

PARENT NEWSLETTER



Week beginning
Monday 30th
November 2020
Week 1

Whole School Spirituality

Theme: Get ready !

This week's theme is a message that most of us have had drummed into us from an early age. If it wasn't the cub scouts (or equivalent) telling us to 'Be prepared' and ensuring we had our emergency 10p with us at all times so that we could make that phone call if needed, then our parents were ensuring we had everything packed in our bags for school. And then the hours are readying ourselves when we're older for going out to meet friends or attend some social occasion. Time we'll never get back!

And so Advent is this time of 'getting ready' ... a time of preparation. This is such an important time of year for the Christian community. Christ's arrival is imminent and we should take the time to get ready and welcome Him in ... as we would any friend or guest. A good way of doing this would be to reconcile any conflicts that we have with those around us.

[Mr Doust]

ADVENT

**Are you
ready?**

Join our Mental Well-being panel

What is the aim?

- For students to have their voice and share ideas about mental well-being
- For students to create and choose resources to support mental well-being in school
- Post-COVID restrictions - Organise well-being events with the Mental Health Lead.

Due to COVID these will need to be short meetings held 15 minutes before each of your Year groups starting times:

Every Thursday:

Year 11: 8.00am

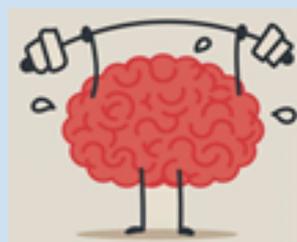
Year 10: 8:15am

Year 9: 8:30am

Year 8: 8:45am

Every Tuesday:

Year 7: 8:45am



All students are welcome to attend the meetings.

The meeting will take place in the hall.

Please speak to Mrs Handy if you would like to know more information.

Note for students: Please ask at the gate or front door when you come off the bus to come in a little earlier to attend the Mental Well-being team meeting.



MENTAL WELL-BEING ADVENT CALENDAR

30th	1 st And breathe... Have a go at focusing on your breathing. Close your eyes and inhale for 4 and exhale for 4	2 nd Have a giggle Share a joke with your family or friends	3 rd Stretching out Enjoy some middle of the week stretching. Roll your neck, wiggle fingers and rotate arms	4 th Three good things Write down three good things that have happened at school this week
7 th Kindness Say or do something kind for someone else	8 th Mindfulness Take part in some mindfulness, either by yourself or with family	9 th Admiration Tell someone something you admire about them	10 th Calm Play some calming music, close your eyes and think of something that makes you feel calm	11 th I am grateful Write or draw 3 things that you are grateful for
14 th Thank you Write a list of people to say thank you to. Try and say thank you to them by the end of the week	15 th Achievement Think of all the good things you have achieved this year	16 th Music Listen to some music you enjoy. This could even be Christmas themed!	17 th Memories Share some memories about Christmas with a friend	18 th Quiet time After a busy half term at school enjoy some quiet time before bed
21 st You time Spend time on a hobby or doing something you enjoy	22 nd Social media Take some time away from technology and social media	23 rd Festive walk Enjoy a walk looking at the Christmas lights	24 th Family and friends Enjoy some quality time with those closest to you	25 th Story time Read a book to help calm your brain before sleep

End of Term



Friday 18th December will be a PD Day, therefore the students are not required to attend school.

Their last day of term will be Thursday 17th December.

PUZZLE OF THE WEEK

A free international puzzle competition for schools

Registered users who have a User ID [click here](#) to submit your answer!

143
Puzzle
Number

PZLOTEERKUZEFHWE

Entries open: Mon 23rd Nov Entries close: Sun 29th Nov

scan to enter

W A I F F E N U T A T I E H T S I T E S B R C F V ?

Extension: Write a message using this code (or a similar one) to someone else.

www.puzzleoftheweek.com
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Puzzle created by Andrew Sharpe (@asharpeducator)

@puzzleoftheweek | Puzzle of the Week
Puzzle of the Week | @puzzleoftheweek

Forgot your user ID? [Click here](#)

Not yet registered? [Click here](#) and ensure you select
"Holy Trinity Academy" as your school.

Good luck! Ms Fletcher

**Children in Need Sponsored Walk – Saturday 14th November 2020
2 hours 20 minutes – 6 miles**



A very well done to James in year 10 for so far raising £146 for this year's Children in Need. What started out as just a family based sponsored walk around Telford has grown into a much more widely appreciated effort, earning sponsorship from many more people.

A great effort, well done !