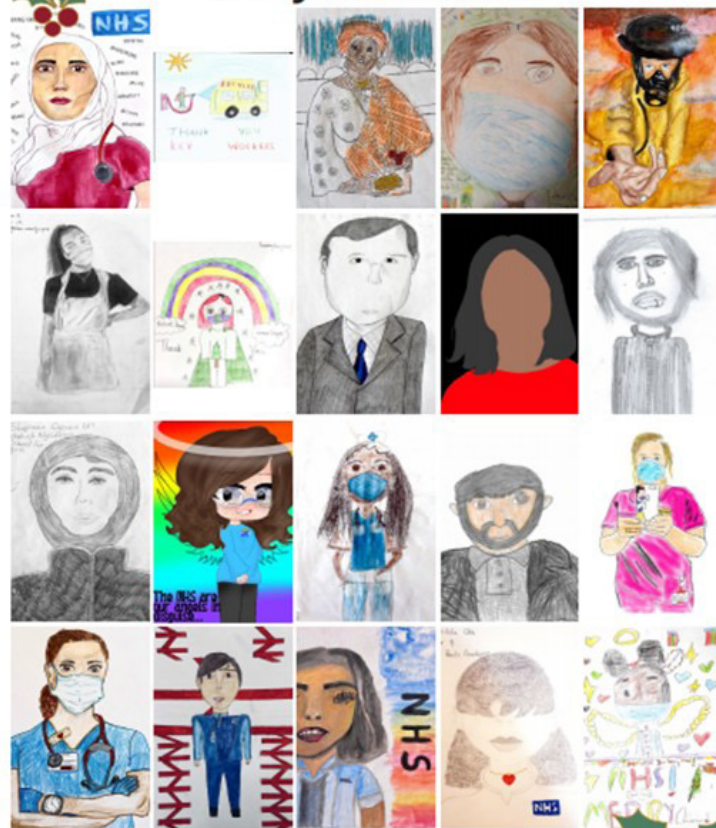
Silver Award: Luke Phelps, Lucy Brooks, Grace Watson, Precious Balogun, Zowie Dillaway, Yasmin Bryant, Isabelle White, Tilly Harris, Seynabou Bathily, Emily Young, Maddison Burley, Polly-Anne Hornewell.

SLT Award: Christina Forson-Nketsia.

Over to... PSHE (again!)



Merry Christmas



Portraits of Erith and Thamesmead's Key Workers: Caring as a Calling
Abena Oppong-Asare MP



The printing and postage of this card has been very kindly facilitated by Unison Labour Link



Virtual Awards Roll Call:

The following Year 8 pupils have been awarded Bronze and Silver awards since November

Bronze Award: Mason Childs, Rose Banbrook-Reed, Kesler Awozele, Fj Ariyo, Matas Romanovicius, Jessica Ashley-Ahearne, Bethany Simpson, Ruby Ann Kingman, Chloe Angus-Ewens, Jahnia Cover, Harrison Janeway, Holly Mitchell, Imogen Stocker, Lilly-Anne Waye, Angel Tusubila, Leila Khalil, Maisie Pearce, Sian Cook, Luke Coombes, Demi Morris, Maisy Allen, Gustas Sirvys, Georgia Brade, Savan Biring, Luke Wenham, Oscar Davis, Heidi Stockdale-Barnes, Hannah Bellamy, Demi Akande, Adeolu Adebayo, Euan Saunders, Jon Mitchell, Daniil Eliseev, Rian Tye, Elijah Ogbomo, River Haynes, Chelsea Teslim, Alfredo Chavez Ramirez, Brenden Kuklis, David Fawehinmi, David Fawehinmi, Brandon Coward, Orla Smith, Jack Beveridge, Keira Knowles, Alexandra Boateng, Maria Santos-Moya, De'Si Sumter-Marson, Jake O'Connor,

Chloe Springate, Isobel Georgina Johns, Mark Brown, Axel Wood, Betsie Hughes-Martin, Keira Gasson, Kimani Stephenson, Shaun Powell, Harry Vass, Grace Conroy, Wisdom Olawale, Ela Atma, Karina Alikova, Samuel Akinwale, Ruby Botten, Ruby Botten, Elliott Powell, Akpesiri Orogun, Lacey Walford, Aneta Nkemeta, Luq Mateo, Tracy Arowolo Alawe, Ayanda Chiteme, David Adekanmbi, Amelia Akiboye, Jorgia Black, Rayhan Tella and Riley Witter-Haxell

Silver Award: Alex Brdarski, Libby Hayward, Shayla Henderson, Grace Olawale, Grace Beazley-Long, Julia Patyk, Grace Moscrop, Armand Sibecono, Ruby Botten, Samuel Virissimo Carty, Chloe Tooze, Maya Saggi, Alfie Butterworth, Lily Bradbury, Hallie Clayton-Broome, Rebecca Pearce and Christine Faji

Careers Corner

Ask an astronaut!

Major Tim Peake spent 6 months on the International Space Station in 2015 conducting experiments. On **21st January** he is doing a free online Q and A session with students about space and careers in Science, Technology, Engineering and Maths.

If you want to take part then visit this website to register - <https://bit.ly/2LMXZbW> If you do take part email Miss Honey with your thoughts on the event to get a positive point!



ClassCharts

In under two weeks, more than 1200 ClassCharts points have been awarded. That's 23000 since the start of the academic year!

Mailboxes

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Computer Science: computing@trinity.bexley.sch.uk
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EPQ/HPQ: project@trinity.bexley.sch.uk
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You can contact all departments via their direct mailbox as well as the fully monitored mailboxes at the foot of the page. All mailboxes end with ...@trinity.bexley.sch.uk

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