



HOLY TRINITY ACADEMY

PARENT WEEKLY BULLETIN

Week commencing Monday 29th November 2021

Whole School Spirituality

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 of 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]





Perspective

A perspective is a point of view

HPL FOCUS

Connection finding

The ability to use connections from past experiences to see possible generalisations



High
Performance
Learning

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 fortnight we look at the ACP of **Connection Finding** (the ability to see how what is happening in this instance could be extrapolated to other similar situations)

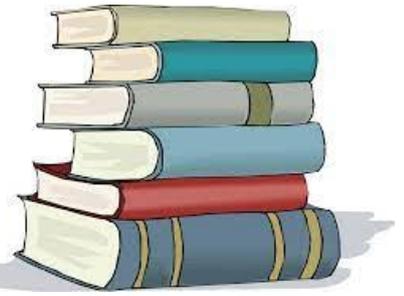
Top Tips on..... Connection Finding



1. Ask questions that look to joining current learning with past learning "is this similar to something you have done before" "what does this remind you of?"
2. Play the six degrees of separation game. In six connections can you link a school with a car
3. Take part in any two activities together and discuss what they have in common. E.g read a newspaper article and cook a meal – what could be common links between these things, consider the process which you go through to produce both of these things for example
4. Past and present. Choose a significant event in History. Discuss how that event has shaped the world/society in which we live
5. Watch the programme 'Only Connect' and create your own connect wall. Complete a subject based one and give it to your teacher to complete! Can they guess the connections?



POP-UP LIBRARY



read

Year 7
**BOOK
CLUB**

share

enjoy

Years 7 & 8 have access to this resource during lessons and we are now launching a Book Club if Year 7 students would like to attend during their free time.

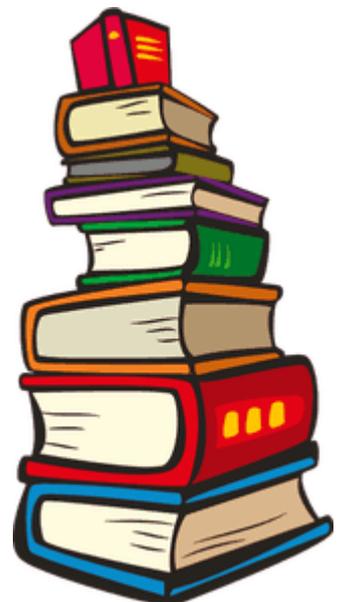
WHERE? The Pop Up Library

WHEN? Tuesday

Before school 8.10 - 8.25 am

After school 2.45 - 3.45 pm

Our new Book Club is a growing resource and if any older students have any books that they have finished with, we would be grateful for any donations.



MATERIALS NEEDED

We are **Planet Mind**, a business set up by Year 12 for Young Enterprise.

We are producing recycled tote bags. More than 300,000 tonnes of clothes end up in landfill each year in the UK.

Our project aims to reuse old clothes and transform them into something stylish and new in order to reduce the number of clothes that end up in landfill, even if it's just by a small amount!

What we need from you ...

We want your old clothes!

We need materials such as t-shirts, bed sheets and curtains — anything made of cotton.

Bring your old clothes up to the sixth form room (334).

Bake sale coming soon...

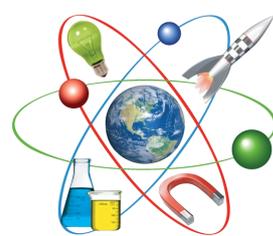


Reminder to Parents of Year 9

who are yet to purchase their child's **Science** revision guides.

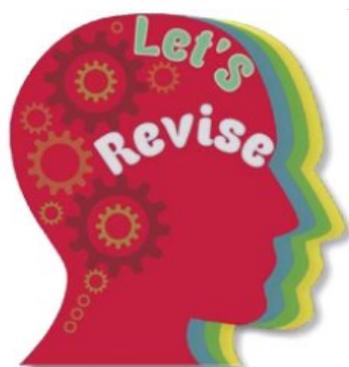
Details of what you need are here:

<http://holytrinity.academy/wp-content/uploads/2021/11/science-revision-guides-oct-21.pdf>



These can only be purchased through ParentPay and at a significantly discounted price.

Year 11 Revision - Term 1



Day	Department request
1 Mon	Health and Social, Art
1 Tues	Maths, Geography
1 Thurs	Computer Science, D&T / Engineering/RE
1 Fri	
2 Mon	Business, Art
2 Tues	Maths, Geography
2 Thurs	D&T / Engineering/RE
2 Fri	

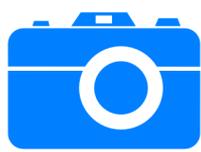


Year 11 School Ties are now available to purchase - £4

Payment via
ParentPay only



Revised Digital Publicity Consent



Parents/Carers

To ensure safe digital communication, please complete the revised consent form ASAP

The form can be found, and completed on Edulink under the 'Forms' icon



Year 7 Settling
In Evening

Wednesday 8th December

3.00 - 4.10pm

A letter has now been published on Edulink.

Appointments can be made on the Parent Booking System on Edulink.

This will go live on Wednesday 1st December and close on Tuesday 7th December

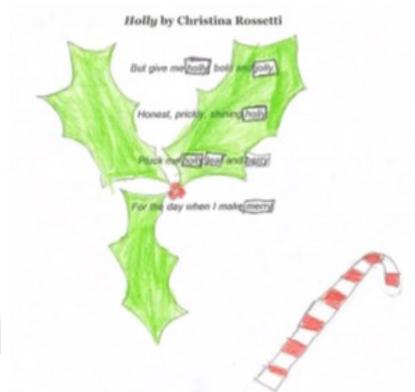


Spotlight

on Session 6

Y8 English

This week, we have been working on completing some festive blackout poetry, picking out key words / words we like from a range of Christmas-themed poems and producing some lovely artwork!



If you have any questions about Pupil Premium, please do not hesitate to contact me at the school. Thank you for your support, Mrs Woodvine

PUPIL PREMIUM

Please check the Pupil Premium and Services Premium sections of the school website for more information about the way your children are supported at HTA. You will find more information on there, including a list of criteria to check if you are eligible for Free School Meals, and a link to the Telford and Wrekin application form.

<http://holytrinity.academy/pupilpremiuminfo/>



WELCOME TO Mellors Catering Services



MENU

TRY OUR STREET FOOD GRAB AND GO
FOR HEALTHY MEALS ON THE GO



BE A
HIGH-FLYER.
A HEALTHY SCHOOL LUNCH
SUPPORTS YOUR LEARNING

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Tuna and Sweetcorn Pasta bake with Garlic bread	Creamy chicken and leek pie with a golden pastry top served with new potatoes	Roast Gammon and Pineapple with crispy roast potatoes	Traditional beef lasagne with crusty garlic and herb bread	Pork Sausage or Fish Fingers served with chunky chips
Vegetarian Main Dish	Vegetable tikka masala with pilau rice and cucumber raita	Vegetable moussaka	Vegetarian toad in the hole with gravy and crispy roast potatoes	Spiced vegetable jambalaya 	Vegetable Burger in a soft bap
Accompaniments 	Roasted Mediterranean vegetables Steamed broccoli Salad bar	Spring greens Carrot batons Seasonal vegetables Salad bar	Peas and Sweetcorn Salad bar	Green beans Crisp mixed salad Salad bar	Garden peas Crisp mixed salad Salad bar
Hot Handheld Special	Pepperoni Pizza	Macaroni cheese with Herby Garlic Bread	Roasted vegetable pizza 	Sweet Chilli Chicken Wrap and Salad	Tomato and Mascarpone with Whole Wheat Pasta
Street Food	Malaysian Beef Rendang with coconut rice	Greek Pork Souvlaki in a warm flat bread	Tandoori chicken Wrap with Bombay potatoes and cucumber raita	Hoisin Pork Noodles 	Chicken shawarma salad, in a pitta bread 
Jacket Potato	Grated Cheese Or Baked Beans	Grated Cheese Or Baked Beans	Grated Cheese Or Baked Beans	Grated Cheese Or Baked Beans	Grated Cheese Or Baked Beans
Dessert 	Selection of Traybakes and Fresh Fruit	Selection of Traybakes and Fresh Fruit	Selection of Traybakes and Fresh Fruit	Selection of Traybakes and Fresh Fruit	Selection of Traybakes and Fresh Fruit

Parents

Please ensure that your child's account is in credit and that there are sufficient funds for their purchases.

Thank you



Mental Wellbeing

Theme of the week: Anxiety, stress and Year 11 mocks

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations. But **sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life.**



The good news is there are plenty of things you can try to help cope with anxiety.

Top tips to cope with anxiety



Shift your focus

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

[Try NHS-recommended relaxation exercises](#)



Understand your anxiety

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.



Challenge your anxious thoughts

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious. Watch the video to find out more.

[Video: Reframing unhelpful thoughts](#)



Make time for worries

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things. Watch the video for more advice.

[Video: Tackle your worries](#)



Face the things you want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.



Look at the bigger picture

If we feel anxious about a situation, we might get stuck on the details and stop seeing things rationally. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan. What advice would you give to a friend or family member?

See SMHW and the bulletin for more exam stress support.

Year 11 mock assessments

Year 11 mock weeks are always hard on the emotions, this year they are harder because of how much test results have been relied on from mocks due to COVID. Try to take it easy, take care of yourselves and use some calming strategies and support in school (PSO's) to help you through the next couple of weeks.

You can only do your best! 😊

BEAT EXAM STRESS!



GET SOME SLEEP

If you go to bed feeling anxious, you'll find it harder to fall asleep. Avoid starting a new chapter of your revision book late in the day. It's still there in the morning when your mind is fresh.



DON'T AVOID TOPICS YOU DISLIKE

If a particular subject is causing issues, don't dwell on it for too long but don't forget about it completely. Changing your study environment or talking it through with someone can work wonders.



FUEL YOURSELF EFFECTIVELY

Snacking on junk food while revising is all too easy, but isn't doing you any good. Brain foods like blueberries, avocados and salmon generally aid memory function. And don't be tempted to overdo the caffeine or drugs that claim to enhance performance - the downside outweighs any supposed benefits.



FLEX YOUR MIND AND BODY

Any form of exercise is good during exam time. Yoga is particularly good at stimulating your brain to produce chemicals to control calmness. Deep, slow breathing techniques can aid relaxation. And even a few daily minutes of mindfulness can stop you feeling overwhelmed.



AVOID NEGATIVE VIBES

Avoid being a sounding board for moans from your friends - 'Who's more stressed?' content will do neither of you any good. Tune your TV to a comedy series rather than a news bulletin about impending World War 3.



SCHEDULE IN A TREAT

Have something other than a single track focus on exam day. Book in a break away with friends that you can start looking forward to. Research things to see and plan some activities to take your mind off the task at hand.

BONUS TIP

EMBRACE THE STRESS

If you weren't nervous during exam time, you wouldn't be human. It's not about not being stressed, it's about how you channel your nerves to achieve the results you deserve. Exams only count for a tiny fraction of your life, so don't forget about the rest of it.

Exam Stress and how to cope with it

From students to students

Where to study?

Sit in the same place at the same time each day, this will allow your brain to associate that location with studying



The Pomodoro Technique

Work for 25 mins then have a 5 min break (don't go on your phone. Go outside/ make a drink



One step at a time

Take it one step at a time and try not to get overwhelmed

One step at a time is all it takes to get you there.

AVOID USING YOUR MOBILE PHONE WHILST STUDYING.

Mobile phones are a big distraction



Ask for help

- Speak to your subject teachers if you need some extra support with your work
- Ask parents/carers to help if they can



Friends

Talk to your friends and get advice when needed.



Make a revision timetable

Use a revision timetable to manage your workload



ANTI-BULLYING WEEK 2021

Poster Competition

