

PARENT NEWSLETTER



Week beginning
Monday 10th
May 2021
Week 1

Whole School Spirituality

Easter 6: Love One Another

Many years ago, as I journeyed to the church to get married that day, there was an interview on Radio 5 Live. A young journalist was asking a man who had been married for 70+ years what was the secret of a long and happy marriage. The journalist asked him, 'Is it all about give and take?' The elderly gentleman corrected him and told him, 'It's all about give and give.'

Strangely enough, the wife wasn't asked this question.
I wonder what her response might have been!

However, this message from the elderly gentleman surely does not only apply to marriage ... it applies to all of life. Jesus' instruction to us to 'love one another' doesn't come with any conditions. It is not about give and take. We are asked to have a genuine love for others ... all others. It is not enough to be just be nice or civil to some people (and Christ knows this can be hard enough some days!).
It has to be love. That's the high standard set for us all.

[Mr Doust]

A polite reminder that any medication that requires administering to students during the school day must be brought into school by parents / carers and handed into the school reception.



All medication, both prescribed and over-the-counter products, must be clearly labelled and accompanied by a fully completed and signed Form Med 1, available on Edulink and here:

<http://holytrinity.academy/wp-content/uploads/2021/03/Form-Med-1.pdf>

With the exception of asthma inhalers & epipens, students are *not* permitted to carry any medications whilst in school.



WELCOME TO Mellors Catering Services

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pork sausage, red onion gravy and champ mash potato	Fiery Mexican chilli, brown rice, sour cream and salsa	Apple glazed roast pork, crispy roast potatoes and gravy	Chicken Singapore noodles	Crispy battered fish with chunky chips
Vegetarian Dish	Sweet potato and squash stew with pea and mint couscous 	Quorn™ and vegetable lasagne with crusty garlic and herb bread	Cheesy potato and leek pie topped with puff pastry served with crispy roast potatoes	Aubergine and chickpea <u>Dhansak</u> , pilau rice and cucumber raita 	Falafel in a wholemeal pitta, crunchy slaw and chunky chips
Accompaniments 	Roasted root vegetables Braised red cabbage Salad bar	Crisp mixed salad Corn of the cob Salad bar	Steamed carrots and broccoli Salad bar	Green beans Roasted butternut squash Salad bar	Garden peas Crisp mixed salad Salad bar
Street Food	Italian meatballs in tomato sauce with wholemeal pasta	Sweet potato and vegetable <u>masala</u> , <u>Bombay</u> potatoes and coriander and green chilli chutney	Chicken and bacon pasta	Red Thai chicken curry with steamed rice	Vegetarian pasta bolognese
Hot handheld special	Turkey meatball sub	BBQ Chicken pizza	Slow roasted pulled pork brioche, red slaw, gherkins and home pickled red onions 	Roasted vegetable pizza	Jumbo hot dog & fried onions
Jacket potato	Veggie stew or baked beans or grated cheddar or slaw	Veggie stew or baked beans or grated cheddar or slaw	Veggie stew or baked beans or grated cheddar or slaw	Veggie stew or baked beans or grated cheddar or slaw	Veggie stew or baked beans or grated cheddar or slaw

Parents

Please remember to top-up your child's ParentPay accounts for purchasing their school meals.

Thank you





As a High Performance Learning Pathway School we will be sharing with you “Top Tips” on how you can support you child/ren with developing the High Performance Learning skills at home. There are 30 of these skills broken down into the two categories of Advanced Cognitive Performance Characteristics (ACPs) and Values, Attitudes and Attributes (VAAs). This week we look at the VAA of being **Concerned for Society** (the ability to understand the contribution you can make to society to the benefit of those less fortunate than you are; demonstrate citizenship and a sense of community ethos; recognise differences as well as similarities between people and peoples; be aware of your own and others’ cultural heritage and be sensitive to the ethical and moral issues raised by learning)



Top Tips on.....Being Concerned for Society

- Model showing concern for society
- Encourage an interest in what is going on in the world and talk about events. Inevitably, the majority of news stories involve the need for concern for others
- Encourage care and compassion at home and consider ways in which this can become outreach to the local, national and international community.
- Consider the opportunities to discuss and act on issues which require caring more for society e.g. signing petitions regarding environmental issues
- Consider the impact that loneliness can have on people. Encourage a discussion on this and how at work/school we can reach out to those who may benefit from our friendship and company.

Y7 Parents Evening

Wednesday 9th June

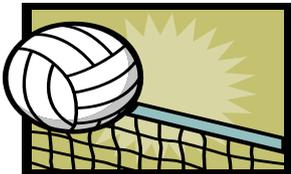
The booking system opens on Friday 21st May
and closes on Friday 28th May 2021

EduLink Parents' Evening Guide:

<http://holytrinity.academy/edulink-parents-evening-guide/>

EduLink

<https://www.edulinkone.com/#!/login>



PE CLUBS & ACTIVITIES MAY - JULY 2021

	AFTER SCHOOL 2.30 – 3.30
MONDAY	YR 7 & 8 CRICKET YR 7 & 8 ROUNDERS
TUESDAY	YR 7 & 8 ATHLETICS
WEDNESDAY	MEETINGS ATHLETICS FIXTURES
THURSDAY	YR 7 & 8 TENNIS CLUB

**** Students will need to be in kit for all activities ****



HM Government

NHS

Test and Trace

Twice weekly rapid COVID-19 testing

Test at home
Report online
Keep life moving

- **New test kits have been issued to students**
- **Please continue testing and reporting results**



Let's take this next step safely.

GET YOUR TESTS
FROM SCHOOL OR COLLEGE



Safeguarding



Taking Back Control

Self-generated imagery of young people



If, as parents, you are concerned about the dangers of self-generated sexual imagery created by young people, particularly when they lose control of the images, despite being shared consensually yet maliciously obtained and uploaded to other sites, then go to

<https://oursaferschools.co.uk/2021/04/23/self-generated-images/>

Your guide to 'taking back control'. This is an informative site that will answer all your questions and concerns.

Class of 2021

Prom Night

Thursday

EVENT CANCELLED

We regret that due to poor ticket sales, this year's School Prom is cancelled. Students can collect their ticket refund from Reception

158

Puzzle
Number

PUZZLE OF THE WEEK

Entries open: Mon 3rd May

Entries close: Sun 9th May



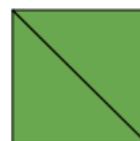
scan to enter

Sophia has 52 identical isosceles right angled triangles.
She wants to make a square using some of them.

The triangles look
like this



Here's an example of one of
the squares she can make.



How many different sized squares can she make?

Extension: How many different parallelograms can Sophia make with these 52 triangles?

10th-16th May 2021 is Mental Health Awareness Week.

After such a difficult year it's more important than ever to recognise mental health and well-being and to raise awareness of how to access support when needed.

'We all have Mental Health'



Mental Health
Awareness Week
10-16 May 2021

Connecting with nature is about building a relationship with nature by noticing and becoming sensitive to the environment around us.

This has benefits for our physical and mental health.

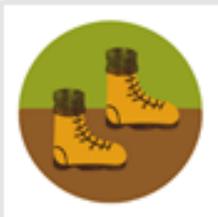
How can i take part?



Eat breakfast in front of the window, observing the nature outside.



Go for a walk, run or cycle



Walk in your local natural space



Play music outside

Why is nature good for my mental health?



Feeling happier



Increasing social contact



Having more and better sleep



Feeling less worried



Increasing self-esteem



Improves concentration

YoungMinds

Parents helpline:

Information copied from
the [YoungMinds website](#)

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

- Our Parents Helpline is available in England, Scotland, Wales and Northern Ireland.
- You'll get through to a trained adviser who will listen and talk through your concerns in complete confidence.
- Your adviser will help you to understand your child's behaviour and give you practical advice on what to do next.
- If you need further help, they'll arrange for one of our qualified mental health professionals to call you for a 50-minute telephone consultation within seven days.
- Please note, calls may be recorded for monitoring or training purposes.
- Hard of hearing or speech-impaired? Please use [Typetalk](#) or [Textdirect](#) to contact us, or use our [Parents Webchat](#)
- If English is not your first language, we can arrange for an interpreter as a member of [LanguageLine](#).

Our Parents Webchat and Email service provides information and signposting to help parents and carers find the information they are looking for with regards to their child's mental health.

Our webchat service is open Mon-Fri 9.30am-4pm

Once you are connected, a webchat adviser will direct you to information on our website or signpost you to other organisations that can offer further support. The conversation will last around ten minutes.

Following your chat you will have the option to receive the transcript of your conversation by email.

Our email service is open Mon-Fri 4pm-9.30am and anytime over the weekend.

In order to contact us by email you will be asked to complete our online contact form. We will endeavour to reply to your email within three working days.

The resources we send in our emails and webchats are written by helpline experts, and feature practical advice and strategies that you can implement. Please make sure you take the time to read any resources selected for you.

Anxiety

What is anxiety?

Anxiety is a normal, human feeling of fear or panic. When we face stressful situations, it can set off our brain's in-built alarm bell system, which tells us something isn't right and that we need to deal with it. Our brain wants the difficult situation to go away, so it makes us feel more alert, stops us thinking about other things, and even pumps more blood to our legs to help us run away.



You will find practical activities such as mindful crafts, 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>

Emotion 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>

Parents & Students

Please go to
Show My Homework
for a booklet on
Mental Health
Awareness Week



Ahead of Mental Health Awareness Week and to help improve our mental health, we are encouraging everyone to connect with nature. Join us in getting out and appreciating our beautiful surroundings. Why not send us your photos to enquiries@holytrinity.academy

Monday - Mindfulness club after school sessions

Tuesday - Student Well-being panel before school

Friday - Lunch time drop in session (Mrs Handy will be situated in the room next to the first aid room) to offer any basic 1:1 advice or support around mental health and wellbeing



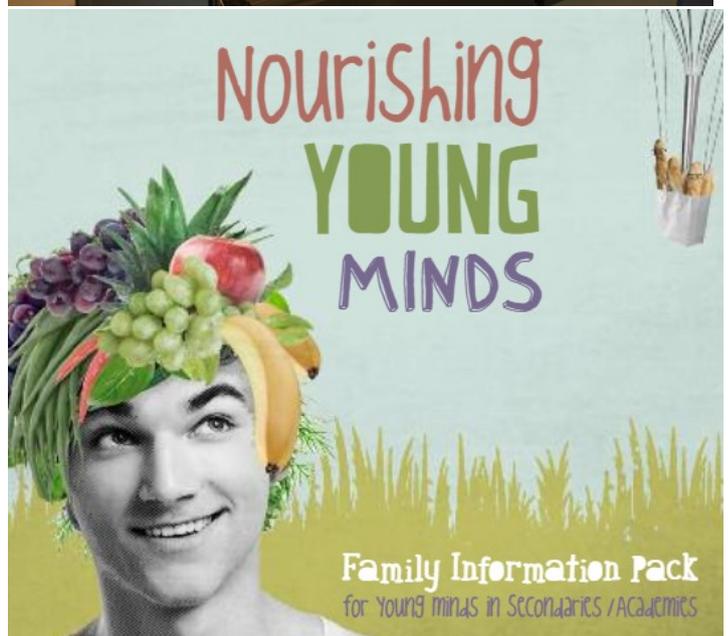
WELCOME TO...

Mellors Catering Services



We have, this term, welcomed Mellors Catering Services to Holy Trinity Academy, who are committed to delivering an exciting range of food using only the finest and freshest ingredients from local suppliers.

In addition to providing tasty and nutritious meals they also work hard to minimise single-use plastics and look for ways to further reduce our impact on the environment.



Go to <http://holytrinity.academy/hta-news/whats-cooking/> for more information