



THE TRINFORMER

Information during Isolation

Edition No. 5: Tuesday 5th May 2020

Heads-Up! A message from Mr Godden, Principal

As we enter another week, I hope this newsletter finds you and your family fit and healthy, both physically and mentally. It is certainly a challenge, and as a school community we are thankful for all of your wonderful support and efforts from home. But no doubt at times you have experienced a sense of frustration...

Frustration (noun): the feeling of being upset or annoyed as a result of being unable to change or achieve something

Frustration is an emotion that I have had an increasingly close relationship as lockdown has continued. Frustration with the Government's Free School Meal system that has not had the capacity to cope with demand. Frustration with ill-informed 'announcements' from all walks of life about what schools should or should not be doing. Frustrations with the continuing speculation about when schools will re-open. Frustration about the promise of computers for groups of pupils, only again to be foiled by delays and restrictions. Even (and I know far more trivial) frustration at the poorly selected 'replacements' in my online shopping! It is indeed a time of great frustration.

So how do we deal with this? I would urge you to look away from the things you cannot control, and focus on the things you can. You cannot control this virus,

but you can take steps to ensure you look after your own health and well-being. Make use of the activities and suggestions contained within these newsletters to look after your own and your families' well-being. You cannot control school closures, but you can support your children to work from home as best as they can. This will look different for everyone, so don't get frustrated because they can't do something, encourage them to think about the problem in a different way or to move onto something else. Take control and agree a timetable – routine is more important than ever during this challenging time. And if all else fails, don't do it. We don't want work to be the source of frustration... health and wellbeing are a far bigger priority right now. We will address the gaps, pick up the pieces, and impart lost knowledge when we return to school... it's what we do!

Frustrations manifest themselves from a lack of control, and there is so much about the current situation that we just cannot control. So let go of what you can't control, don't let it worry you, and take a firm grasp of what you can... that's the powerful lesson I have learnt over recent weeks. And, I guess, I'll just have to accept the sandwich bags I was sent as a replacement for tea bags....

Take care and stay safe,

Mr Godden

"God working with us, and through us"

Hope, Compassion, Forgiveness

Prayer for today:

Lord God our Father,
we pledge ourselves to serve you and
all humankind, in the cause of peace,
for the relief of want and suffering,
and for the praise of your name.
Guide us by your Spirit; give us wisdom;
give us courage; give us hope;
and keep us faithful now and always.
Amen.

Time to reflect...

Remember that there can be an upside to feeling bored. I read somewhere once that all you need to be happy is to belong to a community where you feel cherished and that encourages you to use your imagination.

That sounds like our school to me despite the physical distance between many of us at the moment.

Here is a poem that has inspired me since I first learnt to read at primary school:

The Eagle.

He clasps the crag with crooked hands
Close to the sun in lonely lands.
Ringed with the azure world, he stands.

The wrinkled sea beneath him crawls;
He watches from his mountain walls,
And like a thunderbolt he falls.

By Alfred Lord Tennyson.

Much love and stay safe.

From your Chaplain, Rev Ali

VE Day Bank Holiday

veday75.org/



TRINITY SCHOOL

The school remains open for vulnerable pupils and for the children of key workers on Friday 8th May.

Work will not be set for lessons on this day and our continuing provision will resume on Monday 11th May.

VE DAY CELEBRATIONS

Although difficult we do encourage you to do something different on VE Day.

There are still celebrations that will occur and these can be found online including via the main site above. It remains important that we do not forget those who lost their lives during World War II.

PRAYER & REFLECTION

The prayer used in this week's worship section is the prayer that would have been used by The Church of England for its service.

Alongside the information that is available on the VE Day website there is also a range of other information available too. This includes the Order of Service for the 75th Anniversary as well as the service held in Westminster Abbey in 1945. These can be found and downloaded [here](#).

Finally, you can also look through the Service of Remembrance from the 70th anniversary of VE Day in 2015 [here](#).

Trinity Day 2020

Thursday this week should have been the school's traditional Trinity Day for Year 11: a celebration of the culmination of 12 years of schooling (don't forget Reception Year!) and especially their time at Trinity.

Unfortunately, like so many events, this is unable to proceed.

For us at the school though, it is still Trinity Day... just very different to normal. We are working hard for Year 11 to leave them with some memories, still allowing us to mark this day, just sadly not in the way we would wish.



What is positive wellbeing?

It is a state of overall good health in both body and mind and can include:

- **Intellectual** (cognitive stimulation such as problem solving puzzles),
- **Spiritual** (understanding sense of purpose and beyond your own existence, can be through prayer or exploration of a higher power, etc)
- **Social** (building relationships and community support through friends and family and neighbours etc.)
- **Physical** (Movement, whether in sports or walking, movement that brings joy.)

THE TRINFOR...MORE

Departmental Mailboxes:

For several weeks, we have given you a list of mailboxes for different aspects of school life. These have been used exceptionally well and it has allowed us to respond quickly to support you.

We are able to open our next level of support: mailboxes for departments.

These mailboxes allow you to contact departments - not teaching staff - directly.

For this reason, they should only be used if contact is not available to you through Google Classrooms. This might be because your subject area is only using ClassCharts.

The main department is listed in the first column with any additional subjects run by this department in the second column.

As with previous information about mailboxes, these will be checked on a daily basis and only inside working hours. Please do not expect an instant response.

Department	Other Subjects	Mailbox address
Art	Art Cam Tec Fine Art Graphic Art Textiles Photography	art@trinity.bexley.sch.uk
Business Studies	Business Cam Tec	business@trinity.bexley.sch.uk
Computer Science	IT Functional Skills ICT Cam Tec	computing@trinity.bexley.sch.uk
English	English Language English Literature Literacy	english@trinity.bexley.sch.uk
EPQ/HPQ		project@trinity.bexley.sch.uk
Food & Nutrition	Health & Social Care	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	Numeracy	maths@trinity.bexley.sch.uk
Media Studies	Media Cam Tec	mediastudies@trinity.bexley.sch.uk
Performing Arts	Dance Drama Music Music BTEC Theatre Studies	performingarts@trinity.bexley.sch.uk
Physical Education	Physical Education GCSE PE Sport Cam Tec	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 BTEC Travel and Tourism BTEC		geogvoc@trinity.bexley.sch.uk
Religious Education	Government & Politics Values Education	re@trinity.bexley.sch.uk
Science	Biology Chemistry Physics Applied Science BTEC	science@trinity.bexley.sch.uk
SEN		sen@trinity.bexley.sch.uk
Sociology		sociology@trinity.bexley.sch.uk

WWW: Weekly Web Workout!



By now you will have seen that there have been a range of resources placed in the 'Weekly Web Workout'; from free library resources through to study materials and particular programmes that link with some of your subjects.

If you still want to know, for instance, how to access library books online, go to the earlier newsletters where you can still use these links.

In this week's pages, the links at each header take you to the homepages, with specific links inside each section.

EASTSIDE eastside.org.uk

Eastside is an educational organisation with a mission to develop creative thinking of young people through direct participation in the arts.

They have launched an initiative called Eastside At Home with 5 different creative challenges to undertake; from writing poetry or an original song to creating a short animated film. All with the theme "Our Changing World".

Each challenge is introduced with a short video and has resources to download. Find out more [here](#) and challenge yourself to get creative.

NATIONAL MUSEUMS vam.ac.uk and nhm.ac.uk

Many museums have also opened up their collections for on-line tours. Some of these are completely brand new and have been developed especially to keep your interest whilst you are at home.

Two very good links are for the [Victoria & Albert](#) museum and for the [Natural History](#) museum. The links take you directly to the pages below.

The V&A is currently hosting online exhibitions on Japan, Else Schiaparelli, Surrealism and 'Artists and the book'. Scroll through these pages for more detailed discussions and information.

The Natural History museum has been especially creative and has constructed its own virtual museum.

Through this you can dive into the Blue Whale 'Hope', finding out about her life in the ocean and her history at the museum. If you want a virtual tour of the museum that's also possible and Sir David Attenborough narrates his way through one of the galleries and its specimens.

The team are also running 'Nature Live' on Tuesdays (12:00) and Fridays (10:30) with interactive and topical talks.

THE TRINFOR...MORE

The BIG Read...

This week's opportunity to pause and reflect comes from The Telegraph. The edited version of the article by *Jennifer Rigby, Sarah Newey and Dominic Gilbert* examines how female political leaders are leading the way fighting the Coronavirus pandemic.

The full article, published on 28th April, challenging stereotypes, [can be found here](#).

'Why do female leaders seem so good at tackling the coronavirus pandemic?'

Women make up less than 7 per cent of world leaders globally. But if anyone could be said to be having a "good pandemic", it has disproportionately been some of these female leaders.

From Taiwan to Germany, New Zealand to Iceland, the responses of countries with women at the helm have been generally seen as the most effective, keeping deaths down and the spread of the infection under control.

On Monday, both Iceland and New Zealand declared that the pandemic was effectively over in their countries, with no community transmission in New Zealand and only a handful of cases in Iceland.

There are also a number of countries with male leaders who have also responded well, notably Vietnam, South Korea and Australia - plus it is worth noting factors outside the leaders' control, such as population density and the benefits of being an island nation.

Professor Jennifer Tomlinson, professor of gender and employment relations at Leeds University Business School, said: "The research on this is mixed, but there is some mileage in the idea that women's leadership styles may be more collaborative than men, so women may be better at drawing on a range of expertise to get through this crisis." For Taiwan's President Tsai-Ing wen, possibly the world leader who has best tackled the virus, that may have meant listening to her vice-president, a leading epidemiologist, about their long-planned response. It worked: despite lying just 81 miles from

the coast of China, the country has seen only six coronavirus deaths after acting quickly to stem the outbreak.

"It seems to be one of the key things is around the date of the shutdown, in places like Taiwan and New Zealand," says Cranfield School of Management's Dr Deirdre Anderson. "The stereotype is that men are more decisive but if you look at all sorts of different cases, women will make data-driven decisions," she said.

Data is something that Angela Merkel, a scientist herself, has put at the heart of the German response, with testing and then tracking contacts a priority from the outset, alongside increasing intensive care beds to cope with any peak. As with some of the other nations listed here, Germany was in a strong position, with a robust economy and a good healthcare system. Merkel herself has pointed to some of the country's lucky breaks in tackling coronavirus.

"Women are used to being scrutinised and having to justify themselves. They've had to work twice as hard to get half as far. And that will incubate perhaps a greater reverence for the job and responsibility... Men and many political establishments don't have the same experience." She said she believed many female leaders, who had faced barriers for their entire careers, had learned to balance self belief with self awareness.

Beyond timings and testing, many have pointed to the different approaches taken by female leaders in terms of getting their populations on board with social distancing measures as part of their success: Jacinda Arden's informal Facebook Lives and her voluntary 20 per cent pay cut in solidarity with other workers, or the press conference for children held by Denmark's prime minister, Mette Frederiksen.

"This is a gendered crisis, it affects men and women very differently, and women are used to looking out for those things. In a situation where those in the most peril on the front lines are often women, the fact that most people at the top haven't had to consider the world through that lens does a disservice to all of us," said Ms Reid.

Weekly Top Ten @ Tassomai:

The Tassomai leaders' board continues...

Mr Osei has already awarded good progress points on ClassCharts for you. Well done. If you still aren't logged in and need help, email: science@trinity.bexley.sch.uk

www.tassomai.com

Science questions answered correctly between 25/04/2020 and 01/05/2020

Year 7:

Ellis Whitefield 394
Callum Robinson 320

Year 8:

Henry Wiafe 852
Oyindamilola Subair 380

Year 9:

Iona Saunders 154
Rodrigo Van Zanten 135

Year 10:

Taran Dosanjh 171
Sarah Usman 153

Year 11:

Inioluwa Afolayan 192
Emilia Yates 185

Access to Laptops

You may have seen in the news that the Department for Education is providing laptops for those pupils who need them. The school has had several messages with regards to this scheme. Unfortunately, the programme is quite specific and we are allocated a number of laptops according to the school's data and profile. You will be contacted (and may have been contacted already) if this scheme relates to you.



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:

6th to 12th May



Albert Einstein: "Life is like riding a bicycle, to keep your balance, you must keep moving."

PARENTS	NSPCC	NSPCC have a range of tips and support for parents during this time. www.nspcc.org.uk/keeping-children-safe/
	British Nutrition Foundation	British Nutrition Foundation has the latest information and advice about nutrition and healthy eating. www.nutrition.org.uk
PUPILS	Harmless	Harmless is a website providing information and support for self-harm. www.harmless.org.uk/whoWeSupport/youngPeople
	Disrespect NoBody	Disrespect NoBody provides information and advice about healthy and appropriate relationships for young people. www.disrespectnobody.co.uk/



THE TRINFOR...MORE

And now...

'The Gallery'

During these difficult times we as a Trinity Art community would like you to produce a picture which will help brighten up the walls of a local hospital. The hospital are looking for artwork created by children to display in the rest room belonging to the NHS staff.

We would like your design to be bright and cheerful. Your design may offer thanks and appreciation for all the hard work and commitment

shown by all NHS staff. Images of rainbows, clapping hands and love hearts are common images used in recent weeks.

Some of you may prefer to just paint, draw, collage or sew a really happy picture. It could be of a bird, flower, favourite animal, pet or a landscape. The choice of subject matter is entirely your choice. The aim of this task is to bring a little smile of joy to the NHS staff whilst they are at work in these very difficult times.

Please submit digital copies of your work to:
art@trinity.bexley.sch.uk



Article 24 – Respect for the views of the child

Every child has the right to express their views, feelings and wishes in all matters

affecting them, and to have their views considered and taken seriously.

This right applies at all times, for example during the child's day-to-day home life.

FIND OUT MORE...

There is so much other information available about children around the world. Go to:
unicef.org.uk



*What sort of things need to happen if you are to get your voice heard properly?
What would help you?
What should adults do?*

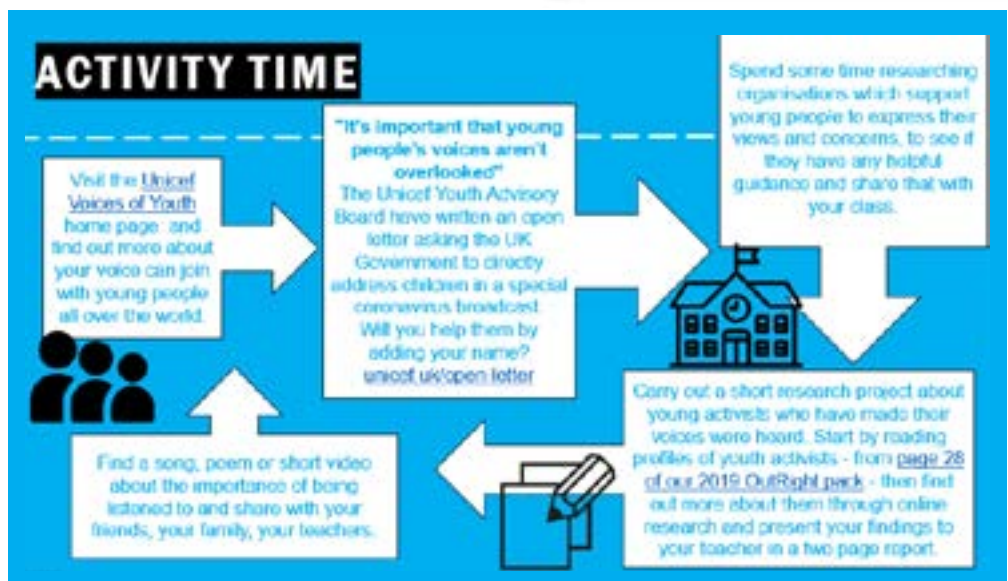
Time to REFLECT

Spend a few minutes thinking about these questions:

Try to find somewhere quiet for a few minutes, sit comfortably and be as still as you can... just try to relax... and listen to the sounds, within your body, close by and further away

- How does it feel when you know that someone has really listened to you?
- How can we show our appreciation and why is this important?
- How can we respect other people's right to have their voice heard? Even when we disagree?
- Ask yourself – what could I do to make my voice stronger? What should I really speak up about? How can I do this?

Get talking to people in your home.



Did you think about: Getting all the information about the situation so that you can comment properly, how to communicate your ideas, listen to other people's views too, speaking calmly and positively?

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