

MARCH 01, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

I have to say that I was bracing myself this Thursday 29th February for a host of marriage proposals from any number of misguided women but as with four years ago, and four years before that and so on, I was to be disappointed. Of course, Thursday was Leap Day, with that curious tradition that this is the only day on which women can propose marriage to men. Tradition suggests that in 5th-century Ireland, St. Bridget lamented to St. Patrick that women were not allowed to propose marriage to men. St. Patrick being a generous fellow and clearly believing that the patriarchy meant that it was in his gift, designated the only day as February 29, once every four years. A calendar year is typically 365 days long, the number of days it takes the Earth to complete one orbit around the Sun but it actually takes Earth 365.242190 days to orbit the Sun, or 365 days 5 hours 48 minutes and 56 seconds. So every four years we add an extra day, February 29th so that our seasons do not begin to drift. It also therefore means that every four years women can propose to men! Well, not quite because by adding a leap day every four years, we actually make the calendar longer by over 44 minutes which means that every so often, we have to skip a leap year, the next one is the year 2100.

Continued overleaf...

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Tales from T2

D of E

Chinese Leap Month

Dodgeball

Outdoors Challenge

Eden Project Trip

Trinity Nature Page



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PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

All apparently bad news for those, known as Leaplings or Leapers, who are born on February 29th. You have a 1 in 1,461 chance but fortunately that doesn't mean you can only celebrate a birthday every four years or claim that you are younger than you are. Your official birthday becomes the 1st March. Obviously if it was your birthday, you celebrate it vigorously but what do the rest of us do with this gift of additional time

We could reflect on the fact that we have an extra day of work not paid for if we are salaried or an extra day of school but that would not be a positive way to approach the gift of time. Certainly I do not feel I have enough of it and as I grow older, time seems to fly. Trinity's young pupils might not perceive time as fleeting like their elders, but they are just as aware there is not enough of it to do their academic work, look to their futures, be with their friends, their family, fulfil their dreams. Thinking about the passage of and use of time can make us anxious, but if we don't think about it, we're missing the opportunity to appreciate its worth. So instead of proposing or awaiting them on Leap Day, maybe not on Thursday but we have 366 days this year to enjoy, perhaps we should consider what to do with the gift of time instead.



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CELEBRATING THE LEAP MONTH IN CHINA

According to the traditional Chinese calendar, for every 19 years there will be seven leap months. "Leap month" refers to a repetitive month and, this year, there will be two Februarys.

The setting of leap month is a way to fill the gap of days between the solar calendar and lunar calendar in one year, which is 11 or 12 days, so as to make sure the four seasons basically fit the months. In accordance with the traditional Chinese calendar, the first three months of the year should be spring, the next three should be summer, then autumn and the last three months should be winter.

There are some traditions and customs during leap month in China, which are varied in different places. As the leap month is around the corner, which gifts have you prepared for your parents? Shoes, pastries and pigs' trotters are traditional! Don't be surprised if you receive any of the above!



蛇
SNAKE



龍
DRAGON



兔
RABBIT



虎
TIGER



牛
OX



鼠
RAT

HAPPY ST DAVID'S DAY! DYDD GWYL DEWI HAPUS!

St David or Dewi Sant in Welsh, is the patron saint of Wales. He is the only native-born patron saint of all the countries of Britain and Ireland. He is also the patron saint of Pembroke and vegetarians.

St David was a Welsh monk who became the Bishop of Mynyw (now St Davids) in 6th Century and he was later canonized in 12th Century.

He died on 1st March 589 AD and the day has been celebrated since then.

He is commemorated in a shrine in St David's Cathedral. (St Davids being the smallest city, by population, in the UK)

He is famed for performing miracles and spreading Christianity. His followers were taught a simple life, to refrain from beer and meat.

His symbol was a leek, and his emblem was a white dove sitting on his shoulder. Today many Welsh people will wear a leek to commemorate their patron saint. However, in the 18th Century a popular alternative became the daffodil when the day became a national festival.

St David's final words to his followers, before he died were: "Gwnewch y pethau bychain mewmn bywyd".....
..... translated, it gave rise to the phrase "Do the little things in life"



Gwnewch y pethau bychain
Dydd Gŵyl Dewi Hapus!

Do the small things
Happy St. David's day!



TALES FROM T2: LIFE BEHIND THE IRON CURTAIN

Year 11 and Year 12 historians are both currently studying various aspects of The Cold War. As part of their GCSE and A Level courses a focus on events in Germany from 1945 to 1989 is significant. Therefore, Frau Fischer kindly joined these students to give an excellent PowerPoint presentation and talk on her life, growing up in East Germany. Frau Fischer gave a wide-ranging talk about the political, economic and social aspects of life and showed many fascinating artefacts and memorabilia. This included flags, coins, photos, passports, books, postcards, documents, toys and even uniform for the Young Pioneers youth group. A question and answer session was most enlightening and brought this extraordinary part of 20th Century history to life.

Vielen Dank Frau Fischer!



EDEN PROJECT TRIP

As part of their Geography studies, year 10 and 11 pupils conducted an investigation in the rainforest biome at the Eden Project. The title of the investigation was: "To what extent does the Eden Project simulate a real rainforest"... in other words, is the Eden's "rainforest in captivity" just like the real thing?

As well as being an exciting day out, the trip was an essential part of their preparation for paper 3 of their Geography exams. They will be asked about this investigation in detail in their exam: our hope is that a day spent in a rainforest in Cornwall will certainly be memorable!



D OF E PRACTISE EXPEDITION

Students very much enjoyed walking in the local area for their Bronze D of E practise expedition. What a lovely part of the world we live in!



NEXT STEPS PREPARATION

Year 12 were all involved in an enjoyable and informative day out at Ashton Gate Stadium in Bristol for a Universities and Apprenticeships fair. Students were able to talk with University staff about potential courses as well as attend seminars ranging from 'How to write your personal statement' to 'Russell Group University entry'.



MESSAGE FROM WHITE HOUSE RECEPTION

The new telephone system is now installed and fully operational at The White House (and throughout the school) on 01626 774138.

The 'report an absence' option is once again available, although you are always welcome to talk to a member of the Admin Team if you would prefer, or email us, as always, at enquiries@trinityschool.co.uk.

We would like to take this opportunity to thank you for your patience over recent months.



White House
Reception:
01626
774138

TRINITY NATURE PAGE



"It was one of
those March days
when the sun
shines hot and the
wind blows cold:
when it is summer
in the light, and
winter in the
shade."

GREAT EXPECTATIONS

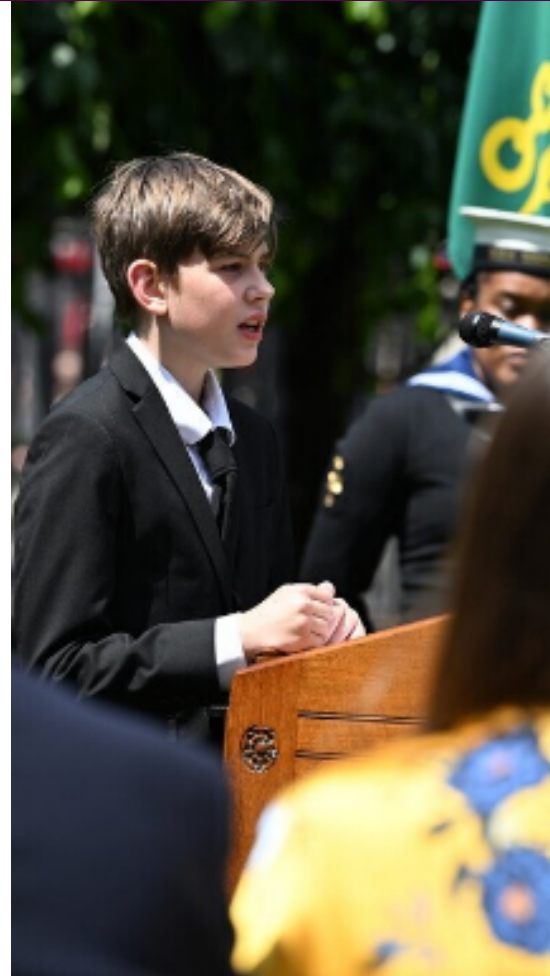


JACOB MASON'S AMBASSADOR ROLE

Due to his work supporting military Charities, Jacob has been invited to join the Team at Never Such Innocence as a young Ambassador! This is alongside his current paid role as advisor to the trustees of the Naval Children's Charity. Well done Jacob!

DODGEBALL

Two year 7 and 8 teams from Trinity travelled to St John's School in Sidmouth to play dodgeball. It gave a lot of students an alternative sport in which to represent the school. We won all our games and the students really enjoyed the different variations of the game and the social side of the fixture. Stand out players from each team, selected by the opponents were Boe Taylor and Mason Wesley.



READING RECOMMENDATIONS

The library has been looking at ways to extend the range of authors currently read by students and encouraging them to explore new and different authors and genres. So, Mrs Knapman has kindly compiled a list for each year group with suggestions to try and explore, all titles are available in the Senior Library. We will be sharing a suggestion for each years 7, 8 and 9 each week. Happy reading!

Year 7: Robin Hood by Robert Muchamore

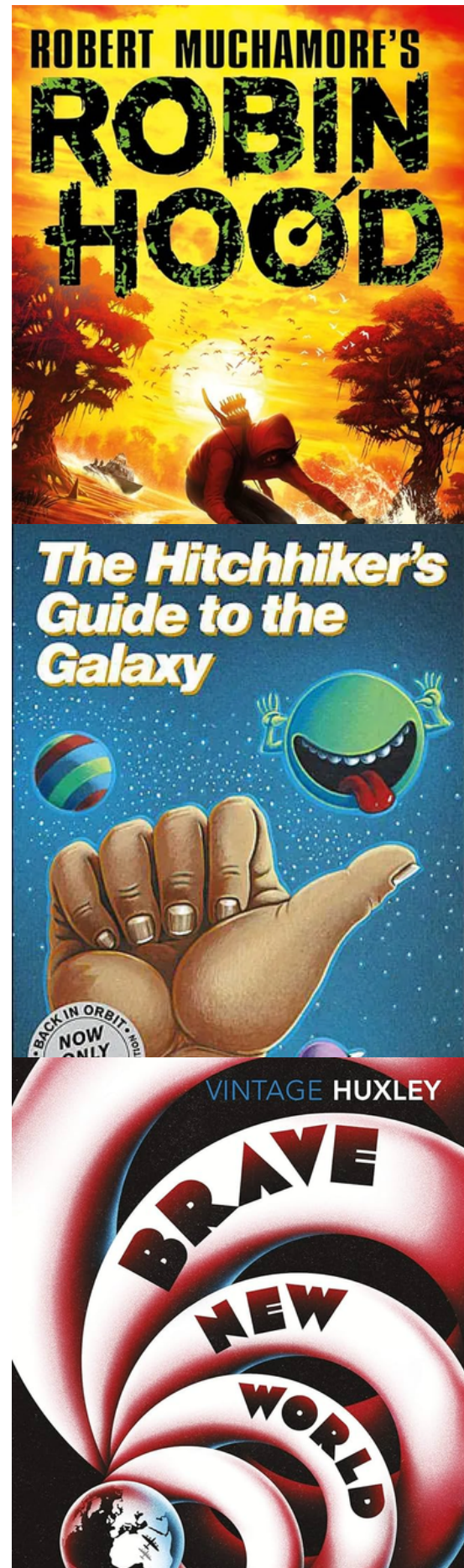
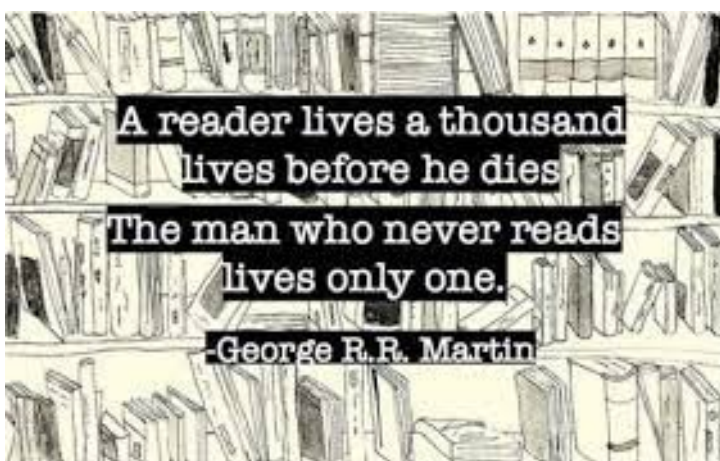
When his dad is framed for a robbery, Robin and his brother Little John are hounded out of Locksley and must learn to survive in the Sherwood forest, stretching three hundred kilometres and sheltering the free spirits and outlaws. But Robin is determined to do more than survive.

Year 8: Hitchhiker's Guide To The Galaxy By Douglas Adam

The broad narrative of Hitchhiker follows the misadventures of the last surviving man, Arthur Dent, following the demolition of the planet Earth by a Vogon constructor fleet to make way for a hyperspace bypass.

Year 9: Brave New World by Aldous Huxley

The novel examines a futuristic society, called the World State, that revolves around science and efficiency. In this society, emotions and individuality are conditioned out of children at a young age, and there are no lasting relationships because "every one belongs to every one else" (a common World State dictum).



TRINITY SCHOOL PRESENTS



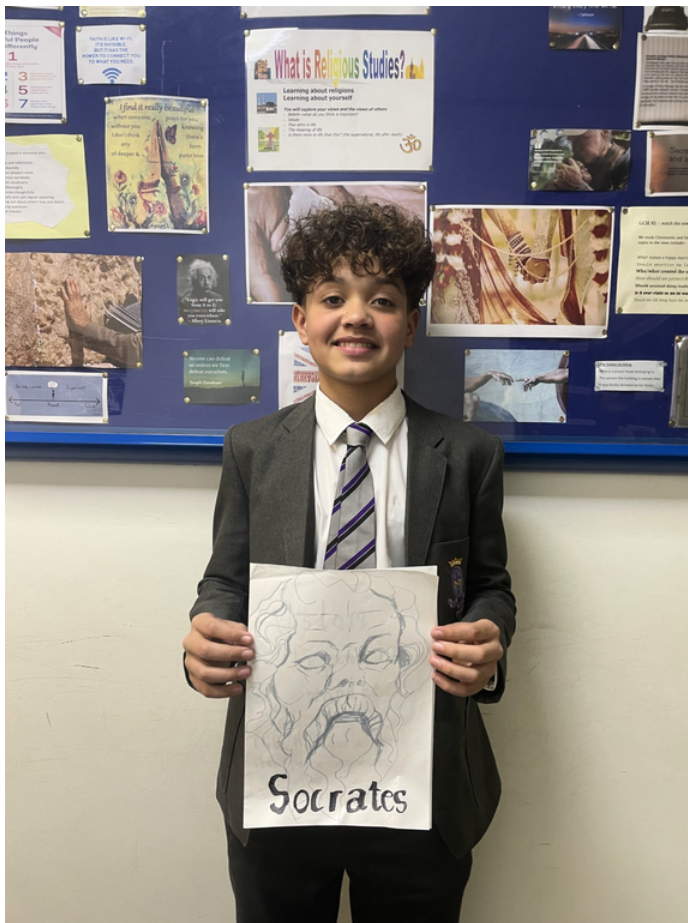
13 - 15TH MARCH
7PM, THE SALLE
£7 PER SEAT



PHILOSOPHER OF THE MONTH

Well done to March's winner, Mason Wesley.

Mr Robinson chose this winner as he felt that Mason's chosen Socrates quote, 'Wisdom begins in wonder' sparked his imagination.



STAR CHEFS

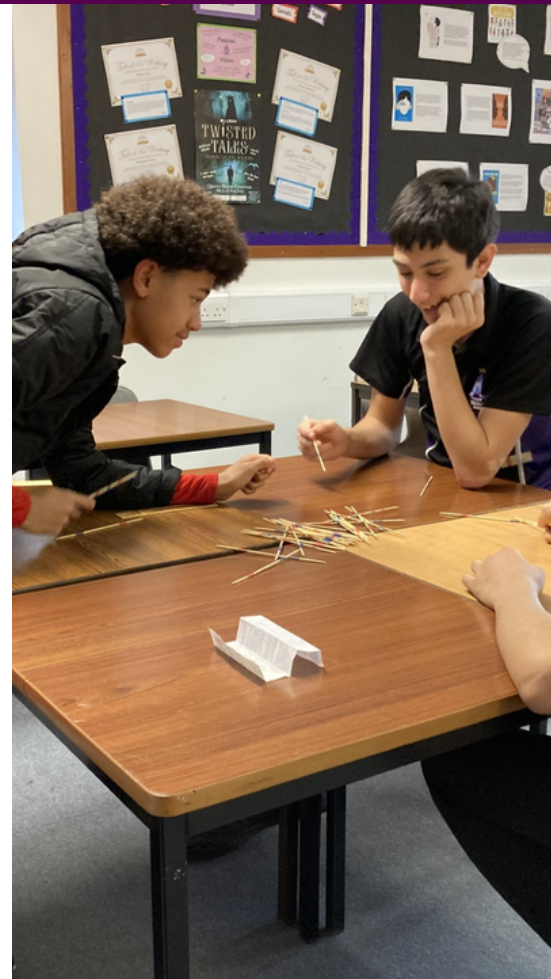
Well done to our star chefs this week!

In year 8 it was James for his superb risotto and in year 9 it was Alfie for his cheesecake.



BOARD GAMES CLUB

Lots of fun was had at Board Games Club this week!



GETTING OUTDOORS WITH YEAR 9

Inspired by Mrs Atkins' assembly earlier in the year about getting outdoors including a February challenge prompting students to do something different outdoors each day, year 9 took the challenge in their stride, trying their best to complete the daily challenges and they even fitted in enjoying hot chocolates outside on a colder day. Great work!



HISTORY CORNER

Here is a photo from our archives. Can you spot where it is?



ON THIS DAY... 1st MARCH

In 548 the death of St David...

In 1711 the first edition of 'The Spectator' published in London...

In 1872 Yellowstone became the world's first national park...

In 1896 Henri Becquerel discovered radioactivity...

In 1941 Timely Comics first published 'Captain America'...

In 1946 the British government nationalised The Bank of England...

In 1954 explosion of "Castle Bravo" at Bikini Atoll, the most powerful nuclear device ever detonated by the US...

In 1968 'Joseph and his Technicolour Dreamcoat' first performed as a 15-minute pop cantata...

In 1977 The Bank of America adopted the name VISA for its credit cards...

In 2016 Bill Gates listed as world's richest person, valued at 75 billion dollars...

Today: St David's Day!



THAT FRIDAY FEELING!

There is no better way to end the week than to celebrate student's hard work and achievements. Congratulations to every student who was awarded Work of the Week or received a Commendation!



COMMENDATIONS

KEY STAGE COMMENDATIONS:

Sienna Cullen
Ocean Brant
Lola Harris
Blake Hawkins
Sam Landfear
Lowenna Lewis
Gemma Newton
Noah Smith
Sienna Winsor

Victoria Ward
Felix Balfour-Paul
Evie Collison
Ashton Foxworthy
Zach Foulser
Matthew Smith
Dexter Jeffery
Mason Wesley
Max Kirton
Alice Lovett

Anais Mo
Finely Simmons
Lana Magill
Nyrie Ridge
Owen Young
Maisey Down
Tor Jones
Nathan Yeo
Sam Powles

HEADMASTER'S COMMENDATIONS:

Lola Harris
Blake Hawkins
Evie Collison
Max Kirton
Anais Mo
Mason Wesley
Dexter Jeffery
Lana Magill Matt Smith
Nathan Yeo



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

Mental Health Awareness MARCH



Daily Affirmations:

I am allowed to take time to heal

6



8

International Women's Day

9

10

11



12

Wellness tip:
Take a nap

13

Daily Affirmations:

I will live in this moment

14

15

16

17

18

Self-care activity:
Watch a movie

19



20

Self-care activity:
Journal

21



22

23

Daily Affirmations:

Am I doing enough? yes I am!

24

25

26

27



28

Self-care activity:
Take yourself on a date

29

30

World BiPolar Day

31



GREENBROOKTMS.COM



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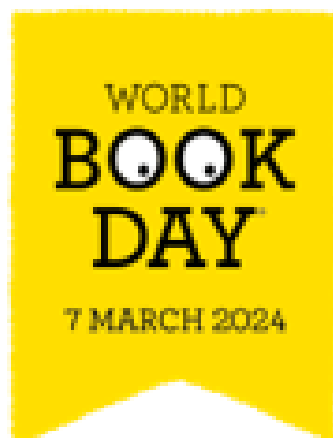
World Book Day 2024

Join Trinity to celebrate World Book Day!

We invite you to dress up as your favourite book character on **Thursday 7th March**.

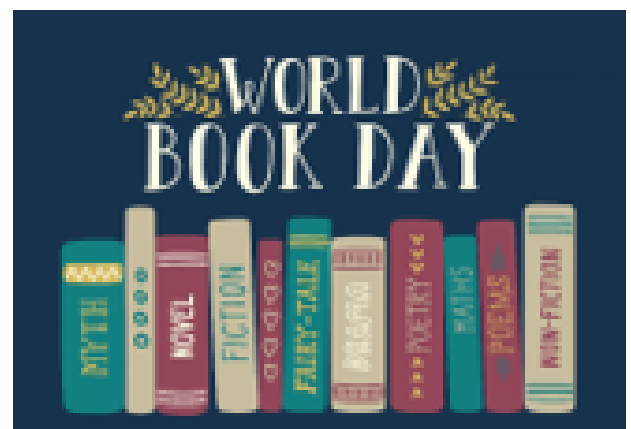
This applies to all students and teachers!

Prizes will be given to people who have the best costume in Key Stage 3,4,5 and teachers!



Each key stage 3 class will be given a short story at the start of the day and will read a chapter in every lesson. By the end of the day, they will have read a whole story together!

There will be a scavenger hunt for key stage 3 on **Friday 8th of March** in celebration of world book day and reading!



Nicola Collison

PG Dip in Play Therapy & Credited Counsellor (NCPS)

Talking and Creative therapy

IT'S OKAY TO ASK FOR HELP

I will have a room set up in school so children and young people can choose, with my guidance, how they want to use the sessions.

Hi there, my name is Nicola

Collison. I am a qualified counsellor accredited by the NCPS (National Counselling and Psychotherapy Society) and have a Post-Graduate Diploma in Play Therapy. Before that, I was a Primary School Teacher for over 20 years.



No thought or feeling is ever too small or insignificant to explore

"Young people's lives are so busy and full of pressures that they are having to deal with daily. The need for a safe space where they can be themselves and learn to understand feelings that arise has become ever more important."

I have worked with children and young people with a variety of needs. Amongst these are bereavement, anxiety, self-esteem, gender, trichotillomania, addictive tendencies, self-harm, eating difficulties, emotional and behavioural difficulties, children with A.D.H.D. and autism. I work primarily in a person-centred way, but depending on how the person I am working with wants to progress, we can dip into different ways of working together either creative or Cognitive Behaviour Therapy (CBT). This will very much allow them to lead the session and me to be there to listen- we can explore together.

Please do get in touch: nccounselling7@gmail.com

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

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[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national_online_safety](https://www.youtube.com/channel/UCqWw0F0K0K0K0K0K0K0K0K0)

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