



THE TRINFORMER

Information during Isolation

Edition No. 3: Tuesday 21st April 2020

Heads-Up! A message from Mr. Godden

Dear Pupils & Families,

Welcome to a Summer Term unlike any you will have ever experienced! I hope that you had a relaxing and peaceful Easter break, albeit within the confines of your own home, and that you all remain safe and well.

As we begin the summer term, there are waves of emotions and feelings rolling through society; rumours about the opening of schools, frustration about cancelled examinations, anger at the lack of protective equipment for front line staff...it is easy to become swept up in this sea of negativity.

Until very recently, the word "coronavirus" wasn't even in our lexicon. Today, through non-stop media coverage, most of us have become self-professed experts on pandemics, the spiky virus and the escalating toll that it's taking on the world. We've also added a new term to our vocabulary that's currently defining everyday life, "social distancing." It remains a scary time for us all.

The world is shifting in an unprecedented way...but let's not forget that we are shifting together. Governments, scientists and health organizations are collaborating like never before, coordinating efforts to bring some stability back to the world. And individuals are making their mark too. You cannot help but be inspired by the likes of Captain Tom Moore, who has raised in excess of £25million! Not to mention each and every individual working on the front-line, selflessly navigating those stormy seas to protect society as best they can - truly inspirational. It is this inspiration, this positivity and this togetherness that we must hold on to, to keep ourselves afloat when it would be easy to sink.

And what about you? You don't have to raise millions to make a difference! You are already making a difference. Perhaps it is by talking to your elderly neighbour over the fence to keep them company, or by helping someone with their shopping, or displaying the rainbow in your window, or clapping at 8.00pm on Thursdays for our amazing NHS and care workers, or simply #stayathome - we thank you for everything you are doing.

I'd like to end with a quote from Dr Tedros Adhanom, Director General of the World Health Organisation:

"This is the time for facts, not fear. This is the time for rationality, not rumours.

This is the time for solidarity, not stigma. We are all in this together, and we can only stop it together?"

We are united by the challenges imposed by this global pandemic. Stay strong, stay positive and together we will reach the calmer waters on the other side.

My best wishes to you all,

Mr Godden

Free School Meals

Families should have now received FSM vouchers via email to cover the period up until Friday 1st May.

If you have not received the email, please check your junk or spam folder. If you are having any problems, please do not hesitate to contact the school using the pastoral email address.

There are likely to be queues but please go to the following address for information about voucher redemption:

www.selectyourcompliment.co.uk/dfc



2020 Examination Results

The situation regarding the release of examination results has changed. Earlier information stated that GCSE, AS and A Level results would be released earlier than normal. This is no longer the case and results for the above programmes will be issued as follows:

- 13 August 2020: AS and A Level results
- 20 August 2020: GCSE results

There is no indication as yet about vocational qualifications. This area, as has been stated in earlier editions, is significantly more challenging for the examination boards and Ofqual.

Our assumption is that since the dates for GCSE and A Levels have returned to their original dates, the same would happen here. When there is more information available, this will be shared.

Please also note that this correct at the time of issue and further updates are likely to follow. Watch this space...

Off School Club

@TrinityOffSchoolClub

After the Easter holidays, the Sixth Form return with their Off School Club for the main school. If you are struggling to keep active - mentally and physically - there's certainly something here to keep you going. Although the activities change day-by-day, you'll still be able to look back too.

"God working with us, and through us"

Hope, Compassion, Forgiveness

Prayer for today:

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us
from your love
in Christ Jesus our Lord.
Amen.

Time to reflect...

"For all those people who are finding it difficult at the moment: the sun will shine on you again and the clouds will go away."

99 year old Captain Thomas Moore



Year 9 into 10 Options

The final deadline is 24th April, please ensure your form is submitted by this date.

There are three ways to submit your form:

- Take a photo or scan your completed form and send it via email to:

pastoral@trinity.bexley.sch.uk

- Using your digital version of your form, fill this in and return to the same address
- Send your form by post to the school. You must mark your letter 'Year 10 Options'

If you have managed to send your form in already, a huge thank you!

Contacting Your Subjects

If you need to contact a subject or department please follow the route below:

1. If work is in Google Classroom, you will be able to message your teacher this way. They will not respond instantly and only in working hours.
2. Otherwise, please forward your request or question to: pastoral@trinity.bexley.sch.uk This will be forwarded to the correct department. To help us, please state the subject, class and teacher in the subject line.

THE TRINFOR...MORE

The BIG Read...

Each week we'll try and bring you something from the news that links with the school's faith and values, giving you the opportunity to pause and reflect.

Below is an abridged version of an article by Rebecca Solnit for The Guardian on Tuesday 7th April. The whole article, which is exceptionally thought-provoking, [can be found here](#).

'The impossible has already happened: what coronavirus can teach us about hope'

We have reached a crossroads, we have emerged from what we assumed was normality, things have suddenly overturned. One of our main tasks now – especially those of us who are not sick, are not frontline workers, and are not dealing with other economic or housing difficulties – is to understand this moment, what it might require of us, and what it might make possible.

A disaster (which originally meant "ill-starred", or "under a bad star") changes the world and our view of it. Our focus shifts, and what matters shifts. What is weak breaks under new pressure, what is strong holds, and what was hidden emerges. Change is not only possible, we are swept away by it. We ourselves change as our priorities shift, as intensified awareness of mortality makes us wake up to our own lives and the preciousness of life. Even our definition of "we" might change as we are separated from schoolmates or co-workers, sharing this new reality with strangers. Our sense of self generally comes from the world around us, and right now, we are finding another version of who we are.

As the pandemic upended our lives, people around me worried that they were having trouble focusing and being productive. It was, I suspected, because we were all doing other, more important work. When you're recovering from an illness, pregnant or young and undergoing a growth spurt, you're working all the time, especially when it appears you're doing nothing. Your body is growing, healing, making, transforming and labouring below the threshold of consciousness. As we struggled to learn

the science and statistics of this terrible scourge, our psyches were doing something equivalent. We were adjusting to the profound social and economic changes, studying the lessons disasters teach, equipping ourselves for an unanticipated world.

The first lesson a disaster teaches is that everything is connected. In fact, disasters, I found while living through a medium-sized one (the 1989 earthquake in the San Francisco Bay Area) and later writing about major ones (including 9/11, Hurricane Katrina and the 2011 Tōhoku earthquake and Fukushima nuclear catastrophe in Japan), are crash courses in those connections. At moments of immense change, we see with new clarity the systems – political, economic, social, ecological – in which we are immersed as they change around us. We see what's strong, what's weak, what's corrupt, what matters and what doesn't.

I often think of these times as akin to a spring thaw: it's as if the pack ice has broken up, the water starts flowing again and boats can move through places they could not during winter. The ice was the arrangement of power relations that we call the status quo – it seems to be stable, and those who benefit from it often insist that it's unchangeable. Then it changes fast and dramatically, and that can be exhilarating, terrifying, or both.

When a storm subsides, the air is washed clean of whatever particulate matter has been obscuring the view, and you can often see farther and more sharply than at any other time. When this storm clears, we may, as do people who have survived a serious illness or accident, see where we were and where we should go in a new light. We may feel free to pursue change in ways that seemed impossible while the ice of the status quo was locked up. We may have a profoundly different sense of ourselves, our communities, our systems of production and our future.

I have found over and over that the proximity of death in shared calamity makes many people more urgently alive, less attached to the small things in life and more committed to the big ones, often including civil society or the common good.

Weekly Top Ten @ Tassomai:

So many of you are now using Tassomai to support your learning at home.

It's great to see - other than one person - all the names on this week's leader board are different!

Mr Osei has already awarded good progress points on ClassCharts for you. Well done.

If you still aren't logged in, search for Mr Osei's powerpoint in ClassCharts.

www.tassomai.com

Science questions answered correctly between 03/04/2020 and 16/04/2020

Year 7:

Lily Bradbury 535 & Nedyalko Hristozov 470

Year 8:

Zachary O'Leary 786 & Henry Wiafe 779

Year 9:

Iona Saunders 324 & Araoluwa Afolayan 280

Year 10:

Mine Muslu-Richards 399 & Claudia Scrutton 309

Year 11:

Finlay Lynch 1569 & Michelle Agboola 514

Don't let social distance lead to emotional distance. Reach out, open up, let people in. We may not be able to be with each other right now, but we can still be there for each other.



LOG DESIGNE

Speakeasy & Wellbeing



Your wellbeing remains absolutely key. We will post updates and advice in this newsletter for pupils and their families. To start, we would like to remind you of the support email:

speakeasy@trinity.bexley.sch.uk

If you have any concerns or need some help and advice, don't delay...we're here for you.



Your Active Coping Calendar: 22nd to 28th April

22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Think of one person you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
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Anonymous: "Be a warrior, not a worrier."

PARENTS



Think You Know: online safety advice for parents
<https://www.thinkuknow.co.uk/parents>

Relate: relationship support for everyone
<https://www.relate.org.uk/>

PUPILS



Shout: Anyone who needs immediate medical attention should call 999. Anyone in crisis can text SHOUT to 85258 to access support from trained volunteers 24/7.

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258.

CRITICAL WORKERS:

closure@trinity.bexley.sch.uk

GENERAL ENQUIRIES:

reception@trinity.bexley.sch.uk

PASTORAL CARE:

pastoral@trinity.bexley.sch.uk

SIXTH FORM:

sixthform@trinity.bexley.sch.uk

WELLBEING:

speakeasy@trinity.bexley.sch.uk

WWW (Weekly Web Workout!)

There's a range of sources for this week's web workout. Follow the weblinks for each organisation.

Yesterday the BBC launched an enhanced version of its BBC Bitesize platform and now uses the Red Button, BBC Four and BBC Sounds as well as a BBC Bitesize app. The information for this is below. There's also a massive range of resources available for you to access from our partners at PiXL and information to help you log in to your science Kerboodle account.



www.bbc.co.uk/bitesize
www.bbc.co.uk/bitesize/articles/zn9447h

From 20 April, you'll be able to access regular daily lessons in English and Maths, as well as other core subjects, in an expanded version of the BBC's website and also on on BBC iPlayer and BBC Red Button

The Bitesize website you use now will expand to offer additional help for students and their parents. New Maths and English lessons will be available every day for all ages. These will be created with resources from Bitesize, other parts of the BBC and other education providers. The content of these lessons will be backed up by new videos, practice tests, educational games and articles. Regular lessons on other core subjects, including science, will also be available. Parents can get advice on home-schooling and the Bitesize website will also have guides for pupils with SEN (special educational needs).

Lessons on screen

BBC iPlayer and the Red Button service will host Bitesize Daily. These are six different 20 minute shows, each designed to target a specific age group and for pupils throughout the UK. Experts and teachers will be involved, covering what should be learned that day for the different year groups and key stages. Maths, Science and English will be covered in dedicated programmes, and other subjects such as History, Geography, Music and Art will also be covered.

For older students, BBC Four is also joining forces with Red Button for evening programmes to support the GCSE and A Level curriculum.

Listen and learn

In addition, BBC Sounds is also launching separate podcasts, aimed at either primary or secondary pupils, to support everyone learning at home.

The daily shows, each around 10 minutes long, will link with content on Bitesize which supports education and also your other needs, in what is likely to be a confusing and worrying time for many young people as we continue to live in lockdown.

Bitesize also has an app. This will be providing daily lessons for 14 and 15 year olds. Find out more about the app [here](#).

PiXL is an organisation the school works with alongside over 900 other secondary schools. Amongst many programmes, they provide resources to help young people progress. Some of their resources are available online and others need to be downloaded.

All Key Stages:

EDGE: See the panel below for more information.

Key Stages 4 and 5:

Years 9, 10 and 11: PiXL Apps: The range of PiXL Apps are available for Maths, English Lit, Vocabulary, Geography and History. You will have signed up in your maths lessons.

PiXL Endurance and Independence:

<https://students.pixl.org.uk>

School ID: 803910

Password: Indep174

PiXL Endurance: A support tool to help you get the extra boost through food and fitness. You could increase your energy levels and your concentration as you head towards exams, so it's worth having a look. The login details are at the foot of the page.

PiXL Independence: Pupils can now access a range of free revision resources online. This covers most subject areas, and booklets will help you develop your knowledge and understanding.

www.kerboodle.com/users/login

Trinity pupils have been successfully using Kerboodle to support their science learning for a number of years.

The website gives students access to a digital text book, extra worksheets, animations and interactive activities, as well as quizzes and assessments.

All year groups should now be accessing activities on Kerboodle that have been set for their science lessons, including Years 7 and 8.

The site is free for pupils to use as the Science department pay a yearly subscription and each student has their own private log in details.

To log in students will need to do the following:

- Either use the link at the top of this column or type 'Kerboodle' into your search engine and a log in page should pop up when you click.
- Username: first letter of first name followed by surname, eg. john smith would be 'jsmith'
- Password: same as username (you will be asked to change it when you log in for the first time)
- Institution code: fo3

Any problems with logging in, please contact the science department at:

science@trinity.bexley.sch.uk

PiXL Edge Programme:

PiXL Edge or via the school website www.trinity.bexley.sch.uk/pixl

Although PiXL strive to improve academic outcomes, they also recognise the need to develop confidence and skills as well as ensuring students' emotional well-being is looked after.

The PiXL Edge programme gives you the opportunity to do something a little different to your normal school work and to keep you motivated. The programme focuses on a number of strands that you need to develop in order to be secure in yourself and successful as you move into the wider world. This programme encourages you to engage in five key themes: Leadership, Organisation, Resilience, Initiative and Communication. In short, PiXL call this LORIC.

Follow the link to this programme and towards the back of the presentation you will find a number of activities associated with each of these themes. You need to complete 2 activities from each of the five areas to complete this programme. Do not try to do this all at once: complete 2 a week. To help you understand what is required for each area, the beginning of the presentation highlights the skills you should be demonstrating to ensure you are successful. This programme will prepare you for the Sixth Form's Community Ambassador Programme - a really useful part of your CV when applying for jobs or higher education.



Children are bound to spend lots more time on devices during school closure. **DON'T FEEL BAD ABOUT IT** – lots will be schoolwork or catching up with friends. But there are ways to keep them safe, healthy and happy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?



Don't try to hide the news about coronavirus

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

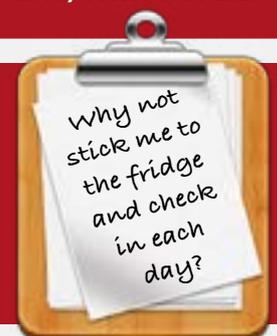


Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net, including ones to tell your kids about (they might not want to talk to you in the first instance).





THE TRINFOR..MORE

Date: ___/___ - ___/___

Set yourself challenging but achievable goals.
This could be a subject to learn about, a new skill to master, something to spend more time on...
Write big goals for the week at the top of each box and smaller goals that will help you achieve it inside.

*My goals
for this week*

GOAL 1: _____

To achieve this, I will need to...

- _____
- _____
- _____

GOAL 2: _____

To achieve this, I will need to...

- _____
- _____
- _____

GOAL 3: _____

To achieve this, I will need to...

- _____
- _____
- _____

Have someone go over this with you at the beginning and end of each week to help you set goals and stay on track.

How can they can help you achieve these goals?

The week is over!
How well do you think you did?

1/10

What are some goals you could set for next week?
