

SEPTEMBER 15, 2023

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY ROBERT ROBINSON

Amongst many other favourable impressions I have had of Trinity in my first week here, I have been struck repeatedly by what a happy school it is. When looking for a topic for my first Chapel service, the obvious theme was therefore, happiness. Often we are just too busy to stop and reflect on what it is that is making us happy or can help us to be happy, what is "The Sweetness of Life". The latter is the title of Françoise Héritier's book, *Le Sel de la Vie*, which went on to be a French and worldwide bestseller. As an anthropologist and Emeritus Professor at the College of France and the Ecole des Hautes Etudes en Sciences Sociales she knows a bit about what makes us tick. Her book is a simple, lyrical rumination on what it is about life that makes us happy; "...coffee in the sun, the bliss of fresh autumn evenings, running in warm rain, long conversations at twilight...". Here are a few of my own I shared with the pupils, " ...the involuntary sigh that tells me I am relaxing as I walk the coastal path, making and eating cherry almond "river" cake, seeing that young student, so nervous minutes before, receiving a standing ovation for the song he has just sung... ". It is a small book that makes you smile but a habit which reminds you to enjoy the small things because one day you may look back and realise they were the big things.

This issue:

Sixth form induction

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Scholars' Club

Year 9 Ambassadors

Debating Club



TRINITY SCHOOL, TEIGNMOUTH



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SIXTH FORM INDUCTION DAY

Last week as part of their sixth form induction, students caught over 50 mackerel, gutted them and then enjoyed cooking them on the bbq- so a lovely way to start the term!



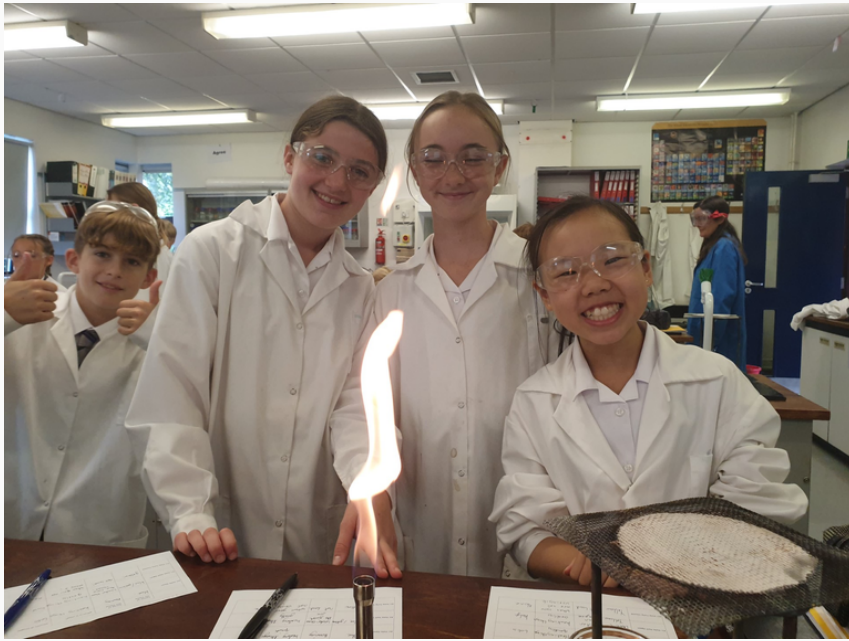
"...a lovely
way to start
the term!"

MR LARKMAN

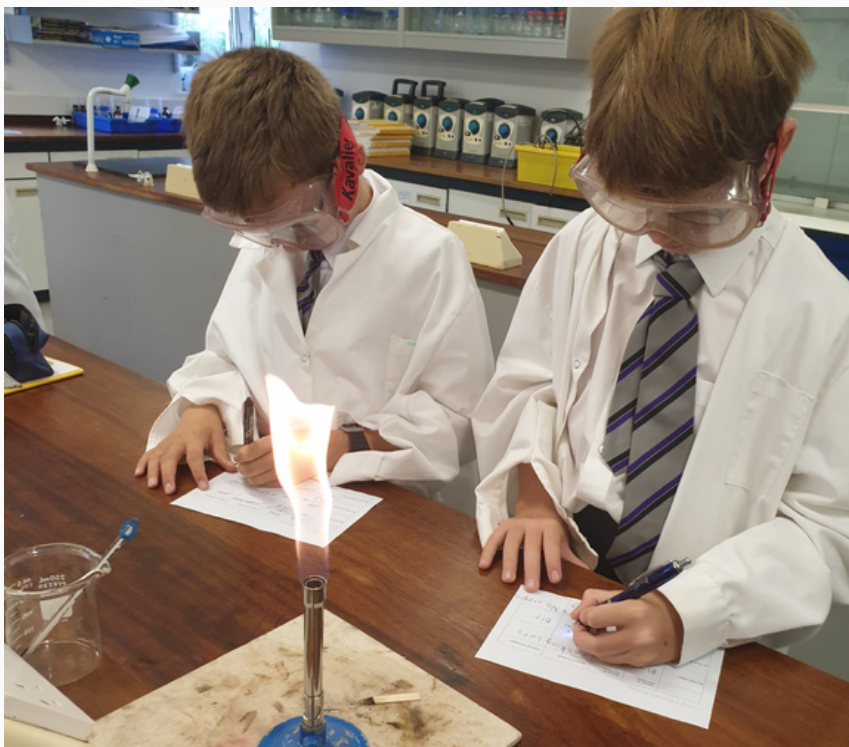


YEAR 7 SCIENTISTS

The year 7s are learning to use a Bunsen burner safely and are about to start their first experiments.



"An exciting
step in their
journey as
young
scientists"



YEAR 8 GERMAN

We are focusing on German word order, which is very logical but quite different to English, so Mrs Fischer got her Lego out so that pupils would understand the grammar better. They built some interesting sentences!



“students
really hit the
ground
running this
week”

MRS ATKINS

YEAR 9 POETS

Year 9 English students really hit the ground running this week as they began their study of poetry from other cultures. An impressive amount of analysis took place while looking at Dean Atta's poem 'I Come From'. Students got so far that GCSE vocabulary was introduced to increase the challenge. If you see Sebastian Drake, do ask him about the poet's use of anaphora.



anaphora



ACADEMIC SCHOLARS CLUB

The academic scholars club met for the first time this week and their first challenge was a DeBono thinking activity involving three empty bottles and four wooden knives. The bottles were placed in a triangle, further apart than the length of the knives and they were asked to think how to make a platform that a heavy object could sit on. They showed great resilience in persevering with the task for over half an hour before the lightbulb moment when they achieved it.



"They showed
great
resilience in
persevering
with the
task."

MRS BRYANT

Dr. Edward de Bono's Six Thinking Hats



Organization, Planning



Facts, Information



Ideas, Creativity



Benefits, Value



Feelings, Instincts



Risks, Caution



INTER HOUSE CHAMPIONS

Following the great success of our Inter-House Champions Competition last year, the challenge is back! One student will be selected from each house to undertake three challenges throughout the year: one mental challenge, one creative challenge and one physical challenge (last year it was uni-cycling!). Students from any senior year group are welcomed to put themselves forward using the entry box outside the Refectory.

Please include your name and school house. Good luck!



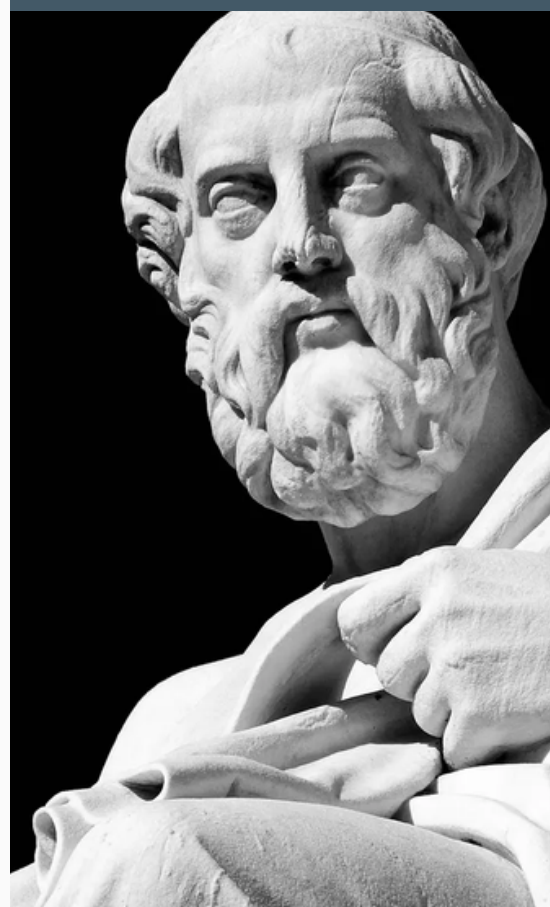
PHILOSOPHY COMPETITION

Mrs Bird has this week launched a 'Philosopher of the Month' Competition to inspire students to research a philosopher. To enter, choose a philosopher and include:

- Name of philosopher
- Picture of philosopher
- Your favourite quote from this philosopher
- I chose this quote because...

Please type and print your entry and hand in to Mrs Bird by the deadline given on epraise.

"Take the
courage to
have a go."

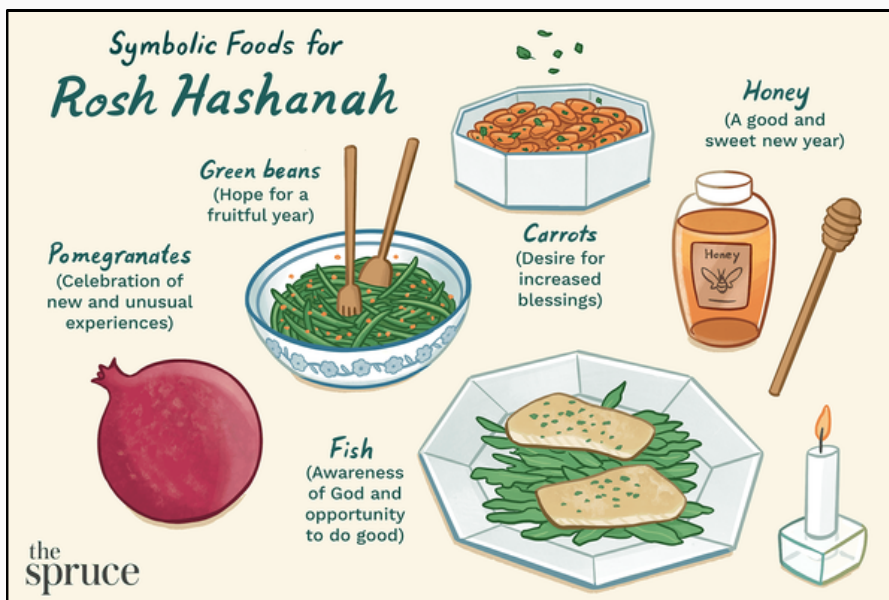


ROSH HASHANAH

This year, Rosh Hashanah 2023 begins on Friday, September 15, 2023, and ends on the evening of Sunday, September 17, 2023.

Rosh Hashanah, the Jewish New Year, is one of Judaism's holiest days. Meaning "head of the year" or "first of the year," the festival begins on the first day of Tishrei, the seventh month of the Hebrew calendar, which falls during September or October. Rosh Hashanah commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, also known as the Day of Atonement. Rosh Hashanah and Yom Kippur are the two "High Holy Days" in the Jewish religion.

After religious services are over, many Jews return home for a festive meal steeped in symbolism and tradition. Some choose to wear new or special clothing and to adorn their tables with fine linens and place settings in recognition of Rosh Hashanah's significance. The meal typically begins with the ceremonial lighting of two candles and features foods that represent positive wishes for the new year.



WELLBEING



September is
national
self-care
awareness
month

CELEBRATING OUR LS DEPARTMENT



BOARDING LIFE

A warm welcome to our boarders, old and new!

Last weekend, the boarders enjoyed a sea safari trip, exploring the local coastline and learning all about wildlife, geology and history. Many also enjoyed the chance to be creative by making mosaics with a local artist.



""It doesn't
feel like
school, but
like home."

BOARDER



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DEBATING CLUB

Thursday saw a fantastic start to our Debating Club this academic year. Students were filled with ideas and enthusiasm and Mrs Bingham and Ms Wimsett were delighted to see everyone getting involved with students from across all senior year groups including a number of students for whom English is not their first language. What a great start to the year!



YEAR 9 AMBASSADORS

The new year 9 Ambassadors were announced in chapel on Friday. This is their first step on the ladder of school leadership, leading up to Envoys, Prefects and maybe one day some will become Heads of School.

Congratulations to: Esmee Glue, Faith Tomlinson, Alice Perrett, Ben Clark, Ben Collison, Sam Powles, Harry Bass, Hector Oriol, Jacob Hibbard, Sedric Hauxwell and Sebastian Drake.

"What a
great start to
the year!"



HISTORY CORNER

This week's photo from our archives. This is our beautiful library from when the school was the Convent of Notre Dame.



ON THIS DAY... 15th SEPTEMBER

In 608 Saint Boniface IV began his reign as Catholic Pope...

In 1812 Napoleon's army reached Moscow's Kremlin...

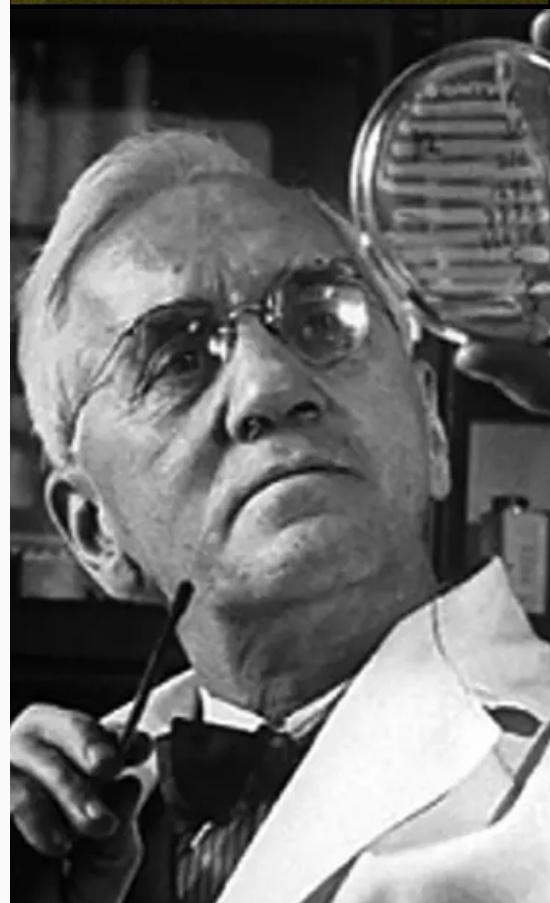
In 1835 HMS Beagle, with Charles Darwin aboard, reached the Galapagos Islands...

In 1916 tanks were first used during the Battle of the Somme...

In Russia the Provisional Government proclaimed Russia to be a Republic...

In 1928 Alexander Fleming discovered penicillin...

In 1940 it was Battle of Britain Day as war in the skies reached it's climax...



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.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrains young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise digital boundaries. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the social, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-65224035>
<https://www.nationalonlinesafety.com/what-is-social-media-algorithm/>

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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>.