

APRIL 26, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

Last week I ruminated on the virtue of fortitude with the senior pupils, stimulated by a show I had watched over the Easter holiday. Much as I enjoyed Masters of the Air, it had me reflecting on which filmic rendition of fortitude based on a real life was in my opinion the best. For me, it is the vastly under-rated film, Cinderella Man, with Russell Crowe portraying the boxer James Braddock. Braddock through tenacity, grit and a little luck endured adversity with courage. On the evening of July 18th 1929, James Braddock entered the ring in Yankee Stadium to face Tommy Loughran for the coveted light heavyweight championship. Braddock had won fight after fight in his climb to this chance at the title but lost the 15 round bout to a decision. On September 3rd 1929, less than two months after the Loughran bout, the stock market crashed and the US plunged into the "Great Depression". Braddock had invested his money from his wins with the help of financial advisers, but like so many other millions of Americans he lost everything, his home and affluent life style. In his next fight, he broke his right hand but given his need for money to support his family, he fought on, never letting it fully heal, losing again and again until he could no longer get fights. Rendered unemployable as a fighter, Jimmy Braddock lived in a tiny squalid New Jersey basement with his wife and three kids. He worked the docks and coal yard, tended bar, and moved furniture to feed them, when he could get any work at all. He owed everyone from landlord to milkman, however, and could only afford bread and potatoes. One very cold depression winter, his electricity was cut off and one of his children was very ill, but he could not afford a doctor
Continued overleaf...

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Ten Tors Training



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His other son starving, stole sausage from a butcher but James Braddock was a proud man and despite his family's distress believed in doing the right thing. He took his son to the butcher's to give the sausage back. Nevertheless, this proud man was destitute and to his shame, he had to file for government relief to help support his family. When his luck changed he would pay every cent of the unemployment benefit back to the government even though there was no requirement for him to do so. In 1934, due to a last minute cancellation, Braddock out of the blue, was asked if he would step in to fight John "Corn" Griffin on the under-card fight for that evening's heavyweight championship fight. Braddock was given no chance but to the amazement of everyone, he went on to upset Griffin with a third round knockout. As word of Braddock's achievement spread, he was given another chance. Once again, most predicted that Braddock wouldn't make it through the fight but he proved them wrong, with a ten round victory. By March of 1935, Braddock had become a hero to the many working men and downtrodden of America and to the shock of the boxing world, with the nation in his corner, Braddock defeated the next contender for the heavyweight title, Art Lasky in 15 rounds. Braddock was now considered to be the top heavyweight contender to go up against Max Baer, the world champion, even though Jimmy was always really a light heavyweight. Max Baer had the reputation as a dynamite puncher and possibly the hardest hitter of all time. His hitting was rumoured to have led to the subsequent deaths of opponents. On the evening of June 13th 1935 at Madison Square Garden in Long Island NY, Braddock, a ten-to-one underdog, entered the ring to face Baer. Jimmy had studied Baer's boxing style and knew he could beat Baer if he could stay away from his right hand. In an amazing feat of courage and determination, Braddock won the 15 round decision to become the new heavyweight champion of the world and stayed as that for the next two years. Jim and his wife, Mae, raised their three children, Jay, Howard and Rosemarie in a house they bought in North Bergen NJ.

Few of us have been called upon to endure difficulties like these and show fortitude to keep going even when it would be easier not to. Yet we all struggle with day-to-day problems and challenges that sometimes disrupt our lives in significant ways. Fortitude is hard when you have to show it but as Rita Levi-Montalcini, the Italian scientist said,

“Above all, don't fear difficult moments. The best comes from them.”



GOLD D OF E

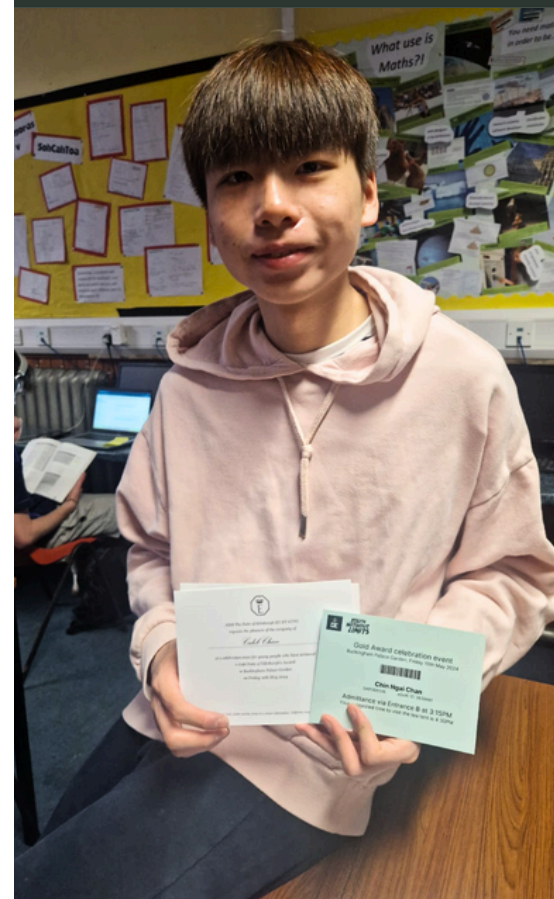
A HUGE well done to Seb, Harry, Caleb and Charlie for completing their Gold D of E Challenge.

Gold D of E takes a minimum of 18 months to complete involving five sections. These 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. This really is a fantastic achievement so much so that all the boys have received their invitation to attend a presentation with a member of the Royal Family.

Doing DofE Gold will give you skills, confidence and an edge over others when you apply for college or university. You'll develop communication, leadership and teamwork skills as well making a difference to other people's lives and your community. You'll also go on an exciting (and very challenging!) expedition and have memories to last you a lifetime.



APPROVED
ACTIVITY
PROVIDER



YEAR 12 GEOGRAPHERS

Year 12 have been learning about soil and went to investigate soil horizons in various locations around the school. Sam became the teacher using his fantastic knowledge to support others while they were all getting their hands dirty!



BOARDING LIFE

Last weekend was busy!! The boarders went to a virtual reality centre; visited a local wildlife sanctuary; basked in the beautiful spring sunshine; made the most of our fantastic new strength and conditioning suite; had a campfire with lots of marshmallows; and showed off their creativity during a pottery painting workshop. there is always something for everyone!



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

BOARDING LIFE



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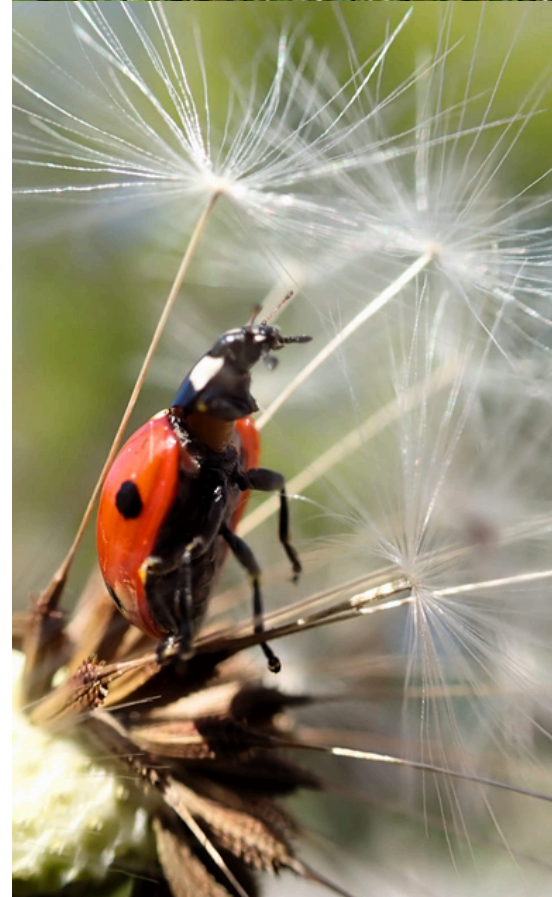


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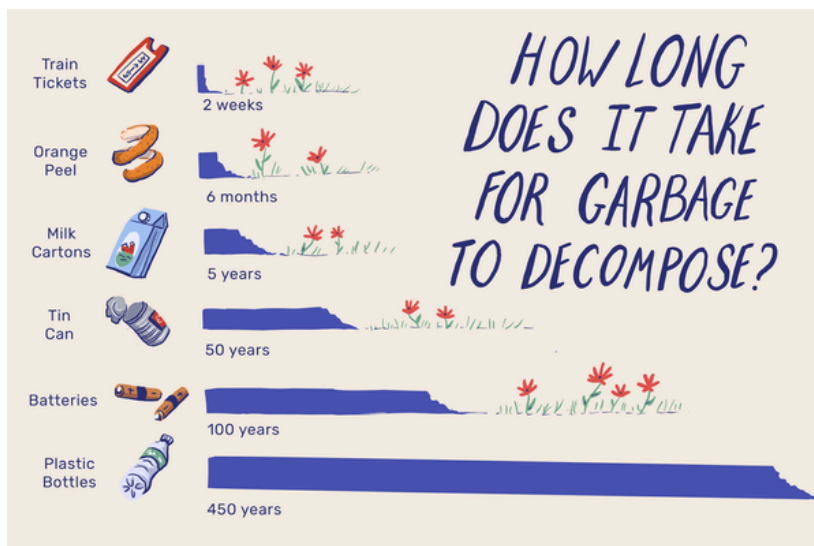
TRINITY NATURE PAGE

Take time to notice the beautiful blooms of spring around our school site! There is so much to discover when you look closely!



YEAR 10 CITIZENSHIP

On Wednesday, year 10 Citizenship students were in action on a research trip focusing on litter in the local area.



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: Wonder by R J Palacio.

A heartwarming story about a young boy with facial differences who bravely faces the challenges of fitting in at a new school and teaches us the power of kindness and acceptance.

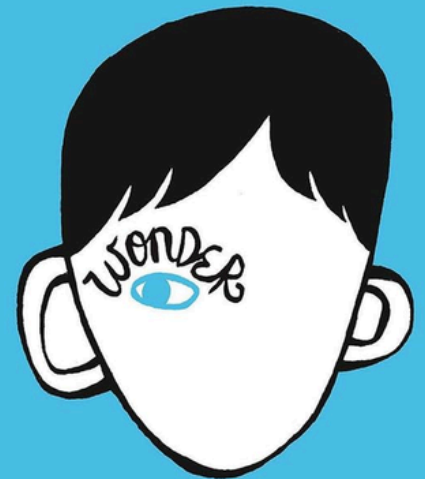
Year 8: The Tulip Touch by Anne Fine

Natalie, who's Father is the manager of a hotel, befriends a girl named Tulip. The two quickly become fast friends, and play many strange games together. But as the two grow up, Tulip begins to abuse their relationship and Natalie starts to see the negative impact Tulip is having on her life.

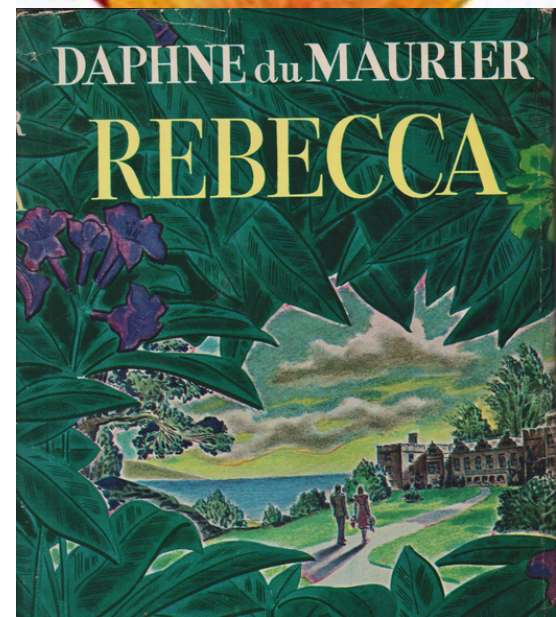
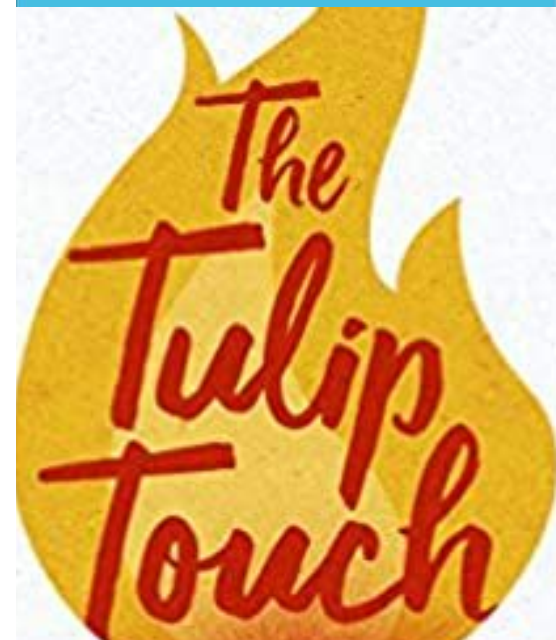
Year 9: Rebecca by Daphne Du Maurier

The novel depicts an unnamed young woman who impetuously marries a wealthy widower, before discovering that both he and his household are haunted by the memory of his late first wife, Rebecca.

Il bestseller internazionale dal 2012 in cima alle classifiche del New York Times



R.J. Palacio



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FINAL TEN TORS TRAINING WALK

This week students were up on the moors for their final Ten Tors training walk of 17 miles and it was a great success. Best of luck Team Trinity!



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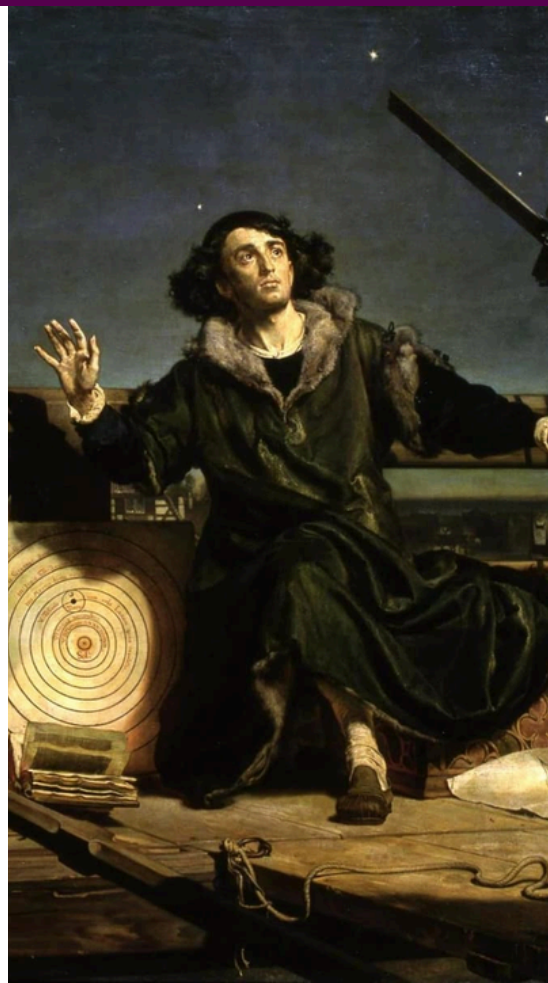


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HISTORY CORNER

Here is a photo from our archive. What differences do you notice?



ON THIS DAY... 26th APRIL

In 1514 Copernicus first observed Saturn...

In 1755 the first Russian university opened in Moscow...

In 1915 Italy secretly signed The Treaty of London bringing them into WW1 on the side of the Allies...

In 1984 President Reagan visited China...

In 1986 the world's worst nuclear disaster occurred: Chernobyl's 4th nuclear reactor explosion...

In 1994 voting began in the first ever multi-racial elections in South Africa...

In 2010 'Iron Man 2' premiered in Los Angeles...

In 2023 President Biden announced his bid for a second term in office, saying he had "a job to finish"....



COMMENDATIONS

Key Stage Commendations

Lana Magill
Ocean Brant
Hector Oroil- Cotterill
Victoria Ward
Sebastian Glue
Alice Lovett
Anais Mo
Dexter Jeffery
Gabriel Whitney
Charlie Starr
Sophia Impey
Owen Young
William Squires
Jessica Miller

Matthew Smith
Charlie Arthur
Grace Levitt
Samuel Bird
Giacomo Rivolta
Martina Belforte
Keria Dinnis
Lea Morandini
Esmee Glue
Sedric Hauxwell
Tor Jones
Ashton Foxworthy
Adam Moore
Hugo Rawlins

HM Commendations

Dexter Jeffery
Matthew Smith
Adam Moore
Jessica Miller
Owen Young
Gabriel Whitney
Sebastian Glue
Victoria Ward
Hector Oroil-Cotterill



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THAT FRIDAY FEELING!



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APRIL

2023 mental health awareness



SUN

MON

TUE

WED

THU

FRI

SAT

#COUNSELING AWARENESS MONTH #STRESS AWARENESS MONTH



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.

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 nationalonline-safety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

UNDER 18

CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.

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IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.

AGE RESTRICTION
17+

(although the lack of age verification means that someone younger could easily log in with a false date of birth)

INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.

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Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature; young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is self-governing. If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.02.2024



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MAY HALF TERM CAMP AT THE PREBENDAL SCHOOL

Our Destination

The Prebendal School, Chichester

The Prebendal school is an independent school in Chichester, next to the Chichester Cathedral. It is a boarding and day school educating the cathedral choristers. The school has ancient origins as the medieval cathedral song school in the 11th Century and is one of the oldest schools in the country.

Chichester was a Roman and Anglo-Saxon settlement and a major market city from those times through Norman and medieval times to the present day.

It is known for its well-preserved Georgian architecture. Chichester has historical evidence of Roman settlement, including Roman baths, a city wall, an amphitheatre, and the old Roman road.

This camp will take advantage of Chichester's excellent location to visit other places in the South of England as well as the town's beach, shopping, cinema and theatre.

For further information, please

Fees

9 nights – Friday 24th May to
Sunday 12nd June = **£1050**

Fees include accommodation, full-board meal plan and all activities.

How to book

Email your interest to
kate.unsworth@alphaschools.co.uk



May Half Term Camp

At The Prebendal School

Fri 24th May - Sun 2nd June

Come and spend your half term holiday
on an adventure at Prebendal!

For students aged 6-16 years old.



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MAY HALF TERM CAMP AT THE PREBENDAL SCHOOL

Our Itinerary

Fri 24th May - Sun 2nd June

	9:00 - 10:00	10:00 - 11:30	1130 - 12:30	Lunch 13:00 - 14:00	Afternoon 14:15 - 17:00	Options 17:00 - 18:00	Dinner 18:00 - 19:00	Evening 19:00 - 21:30
Friday	Student Arrivals				Ice Breakers		Dinner	Board games
Saturday	Breakfast	Drone coding	Time to relax	Lunch	Zorbs / Dodgeball	Time to relax	Dinner	Detective mystery
Sunday	Breakfast	Escape room	Time to relax	Lunch	Robot wars / Benchball	Time to relax	Dinner	Movie night
Monday	Breakfast	Bag painting	Time to relax	Lunch	Nerf Battle / Hockey	Time to relax	Dinner	Music Bingo
Tuesday	Breakfast	Yoga	Time to relax	Lunch	Treasure hunt / Football	Time to relax	Dinner	Trashion Show
Wednesday	Breakfast	Picture challenge	Time to relax	Lunch	Beach trip Archery tag /		Dinner	Time to relax
Thursday	Breakfast	Quiz game show	Time to relax	Lunch	Basketball Chichester trip, Flip Out	Time to relax	Dinner	Movie night
Friday	Breakfast	Football	Time to relax	Lunch			Dinner	Time to relax
Saturday	Breakfast	Team vs team	Time to relax	Lunch	Tennis / Baking	Time to relax	Dinner	Games night / Pamper party
Sunday	Breakfast	Assisted homework time						



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MAY HALF TERM CAMP AT LUCTON SCHOOL

Our Destination

Lucton School, Lucton

Lucton is a thriving, co-educational, independent day and boarding school with an impressive 300+ year heritage.

Lucton is set on a beautiful 55 acre campus in Herefordshire and benefits from a wide range of on-site facilities including an indoor heated swimming pool, sports hall, tennis courts, sports fields and equestrian centre.

Our half term camp is the perfect blend of fun activities and time to relax with friends. You will experience an exciting range of activities and trips, while having time to relax and enjoy the facilities in our idyllic rural location.

Bring your friends and make some new ones too; we welcome students from boarding schools across the UK and from many different countries.

You will stay in our modern, comfortable, single-sex dormitories, and will be looked after by our experienced and fully qualified and vetted staff.

For further information, please
[contact](#)

Fees

9 nights - Friday 24th May to
Sunday 12nd June = **£1050**

Fees include accommodation, full-board meal plan, all activities.

Transport can be arranged for an additional fee.



How to book

Email your interest to

kate.unsworth@alphaschools.co.uk



May Half Term Camp

At Lucton School

Fri 24th May - Sun 2nd June

Come and spend your half
term holiday on an
adventure in Lucton!



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MAY HALF TERM CAMP AT LUCTON SCHOOL

Our Itinerary



Fri 24th May - Sun² June



Friday 24th May	Arrival at Lucton		
Saturday 25th May	Symonds Yat – Laser tag, Maze, Butterfly Farm		Takeaway Night
Sunday 26th May	Hereford – Shopping and Cinema		
Monday 27th May	Bank Holiday – Home	Croft Castle	Sports
Tuesday 28th May	Shrewsbury – Trampolining at Jump In / Town Visit		Movie Night and Milkshake Bar
Wednesday 29th May	Study / Baking	Canoeing on Wye	Pamper Night
Thursday 30th May	Campfire Cookery / Baking		Swimming
Friday 31st May	Eastnor Castle and Pottery Activity		Home Movie Night
Saturday 1st June	Ludlow Market and Castle Visit		Chinese Restaurant
Sunday 2 nd June	Depart Lucton		



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