



Dear students,

I want to start by saying well done for your efforts this half term while the vast majority of you have been working from home. School plays such an important part in your lives and it shapes daily routines for both yourselves and your teachers. Coping with change is not easy for adults, yet you have embraced working in isolation at home. No, it has not been easy and at times you will have, I am sure, felt like you were climbing a mountain but never managing to make it to the peak. Be assured that you will not have been the only one. Life has a habit of throwing challenges at us from time to time. When we look back it is important we allow these challenges to shape us rather than define us. It is too easy to find excuses. There are lots of positives we can all take away from the experience of living through the pandemic. The fact it has shown us that we are far more resilient than maybe we had known, an increased appreciation for the love and friendship we offer each other; a greater sense of community in the areas where we live; a recognition of the importance of school— these are just some examples. The successes in terms of developing the vaccine so quickly proves US President Bill Clinton was right when he said, “we all do better when we work together”. In terms of rising to challenges, I have been pleased to hear from your teachers about the level of engagement in home learning for Year 10 and have enjoyed reading the positive emails they have been sending your parents about the work you have been completing. It is so nice to hear about your successes. A real highlight for me this term was writing and sending the postcards to the top 20 highest performers in the year from the assessments completed before Christmas. I would love to be able to write to some different students next time. What could you do differently next time to make sure you get a postcard? I know some of you are worried because of the time you have missed at school. Please don't worry. Based on the feedback on how you are doing, and the time left between now and the end of Year 11, I am confident (as are all your teachers) that you will complete all course content.

As a reminder, home schooling will continue after half term. We know that 8th March is the earliest date when schools will return but we do not yet know the exact date we will be able to welcome you back into Trinity. I will keep you up to date with information as soon as I know it, but in terms of managing expectations I would suggest you do not assume 8th March is the date of your first day back in school. I hope you have a safe and restful half term holiday with a real break from screen time. It is so well deserved. Best wishes, **Mr Birks-Agnew**

If you're struggling with your mental health right now:

mellow doodles

INSTEAD OF:

↳ Critical self talk

↑ Pushing & pushing

↳ Trying to do it all

↳ Overthinking

↳ Your normal workload

TRY:

↳ Celebrating small wins

↳ Taking a nap or rest

↳ Asking for help

↳ Listening to an audiobook or podcast

↳ Setting 3 realistic goals per day

**Your Wellbeing.** 'It's not about what it is, it's about what it can become.' Dr Seuss. Your wellbeing is of paramount importance to us. During this challenging time you may feel uncertain about the future, stressed about your grades and lonely due to the lack of social interaction and physical contact. This can cause anxiety, low mood, disrupt your sleep pattern, increase or decrease your appetite and other emotions too. Please reach out if you are struggling or you just want to talk. We are here for you.

**Helpful Resources:**

[www.themix.org.uk](http://www.themix.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



### Shout Outs From Mr Holvey and Mrs Manaktala.

Billy, Alex, Lamis, Lizzie - excellent attitude to work during lockdown.  
William, Ayden, Lia, Ben - for stepping up and getting the work done.  
Anthony, Stephanie, Maria - brilliant job, outstanding work! Truly above and beyond what was expected of you.  
Thomas, Peter, Grace, Tilly - you should be so proud of the effort you have shown during these difficult times. Take a bow!



**Retrieval Practice**

**Questioning & Elaboration**

**Concrete Examples**

**Spaced Practice**

**Interleaving**

**Revision.** Remember the 5 habits of effective learners from the assembly before your last set of assessments? These were taken from a study guide published by Wellington College.

Completing revision as part of regular homework is something your teachers will be talking to you about after half term so we thought it was worth adding a refresher here. To access the whole study guide [click here](#).

**Inspirational Talks**

Ian Lovett - <https://web.microsoftstream.com/video/9283b1de-fa13-45d8-81c4-200ad201cea4>

Bill Lattimer - <https://web.microsoftstream.com/video/f8696190-410b-4ae0-a2eb-e31c46f331fb>



LAPTOPLIBRARY

**#LapTopLibrary**

The Laptop Library is an initiative run by Ray Edun at Fine Tuned Tech, Sevenoaks, a company well known for providing excellent technical assistance and high quality used technology to local families.

The initiative is being supported by local parents, who are keen to help facilitate education for all during the pandemic.

The New Beacon has kindly allowed use of their Design and Technology building. This provides us with a large, covid secure environment away from those currently attending the school, for FTT's technicians to work safely on all donated machines.



Small local not-for-profit social enterprise reaching out to local schools to see if we can help to provide free laptops for their students to be able to get online at home & help with their learning during lockdown and beyond.

We are lucky to have been given equipment by local residents. Donated laptops are refurbished by Ray and his team, and then loaned to families in the local community who would otherwise be unable to access online learning.

★All Laptops will have an up-to-date Operating system and office software installed.

Please let us know if we can help by providing laptops to loan to your students/families.

If you have any questions at all, please contact us at: [laptoplibrarysevenoaks@gmail.com](mailto:laptoplibrarysevenoaks@gmail.com)



**Laptop Library Scheme.** We know that access to technology has been a challenge for some of you during this lockdown. Although the school has provided laptops to a number of students, these are loans. The Laptop Library scheme is being run by the parent of a student who finished Year 13 last summer and can provide laptops that you can keep. Please make contact with them (or ask a parent or carer to) if this could be of use to you.