



THE TRINFORMER

NEXT WEEK IS WEEK

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Returning to Reality

Edition No. 28: Friday 14th May 2021

Heads-Up! A message from Mr Cattell, Assistant Principal

As a drama teacher, my go to when it is time to bid farewell to Year 11 is to quote from one of my favourite musicals, The Sound of Music, however, given the turbulence faced this year, I shall instead quote from one of my favourite playwrights instead: "Parting is such sweet sorrow that I shall say goodnight till it be morrow." With all the changes that have taken place in school over the last year, the awarding of grades in a very different manner to the norm, and no formal farewell prom, it is, indeed, bittersweet. Whilst you may not have formally 'sat' your exams, you have worked tirelessly throughout the last year to secure success in the summer, battling through each challenge thrown your way, and you have demonstrated the resilience that will serve you well beyond your years

at school. However, as Shakespeare said, we shall "say goodnight till it be morrow" as this is not the end. Many of you will be joining us in the Sixth Form and we look forward to seeing your journeys continue. For those who have selected to study elsewhere, we will always be a part of your past that helped shape your future, and I wish you all a tremendous amount of success in all that you choose to do. So, in the words of the Von Trapp children, so long, farewell, Auf Wiedersehen, adieu. For those pupils lower down the school, who have equally demonstrated resilience and determination over the last 12 months, I hope the remainder of this academic year brings calmer waters for you to enjoy your own successes.

Mr Cattell

Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR BODY



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Tell us in confidence:

speakeasy@trinity.bexley.sch.uk

"You are wonderfully made in God's image...the very definition of Special!"

Hope, Compassion, Forgiveness

By the time you read this, we will have celebrated Christian Aid Week, where Christians raise money to help fund aid to developing countries. Now needed more than ever after decisions taken to cut UK aid abroad. Mental Health Awareness Week ends, where particular focus enables us to examine our state of mind in the way we tend to take for granted about our physical health! The Holy period of Ramadan is coming to a close, and in our last edition we heard from students and staff about how we can learn from people of faith from traditions different from our own. Ascension Day is on Thursday 13th when Christians give thanks for the risen Christ's ascension to be with His Father in Heaven. Spoiler alert... Christians today do know about the physical construction of the planet...but can you think of a better way to describe something tremendous, life changing and essentially indescribable? Lastly, today will be the last day that year 11 are all present in school with us physically – all our love and prayers go with them as they take this huge leap into their future lives.

Throughout this summer term during our Acts of Worship we have been thinking of the Third Person in The Trinity – The Holy Spirit. The famous icon by Rublev shows God the Father, God The Son and God The Holy Spirit seated simultaneously having regard for each other and drawing the viewer into relationship with them. Some believe that the original icon had a mirror attached below the central chalice, to allow you to see yourself, physically, in this relationship.

During Worship we have talked about how you see yourself in daily life, how others see you, and, indeed what it is that you do see. Perhaps you can remember some of the clips – the Whodunnit, situational awareness, the dual images? We saw how it is so easy to misjudge situations and people. Intent on looking for one thing, we may miss what is obvious to everyone else! Problems can arise from this, especially if those who do spot the gorilla, for example, think that they are better than those who don't, and judge and shame them.

Banter can sometimes disguise hurtful intent, or what can be perceived as hurtful intent.

As a diverse community at a time of global pandemic, fear and loss; the temptation to 'hunker down' and divide people into 'them' and 'us' must always be resisted. There is only one planet which we must all share between us. Sometimes people do see the same situation very differently – that's life – they may be mistaken or deliberately stubborn...deal with it by pulling the plank out of your own eye first!

If we can hold onto the image of ourselves as being an integral part of the divine, loved unconditionally and made in God's image – whatever that concept means to you – then, we hope that your school family here at Trinity will have lived out its promise to ground and support you to be the best you with God working in and through you. This is why our Trinity values of Hope and Compassion have already been considered this academic year. Hope in God the Father, Compassion in God the Son and now Forgiveness in and through God the Holy Spirit. Jesus taught us to pray to ask God "to forgive us our trespasses, as we forgive those who trespass against us". Time and again throughout His ministry, Jesus spoke in ways that helped people know that everyone was welcome at the table. Children and the lowly and down-trodden would definitely be welcomed before those who convinced themselves that they were a cut above! Jesus calls on us to love one another and that we are not servants but friends. With that valediction behind us, nothing can keep us down for long!

Go well and God bless always.

Rev Ali Healy

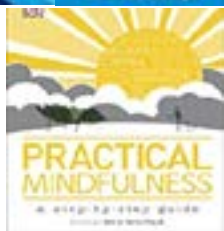
THE LIBRARY

Mental Health Awareness Week

has become an important time for the library as we want to help raise awareness of the issue that can affect pupils. Did you know that 50% of mental health problems are established by the age of 14 and 75% by the age of 24. That is why it is so important to help promote good mental health. This years theme is Nature. Being outdoors is a great way to destress and look after ourselves. Books are a useful tool too. They support pupils, and help to create better understanding and awareness of issues that may be affecting themselves or their friends. Here are just a few of the books that are popular with pupils and touch on mental health issues.



There are a wealth of Non fiction books too! Don't forget, you can reserve your library books online and collect them during library lessons, or on your designated library lunchtime.



We have many of the books recommended by the Reading Agency's Reading Well Scheme. You can visit the [website](#) for the complete list of books, or check out the library [catalogue](#).

Reading News

Despite the restricted access to the Library we have still managed to issue nearly 1300 books since September! We have some very keen readers!

What Kids are Reading!

The most popular book in school since September has been **Wonder by R.J. Palacio**



Ghost Boys by J.P. Rhodes is in second place. Of course there had to be a Diary of a Wimpy Kid book in the top 3, which is the **Wrecking Ball by Jeff Kinney** followed by **J.K. Rowling and the Goblet of Fire** in 4th place!

Nationally



Source: What kids are reading 2021

Reflections on reading One student's experience of reading in lockdown:

"Since the most recent lockdown and quarantine, I have been inspired to read more. Although, it's not like I haven't been reading before, I was just reading less. Before, I was reading a book per month, now I am reading roughly two/three books per week. I think this is because of the limited access to the school library. Now, that I am only able to go to the library on Monday, I find that the books I borrow are finished by next Monday, and I have started reading more challenging books. I also noticed that I am reading books that are at a higher reading levels than what my friends read, because they don't read as much as I do. I find reading classical books easier than before, and I seem to understand them more. Library lessons are my favourite lessons, as I read everyday anyway, and it's just relaxing. At lunch, once everyone has gone outside, I stay in the canteen and read. I noticed that I have improved in English, going from a Developing to a Secure. Also, now I spend most of my spare time reading, while I used to spend this time online before the quarantine".



Rights Respecting School Bronze Committed

Foster Care Fortnight Date: 10th-23rd May

What is it:

Foster Care Fortnight is the Fostering Network's annual campaign to raise the profile of fostering and to show how foster care can transform lives. Established for almost 20 years, the fortnight is a chance to highlight the need for more foster carers. The International Day of Families is a UN day to remember the importance of families to people all over the world



Rights Link:

Article 9:
Separation from parents

Rights Link:

Article 20:
Children unable to live with their families

Virtual Awards Roll Call: The following Year 7 pupils have been awarded Bronze, Silver, SLT or Gold awards since February

Bronze Award: Moses Adebambo, Dylan Bobby Angus-Ewens, Harvey Blake, Dwayne Boateng, Marlie-Skye Brickwood, Archie Brooker, Louie Demwell, Joseph El-Jouhari, Jacob Faithfull, Isaiah Falodun, Archie Gillett, Maddison Hawkins, Charlie Hickey, Albert Hodgkinson, Blake Jeremiah, Rubyann Kent, Izabella Manzi, Thomas Morris, Whitney Okudo, Millie Owen, John Pearce, Oliwia Serafin, Allahme Sesay, Harvie Shannon, Kye Snape, Harvey Thornton, Antonio Visan

Silver Award: Josiah Akoto, Crystal Anderson, Kristofha Ansell, Grace Archer, Tavish Bassi, Georgia Belsey, Thomas Boateng, Max Braham, Lucy Brown, Kia Burrell, Daisy Caddock, Tommy Castle, Amber Cohen, Gracie-May Cooper-Legg, Mikel Cover, Denziel Dennis, Connor Donovan,

Ella Dunne, Renee Dyett, Emmanuel Ekpagha, David Ersoy, Jack Ettridge-Cutts, Ryan Francis, Hari Gill, Thomas Hall, Oliver Harvey, Troy Hubbard, Daniel Iyangbe-Idiaghe, Xavier Lamont, Tommy Magee, Medha Malviya, Toni-Mai Martin, Nathaniel McFarlane, Melliayah Mitchell, Daniel Nesari, Charlie O'Brien, Temitope Ogunyemi, Oluwatofunmi Olayiwoladare, Isobelle Peters, Amber Phelps, Amelia Ramzan, Ysobella Roman, Nikole Scirova, Callum Sekhon, Tommy Smith, Basit Sunmonu-Schmache, Lois Szczypka, Aaron Truong, Angelica Williams, Logan Willis, Poppy Witter-Haxell

SLT Award: Josiah Akoto, Nigel Ansah, Harshan Bajwa, Precious Balogun, Joshua Bonisehi, Christian Dantas, Zowie Dillaway, Lexie Griffiths,

Troy Hubbard, Danyaal Ismail, Simi Kuye, Ethan Lenney, Priya Lota, Grace McCarthy, William McLeod, Melliayah Mitchell, Jessica Myatt, Oluwatofunmi Olayiwoladare, Luke Phelps, Riley Rackley-Cloke, Miley-Louise Scotland, Viktorija Sickute, Oliver Smith

Gold Award: Precious Balogun, Seynabou Bathily, Boyd Bragger, Lucy Brooks, Yasmin Bryant, Maddison Burley, Lexie Griffiths, Tilly Harris, William McLeod, Luke Phelps, Oliver Smith, Gagandeep Thumber, Grace Watson, Isabelle White

Mental Health Awareness week

It's OK not to be OK. It's OK to cry. It's OK to be emotional. It's OK to be vulnerable.

It's NOT OK to keep it to yourself!

Here are some ways to get help if you feel overwhelmed or are struggling to cope.

Email speakeasy@trinity.bexley.sch.uk for confidential advice and support.

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

THE MIX The Mix provides information, support and listening for people under 25. Phone **0800 808 4994** (24 hours) or online www.themix.org.uk/get-support

shout Shout Anyone in crisis can text SHOUT to 85258 to access support from trained volunteers 24/7.

YAM YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK. If you need urgent help text YM to 85258. Texts are free from most providers.

Childline 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 online www.childline.org.uk/get-support/

keeth Keeth Free, safe and anonymous online support for young people www.keeth.com/ Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm

Meet Two is a regulated, confidential app for teenagers to safely discuss their worries on any topic. www.meettwo.co.uk/

IT'S OKAY TO NOT FEEL OKAY

It's important that you tell someone, anyone, if you feel that you are not coping

Parents, Teachers, Church Member, Pastoral Team, Chaplain, Helpline, Speakeasy, Tutor, Support Staff, LSC

THE EARTH HEALS ME

THE STARS SHINE AND REMIND ME I'M NOT ALONE
THE WIND GENTLY HOLDS ME
THE TREES LISTEN TO MY PRAY
THE BIRDS SHINE MY WORRIES AWAY
THE SUNSHINE REMINDS ME DARKNESS
NATURE ACCEPTS ME AT 2 AM

Virtual Awards Roll Call: The following Year 8 pupils have been awarded Bronze and Silver awards since February

Bronze Award: Mason Allard, Hayden Boateng, Emily Brickwood, Chloe-Louise Caswell, Hayden Chaplin, Soham Ghosh, Mya Hanson-Mallah, Spencer Hayward, Calleigh Hedges, Dilan Kuklis, Ryan McGovern, Brooke Morris, Joel Mummary, Ayrtion Pette De Oliveira Barbosa, Ethan Purcell, Opeoluwa Shobowale, Rhys Tandy, Aaleyah Turay, Gabriel Uka, Alfie Waterman

Bronze Award: David Adekanmbi, Demi Akande, Amelia Akiboye, Karina Alikova, Emily Allen, Tracy Arowolo Alawe, Rose Banbrook-Reed, Hannah Bellamy, Jorgia Black, Justin Capili, Alfredo Chavez Ramirez, Mason Childs, George Clark, Sian Cook, Luke Coombes, Jahnia Cover, Brandon Coward, Temitope Daniel, Oscar Davis, Andrei Dudau, Shanti Duggan, Daniil Eliseev, Chimdi Enwereji, River Haynes, Harrison Janeway, Leila Khalil, Ruby Ann Kingman, Brenden Kuklis, Rachel McGrory, Elijah Ogbomo, Reuben Olatokunboh, Wisdom Olawale, Nana Owusu, Elliott Powell, Maria Santos-Moya, Euan Saunders, Agamjot Sekhon, Bethany Simpson, Angel-Marie Smith, Orla Smith, Chloe Springate, Heidi Stockdale-

Barnes, Ahmad Tajali, Xella Trejos Mantinan, Angel Tusubila, Rian Tye, Luke Wenham

SLT Award: Seun Adelowo, Curtis Akoto-Darko, Damola Alao, Chloe Angus-Ewens, Jessica Ashley-Ahearne, Ela Atma, Rayyan Awan, Kesler Awozele, Jack Beedell, Ruby Botten, Alfie Butterworth, Jaap Chatrath, Christine Faji, Nicola Fichardo, Keira Gasson, Shayla Henderson, Betsie Hughes-Martin, Sarah Isiorho, Thella Jobarteh, Isobel Georgina Johns, Tegan Johnson, Anais Kaur, Keira Knowles, Eleonora Kuzmane, Michael Lopes, Holly Mitchell, Grace Moscrop, Harman Panesar, Maisie Pearce, Ieva Roga, Maya Saggiu, Armand Sibekono, Milan Sodhi, Imogen Stocker, James Suckling, Rayhan Tella, Chloe Tooze, Samuel Virissimo Carty, Paige Weston

Gold Award: Lily Bradbury, Johanna Burrell, Hallie Clayton-Broome, Libby Hayward, Shayla Henderson, Nedyalko Hristozov, Grace Olawale, Julia Patyk, Rebecca Pearce, Benny Pratt, Maya Saggiu, James Suckling, Rayhan Tella, Chloe Tooze, Samuel Virissimo Carty

Wellbeing (part 2)

This week is Mental Heath Awareness Week and this year's theme is "Nature". Nature is so vital in boosting our emotional wellbeing, whether it's going for a long walk in the countryside, being in the garden or park or just spending time with your pets. There is a Japanese practice of relaxation called Forest Bathing; known in Japan as shinrin yoku. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.

Tips for beginners

- Turn off your devices.
- Slow down. Move through the woodland slowly so you can see and feel more.
- Take long breaths deep into the abdomen.
- Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.
- Stop, stand or sit, smell what's around you.
- Take in your surroundings using all of your senses. Be observant, look at nature's small details.
- Sit quietly; try to avoid thinking about issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process
- Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.

Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience. Don't forget that we are fortunate to live in the world's largest urban forest....London. One fifth of our city is taken up by trees, who are busy being habitats for wildlife, removing pollution from the air, providing shade and taking up carbon, reducing global warming. We have loads of magnificent trees in the school grounds too.....take a few moments to look around and appreciate them.

Here is link to a short video by Sir David Attenborough about nature and mental health. [Nature and Mind](#)



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