

MARCH 22, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

The often quoted American Football coach, Vince Lombardi once said, "It's not whether you get knocked down, it's whether you get up." It is about finding the motivation, to learn the lesson, to fuel the determination to go on. This week in assembly, we looked at determination and I pointed to the example of Heather Dorniden, who literally fell down but got up to succeed and in the process became a You tube sensation. If you have not seen the clip it is worth a look. Heather was a member of the Golden Gophers track team for the University of Minnesota, an accomplished College runner up against very talented opponents. During the 2008 Big Ten indoor championship, Heather was competing in the 600-meter run. Heather was just starting the last lap in first place when she was tripped and fell. It was a devastating fall that left her in last place. With only two hundred meters to go, realistically she was out of the race but Heather quickly jumped to her feet and started chasing the pack. What followed is barely believable but in Heather's own words she, "Found a gear she never knew she had." Gradually but at speed, she began to catch the runners who had passed her and with just a few steps left to the finish line she retook first place.

Continued overleaf...

This issue:

Young Enterprise

D of E

Mary Poppins

Chun Fen

Happy Historians

World Happiness Day

Reading Recommendations



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PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

Interestingly she later reflected on her motivation suggesting “I didn’t think I fell as hard as I did, I was shocked to see how much of a gap had formed between me and the rest of the race. Maybe the positive vision of what I was hoping to accomplish in that race was stronger than the adversity I faced. At that point in the meet, I knew the point scores were close for the team championship, so all I really thought was I need to keep running, because if I finish I’ll at least earn one point”. Heather Dorniden sprinted her way to an amazing comeback and a first-place finish. It would have never happened had she not gotten back up and started running but it also would not have happened if she had not had the focus and instant belief she had or a motivation beyond just herself. Heather Dorniden’s race was presented to the pupils as a neat and real metaphor for how important determination in life is. You will not always win but it is about making choices and taking action that helps you get the life you want and achieving the goals you set yourself, working with those who are supporting your life journey, staying the course no matter that there will be setbacks. Of course this is easier said than done and a lot to ask a young person but it is an approach that can be learned and then nurtured throughout life.



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The Vinyl Countdown

Come and support our Young Enterprise Team!



GREENDALE FARM SHOP,
SATURDAY 23RD MARCH
9:30AM-2:30PM

YOUNG ENTERPRISE

A huge well done to all the year 5 students who took part in the art competition run by our Senior School Young Enterprise Team. Here are some of our sixth formers delivering prizes to the winners.



YEAR 7 HAPPY HISTORIANS

Year 7 historians have been studying the role and significance of the Medieval church. Part of this study has involved examining the art of writing and that of illuminated letters. Here are some wonderful examples, produced by Year 7 themselves....



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: *Lord of the Flies* by William Goulding

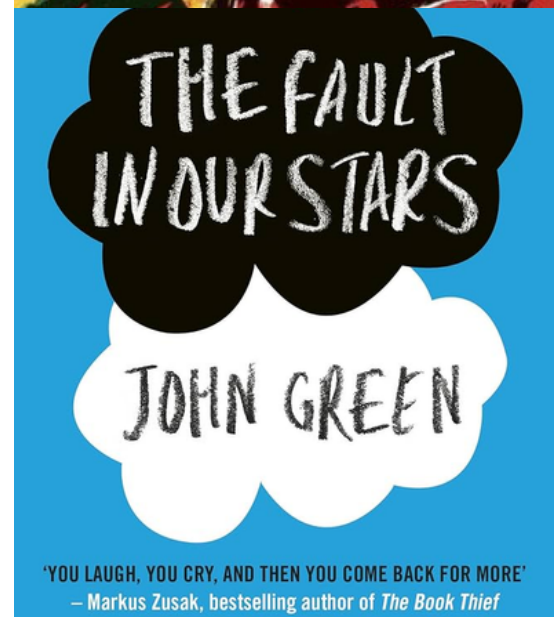
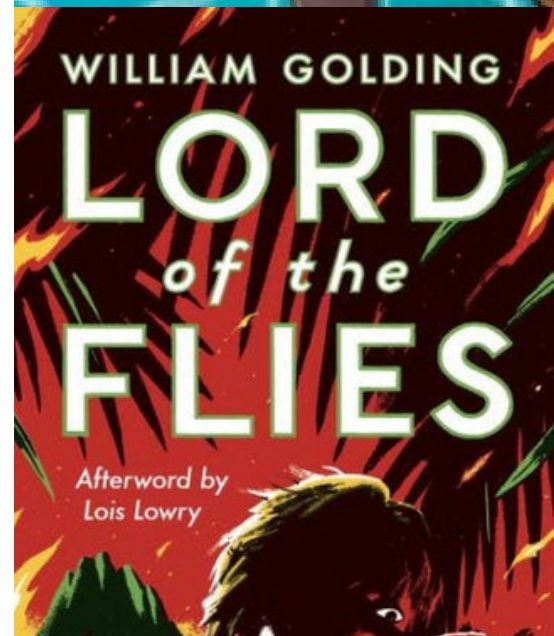
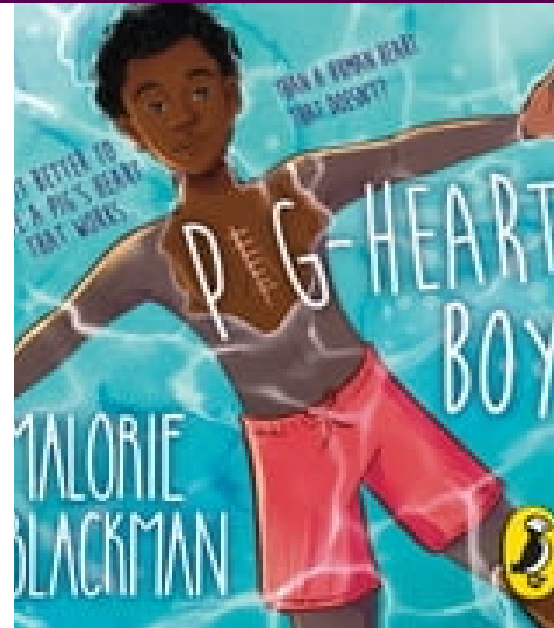
The plot concerns a group of British boys who are stranded on an uninhabited island and their disastrous attempts to govern themselves. The novel's themes include morality, leadership, and the tension between civility and chaos.

Year 8: *Small Steps* by Louis Sachar

Small Steps is the indirect sequel to *Holes* and follows the fortunes of its protagonist, Armpit, once he leaves Camp Green Lake and returns home. He's happy enough trying to earn an honest living as a landscape gardener but two events conspire to send his easy life off the rails.

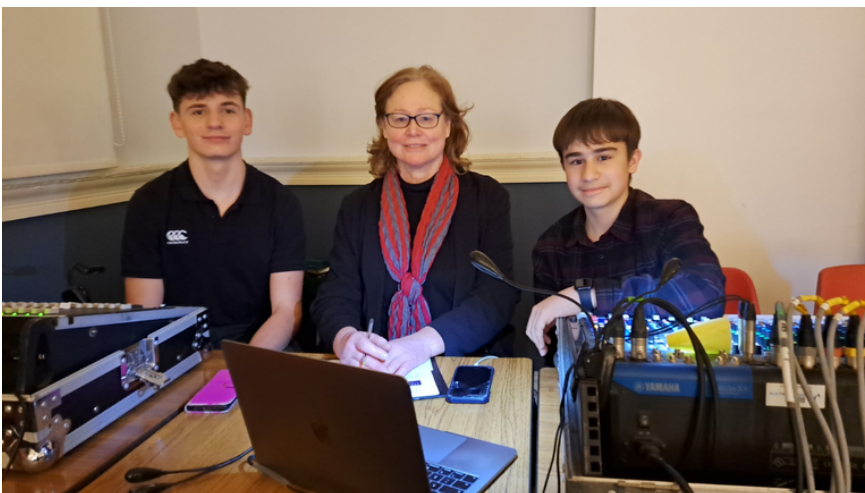
Year 9: *The Fault in Our Stars* by John Green

The Fault in Our Stars by John Green is a young adult fiction novel that narrates the story of a 16-year-old girl who is diagnosed with cancer. She joins a support group where she meets Augustus, and there is a rollercoaster of emotions throughout this novel as the relationship between Hazel and Augustus develops.



MARY POPPINS

A huge well done to everyone who made Mary Poppins the success it was!! Students had the opportunity to be involved through performing, stage and prop design, sound and lighting and all excelled in their role. We hope you enjoyed the show as much as they did!



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY



T2 HAPPY HISTORIANS OF YEAR 12



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NEWS FROM DT CORNER: A SMORGASBOARD OF DESIGN

Year 11 students finish their makes for 2024 with an array of products, from Jewellery to tables. After a two terms in the making, (one term designing, and one making) all nine students completed their makes to the deadline of Monday 18th March. Their next big deadline is next Monday 25th March to submit their supporting folders. Well done everybody, it's been a fantastic journey with great end results.

Below we have a Tensegrity Stool by Beth Sunshine, pewter cast jewellery by Crystal Tait and to the right we have wing inspired shelving by Lucien Joscelyne.



Below, we have a chessboard by Josh Swan, a corner unit by Daniel Sambrook and to the right we have earphone decorations by Maria Illytska.



Below we have a steampunk table by Oliver Ball, a coffee table by Joe Knight and to the right we have a chess table by Jensen Walker



CHUN FEN 20th MARCH SPRING EQUINOX

Celebrated in China as the fourth of the solar terms. It occurs between 19 –22 March when the sun reaches the celestial longitude of 0. On the day of Chun Fen the sun is directly above the earth's equator and the northern and southern hemispheres have opposite seasons.

In China, it is traditionally celebrated by flying kites to welcome the spring.

It's also time to eat your spring vegetables!



D OF E

The Bronze DofE team successfully walked for two days, with an overnight camp in between, around the local area for their qualifying expedition. They showed some fantastic skills in navigation, as well as some impressive teamwork. The weather stayed good for them and they all enjoyed spending time outdoors. Well done to them all.



GEORGE TUCKER TALENTED SPORTSMAN

George has had another great weekend competing in the Two Counties swimming gala. He achieved personal bests in every race and gained more regional championship qualifying times. George gained a gold medal for 200m backstroke and silver medals for 50m and 100m breaststroke. George also recently attended the ISA National Cross Country Championships and he came 9th. Not only this, George is also a talented triathlete, high jumper and jockey too!



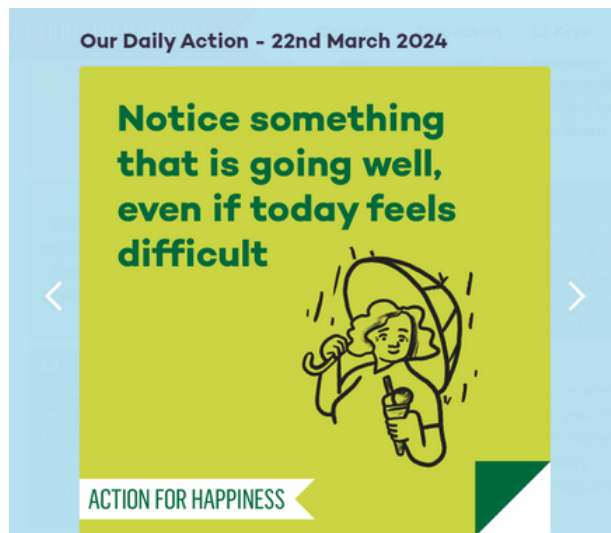
"Many thanks
for all you are
doing for
George,
especially
allowing him
access to so
much sport."

MRS TUCKER

20th MARCH- WORLD HAPPINESS DAY

Wednesday was World Happiness Day. The United Nations declared March 20th as the International Day of Happiness in 2012, recognizing the importance of happiness and well-being in promoting sustainable development and global peace. At this time of uncertainty and conflict, this year's 'Happier Together' theme reminds us that lasting happiness comes from feeling connected to others and being part of something bigger.

Do take a look at the Action for Happiness website and app for great tips, daily challenges, wellbeing calendars and community groups to help us all live happiness filled lives.



GREAT DREAM

Ten keys to happier living

- | | |
|-------------------|---|
| GIVING |  Do things for others |
| RELATING |  Connect with people |
| EXERCISING |  Take care of your body |
| AWARENESS |  Live life mindfully |
| TRYING OUT |  Keep learning new things |
| DIRECTION |  Have goals to look forward to |
| RESILIENCE |  Find ways to bounce back |
| EMOTIONS |  Look for what's good |
| ACCEPTANCE |  Be comfortable with who you are |
| MEANING |  Be part of something bigger |

ON FOR HAPPINESS

www.actionforhappiness.org

How it works



01
Every morning you receive a message with a new activity.



02
You write your response to each day's activity.



03
These simple actions boost your wellbeing day by day.

ALL YOUR RESPONSES ARE KEPT PRIVATE. WE WILL NEVER SHARE YOUR DATA.



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BOARDING LIFE

Last weekend the boarders took a trip along the coast to the beautiful and historic town of Dartmouth. This weekend, they are off to visit the Eden Project in Cornwall!



HISTORY CORNER

Here is a photo from our archive. Can you recognise where it is?



ON THIS DAY... 22nd MARCH

In 1832 the Great Reform Act was passed...
In 1917 America became the first country to recognise the new government of Russia...
In 1957 Elvis Presley released "All Shook Up"...
In 1960 the laser was first patented...
In 2018 the musical "Frozen" opened on Broadway...
In 2020 India put 1 billion people under a daytime lock down curfew to curb Covid 19...
Today: Andrew Lloyd Webber is 75
and it is World Water Day.

REFORM!

THE FIGHT FOR THE 1832 REFORM ACT

'VIVID AND RACY' SUNDAY TIMES



EDWARD PEARCE



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COMMENDATIONS

Key Stage Commendations

Alice Lovett
Leah Morandini
Victoria Ward
William Squires
Ashton Foxworthy
Kiyana Abkhou
Nathan Yeo
Adam Moore
Antonio Cafaro
Olive Martin
Eugenie Turkmen
Esmee Glue
Gabriel Summers
Catherine Flynn
Sophie Stone
Harry Bass
Giulio Frabboni
Samuel Bird

Lily-Mae Pettifer
Blake Hawkins
Jessica Miller
Hugo Rawlins
Sebastian Glue
Dolly Turner
Lola Harris
Giacomo Rivolta
Oliver Cafaro
Faith Tomlinson
Olive Martin
Dexter Jeffery
Keira Dinnis
Sophie Impey
Isabel Sunshine
Max Sanders
Tor Jones
Maisey Down

HM Commendations

Lily-Mae Pettifer
Alice Lovett
Tor Jones
Sophie Impey
Olive Martin
Faith Tomlinson
Isabel Sunshine



MARCH

2023 mental health awareness



SELF HARM AWARENESS MONTH

SUN

MON

TUE

WED

THU

FRI

SAT



5

6

self-care
take a long
drive

7

8

International
Women's
Day

9

daily affirmation

MY NEEDS MATTER, TOO

10

11



12

13



14

15

16

17

18

Sleep Awareness Week (May 12-18)

19

20

21

22

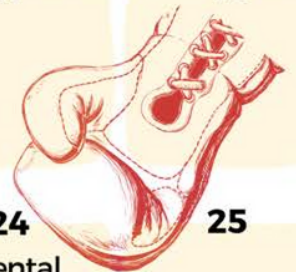
Ramadan

23

24

25

mental
health tip
challenge
negative
thoughts



daily affirmation

I'M READY FOR TODAY



26

27

28

29

30

31

30 Second
Mental
Health
Checkup



self-care
cuddle
your pet



World
Bipolar Day



APRIL

2023 mental health awareness



SUN

MON

TUE

WED

THU

FRI

SAT

#COUNSELING AWARENESS MONTH #STRESS AWARENESS MONTH



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 apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

MYLOL

AGE RESTRICTION
13-19

WHAT ARE THE RISKS?

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

FLIMSY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

Advice for Parents & Carers

DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or Wi-Fi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



The National College



National Online Safety
#WakeUpWednesday

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