



# THE TRINFORMER

Information during Isolation

Edition No. 4: Tuesday 28th April 2020

## Heads-Up! A message from Father David Herbert, Chairman of Governors

Dear Friends,

I am pleased to be able to pen a few words to add to the Trinformer. I am very encouraged by the splendid way the whole school community has responded, and is responding, to the current situation. I am grateful to Mr Godden and the school's staff, both teaching and administrative, who are making it possible for those who need to be in school to be provided for and for all others to be kept in touch with their on-going education.

Sometimes when you are in school education may seem to last for ever, but the reality is that our time of formal education is actually quite short, and we have a lot to achieve in a relatively limited period. Every day, every week of education is important and time lost can be quite difficult to make up later. And so I would urge all our students to keep at it as best you can.

Certainly what is happening in the world at present is unprecedented within living memory, but there is in fact a wider context. Past ages knew times of plague and global affliction, and humanity had the resilience to emerge from those trials. In the Church of England Book of Common Prayer there is a Litany appointed

to be prayed every Sunday, Wednesday and Friday. It is significant that this 16th century form of prayer includes the following petition: From lightning and tempest; from plague, pestilence and famine; from battle and murder, and from sudden death: Good Lord, deliver us. This Litany was composed in a time of great expansion of knowledge, but nevertheless people were still aware that we humans don't have all the answers. We still need our Creator God. We should keep praying that scientists and engineers, doctors and researchers will be given the skills they need to overcome the present virus; but at the same time know that there is a power beyond our power on whose loving help we can count.

Being stuck at home can be quite challenging when we want to get out and be active, but at the moment we need to make the best of it. Be a loving family member, help your neighbours, keep in touch with your friends and support the national policy to overcome the virus.

May God bless you all.

Father David

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

Hope, Compassion, Forgiveness

### Prayer for today:



### Time to reflect...

Imagine life as you know it being overturned completely. Imagine that all you had been led to believe was normal, day to day and usual was now so wrong as to be endangering your very life...what would you do? Sound familiar?

Thomas, one of the disciples, known as "the twin" and one of the most brave and loyal, prepared to die with Jesus as events turned ugly that first 'Good Friday' was not with the rest of the disciples when they first met with the risen Jesus on the first Easter Sunday. Fearing for his life he was probably 'self isolating' - after all 'a man or woman is judged by the company he or she keeps' as the old saying goes. Thomas was undoubtedly thinking of others, as much as himself. You can perhaps understand him feeling put out when he was doing what he thought was the right thing, by not being seen with his friends, only to find that he had therefore missed out seeing the risen Jesus...and refused to believe until he saw with his own eyes!

So, a week later, Thomas was with all the others. However, they were all still afraid, the doors were still locked. Yet here comes Jesus again and presents himself directly to Thomas... living proof! This story of 'doubting' Thomas speaks to us so clearly today in Lockdown.

The opposite of truth or faith is not doubt but certainty. We have been bombarded with a litany of certainty by people in positions of power...just like those who murdered Jesus. They were all triumphant as he hung there in agony dying. They even foresaw that Jesus's followers might claim that Jesus had risen and move the body which was why they had had a small army roll a heavy stone across the tomb. But the truth will out...just like eventually we will find out more facts about this terrible pandemic and the failures surrounding its spread.

Just as in matters of faith, scientific advisors are also speaking out against the danger of certainty. It is by having doubts and continually searching for answers and testing their validity that we can come to some genuine conclusions.

Much love and stay safe.

From your Chaplain, Rev Ali

## WWW: Weekly Web Workout!



Last week we introduced you to PiXL. They are an organisation the school works with alongside over 900 other secondary schools to help support pupils.

Alongside the information below, we have also uploaded additional resources this week to the school's website which deal with coping and kindness. There are resources for pupils and parents/carers.

[www.trinity.bexley.sch.uk/pixl](http://www.trinity.bexley.sch.uk/pixl)

### Year 10 Geography:

Download the free Geography PiXL App and check your school Gmail accounts for your personal PiXL log-in details.

The app works on all types of devices including mobile phones.

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

### Key Stages 4 and 5:

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.

## Feeling The Strain?

The NHS is offering support and tips on how to keep on top of your mental wellbeing and coping with life in lockdown here: <https://www.nhs.uk/onyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

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

[www.selectyourcompliment.co.uk/dfc](http://www.selectyourcompliment.co.uk/dfc)



## Contacting Your Subjects

1. Through 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](mailto:pastoral@trinity.bexley.sch.uk)

# 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 Rachel Wilson for the New Statesman on Wednesday 8th April. The whole article, which is emotionally challenging, [can be found here](#).

### 'Coronavirus shows the UK must reimagine how it grieves: our grief culture is a stifled one'

In the week that Boris Johnson made his historic televised address to the nation announcing an unprecedented lockdown, screenshots of an article began to circulate on my newsfeed. "That discomfort you're feeling is grief," it professed. I didn't need to be told: unusually for my age, grief is something I have become intimately acquainted with over the past two years. My mother died of cancer in April 2018, the day after I turned 26. As the pandemic began to take hold, I recognised that untethered feeling swimming through my body as the anticipation of fresh loss.

New losses recall previous ones. On a national level, this meant tabloids swiftly turned to the memory of the Blitz, drawing parallels between lockdown and the somewhat romanticised accounts of national efforts during the blackout – accounts that do little to excavate the longterm effects of mass death in our country.

Facing mass death once again, Britain's grief culture must change to fit 21st-century society. Such shifts were already underway before this pandemic, though the language around our attempts to voice trauma illustrates how embedded those postwar attitudes to bereavement are: a younger generation expressing their feelings are "snowflakes"; social media, a vehicle for "oversharing". This rhetoric distracts, however, from the real changes occurring in how we process and express grief. After my mother's death I felt emotionally isolated the way we are all physically isolated now: alienated from my friends and family, while every

anchor of normalcy was ripped from under me. I sought a support group for twentysomethings and, finding none, set up my own, The Grief Network. Providing an open space for young people to gather and talk about their grief, we often hear how our community longs for their friends to just ask; that their silent attempts at compassion only read as a lack of care.

We must be wary of glossing the sacrifices we are making in this crisis with the label of heroism, and we must avoid burying our losses in silence. The nation instead is beginning to embrace collective compassion and an openness towards how we express our grief: we are coming to learn that expressions of vulnerability can be seen as a strength rather than a weakness. Instead of treating death as unspeakable we must speak of it, no matter how hard that is. Those changes are underway; the isolation we collectively bear will galvanise them. We're living in a new decade and a new century: for Britain's grief culture, there will be silence no more.

## 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, search for Mr Osei's powerpoint in ClassCharts.

[www.tassomai.com](http://www.tassomai.com)

Science questions answered correctly between 17/04/2020 and 24/04/2020

Year 7:

Ellis Whitefield 624  
Lily Bradbury 340

Year 8:

Henry Wiafe 1539  
Zachary O'Leary 415

Year 9:

Iona Saunders 169  
Araoluwa Afolayan 140

Year 10:

Sarah Usman 175  
Taran Dosanjh 142

Year 11:

Michelle Agboola 255  
Owen Muyaba 231

A to Z Of Wellbeing					
<b>C</b> C is for Contagion People can catch your positive vibes and spread them to others.	<b>D</b> D is for Determination Be committed and determined to achieving something in the long term.	<b>E</b> E is for Ease Peace and wellbeing can be achieved when you are at ease with yourself and your circumstances.	<b>F</b> F is for Flow Find something you enjoy. Commit to doing it every day. Even if it's just for five minutes.	<b>G</b> G is for Gratitude Be grateful for what is in your life rather than what isn't. Gratitude is the fertiliser for...	<b>H</b> H is for Happiness We all want more of it. So look for it and let it into your life.
<b>I</b> I is for Input Read great books, listen to interesting podcasts and talk to supportive people.	<b>J</b> J is for Junk Remove your connection to junk communities where people moan, complain and spread negativity.	<b>K</b> K is for Kindness Being kind can lift your mood and the mood of the person you help. Do it more often.	<b>L</b> L is for Love Love yourself first. It's the building block for flourishing relationships.	<b>M</b> M is Mindset The skill set without the mindset will leave you upset.	<b>N</b> N is for Neuroplasticity Practice and repetition can require your brain for the positive.
<b>O</b> O is for Outside Being outside and offline will reduce stress and increase happiness.	<b>P</b> P is for Perspective Are you having a bad day - or a bad few minutes you can't move on from?	<b>Q</b> Q is for Quiet A quiet mind is free of stress and worry.	<b>R</b> R is for Relationships They recharge you with clean, green and renewable energy.	<b>S</b> S is for Slower Slow down and be present. You are only where you are right now. The present. So lap it up.	<b>T</b> T is for Thinking Thoughts come and go like the wind. Try to hold on to as many positive ones as possible.
<b>U</b> U is for Understanding Be compassionate and free of judgement for others.	<b>V</b> V is for Values Know what you stand for and stand against. Make sure your actions match.	<b>W</b> W is for Words Words shape worlds. Choose and use yours carefully.	<b>X</b> X is for X factor You are the best version of you. No one is better at being you than you. You have the X factor already.	<b>Y</b> Y is for You You matter. You always have and you always will.	<b>Z</b> Z is for Zip Having zip and spring in your step motivates you to be your best self every day.

## 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](mailto: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: 29th April to 5th May



Serena Williams: "A champion is defined not by their wins but by how they can recover when they fall."

<b>PARENTS</b>	<b>Mind</b> A charity offering support for adults and parents experiencing mental health problems. <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> or call 0300 123 3393
<b>PARENTS</b>	<b>Young Minds</b> (help and resources for parents on a wide range of mental health issues with a parents helpline too) <a href="https://youngminds.org.uk/find-help/for-parents">https://youngminds.org.uk/find-help/for-parents</a>
<b>PUPILS</b>	<b>Kooth</b> Free, safe and anonymous online support for young people available from Mon to Fri: 12pm - 10pm and Sat to Sun: 6pm - 10pm <a href="https://kooth.com/">https://kooth.com/</a>
<b>PUPILS</b>	<b>Childline</b> comforts, advises and protects children 24 hours a day and offers free confidential counselling. Phone 0800 1111 (24 hours) or chat 1-2-1 with a counsellor

**CRITICAL WORKERS:**

[closure@trinity.bexley.sch.uk](mailto:closure@trinity.bexley.sch.uk)

**GENERAL ENQUIRIES:**

[reception@trinity.bexley.sch.uk](mailto:reception@trinity.bexley.sch.uk)

**PASTORAL CARE:**

[pastoral@trinity.bexley.sch.uk](mailto:pastoral@trinity.bexley.sch.uk)

**SIXTH FORM:**

[sixthform@trinity.bexley.sch.uk](mailto:sixthform@trinity.bexley.sch.uk)

**WELLBEING:**

[speakeasy@trinity.bexley.sch.uk](mailto:speakeasy@trinity.bexley.sch.uk)



# THE TRINFOR...MORE



RIGHTS RESPECTING SCHOOLS



BRONZE - RIGHTS COMMITTED

During this time, it is very important that we keep up our Rights Respecting work, especially as it links so closely to our vision, values, and general Christian ethos.

We will continue to share an article of the week, and we would encourage you to complete at least one of the activities set, especially if you are part

of the Rights Respecting Pupil Steering Group. If anyone has any other ideas that they would like to put forward, then please contact Mrs Siney via: [reception@trinity.bexley.sch.uk](mailto:reception@trinity.bexley.sch.uk).

Keep a log of any activities you do, and you may be able to earn yourself a badge.

**ACTIVITY TIME**

These activities will help you understand how...

Keep a food, drink and exercise diary for a week. Are you keeping yourself healthy?

Virtually get together with your friends to challenge each other to get fit, or try an online workout video.

Create a dance video and safely share with your friends and family on social media.

Design a poster showing all the ways that you and your family can support your right to article 24.

...can relate to your life. You don't need to do every activity, just do as many as you can.

## FIND OUT MORE...

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

[unicef.org.uk](http://unicef.org.uk)



**Article 24 – Health Care** - ensures that every child has the right to the best possible health.

Governments must provide good quality **health care, clean water, nutritious food,**

**and a clean environment and education on health** and well-being so that children can stay healthy.

Richer countries must help poorer countries achieve this.

## Time to REFLECT

Spend a few minutes thinking about these questions:

- What do you do in your own life to respect your right and other people's right to be healthy?
- How does the woman pictured help give us access to health and health services?
- How can we show our appreciation and why is this important?
- Have you taken part in 'clap for carers' or put a rainbow or teddy bear in your window? Could you send a picture, card or letter to a local care home or hospital to cheer someone up?

**Get talking to people in your home. This also helps us to stay mentally healthy too.**

**ACTIVITY TIME**

Connect with other young people on Unicef Voices of Youth. Contribute your art and stories to share with other young people around the world. You can search for [Voices of Youth](#)

The new hospitals being built are called **Nightingales**. Who are they named after and what did this person do to enable the right to good quality healthcare? Find out about other people who have made improvements to healthcare such as **Mary Seacole, John Snow, Marie Curie.**

Explore the Right to the Best Possible Health.

How much do you know about coronavirus? Take [the Unicef egg](#) and find out. Then share with others.

What are the risks if we don't have enough people working in health services? What other rights might be affected?

**Did you think about:** Getting enough sleep (at least 8 hours), nutritious food (fruit and veg), water (at least a litre a day), good hygiene (especially hands), exercise, a clean environment (tidy bedroom), feeling safe and respected.