



THE TRINFORMER

THIS IS WEEK

1

Information during Isolation

Edition No. 9: Tuesday 2nd June 2020

Heads-Up! A message from Simon Godden, Principal

*"Feel the rhythm! Feel the rhyme!
Get on up, it's bobsled time!"*

Dear Parents, Carers & Pupils,

I hope you had an enjoyable and relaxing half-term! As we begin this final term, I wonder if you understand the reference above?

As a younger child, I LOVED the film 'Cool Runnings' – it remains one of my favourites to this day. It's the inspirational story of the Jamaica National Bobsleigh team's quest to compete in the 1988 Winter Olympics. It's a film that teaches us we should never stop dreaming or believing in ourselves – even in the most challenging of circumstances. An appropriate message for us all at this time.

And as I read this week...the current Jamaican bobsleigh are just as inspirational! Planning to complete their summer training camp in England, their plans were soon halted as a result of lockdown, and the subsequent closures of gyms. Not to be deterred, however, Jamaica Bobsleigh team members Shanwayne Stephens and Nimroy Turgott came up with a plan – and can be seen

pushing a Mini Cooper around the streets of Peterborough!

"We had to come up with our own ways of replicating the sort of pushing we need to do. So that's why we thought: why not go out and push the car?" Stephens, 29, said. The team admit to also being inspired by the film, but intend to go one better: "Those guys set a legacy, and a movie came out of it. For me personally, I want to surpass that level, and even go beyond that," Turgott, 27, said.

And therefore, as we have seen so often during lockdown, in the face of adversity and challenge, the willingness to work hard, to push oneself and, ultimately, to dream can and will prevail. I understand you are all facing challenges. You all have to work in ways that you have not had to before. You have all had to adapt. And I know, just like the Jamaican Team, you won't let anything get in the way of your success. Keep pushing...you will get there!

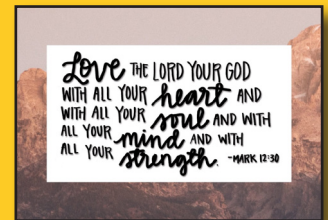
Take care,

Mr Godden

*"God working with us,
and through us"*

Hope, Compassion, Forgiveness

Prayer for today:



Time to reflect...

We are fast learning from this pandemic crisis that 'exclusivity' can be a very slippery term depending on who is wielding it and why. The thing about our 'common humanity' is that this statement does what it says on the tin. If that is the case then there is no need for a concept of 'them' and 'us'. This is what Peter was at pains to point out to the "men of Jerusalem" on that first outpouring of the Holy Spirit which Christians celebrated this year on the 31st May.

Without the Holy Spirit the birth, life, death, resurrection and ascension of Jesus means nothing. It is our primary celebration but it is worthless if used as a claim for exclusivity. After all, we are all unique. The tongues of fire that appeared on the heads of the disciples is a powerful image of the reality of God's Spirit- it's physicality. This enabled the disciples to speak in other languages "as the Spirit gave them utterance". Crucially they could be understood by the native speakers of those languages. The Holy Spirit gives the potential of communication and all the liberating power for justice that potential entails. It is not a private tool for individuals to wield at others expense - that was the mistake humankind made the first time round when they built the Tower of Babel to be like the gods. The result was a Babel of different languages!

Archbishop William Temple explained about the Holy Spirit by likening it to Shakespeare's plays Hamlet and King Lear. Temple said that he could not write them only Shakespeare could but if visited by Shakespeare's genius, he, Temple may be in with a chance. Living like Jesus was impossible but with the Holy Spirit he could at least try!

Likewise Shakespeare again likened our Islands of the UK as "this fortress built by Nature for herself against infection".

Let us not confuse this literally, but let it alert us (the world needs lerts) to the possibilities therein. Trusting that our homes, families, faith communities and our family here at Trinity love us unconditionally, see and continue to seek the potential to be fulfilled in all of us.

Your friend and Chaplain Rev Ali

Stay Safe!

From Monday in England, you will be able to meet in groups of up to six people from different households outside - either in parks or now also in private gardens - as long as you remain 2m (6ft) apart.

We urge you to remain cautious, and adhere to social distancing at all times - this is for the safety of yourself and others.

YOUR CURRENT
SITUATION IS NOT YOUR
FINAL DESTINATION.

tinybuddha.com

Thrive in Five:

Life Lessons in Lockdown...

1 Exercise changes the way you think and feel about yourself. It reinforces that you can grow with intentional action. Make it a daily habit.

Start now.



2 Stop trying to be perfect. The flaws, rough edges and cracks make us interesting and unique. Embrace them and let go of perfect.

It doesn't exist!



3 Over the past weeks..... Asking "What's the rush?" is a pretty good prescription for living a good life.



4 Innovation is born out of constraint. Innovation is a necessity in testing and trying times. Innovation requires optimism.



5 Nothing I say to you will be as powerful or influential as what you say to yourself.

Be kind!



ClassCharts

Since the beginning of Lockdown, over 3500 ClassCharts points have been awarded.

This is an absolute testament to the work that you have been doing and continue to do through this exceptionally difficult period. Continue to keep this effort up, as certificates and awards are all still being presented.

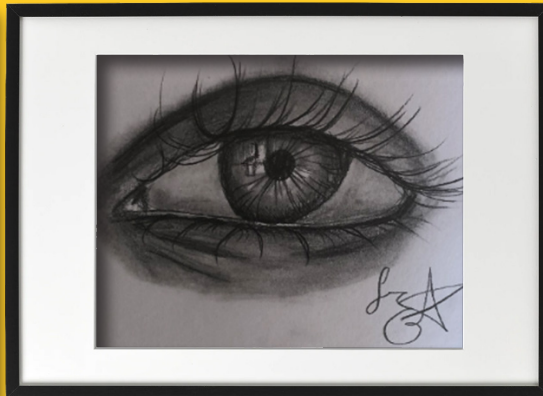


THE TRINFOR...MORE

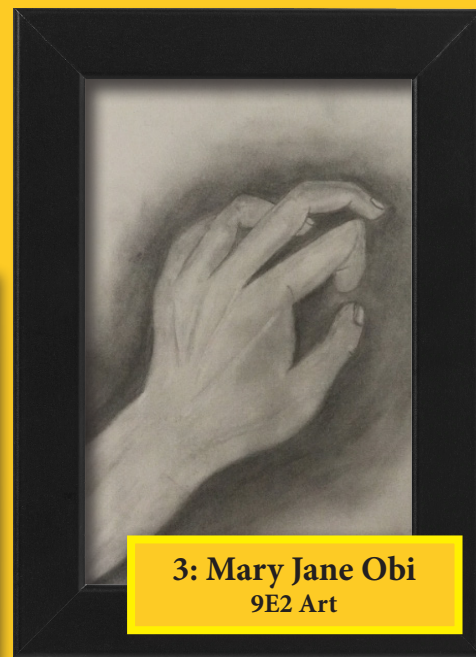
Now it's time for...



1 & 2: Sian Cook
7B1 Art



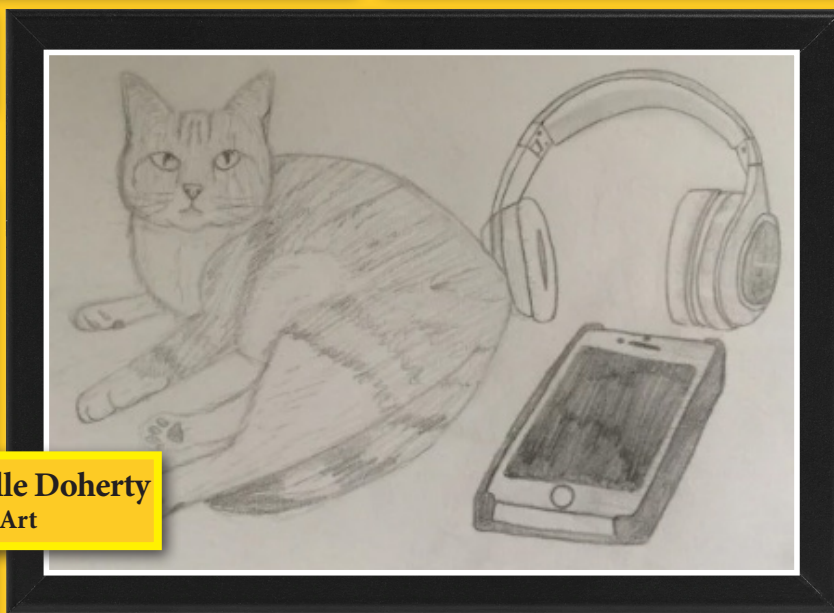
This week's work for The Gallery is predominately line drawings. Next week will feature some of your 30-day art challenges alongside the Art department's chance to take up the 'Weekly Web Workout'.



3: Mary Jane Obi
9E2 Art



4 & 5: Isabelle Doherty
9B1 Art



WWW: Weekly Web Workout!

As you'll have noticed, we are moving around the departments for the Weekly Web Workout. This week the focus is on the Performing Arts and next week's on the Visual Arts.

There is no doubt that for many of you, Miss Lockwood has taken you to a range of places that are outside of your comfort zone. Give them a go...you may really quite surprise yourself!

National Theatre at Home

<https://www.nationaltheatre.org.uk/nt-at-home>

During this time the National Theatre have been

screening some of their plays every Thursday evening at 7pm on their YouTube channel. You can dress up, grab some snacks and watch some world class plays from the comfort of your living room. If you miss the show then the plays are up on their YouTube channel for a week for you to watch.

Classic FM

<https://gb.abrsm.org/en/classical100primary/>

The unique collection of 100 classical recordings, complete with learning activities and information on each piece is being made available to all families until September. You can sign up for free and bring the magic of music

into your living room.

Sadler's Wells Digital Stage

<https://www.sadlerswells.com>

Sadler's Wells presents a programme of full – length dance performances and workshops online, to keep you entertained and connected through dance, wherever you are in the world. Dance performances are available to watch live every Friday, or on demand for seven days thereafter. You can also subscribe to Sadler's Wells YouTube channel where you will find lots of dance performances and workshops for all the family.



THE TRINFOR...MORE



Mrs Siney's inspiration continues this week with some more different activities that you could be undertaking:

Minecraft have some free educational content for you to download until 30th June: <https://www.minecraft.net/en-us/>

[article/free-educational-content-minecraft-marketplace-](#)

Audible has made many books available for free (including books by David Walliams): <https://stories.audible.com/start-listen>

Take an Art Class by learning to draw with Rob on Youtube: <https://www.youtube.com/watch?v=pPeyVoZyBzY>

Become a tech genius: <http://www.geek-gurldiaries.co.uk/>



Here's the Science... Mrs Worden



I'm a Scientist, Stay at home

We are in lockdown but students at Trinity have still had the exciting opportunity to connect with scientists on a digital platform called I'm a Scientist, Stay at home.

This online activity helps classes and youth groups connect with scientists, engineers, their teachers and each other. The activity is normally run whilst students are at school, whereby a class is taken to a computer room to log onto a specific chat with specific scientists from a particular science zone, eg. 'the Medical Zone'. However, lockdown has not stopped the scheme from running and our students have been connecting with scientists over a secure monitored platform whilst at home.

The chats last 40 minutes during which time students can chat with real scientists in real time, ask any questions they like and vote for their favourite scientists. It all happens

online. It's safe and secure and it's free for UK schools.

Here are some of the excellent questions that some of our students have asked scientists, along with the responses they received:

Year 7 question: What made you want to do your job?

Scientist's response: Actually, growing up I wasn't sure what I wanted to do, but I always enjoyed learning about our diseases and things. I ended up working with bacteria because of a teacher at university - he explained things in such a fun way that I thought hey this is cool!

Year 7 question: During quarantine do you still go out and do your job in a lab or some other place?

Scientist's response: I haven't been able to go into the lab so I'm missing it! I've been working from home looking at my results and planning what I want to do when I get back into the lab!

Year 10 question: What are some of the causes of neurological diseases like Parkinsons and dementia?

Scientist's response: That is a good question and one many many researchers are still trying to find the answers for. We do know that some environmental and genetic factors interact to increase the likelihood of developing Parkinsons. One thing we do know is that the symptoms are caused by the loss of dopamine producing neurons. But why these cells die is still a bit of a mystery. We know a clump of proteins tends to form inside nerve cells and causes them to die, but what initiates this process is still unclear

Year 10 question: So, you understand mice? What made you go into that field of study?

Scientist's response: Hey I'm trying to at least! I've always liked working with animals, so I did qualifications with that in mind, then I decided on welfare as a field and do this to improve mouse welfare. What field do you enjoy?

Year 10 question: When applying for uni, did you need anything else on your qualification apart from academics?

Scientist's response: For medicine, you will need something in your UCAS form to show that you have the people skills necessary to talk to patients. So any kind of volunteering or part time job where you interact with the public is great. Do you do anything like that or do you have any work experience planned?

Who it is for?

Much of the activity is pupil-led (the students ask the questions they want to) so different age groups, ability levels, and backgrounds all get something out of it. All the chats are moderated and safeguarding procedures are strictly followed.

- Ages from Years 5 to Year 13
- Secondary schools, academies, special schools, pupil referral units and other non-mainstream educational settings
- Youth groups such as Guides, Scouts and other Community Groups.

Find out more here:

<https://imascientist.org.uk/>



THE TRINFOR...MORE

The BIG Read...

It doesn't matter where you look, everyone has an opinion at the moment. This week's article - by far and away the most 'political' one we've used so far, by **Kayleigh Dray** in Stylist magazine and published 14th May. That's a little unusual in itself but...

...the opinion piece looks at the rights and wrongs of Piers Morgan! It is a really interesting read allowing you to make up your own mind. The full article [can be found here](#).

'Remove Piers Morgan': how the UK's most controversial mouthpiece surprised us all by taking on the government

"I don't usually agree with Piers Morgan, but..."

It's a phrase which I've noticed creeping into conversations with increasing frequency. And, every single time, it's caught me completely off-guard because, more often than not, it's come from the many colleagues who aren't fans of Piers Morgan. You know, those same colleagues who usually refer to him as "the Dark Lord" as we call him out on his ceaseless spew of argumentative rubbish.

This is, after all, the same guy who tweeted that male mental health sufferers needed to "man up" and help those who "REALLY need help" in the middle of Mental Health Awareness Week. Who publicly cast doubt on the testimonies of rape survivors. Who uses his social media platform to relentlessly bully the likes of Jameela Jamil and Meghan Markle. Who has made countless unhelpful comments about white privilege and racism. Who has been incredibly disrespectful of the LGBT+ community. Who is famed for, above all else, saying truly awful things to women.

Indeed, as Chrissy Teigen once famously tweeted, an overwhelming number of his columns take aim at women and people of colour. Well, it's because daytime TV's most controversial mouthpiece has taken on the world's leaders over the coronavirus pandemic. And it's... it's caught a lot of us off-guard, quite frankly.

Speaking from behind his desk on Good Morning Britain, Morgan has similarly criticised the actions of our own government. He's scolded Boris Johnson for terrifying people with false claims about Covid-19 entering our water supply. He's called upon MPs to share the UK's "real death toll" with viewers. He's shared concerns about lockdown easing too early, noting that this "is an unfurling catastrophe and we're no nearer beating the virus now than we were two months ago". He's reminded us that many of "the most elderly, vulnerable people in this country" have been denied palliative care. He shared footage of "zero social distancing" in London, noting that this could lead to the virus "spreading like wildfire" once again.

Above all else, though? He's used his position in the spotlight to hold the government accountable for their actions. To interrogate their decisions. To examine the information provided. To ask questions on behalf of the general public.

Questions which, quite frankly, need to be answered.

The ongoing debate has caused the phrase 'Remove Piers Morgan' to begin trending on Twitter. "Y'all want to remove Piers Morgan because for the first time he's talkin sense and isn't being a racist transphobic," reads one atypical response to the furore.

"I am not a Morgan fan," says another, "but at the moment we mostly lack journalists willing to ask the difficult questions and demand answers."

And another notes: "For possibly the first time in his life, Piers Morgan seems to be doing a decent job of being a journalist, and I find myself agreeing with him more. Now 'Remove Piers Morgan' is trending? Definitely a sign he's asking the right questions."

Morgan hasn't done a good job up until this point. He's been deliberately controversial, in order to provoke reactions and stir up anger, and he's used his platform to perpetuate hate. Now, though, he genuinely seems to be directing all of his energy into doing something good.

Weekly Top Ten @ Tassomai:

The Tassomai leaders' board continues...

www.tassomai.com

Science questions answered correctly between 22/05/2020 and 29/05/2020

Year 7:

Ellis Whitefield 492
Lily Bradbury 388

Year 8:

Henry Wiafe 1380
Hannah Palmer 281

Year 9:

Iona Saunders 203
Araoluwa Afolayan 136

Year 10:

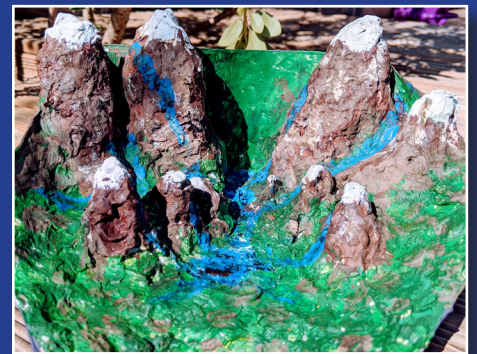
Bukunmi Afolabi 109
Denetron Augustine 85

Year 11:

Blessing Morakinyo 319
Inioluwa Afolayan 277



The Geography Department would like to give a big shout-out to Archimedes Bidmead in Year 7 who created the papier mache model of a Himalayan River valley complete with glaciated peaks, steep-sided hills and glacial-outflow streams.



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:

3rd to 9th June

- | | | | | | | |
|---|--|--|---|---|---|--|
| 3 Think of 3 things you're grateful for and write them down | 4 Show your appreciation to those who are helping others | 5 Smile and be friendly, even while you're social distancing | 6 Notice the upsides during the lockdown, however small | 7 Find a joyful way of being physically active (indoors or out) | 8 Write a letter to thank someone for what they did | 9 Find the joy in music today: sing, play, dance or listen |
|---|--|--|---|---|---|--|

Martin Luther King Jr.:

"If I cannot do great things, I can do small things in a great way."

PARENTS



SAMARITANS

PUPILS



The Anna Freud Foundation has produced a Youth Directory which enables you to search for local groups and organisations for advice on the wellbeing of your child.

www.annafreud.org/on-my-mind/

The Samaritans offers 24 hour confidential listening and support for anyone who needs it (adults included) contact jo@samaritans.org or phone 116 123 (24 hours).

Rise Above is a brilliant website discussing challenges of teenage life, including body image, sleep, relationships and many more. It has games and videos about things that matter to you. <https://riseabove.org.uk/>

Flourish with Jo Morton-Brown is a YouTube channel for young people providing emotional support and promoting happier lives. [Click here](#)

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



THE TRINFOR...MORE



Article 15 – Freedom of Association

Every child has the right to meet with other children and to join groups and organisations, as long as

this does not stop other people from enjoying their rights. (At this time, it may be limited to texting, online chat etc.)

ACTIVITY TIME

Connect with other young people on Unicef Voices of Youth. Contribute and share your ideas with other young people around the world.



The word 'association' is interesting. You have perhaps heard of the Football Association (FA) or the Automobile Association (AA). Look up the meaning of ASSOCIATION and explain to somebody in your home what it means. Write a poem, song, story or letter about the importance of freedom of association for young people.

Can you think of any fictional or historical characters who have had their right to associate with others restricted. How did this feel for them? How did they overcome it?

Get together safely with your friends online and discuss the issues affecting you during this time of lockdown. What messages or questions do you have for school and politicians, linked to Article 15. Create a flier or a digital message to get your points across.



Time to REFLECT

This week's article is all about being with others, but it is sometimes good for us to have reflection time on our own. Find some space and time and spend a few minutes thinking about these questions:

- Not being able to be with others physically in our groups and clubs is hard. What are the things you miss the most about this? (Perhaps discuss with an adult later)
- Who are the young people and adults who help to run your groups or clubs? Have you thanked them recently?
- Hopefully all our groups, clubs and activities will happen again when it's safe to do so. What will you do to enjoy, celebrate and respect freedom of association – yours and other peoples?

Now re-imagine a new kind of school that fitted you exactly.

What would it be like? Would it be an actual building? A workshop? A studio? A virtual school? Or an outside space? Let your imagination run...

Do you miss school as it was right now? What do you miss – your teachers, friends, the way you learn, the canteen? Was it fun at first but now it's not because you miss the interaction you would normally receive? It is ok to have those feelings.

Don't forget to talk to

Speakeasy@trinity.bexley.sch.uk

if you need extra support.



RIGHTS RESPECTING SCHOOLS

unicef
UNITED KINGDOM

BRONZE – RIGHTS COMMITTED



What is needed for you to enjoy the right to get together and join up with other children and young people?

Responses: Clubs, organisations and groups that are near to you or can be accessed easily, groups and organisations that have fun and appropriate activities, safe places, clubs in school, encouragement from home to get involved, things that are not too expensive.



Virtual Awards Roll Call: Recipients May 2020

We're now up to date with the awards, with the roll call reaching the end of May.

As well as your ClassCharts points, these certificates continue to be awarded through our time away from school. Congratulations!

Year 7

Bronze Award: Alexandra Boateng
Silver Award: Chloe Springate, Nicola Fichardo, Alfredo Chavez Ramirez, Curtis Akoto-Darko, Karina Alikova, Orla Smith, George Clark, Hallie Clayton-Broome and Sarah Isiorho

Gold Award: Julia Patyk

Year 8

Bronze Award: Eva Grayson
Silver Award: Gobieshaan Maheswararajah, Max Hammond, Oluwatamilore Dotun-Oladeji, Alissia Scrutton, Owen Garrett, Festus Ajayi, Halizette Mbwengle-Kinemo and Hannah Palmer
Gold Award: Oluwafayokanmi Dotun-Oladeji

Year 9

Silver Award: Rodrigo Van Zanten, Eliza Mercer, Casey Watson, Elvis Ekeh, Salma Monko, Daniel

Idowu and Rachel Kutesa

Year 10

Bronze Award: Habib Balogun, Emiko Uwale, Oloruntoyin Fashola, Taylan Ryder-Tully and Hritik Guru
Silver Award: Jodi Causbysmith, Molly Miller, Rachael Adeolu, Samuel Thomas, Aretha Centsil, Rachel Frempong and Lina Navadunskis

Year 11

Silver Award: Daniella Namayanja



THE TRINFOR...MORE



Some shout outs...

English: Congratulations to Henry Snee, Ivy Oldfield and Zahra Affalouad-Goran in Year

8. They went above and beyond expectations with home learning, by creating an extraordinary news broadcast about the text they are studying, 'Animal Farm'. They adhered well to the conventions of news broadcasts, and added a sense of maturity and humour to it as well. They were especially good with their abundance of puns.

From **Science:** a few shout outs... Well done to Ellis Whitefield, Ieva Roga, and Nedyalko Hristozov of 7B3 Science for consistently submitting creative work on Google Classroom, and fully engaging with the learning process.

In **Maths:** Well done to George Blanchard of 8A3 Maths for consistently completing all tasks set on Google Classroom to a high standard, and attempting all YSC challenges, fantastic!

Congratulations all!

Troogle your search engine for anything about Trinity

As more information is added to editions of The Trinformer, Troogle is regularly updated.

School Websites

Trinity School:

www.trinity.bexley.sch.uk

The school website with all the information you need to know

Classcharts:

www.classcharts.com

The login page for access to work set at home

Google Classroom:

www.google.co.uk

Login in via the Google pages

Twitter

Trinity School: @TrinitySchBelvd

Up to date news and the daily prayer

Trinity Sixth Form: @Trinity6thBelvd

Latest Sixth Form news

Trinity Off School Club: @trinity_off

Something different to keep you occupied...

Examination Boards

Ofqual:

www.ofqual.gov.uk

Ofqual is the body that regulates examinations.

AQA:

<https://www.aqa.org.uk/>

Eduqas/WJEC:

<https://www.eduqas.co.uk/>

Login in via the Google pages

OCR:

<https://www.ocr.org.uk/>

Pearson:

<https://qualifications.pearson.com/en/home.html>

PiXL Resources

PiXL Resources at Trinity

www.trinity.bexley.sch.uk/pixl

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.

PiXL Independence: Pupils can now access a range of free revision resources online.

Advice & Guidance

Information, Advice & Guidance Resources at Trinity

www.trinity.bexley.sch.uk/iag

Further website links and additional programmes to those listed below

Fast Tomato:

www.fasttomato.com

Open to KS3 and KS4. Login: TSBB

Future Learn:

www.futurelearn.com/register

Online programmes that are free

Invest In:

www.investin.org

A series of online seminars and courses. You need to book these. Aimed at KS4 and KS5

Open Learn:

www.open.edu/openlearn

Free online courses from the Open University

Unifrog:

www.unifrog.org

Sixth Form University and Careers toolkit (username and password protected)

Subject Platforms

French and German: Active Learn

<https://www.pearsonactivelearn.com/app/Home>

Mathematics: Mathswatch

<https://vle.mathswatch.co.uk/vle>

Science: Kerboodle

www.kerboodle.com/users/login

Science: Tassomai

<https://app.tassomai.com/login>

Online Learning

BBC Bitesize:

www.bbc.co.uk/bitesize

Bexley Library:

<https://arena.yourlondonlibrary.net/web/bexley/ebooks-and-digital-services>

Oak National Academy:

www.thenational.academy/

Department for Education website with a huge range of learning resources available

Think U Know:

<https://www.thinkuknow.co.uk/>

An excellent resource for online safety

Help & Support

Childline:

<https://www.childline.org.uk/>

Headscape:

<http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/headspace/>

Mind:

<https://www.mind.org.uk/>

Relate:

<https://www.relate.org.uk/>

Samaritans:

<https://www.samaritans.org/>

Shout: Text Shout to 85258 24/7 FREE text service for anxiety, stress or coping crisis

Mailboxes

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

Art: art@trinity.bexley.sch.uk

Business Studies: business@trinity.bexley.sch.uk

Computer Science: computing@trinity.bexley.sch.uk

English: english@trinity.bexley.sch.uk

EPQ/HPQ: project@trinity.bexley.sch.uk

Exams: examinations@trinity.bexley.sch.uk

Food & Nutrition / HSC: food@trinity.bexley.sch.uk

French & German: mfl@trinity.bexley.sch.uk

Geography: geography@trinity.bexley.sch.uk

History: history@trinity.bexley.sch.uk

Mathematics: maths@trinity.bexley.sch.uk

Media Studies: mediastudies@trinity.bexley.sch.uk

Perf. Arts: performingarts@trinity.bexley.sch.uk

Physical Education: pe@trinity.bexley.sch.uk

Product Design: design@trinity.bexley.sch.uk

Psychology: psychology@trinity.bexley.sch.uk

PSHE & Citizenship: pshe@trinity.bexley.sch.uk

Public Services and

Travel & Tourism: geogvoc@trinity.bexley.sch.uk

Religious Education: re@trinity.bexley.sch.uk

Science: science@trinity.bexley.sch.uk

SEN: sen@trinity.bexley.sch.uk

Sociology: sociology@trinity.bexley.sch.uk

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