

JUNE 14, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY



Headmaster's Message

BY MR ROBINSON

This week in our Tuesday assembly, Mr Milsom and Ms Moss looked at resilience, determination, and overcoming obstacles but most of all taking opportunities. Each focused on someone that inspired them. Ms Moss, a successful Rugby player herself, having played for the South West and Devon chose Gill Burns MBE, a pioneer of Women's Rugby in this country who would become President of the Rugby Football Union for Women. A talented athlete, she also played basketball, tennis, swimming and hockey but when she was offered the opportunity to take up Rugby, whilst playing hockey, she took it and never looked back.

"I knocked someone over, and she said, 'the way you play hockey, you should be a rugby player'. I said, 'well, you obstructed me', and she said, 'no, I'm not being funny; I play rugby for Liverpool Polytechnic and you should play'."

She went on to play for England between 1988 and 2002, a period which included four World Cups and a win for England in 1994. She also captained her country between 1994 and 1999. Gill Burns could easily have stuck to the games she already played but instead she took the opportunity and trail blazed for women in a sport that at the time many thought was unsuitable for women. An inspiration for women, young and less young but also for all of us.

Continued overleaf...

This issue:

Happy Historians

CCF

Boarding Life

Visit from a Funeral Director

Sporting Successes

Buried Treasure

Linguists



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PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

Mr Milsom's inspirational individual came from the world of surfing, a passionate surfer himself, a passion he is passing on to many of our pupils, he chose Bethany Hamilton, an American professional surfer. In 2005 aged only fifteen, she won a national surfing title and was to go on to compete in and win many other events as a surfer in the World Surf League (WSL). The remarkable thing is that on October 31, 2003, the thirteen year old Hamilton went surfing off Makua Beach in Ha'ena with a friend. She was lying sideways on her surfboard with her left arm hanging in the water, when suddenly she could feel herself being pulled back and forth. A 14-foot tiger shark was attacking her, and it bit off her left arm just below the shoulder. Bethany knew she had the talent as a surfer but with such a big obstacle, a devastating physical and psychological blow, to achieving that success, she could have been forgiven for giving up on the opportunity she had. She did not and has become an inspiration, not just for the surfing community but for the way in which she refused to give up on the opportunity she had.

Both Mr Milsom and Ms Moss's choice are an inspiration but this week, I must also mention Michael Mosley, the doctor, science presenter, journalist and executive producer who sadly died last week. Mosely was a terrific presenter and came over always as an amusing, interested and self-deprecating friend to his audience. His approach was simple, to realise that if the obstacle seems too large, we often will not even start, so what he offered was digestible, giving people the agency and confidence to take the opportunities in everyday life to keep ourselves physically and mentally healthy. Like standing on one leg while brushing your teeth, an exercise to strengthen muscles and coordination, chewing slowly to reduce the feelings of hunger and ultimately weight gain and breaking up exercise into short 5-10 minute chunks across the day which is just as beneficial as doing it in one 30-minute burst. He let us know that eating two squares of dark chocolate every day can have clinically significant effects on blood pressure and heart health, that being kind, somewhat surprisingly, can have big benefits for our own health, reducing the risk factors of many major diseases, reducing stress and boosting our emotional well-being and that having a cold shower or some part of your shower, cold each day reduces blood pressure, the effects of type 2 diabetes, chronic inflammation and the risk of infection. I tried the latter for a little while but preferred the chocolate. All of the people I have mentioned here took their opportunities but also inspire others to take their opportunities as well and that is quite a legacy, quite an impact.

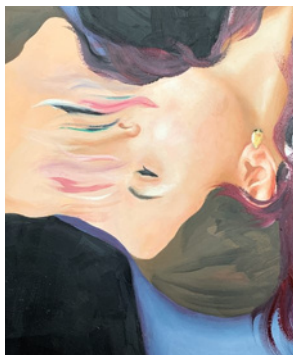


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A showcase of Yr.11 and Yr.13
GCSE and A Level work.



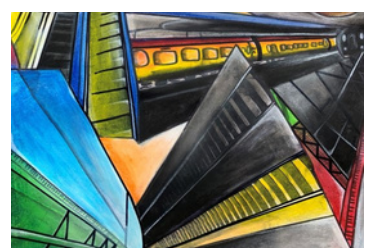
Art & Design Technology Summer Exhibition 2024



All parents, students
and staff are welcome.



Art Room
Thursday 27th June
5pm—7pm



Design by
Letizia Booz
(Year 12)

GCSE LINGUISTS- GERMAN

Our GCSE students were treated to a traditional 'Kaffee und Kuchen' in their German lesson this week, including Blackforest Gateaux. Needless to say, there was nothing left after a few minutes!



"Studying a language at Trinity is not only about vocabulary and grammar, it's also learning about customs and traditions."

MRS FISCHER

GCSE LINGUISTS- SPANISH

For the year 11s last Spanish lesson, Señorita Climent gave them personalised cards to help them always remember their happy lessons with her.



YEAR 10 NEXT STEPS DAY

We would like to invite any Year 10 students to our Year 10 Next Steps Day on **Wednesday 19th June**.

Students will be given the opportunity to attend four interactive workshops delivered by our Sixth Form teachers, who will also give an insight into life as a Sixth Form student at Trinity School.

We would like to invite parents to the Sixth Form Centre at 3:30pm for refreshments, where you can ask teachers any questions, speak with existing Sixth Form students or discuss your child's individual requirements.

If you wish to attend, please complete the form below:
<https://forms.office.com/e/DqGa0KUJ0q>



FUNERAL DIRECTOR VISITS YEAR 8

As part of their current topic, Year 8 had a visit from a Funeral Director and had the opportunity to ask questions about working in the industry.

Oliver J. Knapman, a former Trinitonian, took the time to visit Year 8 in their Religious Studies lesson, and answered questions on a range of subjects including the costs associated with funeral, the biggest challenges and types of coffins available.

Students learnt that cremation tends to be the most common funeral service, when funerals take place and even that pets can have a role to play in a funeral. Thank you to Oliver for taking the time to visit the class and well done on your successes and national awards.



BOARDING LIFE

Last weekend, the boarders went on a wildlife safari around the Devon coastline, did pottery painting and had a refreshing dip in the sea. Their sea safari trip provided the amazing opportunity of seeing dolphins- 50 plus females with older calves!!



"It feels really personal here, and the attitude of all the people here is really open-minded and friendly."

BOARDER



THANK YOU FROM MRS EVANS!

THANK YOU to everyone who supported the Shaldon Cancer Research Open Gardens event on 8th and 9th June. The grand total was a fantastic £3065.



HAPPY HISTORIANS

Year 7 historians enjoyed a lesson on The Black Death with Mrs Evans. Support came from Year 13 historian Grace Levitt acting as a Medieval doctor. Urine tasting (or was it just apple juice?) and a bloody rubber arm also featured...!



MORE HAPPY HISTORIANS!

Happy historians in years 11 and 13 have now finished their GCSE and A Level exams!



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 NEW list of 'Books to Read Before You Have Left Senior School'. Here are a few:

American Gods by Neil Gaiman

A contemporary fantasy novel about the confrontation in America between the old gods of mythology and the new gods of modernity. The plot revolves around Shadow Moon, a freshly freed convict who becomes embroiled in a battle between two deities.

Wuthering Heights by Emily Brontë

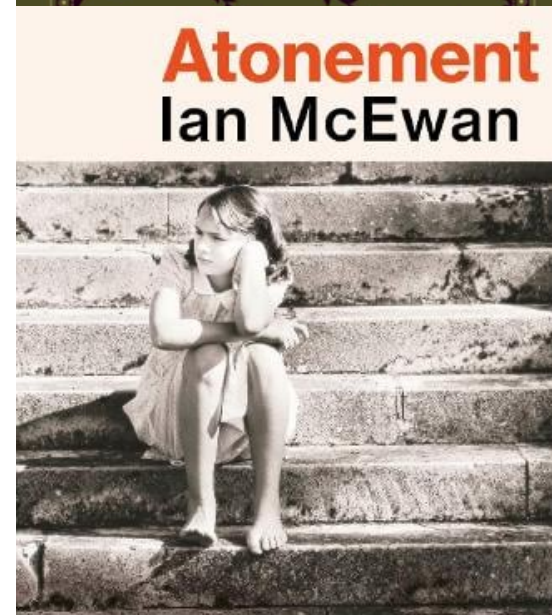
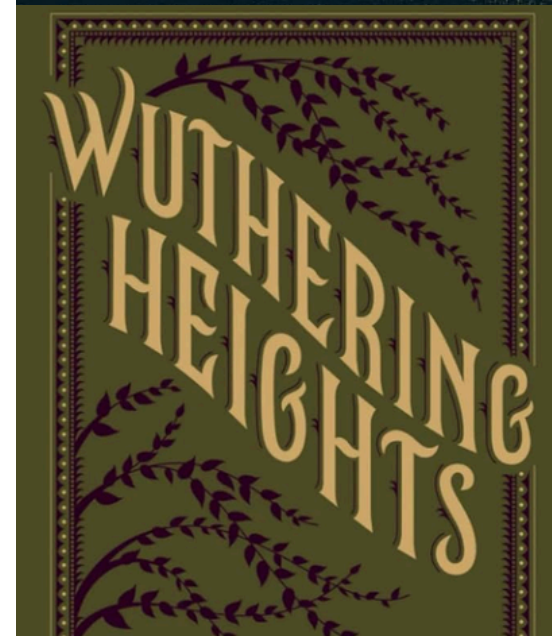
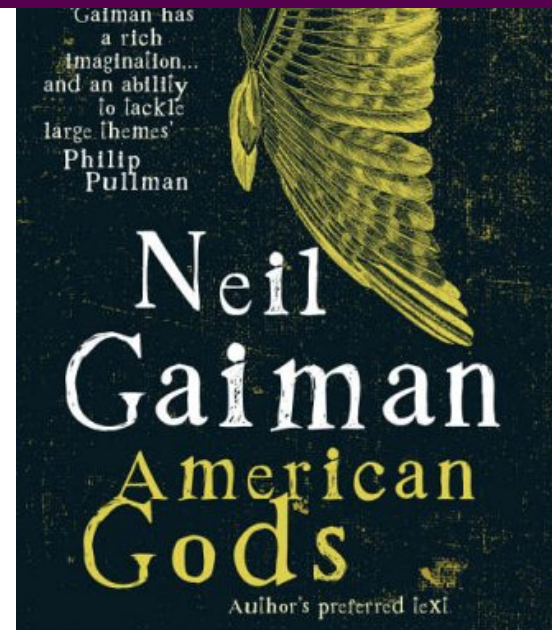
The book focuses on a person Heathcliff, who is a mysterious gypsy-like person. Heathcliff rises in the family who had adopted him and then he was reduced to the status of a servant there. Further, he ran away from the young woman whom he loved very much and decided to marry another.

Atonement by Ian McEwan

Atonement is told through the eyes of Briony Tallis. It tells the story of Briony's false accusation of rape against her sister Cecilia's lover, Robbie. The couple are separated and Briony spends her life trying to atone for her mistake.

A MESSAGE FROM THE RED LIBRARY

Due to exams, the Library can be difficult to access for students who need to return any items so please do not worry, this can be done in a couple of ways: either to form tutors - who will return it for them, or via White House Reception where the lovely ladies will pop items into the library pigeon hole. Also, we are coming towards the end of the school year a gentle reminder that all items on loan from the library do need to be returned by the end of term, reminders will be sent out via form tutors so there is plenty of time to locate any items!



CCF

Practising agility, problem solving and teamwork, year 10 CCF Cadets took on the Tower of Hanoi challenge.

YEAR 7 GYMNASTS

Year 7s had fun having a go at different elements of gymnastics today- floor, flight and balance. Evie Collison recently competed at the English National Tumbling Championship and it was lovely to see watch Evie do some of her amazing tumbling skills today too. Well done ladies and for your success Evie!





Gardening Club

Do any of our Trinity friends and family have an unwanted small shed or outdoor storage container for our Gardening Club to keep their tools? It does not need to be new.

Please contact:
bryantj@trinityschool.co.uk



WELL DONE GEORGE!

George recently went to Faringdon near Oxford for the penultimate qualifying event for a place on the coveted Junior Regional Team for the South West with British Triathlon. This was a South Central and South West qualifying event so there were a lot of children there. George had a good event and managed to land the fastest swim, 2nd fastest bike and 3rd fastest run, to secure 2nd place. This should secure him a place on the South West team, but the final triathlon at Mallory Park in Leicestershire at the end of the month will confirm this. He will then be (hopefully) selected to compete at the National Championships, representing the South West. This is as far as he is able to progress at this age so very well done George!



WELL DONE OCEAN!

A big well done to Ocean in year 7 who won a gold medal at the Devon County Swimming Gala last week for his age group in the 50m Breaststroke.



NEWS FROM DT CORNER

Year 7 are proudly holding up their selection of stringed puppets, robots, Day of the Dead and Knights in armour. These were made once the Amazon Patrol craft were finished. Each expertly cut from sheet plywood using a coping saw. Sanded, drilled and painted- a fun project enjoyed by all.



ON THIS DAY... JUNE 14th

In 1839, the first Henley Regatta was held...
In 1847, Robert Bunsen invented the Bunsen Burner...
In 1913, the funeral of Emily Davison took place...
In 1942, Anne Frank began her diary...
In 1982, Argentina surrendered to Great Britain, ending the Falklands Conflict...
In 1991, "Robin Hood: Prince of Thieves" opened...
In 2017, the Grenfell Tower fire killed 79 people...
And today, Donald Trump turns 78 years old...

"It is so nice to
see all the
parts come
together and
seeing the
different
puppets dance."

MR TURNBULL



HISTORY CORNER: A BURIED TREASURE HAS BEEN FOUND!

The wonderful Cat from Catering recently received an old post card of Trinity School which her Dad found in an antique postcard shop in London! The card was printed by the Tourist Association before the First World War, back in 1907 when the school was the Convent of Notre Dame.

What features of the image have changed nowadays?



COMMENDATIONS

KS Commendations

Leni Stock
Lewis Ward
Sebastian Gibson
Elias Ngowet-Loukouman
Gemma Newton
Sebastian Glue
Alice Lovett
Gabriel Whitney
Lana Magill
Amelia Bell
Esmee Glue
Zach Foulser
Theo Nicholson
Esther Rigden-Green
Jacob Mason
Boe Taylor

Headmasters Commendations

Gemma Newton
Alice Lovett
Esmee Glue

Bronze D of E Award

Olive Martin



Ditch the desk. Walk the walk.

28 day wellbeing challenge

#StepCountChallenge

DAY 1 set up a team whatsapp group	DAY 2 listen to our 'Mind to Walk' audio on your walk	DAY 3 create the ultimate team selfie	DAY 4 stand for every phone or video call	DAY 5 do 20 knee raises by your desk
DAY 6 spot the local rainbows in windows	DAY 7 stream an online exercise class	DAY 8 call a colleague for a lunchtime walk	DAY 9 take a selfie on your fave local walking route	DAY 10 digi detox! spend 2 hours away from tech
DAY 11 do 20 squats by your desk	DAY 12 choose a team anthem	DAY 13 study the clouds - snap your fave	DAY 14 ask a non team mate to complete the next 7 challenges	
DAY 15 take a pic of the weather on your walk - rain or shine!	DAY 16 share your top tips to keep active working at home	DAY 17 do 20 star jumps by your desk	DAY 18 take a pic of spring in bloom	DAY 19 break every 1 hour to do some desk stretches
DAY 20 listen again to our 'Mind to Walk' audio on your walk	DAY 21 take a snap of an animal, bird or insect when walking	DAY 22 video call a morning standing coffee break	DAY 23 do 20 lunges by your desk	DAY 24 find something red on your daily walk
DAY 25 create top tips for how you'll keep moving	DAY 26 enjoy a virtual lunch with your team	DAY 27 comfort over style? Snap your walking shoes	DAY 28 breathe. write down 3 things you are grateful for	



Step Count Challenge

Ditch the desk. Walk the walk



@step_count



@pathsforall

www.stepcount.org.uk



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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 www.nationalonlinesafety.com for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications on our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Caroline Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourenglandandwales/yearendingmarch2020>

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#WakeUpWednesday

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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.

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