

JANUARY 26, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

Most of the debates my sons and I have revolve around the efficacy and woefulness of Stoke City Football Club's forward line but from time to time they like to torture their father, the historian. Their sister, also a historian, is far too smart to get drawn in. So disingenuously, the two Chemistry students asked me this question which I also presented to the school this week.

If you were to destroy all the scientific literature, eradicate all scientific knowledge, or destroy all religious scriptures, given enough time the scientific literature would be reproduced with all the same theories being replicated whereas that wouldn't be the case for religion. Agree or disagree?

We could have just played another game of scrabble but no. Both sons argued the case strongly, pointing to Science as elemental law as the basis of the truth of the statement, a winning argument. I could not totally refute the case for Science but felt it needed to be questioned a little more. Admittedly starting my rebuttal by suggesting that their conviction came from a degree of "arrogance" about the supremacy of Science was not going to win me any Nobel Peace Prize. A swift apology later however, and I argued that the statement needed to be considered from the perspective of how we produce Science. After all, the question is not about scientific fundamentals but scientific literature and theories. I pointed my sons towards the writings of Karl Popper, a philosopher of Science and Thomas Kuhn, a Physicist and philosopher.

Continued overleaf...

This issue:

Recommended Reading

Mary Poppins

Ollie's Adventures

Boarding Life

CCF

Inter-House Rugby

Ten Tors Training



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY

PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

Now Popper would most likely have supported my sons in presenting an heroic narrative of scientific pursuit of truth but it is Kuhn's version of how science develops that I felt at least questioned my sons' question. Kuhn suggests that Science is not a story of relentless probing and inevitable progress and that a careful study of the history of Science reveals that development in any scientific field happens via a series of phases. The first he christened "normal Science". In this phase, a community of researchers who share a common intellectual framework, a paradigm, engage in solving puzzles thrown up by discrepancies between what the paradigm predicts and what is revealed by observation or experiment. Then there are too many anomalies and the discipline enters a period of crisis. The crisis is resolved by a revolutionary change in world view in which the now deficient paradigm is replaced by a newer one. This is the paradigm shift of modern parlance and after it has happened the scientific field returns to normal Science, based on the new framework, and so it goes on. Therein lay my argument, as another philosopher Ian Hacking puts it "Normal science does not aim at novelty but at clearing up the status quo. It tends to discover what it expects to discover." If we were to start again with no guides, would we create the same scientific paradigms. Science after all is the natural world but it is also a human deconstruction and reconstruction of the natural world and a reflection of our scientific needs and the scientific communities we create. Then there is the question of, is scientific discovery driven by individuals like Newton and Einstein or technological developments, the microscope or Hadron Collider? Would the right people emerge, would we have the right technology? Would this new history, the societal context, allow the space for Science to develop as it has? That said, Kuhn, like Popper, saw Science mainly through a paradigm of theory, but an increasing amount of cutting-edge scientific research today is data rather than theory-driven. Kuhn was a Physicist but now molecular genetics and biotechnology are the new Kings of Science. The paradigm shifts, and towards my sons, Science driven by data and the elemental. I don't have the answers but sometimes it is important to ask the questions. Back to the Scrabble and Stoke City, I think.

Kuhn's theory does however point to a dichotomy in humanity, the need to explore, to be restless and curious and the need for rest and certainty. We are both revolutionary and "normal". It is true of Science but also the human exploration of religion and I will be exploring that with the school in my next week's assembly.



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY

MODELLING YOUR FUTURE FEES

Following our letter regarding school fees in the coming years, we have received a significant number of families interested in taking up the opportunity.

The FAQs we distributed appear to have answered a good deal of your questions, however we are being asked for an example or examples of what a payment plan would look like and a clearer understanding of the savings available. And so we've tried to give a general illustration for guidance/discussion below. The table is based on an example of the current termly fee and the total cost in different scenarios. It is not designed to be comprehensive but should aid people's thinking. We can obviously not recommend any options, it is the responsibility of each family to ensure they understand their financial position.

To reiterate, the idea is that families agree to pay all fees for a minimum of 7 terms (less if you have fewer terms remaining, more if you so wish) over the course of the next 12 months.

The multiyear payment scheme has always been an option and a way to mitigate for future fee increases. It now could also mitigate for any tax changes.

If you would like to pay your fees in this way, please let us know by next Friday, 2nd February at the very latest.

VAT @ 20%	Summer 24	Autumn 24	Spring 25	Summer 25	Autumn 25	Spring 26	Summer 26	Total Cost	Scenario
Fee increase at 5% pa	£4,195	£4,405	£4,405	£4,405	£4,625	£4,625	£4,625	£31,284	No Change
VAT From Autumn 25		£881	£881	£881	£925	£925	£925	£36,702	1
VAT From Spring 25			£881	£881	£925	£925	£925	£35,821	2
VAT From Summer 25				£881	£925	£925	£925	£34,940	3
VAT From Autumn 25					£925	£925	£925	£34,059	4

Plan Total (4195x7)	£29,365
12 Monthly Instalments	£2,447

	Parental Saving
Scenario 1	£7,337
Scenario 2	£6,456
Scenario 3	£5,575
Scenario 4	£4,694

Costs School	£1,919
Saves School	Debt collection
	Administration
	Helps Community
	Improves Budget Certainty



CCF

During this term, Year 10 cadets have had instruction in the safe handling and operation of the Scorpion air rifle. On Monday afternoon they had the opportunity to fire the air rifles.

C/Sgt Colin Rose, our CCF SSI (School Staff Instructor) and Sgt Tosh Hodgskins, our CTT (Cadet Training Team) support from Taunton set up a 4 lane air rifle range in the Salle.

After the initial Safety Brief, cadets settled quickly to firing in an atmosphere of friendly competitiveness. Cadets are learning the principles of marksmanship through live firing and were presented with their individual target score cards.

They will have the opportunity to fire again next Monday and showed their gratitude to both C/Sgt Rose and Sgt Hodgskins for organising the range.

Meanwhile, Year 9 had been looking forward to another session of soft target archery on the hard court. The stormy weather with high winds and driving rain meant that they had the opportunity to fire for the first time in the Sports Dome which is a fantastic training venue.

My thanks go to Mr Turnbull and Ms Wimsett for overseeing the archery activity. I add my thanks to Cadet Sgt Rupert Scarff for his assistance with the air rifle activity. Also, my thanks to senior cadets Ruby Cole, Matthew Smith and Theo Nicholson for their assistance with archery.

Cdr G Poulet-Bowden CCF RNR
Contingent Commander



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY

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: Artichoke Hearts by Sita Brahmachari

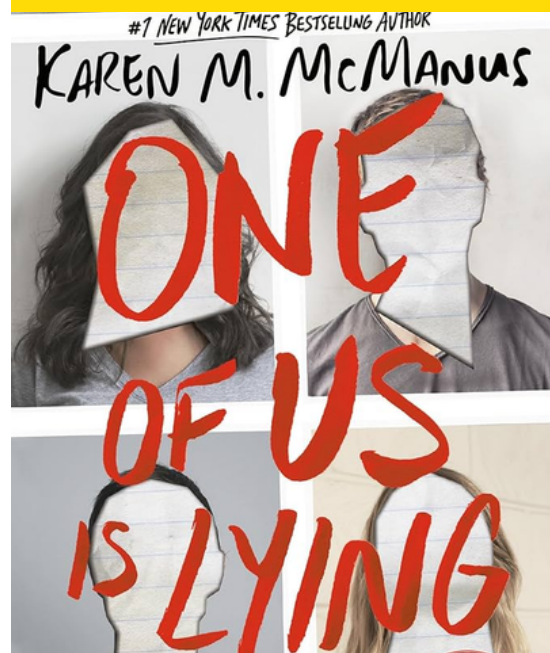
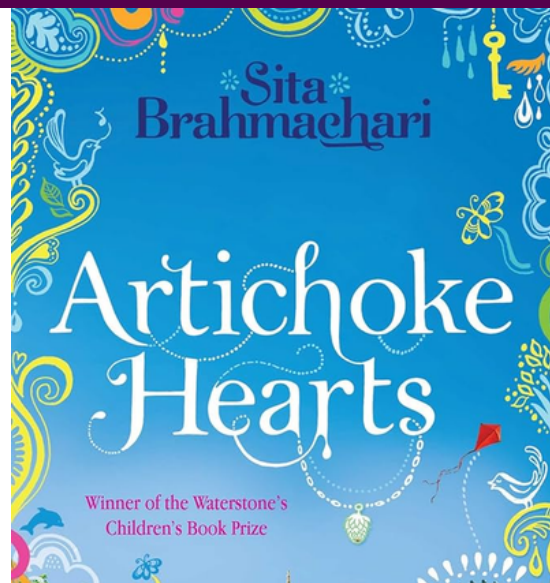
Artichoke Hearts is a book, written in diary form about a month in a girl's life when just about everything changes: her beloved bohemian grandmother is dying and she's falling in love with a boy in her class for the first time.

Year 8: Thirteen by Tom Hoyle

This is about a boy, Adam, who was born at the stroke of midnight at the start of a new millennium. He is the target of a cult who believe boys born at that time must die before the end of their thirteenth year.

Year 9: One of Us is Lying by Karen McManus

One of Us is Lying follows the gripping story of Bronwyn, Addy, Nate, and Cooper as suspects in the murder of Simon Kelleher. Each of the high school students have secrets that they would do anything to protect, so how far would they go to make sure they're kept out of the spotlight?



HOLOCAUST MEMORIAL DAY

Holocaust Memorial Day takes place every year on 27th January, the anniversary of the liberation of the Auschwitz-Birkenau concentration camp during the Second World War. It is a day to remember the millions of people murdered in the Holocaust and the genocides that followed in Cambodia, Rwanda, Bosnia and Darfur. It is a time to learn from the lessons of the past and recognise that genocide doesn't just happen - it is a process that begins when racism and hatred are not checked and prevented. Despite this, in every genocide, there are people who risk their own freedom to help others. They stand up to the persecutors to preserve the freedom of others and these people's integrity and courage are to be remembered too.

A prayer for Holocaust Memorial Day written by the Archbishop of Canterbury Justin Welby, the Chief Rabbi Ephraim Mirvis and Senior Imam Qari Asim.

Loving God, we come to you with heavy hearts, remembering the six million Jewish souls murdered during the Holocaust. In the horrors of that history, when so many groups were targeted because of their identity, and in genocides which followed, we recognise destructive prejudices that drive people apart.

Forgive us when we give space to fear, negativity and hatred of others, simply because they are different from us.

In the light of God, we see everyone as equally precious manifestations of the Divine, and can know the courage to face the darkness.

Through our prayers and actions, help us to stand together with those who are suffering, so that light may banish all darkness, love will prevail over hate and good will triumph over evil.

Amen



**HOLOCAUST
MEMORIAL
DAY TRUST**

#LightTheDarkness



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY

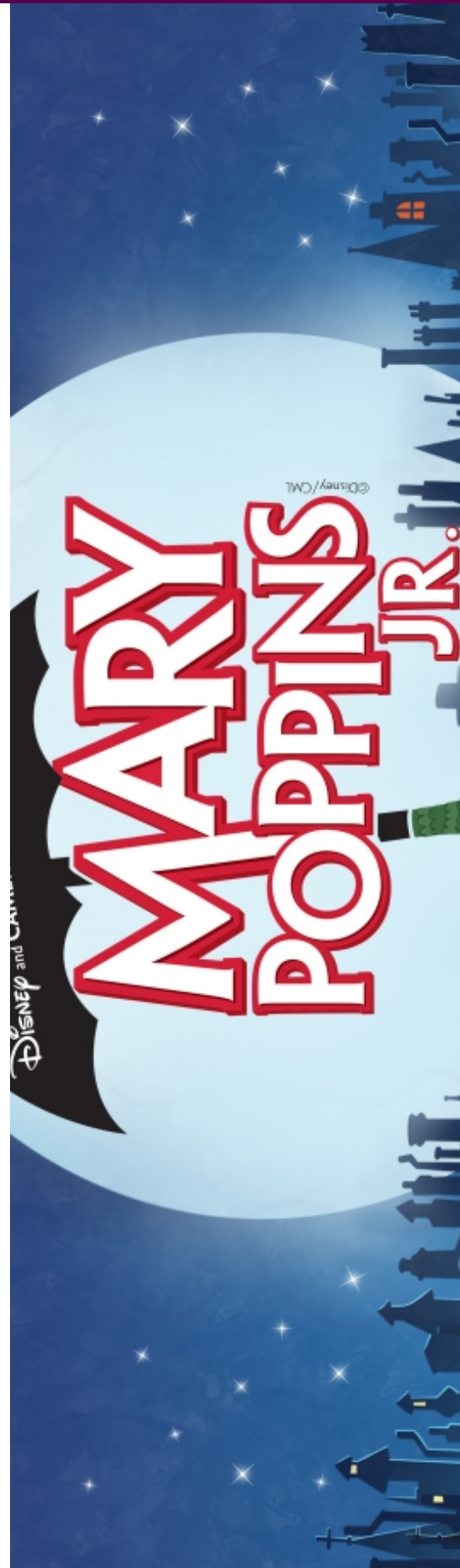
BOARDING LIFE

The boarders' weekend was full of fun and adventure: from a volleyball tournament in the gym, dry slope skiing and exploring the nearby forest.



MARY POPPINS REHERSALS

Rehearsals for our production of Mary Poppins have been in full swing! It is wonderful to see students from across the year groups taking part. We hope to see you at the performances in March! More info to follow.



INTER-HOUSE RUGBY

KS3 played round-robin games with an A and B team playing
The final results were: 1st place Powderham (3 wins), 2nd
place Ugbrooke (2 wins) and third place Luscombe (1 win).
Well done to everyone who got involved!



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

TEN TORS TRAINING

Training number 3 for Ten Tors. Final walk that is just one day, all the rest are camps too. An increasing level of skill is required each week and always with some unexpected learning points!



TEN TORS
2024

10th-12th May



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY

MORE SWIMMING SUCCESS FOR VOVO

Congratulations to our Ukrainian boarder Vovo, who set more ISI Swimming records earlier in the month and then went on to win the ISA national competition held in London last weekend. This means Vovo retains his enormous champions shield from last year.

Vovo is hugely dedicated, training 6 days a week alongside studying for his A Level exams which he will sit this summer. He also loves to share his passion of swimming by teaching other students in our Tuesday swimming club. What a fantastic role model to our younger students. We are so proud of you, Vovo!

OLLIE'S ADVENTURES

Meet Olly he is 10 CB's mascot and the prize they won for winning the Year 10 and year 11 challenge in September. This consisted of a range of competitions and 10 CB were the winning tutor group.

Olly spends the week in school in the S10 classroom and his weekends out and about with members of 10 CB. Some of the places he has visited include Exeter shopping, Blackpool and a real challenge accompanying the 10 tors team with their training.

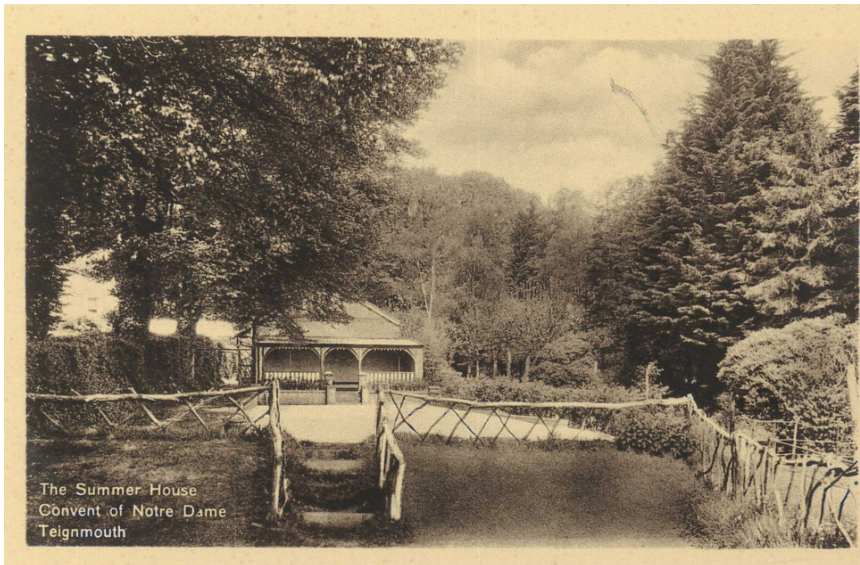
This week he went to the Exeter City match - thanks Jo Rogers for sending in the picture to add to our classroom display.

Rumour has it he is off to Australia at half term - lucky Olly!



HISTORY CORNER

This week's photo from our archives. This is a summer house which used to be on site when the school was the Convent of Notre Dame.



ON THIS DAY... 26th JANUARY

In 1788 the Union Flag was hoisted in Sydney Cove, NSW and this is now celebrated as Australia Day...

In 1841 Britain proclaimed Hong Kong as sovereign territory...

In 1871 The Rugby Football Union formed...

In 1887 work on The Eiffel Tower began...

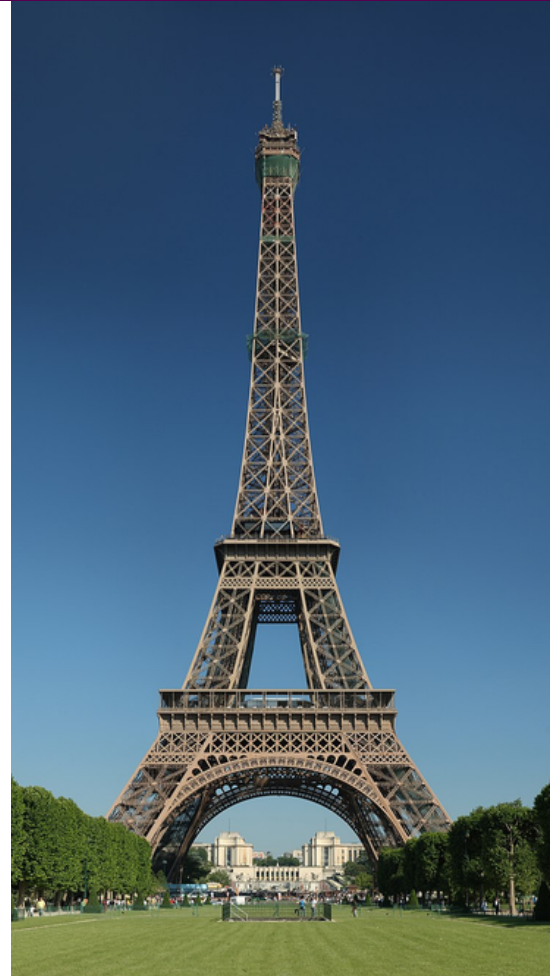
In 1905 the Cullinan, the world's largest diamond of 3,106 carats was found in S.Africa...

In 1926 John Logie Baird first public demonstration of television...

In 2015 the first female bishop was ordained in the Church of England...

In 2020 Kobe Bryant died in an air accident.

Fantastical fact: in 1972 a Serbian air stewardess fell 10,160 metres from a plane after an onboard explosion, without a parachute and survived- the world's highest fall without parachute.



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

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!

Lea Morandini
Leni Stock
Seb Drake
Lana Magill
Gabe Whitney
Dexter Jeffery
Jess Sinclair
Hugo Rawlins

Lilly May Salter
Max Kirton
Catherine Flynn
Alfie Jefferies
Bertie Smith
Jacob Mason
Daniel Crompton
Harry Bass
Esmee Glue

Ashton Foxworthy
Sophie Moore
Vlad Golovko
Eugenie Turkmen
Daniel Sambrook
Josh Swan
Maisie Down
Max Sanders



WELLBEING



RAIN TECHNIQUE

For radical self-compassion – Tara Brach

- R** **Recognize what is happening**
"What am I feeling?" Recognizing and naming your emotions is the first step to dealing with it.
- A** **Allow life to be just as it is**
"I accept what I am feeling even if I don't like it" It's okay, don't run away or judge yourself for feeling the way you do.
- I** **Investigate with kindness**
"Why do I feel this way?" Mindfully observe your thoughts and where you feel your emotions in your body.
- N** **Non-identification**
"I am not my thoughts/emotions" Remember that what you are feeling is temporary and this too shall pass.



BANISH WINTER BLUES
GET OUT EVERY DAY
FOR A SHORT BRISK WALK

#UoYwellbeing



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

SPREAD THE WORD!



OPEN DAY

DAY & BOARDING, NURSERY TO SIXTH FORM
SATURDAY 24TH FEBRUARY

BOOK YOUR PLACE



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY

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 www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrains young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-55204955>
<https://www.bbc.com/news/technology-55204955>

NOS National Online Safety®
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022



TRINITY SCHOOL, TEIGNMOUTH



@TRINITYSENIORSC

@PREPHEADTRINITY