

MAY 24, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

Last weekend, after a very positive Open Day at Trinity in the morning, I travelled up to London to watch my daughter run the Hackney Half marathon. Special as she is to me, she was one of 24,000 participants in a running event in the capital which is considered second only to the London Marathon. The sun shone and the green expanse of London Fields, made well known by the Martin Amis novel of the same name, was packed, not just with the runners but also their supporters. My daughter had twelve friends, plus her parents there. So many people and yet such a peaceful, pleasant and positive event. Such events are very much a part of the social calendar of the great British summer. On my way to London on the Saturday, I had popped in to see my mother-in-law, who lives in Henley on Thames. We took a walk down by the river and the stands and marquees for the rowing regatta were all set up. I was busily trying to spot which parts had been used for the film *The Boys in the Boat*, a rowing drama based on the bestselling non-fiction book written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team, Depression era underdogs, that competed for gold at the Summer Olympics in Berlin. For my sons, their "nostalgia" was more personal, because for the last two years they managed to get themselves a role as race starters, setting of many crews including the modern day incumbents of the University of Washington boat. The Henley regatta has been going since 1839 and with royal patronage, not only attracts some of the finest rowers in the world but is for many a key part of the British summer social season.

Continued overleaf...

This issue:

Gold D of E

Caleb Chan D of E

Sports Day

Charity Events

Reading Recommendations

Boarding Life

Mindful Moment



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Add to this, I have the opportunity to attend Wimbledon this year, we have just had the Chelsea Garden Show and other RHS summer events to come. Then there are all the county shows, the village fetes, Teignmouth Regatta and Air Show, outdoor theatre and cinema and so on. At Trinity we have our Sports Day, Summer Ball and Prize giving. All these events, long lived or new, are about bringing people together, continuities with our past and something, rightly or wrongly we regard as quintessentially British and generally civilised in the best sense of the word. Add to all that, this year we have an Olympics and the Euros football tournament, events that tend to unite. Of course, we also now have an election and it can only be hoped that the discourse around it will not be as divisive as in recent years but then elections come and go and the continuities that bind us together, many more than those named above, outweigh the ruptures and fissures. As I sit contemplating the election, the British summer has much to recommend it and I hope the weather allows us all to enjoy it.



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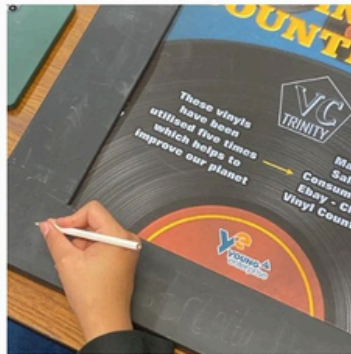
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THE VINYL COUNTDOWN SALE
JUNE 7TH 2-4PM
AT TRINITY SCHOOL PREP PLAYGROUND
LIMITED TIME
ONLY



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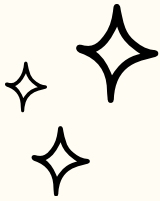
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GOLD D OF E CELEBRATIONS!

Gold D of E is a huge undertaking requiring the dedicated completion of different sections over at least an 18month period. There are five sections to completing a D of E Award at Gold level. They involve helping the community/ environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity. It's all about setting personal challenges and pushing personal boundaries.

We as a school community were immensely proud of Harry, Caleb, Charlie and Seb for completing their Gold Award earlier in the year. Recently, they and Mrs Atkins, without whom their D of E experience would not have been possible, were privileged to attend their award ceremony at Buckingham Palace. The ceremony was attended by members of the Royal Family and hosted by newsreader Clive Myrie who told those receiving awards that they should leave "feeling a few inches taller" with pride for their hard work. Well done gentlemen and thank you Mrs Atkins!





CALEB CHAN D OF E GOLD

WHAT DID YOU DO FOR EACH SECTION?

I did guitar for the skills,
running for the physical
and zooniverse for the
volunteering section.

WHAT WAS YOUR FAVOURITE SECTION?

Playing my guitar, I
really look forward to
my lessons each week.

WOULD YOU RECOMMEND IT?

Yes! You can see where
your limits are and try to
push yourself.

WHAT WAS THE AWARD CEREMONY LIKE?

It was interesting because I
got to go inside Buckingham
Palace which was a once-in
a lifetime experience for
me.

OVERALL HIGHLIGHT

The expedition, it
was so much fun!



MR LOVETT'S CHARITY RUN

Dear Seniors,

I hope you've had a great last week of the half term. This Sunday I will be running the Exeter Half Marathon. I try to enter every year but this year I will be raising money for FORCE cancer charity. Rather optimistically I'm aiming to beat my PB of 1:26:26 and I would appreciate any donations towards the cause. There will be a collection pot in my office this week or donate via the following link:

https://www.justgiving.com/page/sean-lovett-1716205437927?utm_medium=fundraising&utm_content=page%2Fsean-lovett-1716205437927&utm_source=copyLink&utm_campaign=pfp-share.

I'm hoping the sports day performances this week in both Prep and Seniors will have me a boost of further inspiration because my training certainly hasn't 😊

Many thanks, Mr Lovett

OPEN DAY SUNSHINE AND SMILES



BOARDING LIFE

What beautiful weather we had last weekend (well, mostly)!!
On Saturday, our boarders took a trip to the local town of Totnes. The weather was perfect on Sunday and the students had a blast doing one of our favourite weekend activities, gorge and river walking on Dartmoor!



"The
climbing was
beautiful
and the river
was
awesome!"

MAXENCE,
BOARDER



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BOARDING LIFE



"The river
section
was
AMAZING!"

EMMI,
BOARDER



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THURSDAY- SPORTS DAY

Sports day victorious teams! Powderham and Ugbrooke both with 122 points! Well done to everyone who took part!



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BIRTHDAYS!

Happy birthday to Mr Larkman and Mr Whittles! The occasion was marked in chapel with singing prompted by the Sixth Form Prefects.



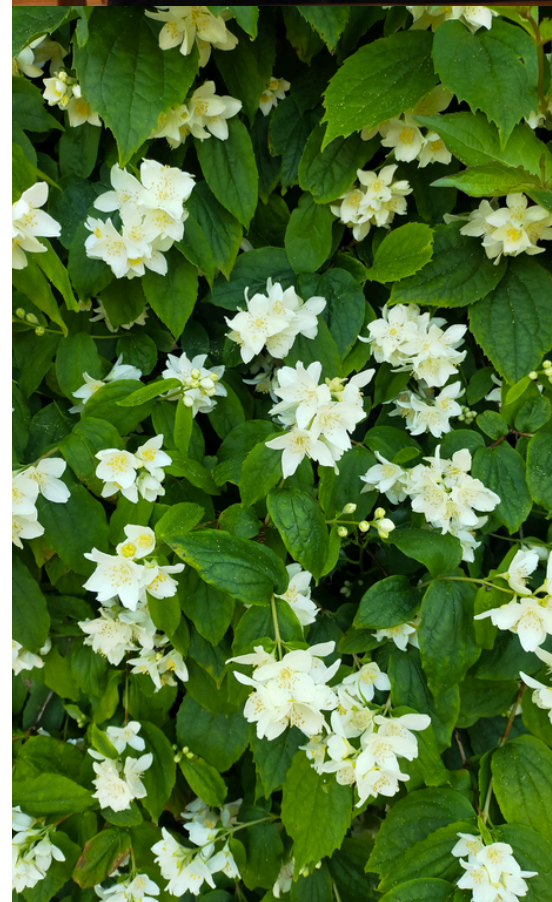
MINDFUL MOMENT

Have you taken a moment to smell the beautiful fragrance of the sweet mock orange shrub outside the laundry, on the way down to the baguette barn?

MINDFUL
nature walk
**while on your walk,
focus on SMELL by...**

- taking a deep breath in
through your nose and
focusing on what you smell

Are you noticing scents? Is
someone cooking
something delicious? What
is your sense of smell
picking up on? Focus here
on what you're noticing and
how that feels.



CRICKET

Well done to our cricket teams who played against Stover on Monday. It was a wonderful afternoon and so lovely to see three games going on, one hardball and two mixed team soft ball. Thank you to Stover for hosting. We look forward to coming to you with our U15s girls after half term.



"It was a
wonderful
afternoon"

MISS MOSS



CANCER RESEARCH SALE: 8&9th JUNE

The wonderful Mrs Evans is once again holding a charity jumble sale as part of the Shaldon Cancer Research Open Gardens event on 8th & 9th June.

If you have any items that you would like to donate please deliver them to WH Reception or the Senior Staffroom.

Books, magazines, jewellery, china, glassware, jigsaws, toiletries, toys etc. are all gratefully received. Many thanks.

Thank you also to the Sixth Formers who kindly offered to help transport the donations we have so far!



MERRY MATHEMATICIANS

The results for the UK Maths Trust Junior Maths Challenge!

If you aren't aware of this competition, it is essentially a Year 8 maths test taken in exam conditions. Although it is aimed at Y8 level, for the last few years I, Mr Partridge, have asked for more able Prep 5/6 pupils to be entered to have a go and build experience.

This year one of our Prep 6 pupils - Ben Jones - has achieved a Gold Medal score on the test. As far as I know this is the first Gold within school - at least in my time of involvement (last 3 years) - and also "Best In School" against the Y7s and Y8s who took part. As a result of his performance, Ben has now been selected to participate in a follow-on Y8 maths competition after half term so "watch this space" for further news of his achievements!

"watch this
space for
further news
of his
achievements
"

MR PARTRIDGE,
PREP 6 TEACHER

HAPPY HISTORIANS OF T2!



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: Private Peaceful by Michael Morpurgo

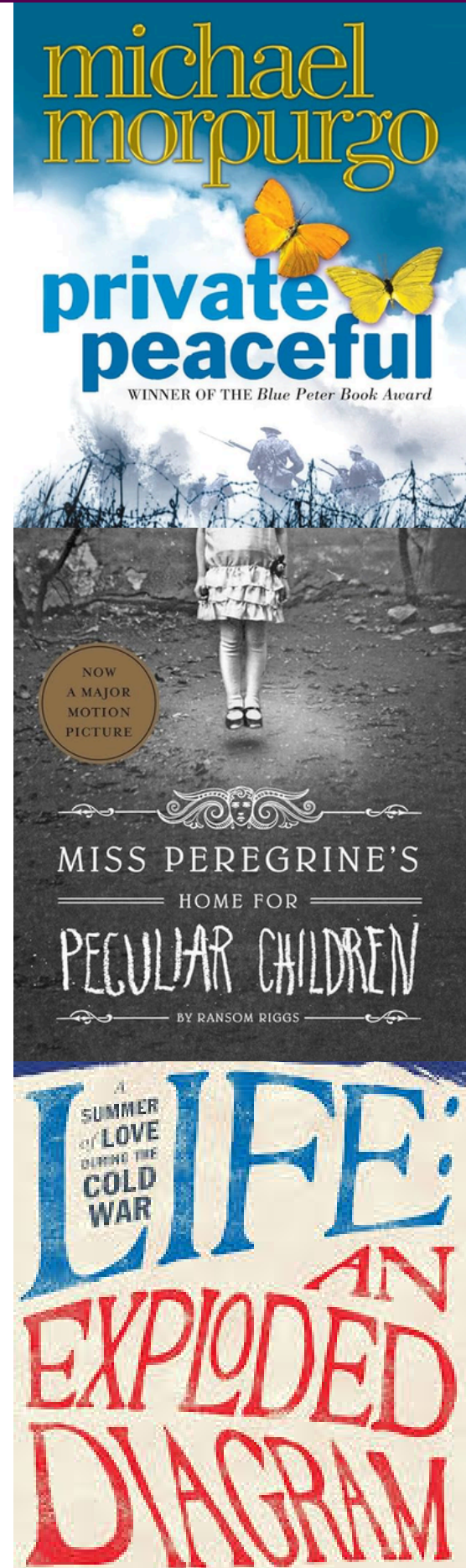
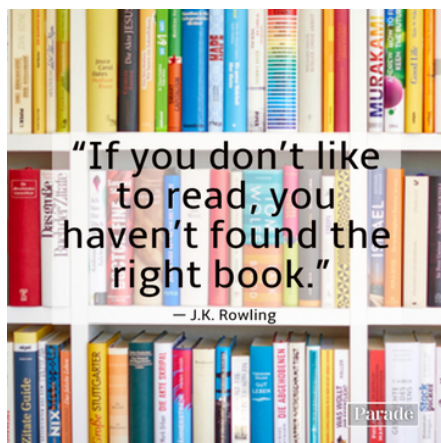
A poignant and powerful novel that tells the story of a young soldier named Thomas "Tommo" Peaceful during World War I. Set in the trenches of France, the book explores themes of love, loss, and the futility of war.

Year 8: Miss Peregrine's Home for Peculiar Children by R Rigg

A mysterious island. An abandoned orphanage. A strange collection of very peculiar photographs. A horrific family tragedy sets sixteen-year-old Jacob journeying to a remote island off the coast of Wales where he discovers Miss Peregrine's Home for Peculiar Children

Year 9: Life an Exploded Diagram by Mal Peet

In 'Life: An Exploded Diagram' Clem and Frankie experience the throes of first love against the backdrop of the great who'll-blink-first moment of the Cuban missile crisis: the teenagers race towards sex as the Russians and the Americans race towards war. Peet's story has all sorts of cliches.



ON THIS DAY... MAY 24th

In 1487 imposter Lambert Simnel crowned as King Edward VI in Dublin...

In 1783 John Wesley converted, launching the Methodist Movement...

In 1819 Alexandrina Victoria born and became Queen in 1837....

In 1830 the nursery rhyme "Mary had a Little Lamb" was first published...

In 1844 Samuel Morse tapped out the first telegraph message 'What hath God wrought'...

In 1862 the second Westminster Bridge opened...

In 1902 Empire Day first celebrated and then renamed Commonwealth Day in 1959...

In 1930 Amy Johnson became the first woman to fly solo from Britain from Australia...

In 1956 the first Eurovision Song Contest took place and Switzerland won...

In 2004 North Korea banned mobile phones...

In 2023 Tina Turner passed away...



“

At every moment, we always
have a choice, even if it feels
as if we don't. Sometimes
that choice may simply be to
think a more positive
thought.

TINA TURNER



COMMENDATIONS

KS Commendations:

Blake Hawkins
Mia Dierkesmann
Letizia Booz
Toby Landfear
Daniel Crompton
Max Sanders

Maths challenge 2024 Awards:

Cert Participation:

James Downer
Felix Balfour-Paul
Gemma Newton
Freddie Young
Alice Lovett
Ashton Foxworthy
Seb Gibson

Duke of Edinburgh Awards:

Bronze:

Oliver Cafaro
Sedric Hauxwell
Toby Landfear
Tom Sinclair

Silver:

Cayden Hawkins

Headmasters Commendations:

Letizia Booz

Bronze Award:

Ocean Brant
Tor Jones
Sophia Impey

Silver Award:

Charlie Arthur
Dexter Jeffery



Half Term Plan of Action!



Having a plan of what you'd like to do over the break helps to provide a structure and a purpose to your time. This is good for your wellbeing.

Make a collection of activities that you might enjoy doing over half term. The collection below might help provide some ideas. Choose one or two for each day of half term.

Bike ride	Spring spotting walk (what signs of spring can you spot?)	Colour or texture collection walk	Learn a dance/song
Bake a cake/cookies	Make lunch/dinner for your family	Create a quiz for your family	Have a cinema session with snacks
Read a new book (a chapter or so each day)	Find out 10 facts about a subject that interests you	Pampering session	Complete a jigsaw puzzle (big puzzles take time so plan out separate sessions)
Play or learn to play a musical instrument*	Create a happy music play list	Sew, knit or crochet an item	Draw, paint or colour a picture

* homemade percussion is just fine – see the challenge below.

Homemade instrument challenge

What playable instruments can you make with what you find around the house? Create your instrument, play along with a song that you like then let me know how you got on!

Useful items to consider: pots, pans, empty Pringles, coffee or hot chocolate cannisters, elastic bands, chopsticks, wooden spoons...

Caution! Avoid using fragile or breakable items.



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At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What parents need to know about

NETFLIX



18+
The account holder must be 18 or older.

Launched in 1997, Netflix is now one of the world's leading online streaming services, providing users with unlimited access to a huge selection of TV shows and films. It's available on any internet-connected device that supports the Netflix app, from smart TVs and games consoles to tablets and smartphones, and is becoming increasingly popular with a younger audience. This is unsurprising given consumer attitudes are changing more towards video-on-demand (VoD) services. That's why we've created this guide to help parents and carers understand exactly what Netflix is about.

Inappropriate content

Netflix hosts and produces content for all ages. It has a wide variety of films and TV programmes for young children, teens and adults and its extensive catalogue can provide hours of entertainment. Children can search for almost anything but if they share the same account as an adult, it can also open them up to viewing material that is adult-themed or inappropriate. Netflix doesn't check who's watching so children could access films or TV shows that contain violence, nudity or foul language.



Risk of hacking

With millions of users in over 190 countries, Netflix is often targeted by hackers and phishing scams which try to illicit usernames and passwords to gain access to accounts. If successful, hackers can steal payment details or try to sell your data on the dark web, providing others with the opportunity to profit. Given Netflix doesn't provide 2-factor authentication, it's important to ensure your login details remain secure.



Binge-watching

With the ability to access Netflix on almost any device, it can be easy to fall into 'binge-watching' TV series, with users finding it difficult to turn it off without knowing what happens next. The autoplay function also means that the next episode usually plays within seconds of the last ending and the Netflix algorithms mean that recommended programmes are very often similar to those you've just watched. This can easily lead to spending hours in front of the TV through the day or staying up through the night, potentially affecting sleep, mood and the ability to concentrate the next day.



Screen addiction

In addition to binge-watching, the fact that Netflix is available on almost any device with an internet connection means that parents may find it difficult to prize children away from a screen. With a huge collection of children's TV programmes and the latest film titles, children could start watching on the TV, continue on the tablet and finish on their games console. Increased screen time means that they may spend less time learning, playing outside, find it difficult to sleep or communicate less with family and friends.



Netflix party

Netflix Party is a free extension on Google Chrome that gives users the ability to watch a film or TV show online simultaneously with friends or family in different locations. It also provides the ability to chat to each other during the stream. Users can create a party and send a link to people they want to invite, however the link can be copied and distributed to other people who can potentially be open to a group chat with people they don't know. It should be noted that Netflix Party isn't an official Netflix product and needs to be downloaded separately to the app.



NOS
National
Online
Safety
#WakeUpWednesday

Safety tips for parents & carers

Create a Netflix Kids experience profile

One of the biggest advantages of Netflix is the ability to control what content your children can watch. Setting up a Netflix Kids experience profile means that children only have access to TV shows and movies which have been carefully selected for kids. The look and feel of the app is simpler and children can't access any account settings.



Set maturity ratings & block content

If your child is a little older, parents can create a separate profile to their own and set a maturity rating that means children will see only TV shows and movies that fit that rating. The three categories of rating for the UK are kids (all, U, PG), teens (12, Guidance, Teen) and adult (15, 18, mature, adult). You can also block specific TV shows and movies from individual profiles which means they don't show up in the browse or search results.



Have an open & honest conversation

Parents can review the TV shows and films that have been watched on each profile under their account. If your child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.



Switch off autoplay

Netflix has two autoplay features that can be switched on and off across different accounts and takes effect across all devices. Parents can disable the ability for consecutive episodes to play automatically and for previews to play when browsing. Both can help to limit the amount of time children spend on the app.



Lock your profile

It's important to keep your own account secure so that children can't freely switch between profiles and potentially access more adult-themed content or change access levels. Parents can set up a Profile Lock PIN which means only they can access their own Netflix account.



Set screen time limits

Although switching off autoplay will help to stem programmes playing continuously, children can just as easily choose to play the next episode themselves. Whilst Netflix has no options to help limit viewing time, many devices now allow parents to set screen time restrictions, so you can switch off the app automatically when you think they've had enough.



Meet our expert

Pete Smith is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Create a strong password & always log out.

Given that Netflix doesn't use 2-factor authentication, the need for a unique username and strong password is even more important. Try to use a different password to ones you've used before and use a mixture of numbers, letters (uppercase and lowercase) and symbols, with a minimum of 8 characters. Always log out when not using your account so that if your device is lost or stolen, your account remains inaccessible.



SOURCES: <https://www.netflix.com> | <https://help.netflix.com/en/node/264> | https://www.ofcom.gov.uk/_data/assets/pdf_file/0023/190616/children-media-use-attitudes-2019-report.pdf

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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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Teignmouth

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