

PARENT NEWSLETTER



Week beginning
Monday 18th
January 2021
Week 2

Whole School Spirituality

Theme: Called by Christ (God)

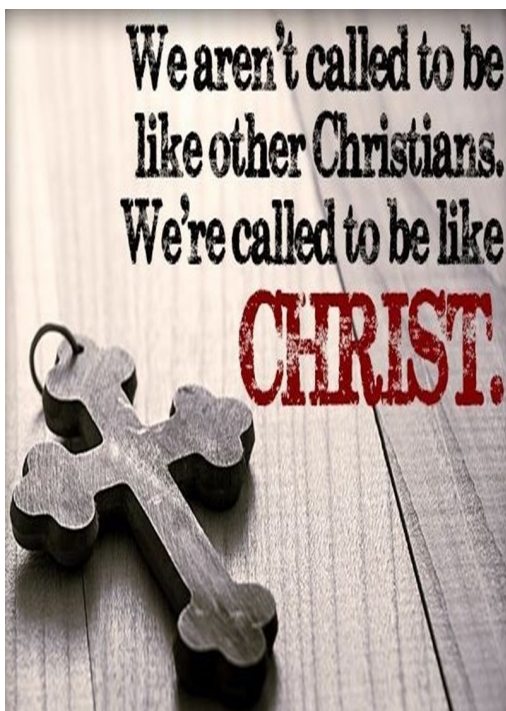
When I was a young child, my Uncle John Medcalf (a Catholic priest) told me that the hardest thing about becoming a priest was not whether or not your faith was strong enough or whether or not you felt worthy enough to do such a role, but about whether or not you wanted to be a dad (as you can't be both!) ... and my response was 'But how did you know which one to pick?'

Both parenthood and priesthood/religious orders are just two of the many ways that people can choose to serve others. Both are what we refer to as a 'vocation' ... a form of service that requires us to pour our heart and soul into it ... that gives us a sense of purpose and not just something that we can 'paint by numbers'!

In this sense, vocations are a 'calling'. As a Christian community we believe that Christ calls each of us to serve Him in a particular role. It isn't easy for all of us to know straightaway what this role is, but if we listen carefully [to Him] then He will tell us what our purpose is. [Mr Doust]

Pope Francis:

'We are not called to serve merely in order to receive a reward, but rather to imitate God, who made Himself a servant for our love. Nor are we called to serve only now and again, but to live in serving. Service is thus a way of life; indeed it recapitulates the entire Christian way of life: serving God in adoration and prayer; being open and available; loving our neighbour with practical deeds; passionately working for the common good.'





Details regarding Year 9 parents' evening have been sent out on Edulink

Many thanks to those who completed the FSM survey regarding collection of resources. Please make sure that you arrive at the time you selected on the survey. Thank you

A screenshot of the Holy Trinity Academy website's "Contact Us" form. The header shows the school's logo and name. The form has a dark blue background with a red circular graphic. It includes a search icon, a menu icon, and a "Contact Us" link. The form fields are "Your Name (required)" and "Your Email (required)". There is a "Privacy - Terms" link at the bottom right.

Please ensure that you contact the school via the 'Contact Us' form on our website to inform us of any positive Covid-19 cases during lockdown. Thank you.

Remote Learning

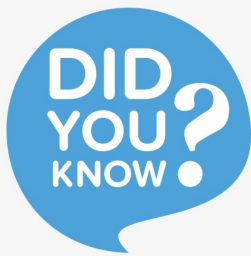
Thank you for the time you have taken to read and respond to the live lesson student protocol and consent information sent via Edulink.

Please complete this if you haven't had an opportunity yet.

A reminder that all remote learning is accessed via Show My Homework. Student feedback and student communication with subject teachers is also via this platform.

Our Remote Learning offer can be viewed on the school website
<http://holytrinity.academy/remote-education/>

Thank you



You can access Remote Learning Using your Xbox or PlayStation

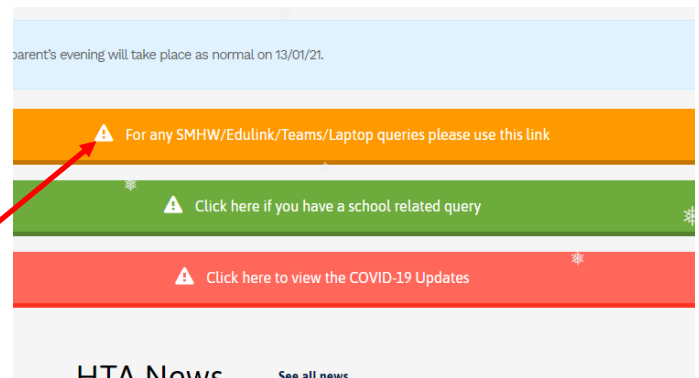
Here's a guide to show you how

<http://holytrinity.academy/wp-content/uploads/2021/01/Remote-Learning-using-gaming-console.pdf>



For any technical queries relating to SMHW, Edulink, Teams, laptops or new log-in requests, please click on the 'orange' bar on our website homepage.

Thank you



Lockdown can be very challenging for families. This website has a wealth of helpful information, hints and tips for many aspects of family life during

lockdown:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Music lessons with Telford and Wrekin Music

Do you learn keyboard, drums or guitar in school?

Telford and Wrekin Music are moving to online lessons, delivered via Microsoft Teams during the current lockdown.

Lessons are open to all students currently learning an instrument, including those having funded lessons through school.

Instrumental teachers have already contacted parents/carers with information about dates, times and other arrangements.

If you have any questions, please do contact me at

Jonathan.Harper@holytrinity.academy or contact the music service directly at Telford.music@telford.gov.uk

I hope as many of you as possible will take up this opportunity to continue learning from home.

Mr Harper



JOIN TOGETHER WORK TOGETHER

Family Link Worker: Miss Nelson

Routine Routine Routine!!! That's what we keep hearing but its not easy.
Here are the benefits to having some kind of routine for teens.

Ways a **routine** can help include: Better stress levels lead to improved mental health, more time to relax and less anxiety..... Your daily **routine** influences your quality of rest. Your sleep schedule and bedtime habits affect your mental sharpness, performance, emotional well-being and energy levels.

Things to include in your routine:

- Healthy eating (cook together)
- Good bedtime routine
- Limit time on devices (keep with you when they go to bed)
- Exercise (go for a walk with them)
- Family time (movies)
- School work (online learning)

These are just some things that you could include in your routine. It's important to find what works for you.

I appreciate it's not easy trying to get a teenager to stick to a routine but if they see you doing it, it helps them.

- <https://www.teenrehab.org/resources/helping-your-teen/routines-for-teenagers/>
- <https://www.ahaparenting.com/parenting-tools/family-life/structure-routines>



Mental Health and Well-being

Remote learning, screen time and well-being

Screen breaks for children in lockdown

Every 20 minutes, try and have a break. Use the 20-20-20 rule.

Pause, look 20ft away for 20 seconds.

Let your eye muscles relax, squeeze stagnant tears away.

If you are a child, between 6 and 13, and you're doing all your homework on screens, and using it for social reasons too, then it is important you also take a couple of hours a day looking at things far away

Take breaks regularly



Spend some time outdoors



Coronavirus Lockdown:

Resource for managing anxiety and improving well-being

**At this time of uncertainty, disrupted routine and restricted freedom,
it's understandable to be feeling anxious**

**You will find practical activities such as mindful craft,
breathing exercises and other self-care ideas, informative videos,
emotional expression worksheets and helpful
strategies to address anxiety.**

Relaxation activities:

- <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids>

Emotional support:

- <https://www.mentallyhealthyschools.org.uk/resources/emotion-wheel?pdf=coronavirus-anxiety-toolkit>
- <https://www.mentallyhealthyschools.org.uk/media/2003/emotional-check-in.pdf>

Self-care guide-NHS:

- <https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf>

Well-being through sport:

- <https://teammentalhealth.co.uk/wp-content/uploads/2020/03/The-complete-6-week-Wellbeing-Through-Sport-Activity-Programme.pdf>