

OCTOBER 13, 2023

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

Over the course of the last week, I have enjoyed two Harvest Festival celebrations. On Tuesday, the senior school celebration was led by the Year 8s with real passion and verve. Their collection of food will be going to the Homeless In Teignbridge Support (HITS) food bank and the Year 8s will be visiting HITS to deliver their bounty and learn more about the work of this local charity. I was also lucky enough to receive an invitation from the Prep school to their celebration of harvests around the world and their acrostic poetry. Best of all was their beautiful singing of the hymn, "All creatures great and small", which I heartily joined in with and became for a moment my four year old self, in shorts, singing at my own Harvest Festival. A reminder to me of the timelessness of this celebration. The Reverend Robert Hawker, a Cornish vicar in the mid-1800s is often identified as the originator of our current version of the Harvest Festival but some reference appears as far back as biblical times, Exodus 23:16, "Celebrate the Festival of Harvest with the first fruits of the crops you sow in your field. Celebrate the Festival of Ingathering at the end of the year, when you gather in your crops from the field". In medieval times, Christians called the festival "Lammass", loaf-mass and bread, freshly baked from the first grain harvest, was placed on church altars as offerings. The Vikings even had a god of harvest, Freyr as did many other pagan cultures. All such festivals represented thanks for the security that came from a plentiful harvest but also thanks for the peaceful conditions which were needed in order to produce that harvest and gather it. In Britain, with our supermarkets and global supply chains, if we are not homeless like those the HITS charity helps, we can sometimes forget the relief of having food and the peace and comfort that comes from it. Much of humanity around the world will still celebrate a festival of the harvest with relief at the deliverance from desperation that a lack of food and peace brings. In this sense, the Harvest Festival is not just a sentimental journey or ritual but a reminder of the parlous state of much of humanity.

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BLACK HISTORY MONTH 2023

Every year, October is known as Black History Month. Black History Month is far more than just a month of remembrance, it should be a tribute to our history and a reminder of the work that lies ahead. The 2023 theme of 'Saluting our Sisters' highlights the crucial role that black women have played in shaping history, inspiring change, and building communities. This year's celebration will showcase pioneering black women who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more.

One remarkable black woman is Kamala Harris who in 2021 made history as the first woman to become Vice President of the United States. Not only that but she's also the first person of Black and Indian descent too to hold the office. After winning the election with Joe Biden, she gave a her acceptance speech for every girl watching her making history. "But while I may be the first woman in this office, I will not be the last," she said. "Every little girl watching tonight sees that this is a country of possibilities. And to the children of our country, regardless of your gender, our country has sent you a clear message: dream with ambition, lead with conviction, and see yourselves in a way that others may not, simply because they've never seen it before. But know that we will applaud you every step of the way."

"If you are fortunate to have opportunity, it is your duty to make sure other people have those opportunities as well."

KAMALA HARRIS



LOWENNA LEWIS' TRINITY POEM

Last week, all of KS3 took part in the annual declamations contest by reciting a poem. Some chose to take the challenge an extra step further and write their own poem to recite. One such student was Lowenna Lewis in year 7 who chose to write a poem all about her experience since starting Trinity in September. Lowenna received a commendation for her poem and rightly so as it is marvellous, well done Lowenna!

We Are All United at Trinity by Lowenna Lewis

We are all united at Trinity!

We stand here together joined in friendship today.

Proud of all that joins us, our love and support on display.

We are all united at Trinity!

We've come here as brothers, as sisters, as people, as one.

To share in our moments and know that our futures begun.

We are all united at Trinity!

Let history show we were here.

Side by side we are watching, always ready to cheer.

We are all united at trinity!

Letting Jesus into our heart.

Knowing there is always more that ties us than sets us apart.



BOARDING LIFE

It was a weekend of adventures for the boarders! Mountain biking and kayaking with a hawaiian party in between. They have all made friends so quickly and are a wonderful boarding family.



"Boarding is a great way to make a lot of new friends."

BOARDER



YEARS 7&8 GIRLS RUGBY

On Wednesday the y7&8 girls played rugby against St Peter's. Some students played at home and others played away. A very proud moment for Miss Moss was to have two senior girls teams plus two prep girls teams playing rugby.

The girls were outstanding and put everything into practice on the pitch, scored numerous tries and came away smiling and wanting more!



FOOTBALL IN THE COMMUNITY

Congratulations to Samuel Bird and Matthew Cusworth who have signed for Newton Rovers Men's team.

Their home ground is at Baker's Park in Newton Abbot and they train at TCS 3G pitch. Ages in the team range from 16 - 60!

They both scored goals against Babbacombe Corinthians, a great start to the season!

"Well done girls, I am one very proud PE teacher!"

MISS MOSS



YEAR 5 TASTER DAY

Our current Prep 5 class had a wonderful time on their senior school taster day!

The students met the senior teachers, used the facilities and were supported by the older student envoys and prefects.

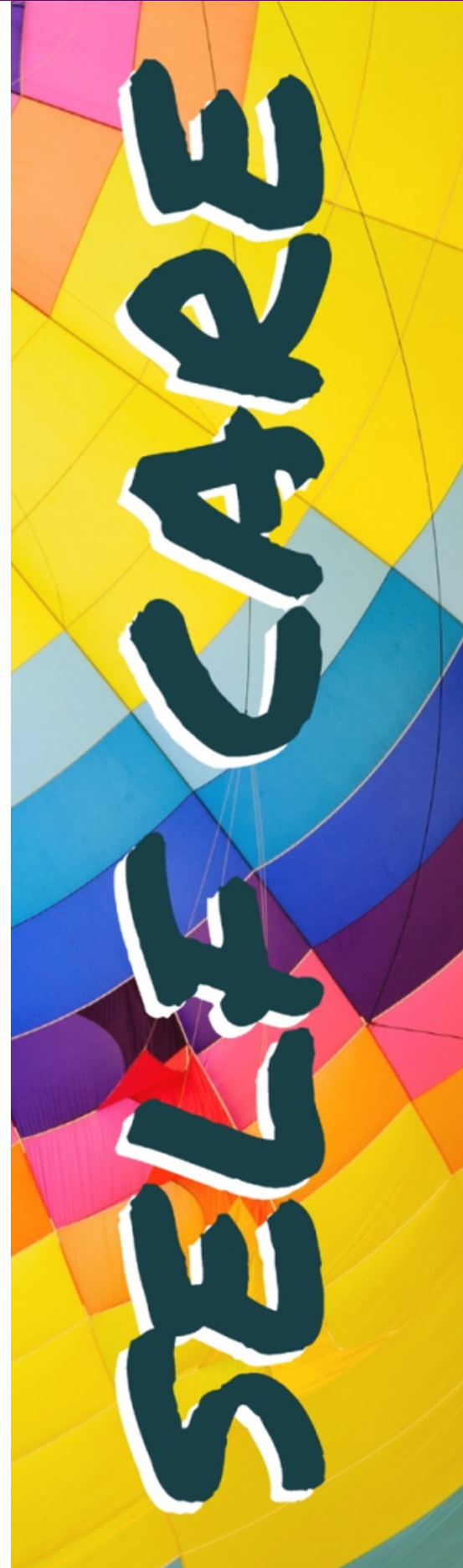
The Prep 5 class were not phased at all. One child asked whether they could skip Prep 6 and go straight to Year 7!



YEAR 11 WORDS OF WISDOM

Mrs Baxter did a lesson with Y11 looking at time management and how to balance the daily routine at school with things they enjoy. They produced a list of advice for Y7 and Y8 students but we could all benefit from their wisdom!

- Try to go to bed and wake up at the same time each day
- Try to get 8-11 hours sleep each night
- When you get homework, do it sooner rather than later.
That way, it is out of the way and you have more time to relax
- Think positively
- Help others throughout the day- it will help you feel good too
- Put your phone away 1hr before bed to help you unwind- try reading a book instead
- If you struggle to fit everything in, try making a timetable so you know when you need to do homework but also make time to have fun
- Try to pack your school things the night before so you are less likely to forget anything
- If you think your thoughts are overwhelming you, try writing them down
- Exercise regularly and drink lots of water thorough out the day
- Do not ever feel afraid to ask for help



AQUATHLON

Last Friday Trinity hosted an U13, U15 and U18 Aquathlon versus St John's Sidmouth and Kingsley.

There was fantastic effort from all the Trinity competitors in this really testing event! Trinity came away with wins in 4 of the 6 races held! George Tucker (U13 boys), Logan Jeffery (U15 boys), Lily-Mae Pettifer (U18 girls) and Volodymyr Gavrysh (U18 boys).



"...fantastic effort from all the Trinity competitors"

MR LARKMAN

GOOD LUCK TO JESS MILLER

Jess Miller has been selected to try out for the Devon Junior Rowing Squad in Brixham on Saturday with the chance to represent the county if successful. This is quite an achievement to even be selected to trial so well done Jess and we wish you well for Saturday!



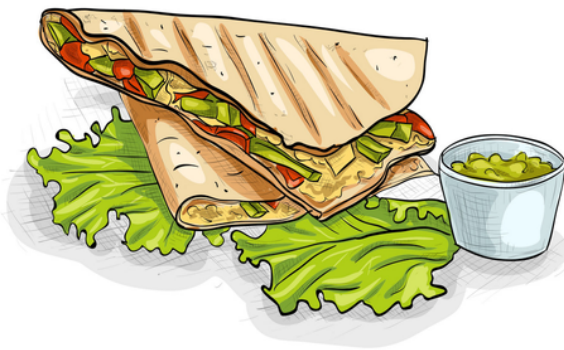
THE RED LIBRARY

Can you spot the clock? The Senior Library were delighted to have been given a wonderful new addition to their shelves on Wednesday, it is Mrs Fischer's own creation made using no longer used books certainly an excellent example of upcycling it does look really good on the shelves behind the desk.



STAR CHEFS

Well done to Sam Landfear and Victoria Ward who were our Star Chefs this week on account of their fantastic quesadillas!



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

WORLD CHALLENGE VIETNAM 2025

This is a life-changing opportunity for students to explore Vietnam with expert guides, while developing their life skills, confidence and independence. We're partnering with World Challenge to offer this 13-night trip, which complements school learning.

Applications are already open, so please visit our trip webpage for the sign-up link, itinerary, travel dates, covid-secure booking terms and trip cost:
<https://weareworldchallenge.com/trips/enzzd1p/>

The deadline for applications is Friday 3rd November 2023.



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HISTORY CORNER

This week's photo from our archives. This is the White House Terrace.



ON THIS DAY... 13th OCTOBER

In 54 Nero became Roman Emperor...

In 1399 Henry IV crowned in Westminster Abbey...

In 1792 the cornerstone laid for The White House...

In 1884 the International Meridian Conference established Greenwich, London as the universal time meridian of longitude...

In 1963 the term "Beatlemania" was first coined...

In 1988 the Turin Shroud revealed as a Middle Ages fake...

In 2010 the Chilean mining accident ended happily with all 33 miners rescued after 69 days underground...

In 2021 William "Captain Kirk" Shatner aptly became the oldest person to reach space at the age of 90!...

Today is Friday 13th!...

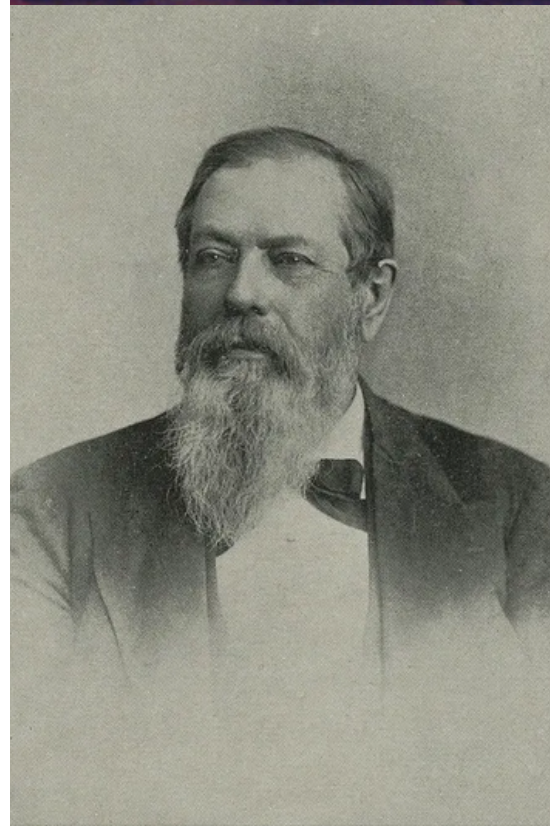


FRIDAY 13th

Today is Friday 13th which according to superstitions is an unlucky day. But where does this thought originate from?

The truth is that no one is entirely sure exactly where and when this started but here are some theories. Judas, who betrayed Jesus, is thought to have been the 13th guest to sit down at the Last Supper. Also, in Norse mythology, a dinner party of the gods was ruined by the 13th guest called Loki who caused the world to be plunged into darkness. Fear of Friday 13th 'friggatriskaidekaphobia'- from the Norse Goddess of Wisdom, after whom Friday is named. Because of the superstition, some hotels don't have a room 13, some aeroplanes don't have a 13th row and many tall buildings don't have a 13th floor, skipping from 12 to 14 instead. Also, it has been known that some people who have 13 dinner guests include a teddy to make the number 14 instead. Did you know, to have a Friday the 13th a month must start on a Sunday and that every year has at least one Friday the 13th and at most 3 of them.

However, Good Friday, the day of Jesus' crucifixion doesn't follow this superstition, as the name suggests. So, if you're born on Good Friday, you are considered lucky and sailors would often begin long voyages of Good Friday as a gesture of good luck due to its holy connections. Furthermore, in the late 19th Century, a New Yorker named Captain William Fowler (1827-1897) sought to remove the stigma surrounding the number 13 by founding an exclusive society called the Thirteen Club who would regularly dine together in groups of 13 on 13th of the month in room 13 of the building, using the day as a chance for happiness and enjoyment instead.



CAPTAIN WILLIAM FOWLER.
THE FOUNDER OF THE THIRTEEN CLUB.



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

YOUNG WRITERS POETRY COMPETITION

DIFFERENT RELAXED FUN LONELY
STRONG FIERCE POSITIVE
OPTIMISTIC ADVENTUROUS
PASSIONATE HAPPY
ANXIOUS

THIS IS ME

POETRY COMPETITION FOR 11-18 YEAR-OLDS

EXTROVERTED
FEARLESS
LOYAL
UNDERSTOOD
FEELING

OK FINE TOUGH BORED SAD WISE CHILL BRAVE KIND

STRESSED
AMBITIOUS
ANGRY
PROUD
INTROVERTED

SEE MISS STOWELL FOR MORE DETAILS!

- YOU COULD BE PUBLISHED IN A REAL BOOK
- £50 AND A TROPHY FOR THE TOP 5 POETS
- POEMS CAN BE IN ANY STYLE, NO LINE LIMIT



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WELLBEING



"I am so glad I live in a world where there are Octobers."

L. M. MONTGOMERY,
AUTHOR

Mental Health

Is...

- Real
- Something everyone has
- Intrinsically linked to (+ probably inseparable from physical health)
- Important for all
- Something that needs care
- Part of being human
- Complicated
- Fluctuates
- Something we need to look after
- Important

Isn't...

- Shameful
- A sign of weakness
- All in your mind
- Something negative
- Stable
- All in your head
- A taboo
- An interchangeable term with mental illness
- Constantly feeling good
- Something you can snap out of
- Fake news



mentalhealth.org.uk



Registered Charity No. England and Wales 801330 Scotland SC 039714 / Company Registration No. 2330346



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WHY IT'S IMPORTANT TO TALK ABOUT YOUR MENTAL HEALTH



Opening up about your mental health will allow you to express to people how you feel



Talking about your mental health will allow others to help you through difficult times



Talking to someone about your mental health will allow you to get things off your mind



By talking about your mental health someone could help you to problem solve



Talking about your mental health could help others to open up



Talking about your mental health will allow people to understand the problems you are facing



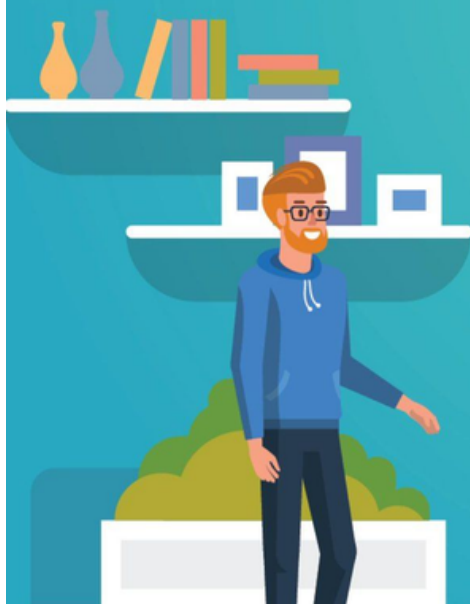
Talking about your mental health shows sign of strength not weakness



Talking about your mental health could open up your support network



BRIGHAM YOUNG
Talking about your mental health can help to reduce pressure, stress and anxiety



@BELIEVEPHQ



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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

Sam Landfear
Noah Smith
Adam Moore
Alice Perrett
Blake Hawkins
Faith Tomlinson

Charlie Scoot
George Tucker
Lana Magill
Volodymyr Gavrysh
Samuel Bird
Zach Foulser

Samuel Bird
Zach Foulser
Jacob Hibbard
Gabriel Whitney
Ezmé Firth
Jacob Hibbard



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

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms and suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ancp.gov.uk/people/patricia-mcnamara/wellbeing/articles/measuring-mental-health-2015-10-20>, <https://www.apik.org.uk/uploads/assets/uploaded/3286270e-a356-4719-af6d82ec7a742a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>

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UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice Threadworms	Tonsillitis
	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.