



### Key Dates

Wednesday 26th May, 4:00pm-7:00pm. Year 10 Parents Evening. Parents can book appointments using the Edulink link in the parent's area on the school website.

Wednesday 9th June. Co-curricular starts - see article on page 2 for details.

**COVID Testing.** To ensure all students can feel safe in school, students are still expected to continue testing twice a week. These results help to improve the Government road map.

**Message from Mr Holvey.** What a whirlwind term it's been. It's been a real pleasure working with the Year 10's as they huffed and puffed over the finish line and completed their PPE's. I was immensely proud of the mature attitude that the students adopted during the week and I hope that they receive a set of grades that mirror's all the hard work that they have put into these assessments. But what do they do now? Ahead of the students is a fork in the road that they need to navigate. Whichever route they take, you can be sure that the senior leaders, teachers and pastoral team will be there supporting them every step of the way to ensure that they remain on course and are successful at school.



**Seneca Learning, a tool for Revision.** Seneca Learning is an online platform that provides students with an effective and engaging way to review and retrieve knowledge. It matches closely with the curriculum so using it regularly will help to consolidate learning and it is an excellent resource for revision. Teachers can set specific assignments for classes to complete, however a student can also go onto the website and select any topic from any course to revise individually. This means they are able to independently use it to revise topics of their choice.

Students can either click on the assignment that the teacher has set for them or select the subject they want to study. The website provides short video clips, animations and written information before testing their knowledge using practice quizzes. Seneca will record the progress made and adapt the content of the questions asked according to how well the student has performed.

Students sign in to [www.senecalearning.com](http://www.senecalearning.com) using their school email address. If it doesn't work, check that Google Chrome is the browser being used (Seneca doesn't work with Internet Explorer).



### **The Mayor visits Trinity's Creation Care 'Growing Hope' Garden. Wednesday 12th May.**

Councillor Dr Merylyn Canet, Sevenoaks Mayor visited Trinity's newly established 'Growing Hope' Garden which supports the Sevenoaks Town Council's 'Give it a Grow' initiative. The Growing Hope Garden aims to educate students on climate change through growing organic vegetables as well as learning how climate change affects poorer nations. Our Creation Care Assistants and Zoological Assistants were keen to share their knowledge with the Mayor. The Growing Hope Garden is also part of Trinity's Service Programme and provides a quiet place for students and staff to appreciate the healing benefits of growing vegetables in the great outdoors.



**Attendance.** Average attendance for Year 10 - 93.4% since returning to school. Having a good education is important to ensure that students have the best opportunities in their adult life. You only get one chance at school, and your future may be affected by not attending school.

Remember over a school year:

95% attendance = 10 days of missed opportunities in the classroom

90% attendance = 4 weeks of missed opportunities in the classroom

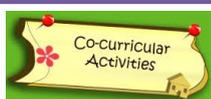
80% attendance = 7 weeks of missed opportunities in the classroom

**Recognition.** After talking to many teachers over the past few weeks about Year 10 it has been difficult to single any one student. Staff have been incredibly impressed with the attitude of all Year 10 students since they have returned from lockdown. This positive attitude was clear to see during the recent PPE's. Students have been attentive and focused in lessons, rekindled friendships during breaks and I have been proud to be their Head of Year. **Mr Holvey**



**DofE Update.** As some of you may already know, we have had to cancel the current Bronze DofE due to Covid restrictions. This does not mean that participants efforts go to waste. There are two options that students can take. The first is the DofE Certificate of Achievement. The second option is to move onto the Silver DofE Award. The latter will allow students to claim both Bronze and Silver Awards when completed. Contact the DofE team for more information.

**PSHE.** Personal, Social, Health and Economic (PSHE) education is a school subject through which students develop the knowledge, skills and attributes they need to manage their lives, now and in the future. So far this term students have covered financial education, using labour market information and careers. Recent topics have included looking at the process of grief and in light of the Sarah Everard case, student have discussed violence against women.



**Co-curricular Activities start on Wednesday 9th June, 2:25pm-3:25pm.**

The new co-curricular programme starts after half term on Wednesday 9th June and will be year group based due to the bubble system. Each student has now selected their three preferences and will receive confirmation of their chosen activity this week. The timings of the day will change on Wednesdays to accommodate the new co-curricular activity. Students will still finish school at normal time.

The programme is based on developing students skills for life and incorporates challenging students to develop skills they already possess but also opening them up to new activities which will enhance their life and also prepare them for the world outside school. At Trinity School we pride ourselves on the co-curricular provision offered to students and the new system focuses on broadening students experiences and preparing them for adult life.



**Term 5 House Competition - Monday 4th May to Friday 28th May 2021.** All students are invited to take part in the house competitions currently running at school. There are three challenges that the Year 10 students can take part in. These are:

- **Mental Challenge.** Students have a link on their school e-mail to the multiple-choice Maths quiz.
- **Creative Challenge.** Create a logo for their house based on the attributes of the person their house is named after. This can be hand drawn or created on a computer. Entries should be e-mailed to Mr Molsher [smolsher@trinitysevenoaks.com](mailto:smolsher@trinitysevenoaks.com).
- **Physical Challenge.** Students perform as many bicycle crunches as they can in one attempt without stopping, the elbow must touch the opposite knee. These will take place in PE and totals will be collected by the PE staff.

Students have the chance to win a £10 Amazon Voucher if they win the challenge. Where there is more than one winner students names will be put into a draw, those who are not drawn out will earn double points for their entry. Please encourage your child to enter as this helps them contribute to their house totals and experience new, exciting challenges.



**Leadership.** Anyone can be a leader and the world definitely needs lots more good leaders! What is leadership? It is all around you and shows up in many ways. Leadership is...

- Doing the right thing without being asked or when no one is watching.
- Helping others in need.
- Guiding others on the right path.
- Setting a good example for others and being a good role model.
- Stand up for others even when it may be the hard thing to do.

*'If your actions inspire others to dream more, learn more, do more and become more, you are a leader.'* **John Quincy Adams**

**Coping with Stress.** Teenagers, like adults, may experience stress every day and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Some teens become overloaded with stress. When this happens, it can lead to anxiety, withdrawal, aggression and physical illness.

Parents can help their teen in following ways:

- Monitor if stress is affecting their teen's health, behaviour, thoughts, or feelings.
- Listen carefully to teens and watch for overloading.
- Learn and model stress management skills.
- Support involvement in sports and other pro-social activities.

Teens can decrease stress with the following behaviours and techniques:

- Exercise and eat regularly.
- Get enough sleep and have a good sleep routine.
- Avoid excess caffeine which can increase feelings of anxiety and agitation.
- Avoid illegal drugs, alcohol, and tobacco.
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).
- Develop assertiveness training skills. For example, state feelings in polite, firm, and not overly aggressive or passive ways ("I feel angry when you yell at me." "Please stop yelling.").
- Rehearse and practice situations which cause stress. One example is taking a speech class if talking in front of a class makes you anxious.
- Learn practical coping skills. For example, break a large task into smaller, more attainable tasks.
- Decrease negative self-talk: challenge negative thoughts - with alternative, neutral, or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help."
- Learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others.
- Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.
- Build a network of friends who help you cope in a positive way.

The same mechanism that turns on the stress response can turn it off. As soon as we decide that a situation is no longer dangerous, changes can occur in our minds and bodies to help us relax and calm down. This "relaxation response" includes decreased heart and breathing rate and a sense of well-being. Teens that develop a "relaxation response" and other stress management skills feel less helpless and have more choices when responding to stress.

Please contact Mr Holvey [iholvey@trinitysevenoaks.com](mailto:iholvey@trinitysevenoaks.com) if you have any queries or concerns.

**Key Staff Contacts.** Please make sure your first point of contact with the school is through the form tutor. If you are concerned about the process, then please email Mr Holvey (Head of Year). If you would like to inform us of your child's absence, please use the attendance email. All relevant emails below:

I0DGA [dgale@trinitysevenoaks.com](mailto:dgale@trinitysevenoaks.com)

I0DRA [nmcclean@trinitysevenoaks.com](mailto:nmcclean@trinitysevenoaks.com)

I0KGO [knuth@trinitysevenoaks.com](mailto:knuth@trinitysevenoaks.com)

I0KMO [kmoncrieffe@trinitysevenoaks.com](mailto:kmoncrieffe@trinitysevenoaks.com)

I0NVA [nvanderweide@trinitysevenoaks.com](mailto:nvanderweide@trinitysevenoaks.com)

I0VPO [vporter@trinitysevenoaks.com](mailto:vporter@trinitysevenoaks.com)

Mr Birks-Agnew (Academic KS4 Leader) [abirks-agnew@trinitysevenoaks.com](mailto:abirks-agnew@trinitysevenoaks.com)

Mr Holvey (Head of Year) [iholvey@trinitysevenoaks.com](mailto:iholvey@trinitysevenoaks.com)

Mrs Manaktala (Pastoral Lead) [cmanktala@trinitysevenoaks.com](mailto:cmanktala@trinitysevenoaks.com)

Attendance [attendance@trinitysevenoaks.com](mailto:attendance@trinitysevenoaks.com)