

NOVEMBER 17, 2023

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

This week has been anti bullying week with a fantastic assembly from our Deputy Head Pastoral, Frances Baxter. Pupils and staff were invited to wear odd socks, which was quite easy for me because I generally favour exuberantly striped socks under my monochrome charcoal grey suit anyhow. The idea was to make us all odd, a little different. Bullies often pick on the people who are different, not realising as my mother-in-law is wont to say that "it would be a boring world if we were all the same". I remember once when playing football for my county that during the warm up a few of my less enlightened teammates pointed out a rather small ,bowlegged young man, in short someone who didn't look like a powerful athletic footballer, warming up for the opposition. They formed the opinion that his team, with a player looking like that, would easily be beaten. I was a little more wary, as we were in the advanced stages of this cup competition, so the opposition had already won many games. Of course, the bowlegged young man, ran the game and was by far the best player on the pitch. I would like to say he was Messi but he wasn't, however both players have something in common, they do not look like typical footballers and the great Argentinian at least is arguably the best player in the world. There is an interesting TED talk (https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger?language=en) about how in the 1920s, the average body type was considered the ideal for every sport. Both shot putters and high jumpers were medium height and medium build, all athletes were. Progressively overtime this has changed and difference has led to taller basketball players, faster runners, heavier built shot putters.

Continued overleaf...

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CCF Remembrance

Tales from T2

World Kindness Day

Performing Arts Showcase

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HEADMASTER'S MESSAGE

Difference in physique has been favoured and seen sport progress with men and women jumping higher and running faster. That 6ft tall fourteen year old is now less likely to be mocked for being a "beanpole" and more likely to be considered to be a basketball star of the future, a new Michael Jordan or LeBron James. The point I am making however, is not about sport, it is about our attitude to difference, how in certain context we admire it but in another, it turns that different person into a victim and another person into a bully. Where difference is benign, we should celebrate it, allow it to surprise us, enrich us and bring the regeneration through different minds, bodies, cultures and approaches that the world benefits from.

This
ANTI-BULLYING WEEK

we

**choose
respect**

#ANTIBULLYINGWEEK

This Anti-Bullying Week, let's make a noise about bullying.

ANTI-BULLYING WEEK 2023

from Monday 13th to Friday 17th November

ODD SOCKS DAY 2023

Monday 13th November



#OddSocksDay

#MakeANoise

**MAKE A
NOISE
ABOUT
BULLYING**

#ANTIBULLYINGWEEK



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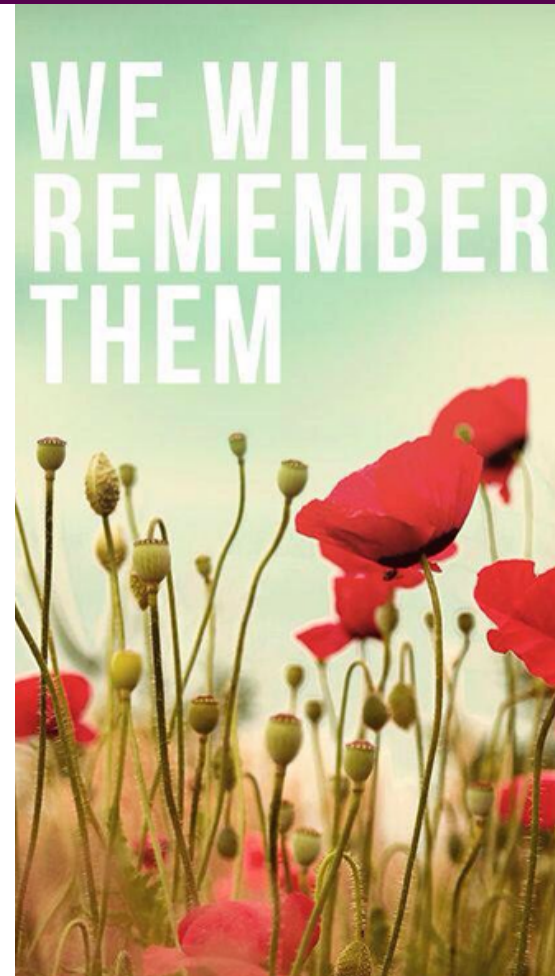
CCF

The school held a Remembrance Service in Chapel on Friday 10 November. CCF cadets wore uniform for the event. The CCF standard was carried by Cadet Cpl Sam Mortimer and Cadet Col Matthew Smith played the Last Post to mark the start of the 2 minutes' silence, followed by Reveille.

Cadet PO Harry Butler, in his capacity as Head of School laid a wreath at the drumhead altar beside Cadet PO Charlie Holman who laid the CCF wreath.

On Sunday 12 November CCF cadets of the RN and Army Section formed up at the seafront War Memorial for the Teignmouth Civic Service and Parade to mark Remembrance Sunday. Cadet PO Harry Butler lead the RN Section and Cadet Sgt Rupert Scarff the Army Section. Cadet Cpl Sam Mortimer carried the CCF Standard and Cadet Cpls Theo Nicholson and Matthew Smith formed half of the Honour Guard. The Headmaster laid a wreath on behalf of Trinity School CCF and at the end of the Parade told the assembled cadets of his pride in their attendance and participation.

Cdr G Poulet-Bowden CCF RNR



CCF



MRS BARRETT'S CROCHET POPPIES

Mrs Barrett crocheted a huge number of poppies this year to sell to friends and colleagues in aid of the Royal British Legion. She was delighted to have raised £68.75 for this fantastic cause.



MONDAY 13th- WORLD KINDNESS DAY

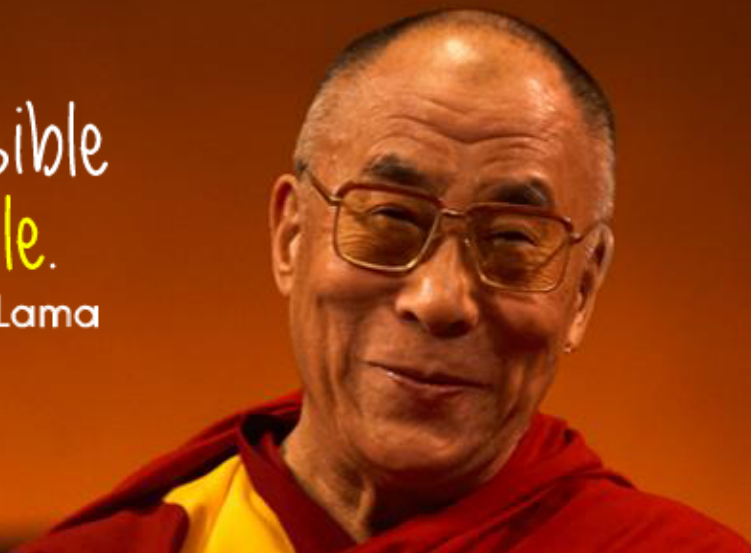
Monday was world kindness day. This year, the global theme was 'be kind wherever possible'.



A warm smile
is the
universal
language of
kindness.

William Arthur Ward

Be **kind** whenever possible
It is always **possible**.
- Dalai Lama



TRINITY SCHOOL, TEIGNMOUTH

PERFORMING ARTS SHOWCASE

WEDNESDAY
22ND NOVEMBER

ALL OF KEY STAGE 3
PLUS GCSE, BTEC
AND ALEVEL MUSIC
AND PERFORMING
ARTS STUDENTS WILL
BE PERFORMING!

6:30PM IN THE SALLE

TALES FROM T2

Here are some photos from Year 7 historians. They presented speeches written as their chosen claimant to the throne in 1066. We heard from a selection of tough Vikings as Harald Haardrada, some confident Harold Godwinsons and some determined Norman Williams! Crowns and helmets were donned in style. Hurray for year 7 historians!



"Hurray for
year 7
historians!"

MRS EVANS



TALES FROM T2

Terror in T2 this week.... as we heard from an A Level historian, Grace Levitt. She gave an excellent PowerPoint presentation on "Stalin's Great Terror". This supported our unit on Russia 1855 to 1964 currently being studied in Year 13.



COLD WATER DIP CLUB

Mrs Coen's cold water dip club continues to be a huge success. Well done to everyone who gets involved and braves the challenge! As the weather is becoming noticeably colder, students are spending shorter amounts of time in the water to ensure they stay safe. Please remember to bring warm layers, hats, gloves and coats/dry robes to put on after your dip!



"We look forward to the challenge every week"

COLD WATER DIP CLUB STUDENTS

DO'S AND DON'TS OF COLD-PLUNGING

DO

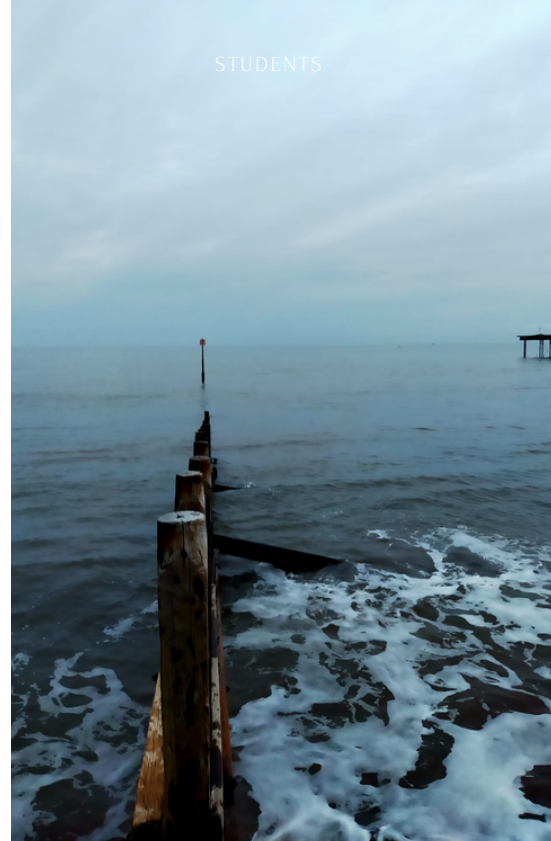
- Combine cold-plunging with light active recovery exercises
- Build a habit by plunging at the same time every day
- Take your time warming up after plunging
- Use a thermometer to ensure accurate temperatures
- Gradually adjust the coldness from plunge to plunge according to your comfort levels
- Aim for a 2-to-5-minute plunge

DON'T

- Rely on cold-plunging as your only recovery tool
- Go for a plunge before you would like to sleep
- Warm yourself up too quickly after a plunge
- Let temperatures be too comfortable or painful
- Make any extreme temperature changes between sessions
- Be careless about staying in the tub for too long

TAKE THE PLUNGE

STUDENTS





'Tis the season of mists and mellow fruitfulness and as our thoughts turn toward Christmas, why not make a plan to join Trinity's PTA for a festively-fabulous wreath making workshop?

Whether you're drawn to fashioning a sumptuous wreath for your door or creating a stylish candle-lit advent table setting, why not book a place for you and a friend or relative to come along on!

Wednesday 29th November at 5.30 – 8pm.

Tickets are £30 per person and include a festive drink and mince pies together with an oasis ring, spruce, greenery, ribbon and accessories (extra charges do apply for extras so please along bring some cash).

To book your place, please email: coenn@trinityschool.co.uk

ISA PUBLIC SPEAKING OPPORTUNITY

Dolly Turner in Year 12 demonstrated confidence and vision this week, teaching two English lessons to all of Year 7 and Year 8. This was to promote the ISA Public Speaking Competition that herself and Giacomo Rivolta are organising. Dolly introduced the topic for the competition which is 'If I had a superpower it would be...' Year 7 and 8 both had lots of imaginative ideas and completed a free writing exercise to do with their chosen superpower. Well done Dolly for having the courage to stand up in front of the younger pupils and teach your lesson!



"Well done
Dolly for
having the
courage to
stand up in
front of the
younger pupils"

MISS STOWELL



TRINITY NATURE PAGE

This week we have spotted some scarlet waxcap mushrooms!

Waxcaps are under increasing environmental pressure as their natural grassland habitats are destroyed by chemical fertilisers. When you do come across a waxcap, please enjoy these little jewels. Tread carefully!

INTER-HOUSE CROSS COUNTRY

Earlier this week saw the inter-house cross country event and we want to wish a big well done to everyone who got involved, it was great to see so many people taking part.

Here are the results:

1st place- Powderham

2nd place- Luscombe

3rd place-Ugbrooke

Particular mentions go to the winners of their age categories: Alice Lovett, George Tucker, Esmee Glue, Logan Jeffery, Blake Jeffery and Chloe Downer.



BOARDING LIFE

Last weekend there was, as always, something for everyone. On Saturday the boarders went sea kayaking and on Sunday, they all took part in the Remembrance Parade on Teignmouth seafront followed by baking yummy chocolate cakes with Mrs Bryant.



HISTORY CORNER

This week's photo from our archives. This is the outside of the Chapel building.



ON THIS DAY... 17th NOVEMBER

In 1558 Elizabeth I ascended to throne, aged only 25, the same age as Elizabeth II in 1952...

In 1855 David Livingstone became the first European to see Victoria Falls...

In 1869 the Suez Canal opened, linking the Mediterranean to the Red Seas...

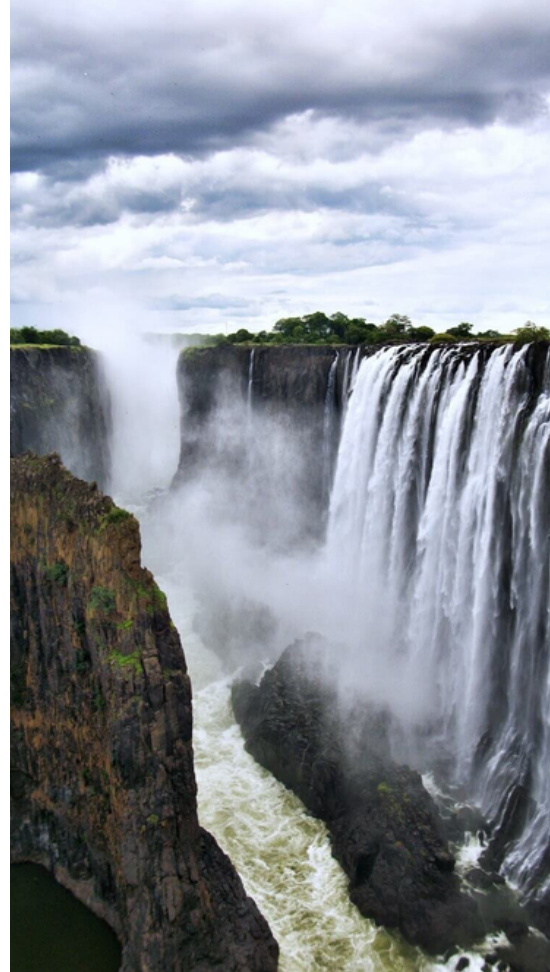
In 1922 the last Ottoman Sultan, Mehmed VI is expelled and the Ottoman Empire ends...

In 1970 Douglas Engelbart patents the first computer mouse...

In 1973 President Richard Nixon tells the US people "Well, I'm not a crook"...

In 2008 the film "Twilight" premieres in Los Angeles...

In 2014 The Church of England adopt legislation to enable the appointment of female bishops...



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY



Trinity School Scholarship Interviews

Thursday 23rd November
&
Friday 24th November
8:45am to 3:45pm

Book Now



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ISA Public Speaking Competition

Topics for the speeches

KS3: Written speech. A 2–3-minute speech written by the student about the topic: *If I had a superpower, it would be...*

KS4-5: Written speech. A 4–6-minute speech written by the student about the topic: *The most significant day of my life*

The three best speeches will be recorded, in front of an audience and sent, to have a chance to participate in the finals.

**Write your speech
and send it by the
1st of December**



ISA
ARTS

Submit entries at this E-mail address:
turnerd@trinityschool.co.uk



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

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!



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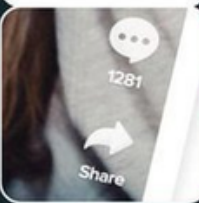


Tik Tok

TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.

AGE RESTRICTION

13+







What parents need to know about TikTok

BEING INFLUENCED

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge' from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

CONCERNING CONTENT

Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

IN-APP PURCHASES

Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

DANGEROUS TRENDS & CHALLENGES

On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

ANYONE CAN SEE YOUR CHILD'S CREATIONS

TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.

INAPPROPRIATE SONG LYRICS

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

STRANGERS CAN FOLLOW YOUR CHILDREN

If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.



National Online Safety

Top Tips for Parents



TALK ABOUT THE PITFALLS OF OVERSHARING

Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

SIGNING UP WITH THE CORRECT AGE

When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason: to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

REPORT INAPPROPRIATE CONTENT

If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report' in the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode', which limits the appearance of videos that may not be appropriate for all audiences.

HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.

USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about the amount of time your child is spending on TikTok, in the app's setting, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

SET THE ACCOUNT TO PRIVATE

This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety', Scroll down until you find 'Private Account' and turn this setting on.

AVOID IDENTIFIABLE OBJECTS

To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

DISCUSS IN-APP PURCHASES

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

SOURCES: <https://www.medicaps.com/publications/article/319720/social-media-stars-influence-kids-but-parents-still.html>, <https://commonsensemedia.org/blog/parents-ultimate-guide-to-musically-ly/>, <https://metro.co.uk/2017/01/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6516068/>, <https://www.youtube.com/watch?v=aH0G6AFcGLk>, <https://www.youtube.com/watch?v=VVG212Q43qM>, <https://static.musicdn.com/webiste/pdf/creatorPlaybook.pdf>, <https://www.youtube.com/watch?v=8TaiQQChnAM>, support.musical.ly/knowledge-base/community-guidelines

© National Online Safety Ltd
This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com



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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>.