

FEBRUARY 23, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

A former colleague of mine was once fortunate enough to win a raffle where the prize was dinner at Heston Blumenthal's restaurant, The Fat Duck in Bray, Berkshire. Blumenthal is widely regarded as one of the most innovative and experimental chefs in the world. His approach to creativity, one we can all learn from, is best summed up by this quote from his website, "we believe that if you do not question things, there's no knowledge, no learning, no creativity, no freedom of choice, no imagination". For him, food is not just sustenance or something we taste, "Through food we like to explore not just the taste buds but also memories and emotions".

My friend was justifiably excited at his prize and could not wait to sample the Fat Duck's tasting menu. It just so happened that one of the dishes was a sea food dish and as part of the experience, diners were to wear head phones enabling them to hear the sounds of the sea, the complete sensory experience. On the sound track was the sound of seagulls and my friend had just moved to Ramsgate, he liked to sail, and the sound of seagulls was plaguing his sleep. What ensued was a tussle between him and the waiters as to whether he would wear the headphones, as far from enhancing his experience, the seagull cries were an unsettling distraction. Of course, far from disproving Blumenthal's theory, the story proves it, just not as hoped by the Fat Duck.

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TRINITY SCHOOL, TEIGNMOUTH



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I was reminded of this story this week when Mrs Bryant as part of her assembly on healthy eating, asked the children to take part in an experiment. Each pupil was given two raisins, the first they chomped quickly, the second they were asked to roll between their fingers, to smell, to generally sense before eating. They were then asked which tasted better. Overwhelmingly, the second “sensed” raisin was regarded as tasting the best. An indication that we all perhaps need to slow down when we eat, to enjoy our food and aspects of eating. Fast food as Mrs Bryant also pointed out, gives us quick hits of salt, sugar and chemicals, allowing us to wolf it down. Now there is nothing wrong with a bit of “dirty” food as it is described in my household, from time to time but slowing our eating down, not craving the quick hit of fast food, taking time to enjoy food not just at a sustenance level and having regard for what we eat is thought by experts to be far better for us and our wellbeing. Heston Blumenthal and Mrs Bryant might also suggest that more simply, it will also make what we eat taste that bit better.

1. Choose a piece of food.

Try something like a nut, slice of apple or even a piece of chocolate.

2. look at the food.

Check out the shape, colour and texture.

3. smell the food.

Take in the aroma + notice how it affects you.

4. taste the food.

Place it on your tongue. Notice the response of your salivary glands.

5. bite the food.

Don't eat it one mouthful. notice the chewing sounds + texture on your tongue.

6. chew the food.

Notice the texture changing as you chew it.

7. swallow the food.

Actually take time to notice the sensation of the food as it travels down your throat to your stomach.

8. say the name of the food.

Yep, say it out loud. acknowledge it. be grateful.

9. practice a mindful bite once at every meal.

Set the tone for your meal by turning on your mindfulness with this simple exercise.

mindful eating exercise



ZOMT



SPANISH TRIP TO MALAGA

DAY 1

The wonderful trip started with an excitable journey in the early hours of Thursday morning adamant that their excitement would soon turn back to exhaustion, staff waiting to get some their sleep... however, this was not the case...

Arriving in Spain, we met Rubén who gave us an entertaining tour of the main landmark, attractions and local spots for some authentic Spanish snacks. One student in particular decided to indulge himself so much into his churros that he required a sick bag (fortunately not needed!). Our first day was concluded with a hidden authentic rustic tapas bar. A conveyor belt of waiters served us endless rounds of different cheese, olives, cured meats and prawns. A true flavour of Malaga!



SPANISH TRIP TO MALAGA

DAY 2

The following day, we visited La Castilla Alcazaba, an ancient castle overlooking the city from a view point. We could see all the landmarks and imagined how Malaga looked to Malagueño's defending themselves from pirate invasions! We then visited the Museo Picasso where were shown some of Pablo Picasso's original artwork before enjoying the sun for the rest of the afternoon at Malagueta beach, or for some, stuck in a baby swing... Once the teenager was craned out of the toddler swing, we visited Malaga's cathedral in Centro Historico; a beautifully decorated building giving us some peace from the energetic vibrant lunch time buzz of the small maze-like streets.



SPANISH TRIP TO MALAGA

DAY 3

Our penultimate day was spent visiting the Pompidou Centre, famous for its modern art display. It encaptured some claiming “what a wonderful thing for Malaga” whilst boring others claiming they could “do better themselves” and “thank you for the ping-pong” ... Nevertheless, there was something for everybody...

I want to say thank you to all the students who threw themselves into a new culture. There were many challenges that were overcome in a mature manner. I was really impressed with all of you who tried different foods, practiced your Spanish and generally embraced the culture. ¡Bravo!



SEB, YEAR 7

"It was a great trip. I really enjoyed spending time at the Marina and playing football on the beach. The view from the castle was amazing and our rooms in the hostel were very modern. I would definitely go again!"

ESMEE, YEAR 9

"I loved the school trip to Spain. The beach was lovely and I really enjoyed all the places we visited. The hostel was amazing and it was really fun trying all the different tapas. The staff made it an awesome trip!"

JESS, YEAR 11

"The best part of Spain was immersing into the culture and trying new foods. The tapas was especially good on the first night. Exploring the art and Picasso's museum was very interesting. Spending time with people you wouldn't usually hang out with was also great!"

DEXTER, YEAR 8

"I really enjoyed going to the beach with my friends and I also loved visiting the museums"

LANA, YEAR 8

"My favourite part of the Spanish trip was probably the Food Market (where the food was so good!) or when we all went to the beach, it was so much fun- It was hot and sunny and everyone was laughing together."

ANTONIO, YEAR 10

""Spain was amazing, I had a great time with my friends I loved the architecture and the Picasso museum has helped me with my art GSCE .We had fun and lovely teachers."



MESSAGE FROM WHITE HOUSE RECEPTION

The new telephone system is now installed and fully operational at The White House (and throughout the school) on 01626 774138.

The 'report an absence' option is once again available, although you are always welcome to talk to a member of the Admin Team if you would prefer, or email us, as always, at enquiries@trinityschool.co.uk.

We would like to take this opportunity to thank you for your patience over recent months.



White House
Reception:
01626
774138



D O F E

Our Silver Duke of Edinburgh's Award team ventured out onto Dartmoor this week for their practice expedition. Despite the rather wet weather, they successfully completed two days of walking and this was a great opportunity to build on the skills that they had learnt in the classroom. We wish them the best of luck for their qualifying expedition next month.



"This was a
great
opportunity to
build on skills
that they had
learnt in the
classroom"

MRS ATKINS



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: Goldfish Boy by Lisa Thompson

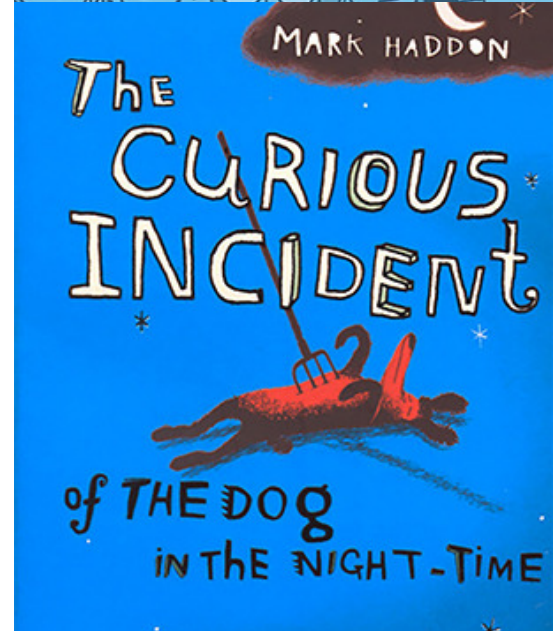
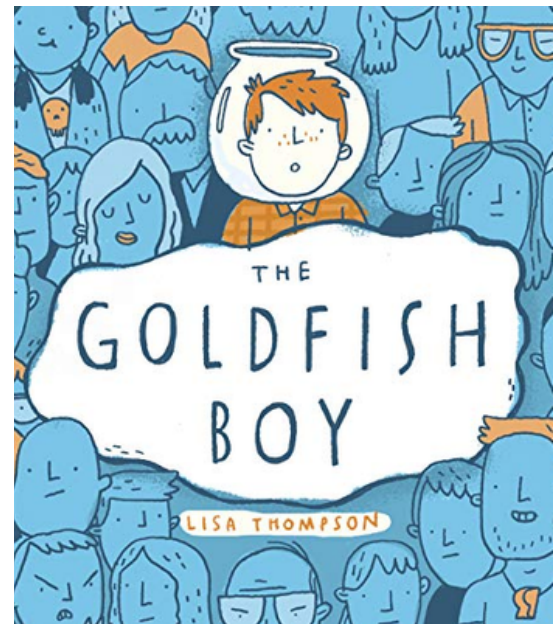
Matthew Corbin is a 12-year-old boy with Obsessive Compulsive Disorder. He is extremely observant and when Teddy Dawson from next door goes missing he and his friends Jake and Melody solve the mystery despite all the difficulties on the way.

Year 8: The Curious Incident of the Dog in The Nighttime by Mark Haddon

The Curious Incident of the Dog in the Night-Time tells the story of a gifted boy called Christopher Boone. He investigates the killing of a dog and in doing so has an adventure of self-discovery.

Year 9: The Twilight Saga by Stephanie Meyer

It is the first book in the Twilight series, and introduces seventeen-year-old Isabella "Bella" Swan, who moves from Phoenix, Arizona, to Forks, Washington. She is endangered after falling in love with Edward Cullen, a 103-year-old vampire frozen in his 17-year-old body.



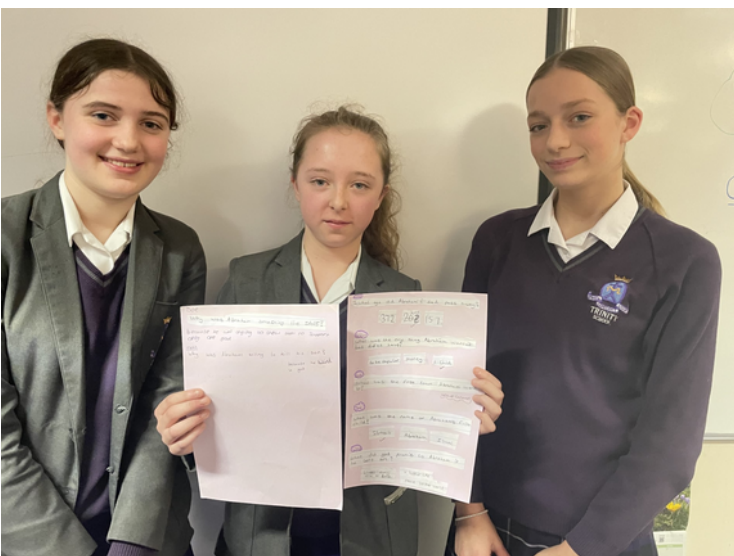
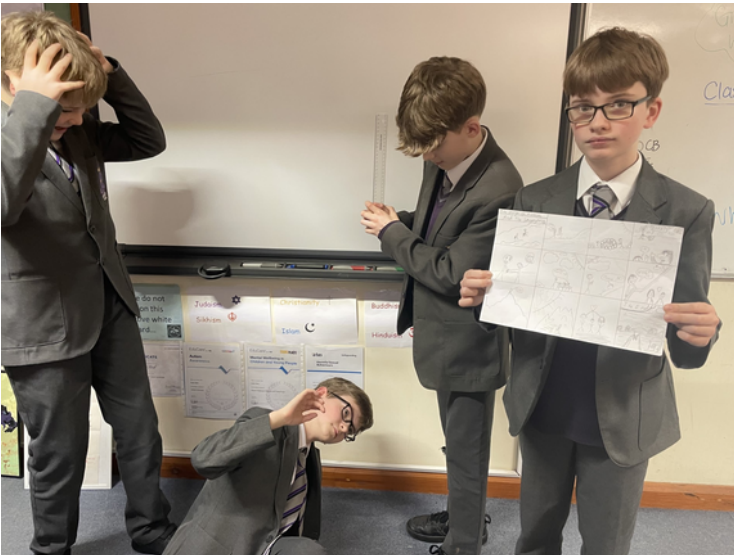
RS- ABRAHAM PRESENTATIONS

Mrs Bird was delighted with 7Y's presentations about Abraham. In Religious Studies lessons students are learning about great leaders and were given the challenge to prepare a presentation about the life of Abraham.

They were given 3 key events in his life to focus on and could then let their creativity flow. From posters to quizzes, role plays to freeze frames students demonstrated their understanding well. Well done Year 7!

"They showed
our Trinity
vision words
of confidence,
passion and
leadership."

MRS BIRD



TRINITY SCHOOL PRESENTS

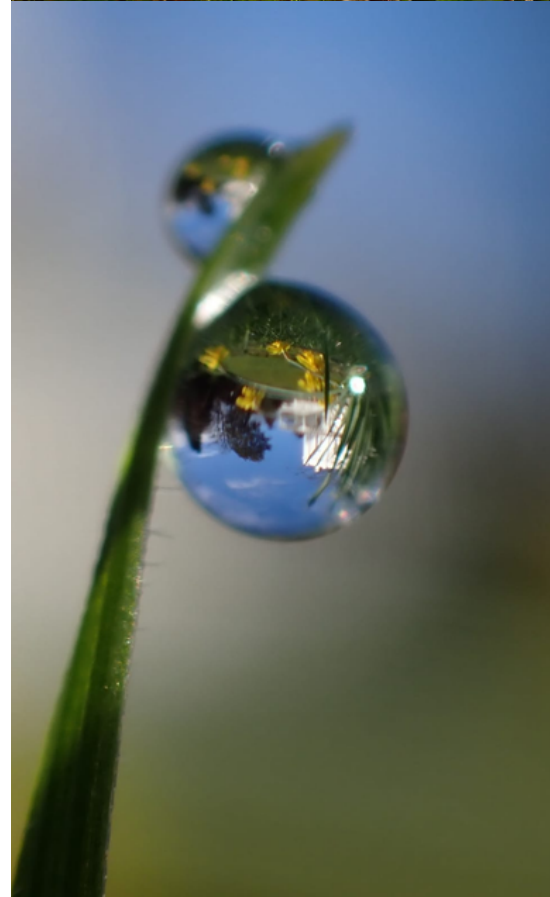


13 - 15TH MARCH
7PM, THE SALLE
£7 PER SEAT



TRINITY NATURE PAGE

With lighter evenings and blooming flowers, spring is arriving!



YEAR 7 STAR CHEFS

Year 7 have been carrying out a mini project on foods from around the world. They have chosen a country of their choice and this week they produced a dishes from their country. The standard of dishes was extremely high and I am really proud of the students hard work. We had dishes from countries including Italy, China, UK and France. Special mention to our star chefs Jess for making pasta and sauce from scratch and Ashton for his char siu bao



THE RED LIBRARY

And finally, the Christmas jigsaw has been completed!! Our next challenge is a rather complex jigsaw celebrating pets, good luck!



BOARDING LIFE

On Thursday evening, the boarders enjoyed a fantastic Korean-themed dinner superbly cooked by our catering team from Holroyd Howe, huge thanks to them.

Also, the long awaited boarding hoodies have arrived! Thank you to Caleb for his hard work creating the design.



ON THIS DAY... 23rd FEBRUARY

In 1455 Johannes Guttenberg printed his first Bible...

In 1633 Samuel Pepys was born...

In 1782 James Watt given a patent for his rotary motion for the steam engine...

In 1886 'The Times' published the first classified ad...

In 1905 the first Rotary Club formed in Chicago, USA...

In 1940 Walt Disney released the animated film 'Pinocchio'...

In 1954 the first mass inoculation against polio began in Pittsburgh, USA...

In 1963 Luciano Pavarotti debuted in Vienna in "La Traviata"...

In 1997 Scottish scientists announce Dolly the cloned lamb...

This week also marks the 2 year anniversary of the invasion of Ukraine. Below is a prayer for peace written by Archbishop Justin Welby and Archbishop Stephen Cottrell.

A Prayer for Ukraine

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion
to guide their decisions.
Above all, we pray for all your precious children, at risk and in fear,
that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen.

Archbishop Justin Welby
Archbishop Stephen Cottrell



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

Daniel Sambrook
Matthew Smith
Samuel Bird
Zach Foulser
Grace Levitt
Shelby Tait

Martina Belforte
Hector Oriol-Cotterill
Bryn Drewett
Joseph Rogers
Rowan Dale
Tom Sinclair

Darcie Crouch
Efe Nalcaci
Blake Hawkins
Gemma
Newton
Victoria Ward
Evie Collison

Jess Sinclair
Max Kirton
Lana Magill
Mason Wesley
Alfie Jeffery
Charlie Smith
Catherine Flynn





Mental Health Awareness

FEBRUARY



1
Lunar
New
Year

2
Daily Affirmations:
I am strong!

3
4
5



6
Boost
mental
health:
Have some
tea/coffee



7
8
Daily Affirmations:
I am doing my best!

9
10
11
National
Make a
Friend Day

12

13

14
Happy
Valentine's
Day

15

16

17
National
Random Acts of
Kindness Day

18

19



20



22

23

24
Wellness tip:
Work your
strengths

25

26

27
Self-care
activity:
Talk to a
friend

28

BE KIND



Black History Month

GREENBROOKTMS.COM



TRINITY SCHOOL, TEIGNMOUTH



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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.

Please do get in touch: nccounselling7@gmail.com

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 nationalonlinecollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

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[@national_online_safety](https://tiktok.com/@national_online_safety)

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