

JUNE 28, 2024

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

It is remarkable for me to think that I am coming to the end of my first academic year as the Head of Trinity. I will, of course be continuing to work throughout the holidays to get things in place for the new year in September but nevertheless, it seems an appropriate time to reflect on a few of the things I have enjoyed this year, like our Performing Arts' Evening and the magical Mary Poppins, with literally great magic and wonderful performances and singing. Then there were the Year 11 to 13 dinners, Burn's Night, Oktoberfest and the Summer Ball to come. The "declamations", Carol Service and Christmas Dinner. The events are wonderful but it is also the individual achievements, the Young Enterprise Group's success, our swimmers' performances at the national championships and each week, celebrated with commendations and clapping, the performances in the classroom. Then there is the House camaraderie most evident when watching someone pushing themselves athletically way beyond what they wish to at Sports Day, to earn that extra point for their House.

Continued overleaf...

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TRINITY SCHOOL, TEIGNMOUTH

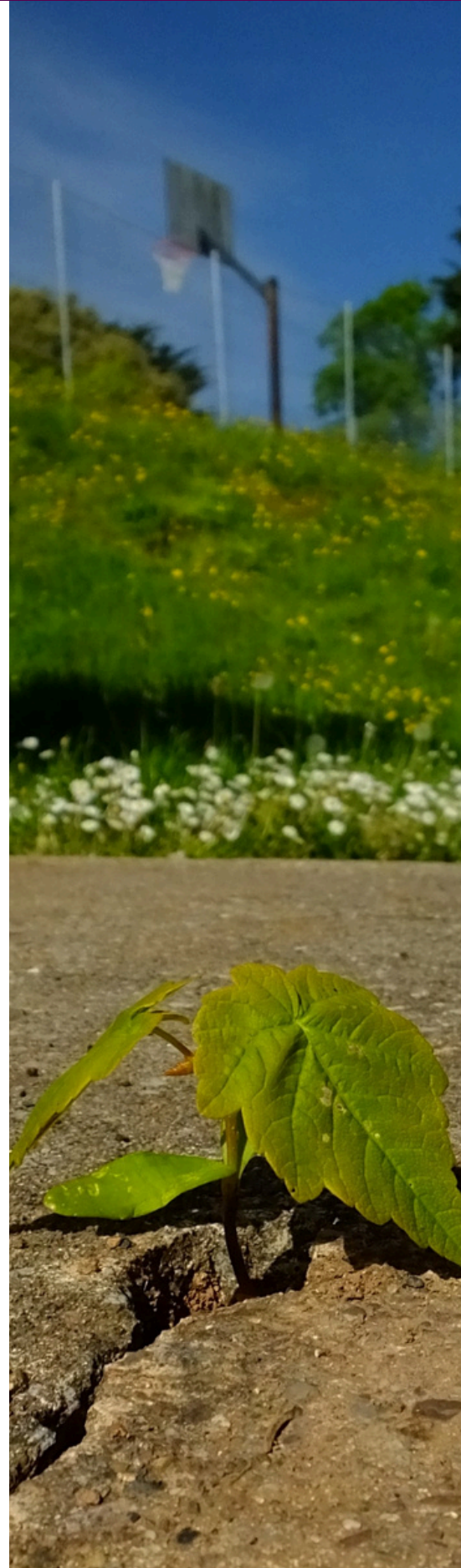


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My personal favourite because it sums up part of the very essence of Trinity, was the Easter tradition where pupils and staff could anonymously nominate someone whose kindness and support had made a difference to them this year. The nomination was read out and the recipient collected a round of applause from the school and an Easter egg.

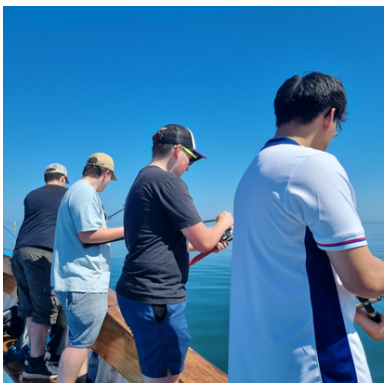
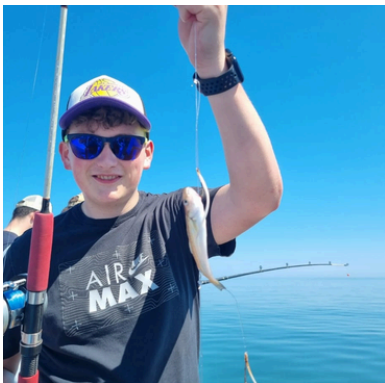
I have learnt that I have a warm, engaged and nurturing staff and pupil body and am very fortunate to be the Head of such a place. Thank you also to the very many parents who have written or in person spoken to me, to offer me their support and good wishes this year. It is very much appreciated and encouraging that as the year has gone on we have seen a surge in recruitment to the school with the main agent of this, as recorded on applications, word of mouth.



MACKEREL FISHING

The students couldn't have asked for better weather with the sea being extremely calm and flat for Mr Larkman's last school trip; a mackerel fishing fixture against TCS. Something fishy was going on with result as it still hasn't been confirmed! As it is Mr Larkman's last trip, he can be awarded the win!

THANK YOU to Mr Larkman for all he has done as a dedicated teacher who, for the last 27 years, has been devoted to helping Trinity students reach their true potential. What an enormous a legacy you leave with so many hugely grateful to you.



ALICE, OUR ORNITHOLOGIST

You can't miss Alice and her beaming smile but did you know that she is somewhat of an expert on birds? Alice has a passion for wildlife and has been volunteering for some time with the RSPB charity to increase her understanding further. This hobby has also been an excellent way of completing her Bronze Duke of Edinburgh's Award volunteer section. Keep it up Alice!



THANK YOU also to Mrs Atkins who for has been teaching English here and passionately leading out Outdoor Education including Duke of Edinburgh for a number of years. You will be very missed!



TOM SINCLAIR TOP CHEF

Tom Sinclair took part in the South West Chef of the Year at Exeter College yesterday afternoon, and he won! Tom cooked a surf 'n' turf ravioli with a dill and lime hollandaise and roasted garlic king prawns. The judges were incredibly impressed and he won Devon Junior Chef of the Year 2024! He goes to the finals 5th October. Please congratulate Tom if you see him, he is over the moon and so he should be!



YEAR 7 DETECTIVES

This week our year 7s have enjoyed a week of learning about Great British Mystery Writers, namely Agatha Christie and Sir Arthur Conan Doyle. Their week saw them on a trip to Agatha Christies House, Greenway; a trip to Hound Tor to see the setting of The Hound of the Baskervilles; and many fun games including real life Cluedo acted around the school .



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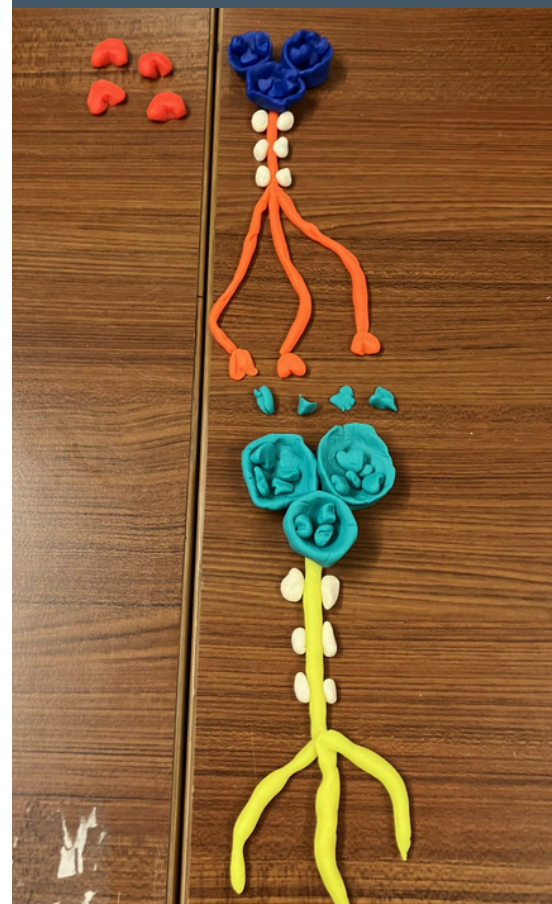
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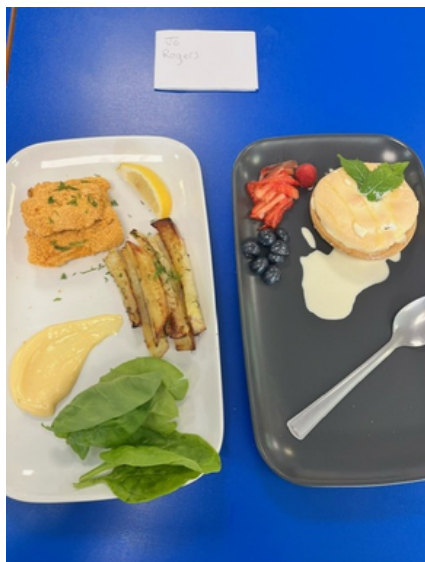
YEAR 12 PSYCHOLOGISTS

The year 12 students enjoyed a return to childhood spending time with playdough!! The sight and smell of the playdough led to tales of childhood making playdough spaghetti and printing out shapes. There was however a serious aim, which was to learn about the structure and function of neurons, and how neurons form cell assemblies. It was a successful activity with students producing written accounts of this complex subject following their practical activity.



YEAR 10 CHEFS

Well done to our year 10 Hospitality and Catering students who did really well creating their dishes last week.



ART EXHIBITION

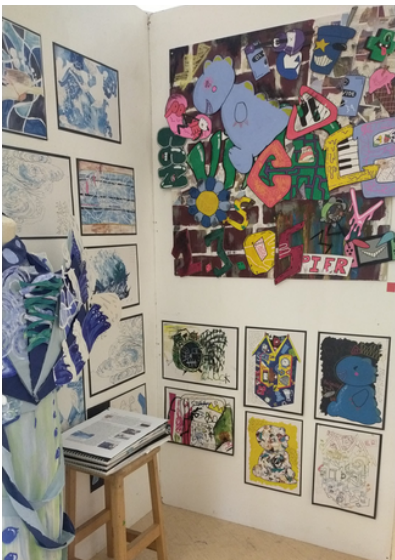
Congratulations to all that were involved in the Art and Design Technology Summer Exhibition 2024, it was a fabulous evening!

It was wonderful to see some many students, parents and families enjoying all the fantastic work on display! What a talented group of year eleven and thirteen students, they should be proud of all that they have accomplished over the last two years.

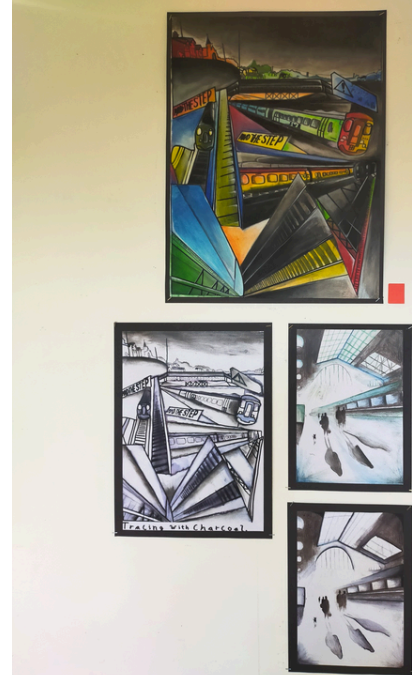
Ms Bugg

"...they should be proud of all that they have accomplished."

MS BUGG



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BOARDING LIFE

Last weekend, the boarders were very adventurous and went on forest runs and then coasteering. Not resting when back at school, they then played soft archery.



"My time at
Trinity has
taught me that
I can do much
more than I
sometimes I
think I can."

BOARDER



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TALES FROM... BEYOND T2

Post exams, Year 13 historian Grace Levitt visited Houston Space Centre with her Dad, a British Airways Captain. She has a particular interest in space issues after enjoying studying the Space Race as a Cold War topic at A Level. The podium seen is the very one that JFK announced the launch of the 'race to the moon'.....



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CCF CAMP

After a few days away at a survival camp, our CCF cadets enjoyed a tour of Britannia Royal Naval College in Dartmouth including meeting the Captain on Quarterdeck. Today they made the most of our climbing wall facility back at school.



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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 NEW list of 'Books to Read Before You Have Left Senior School'. Here are a few:

Do Androids Dream of Electric Sheep? By Philip K. Dick

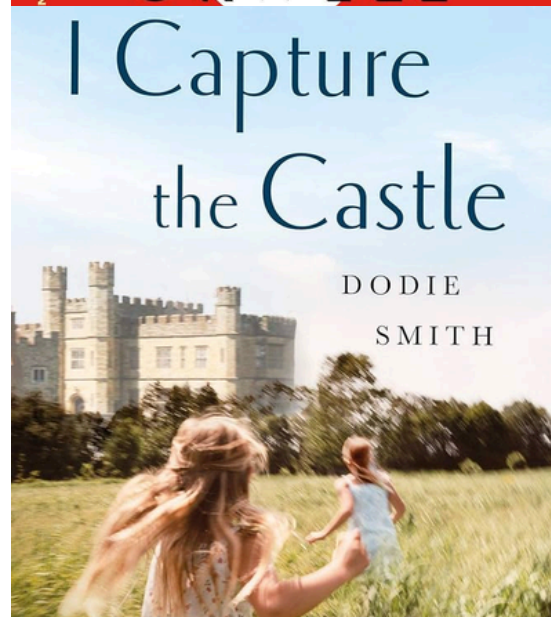
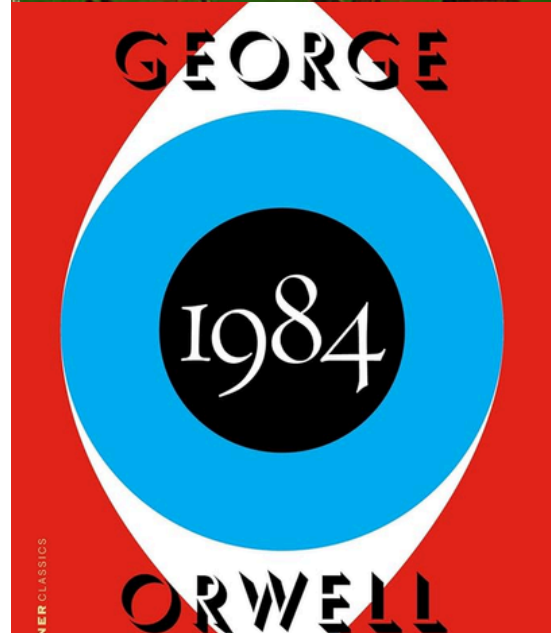
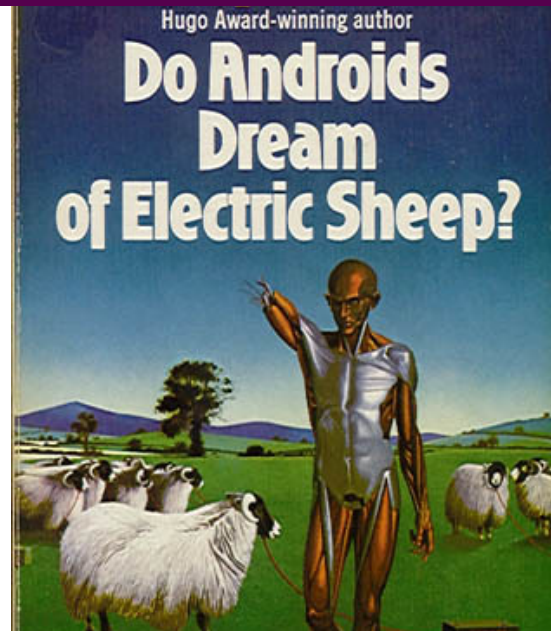
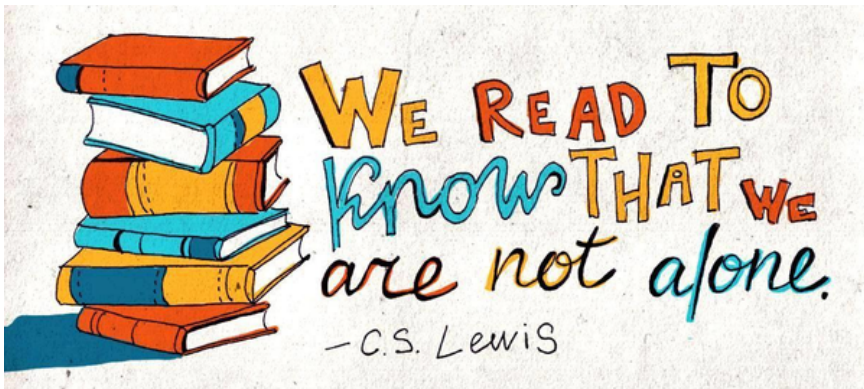
The main plot follows Rick Deckard, a bounty hunter who has to "retire" (i.e. kill) six escaped Nexus-6 model androids, while a secondary plot follows John Isidore, a man of sub-par IQ who aids the fugitive androids.

1984 by George Orwell

1984 is a dystopian novel that tells the story of Winston Smith, a citizen of the miserable society of Oceania, who is trying to rebel against the Party and its omnipresent symbol, Big Brother.

I Capture The Castle by Dodie Smith

This is a captivating coming-of-age story set in a crumbling English castle. It follows the eccentric Mortmain family as they navigate love, literature, and financial struggles, all narrated through the eyes of 17-year-old Cassandra.





Gardening Club

Do any of our Trinity friends and family have an unwanted small shed or outdoor storage container for our Gardening Club to keep their tools? It does not need to be new.

Please contact:
bryantj@trinityschool.co.uk



HISTORY CORNER

Here is a photo from our archives of the train station bus run.



ON THIS DAY... JUNE 14th

In 1491 Henry Tudor was born, later to become Henry VIII...

In 1762 the Russian Tsarina seized power, later known as Catherine the Great...

In 1838 Queen Victoria, aged only 19, was crowned in a 5 hour ceremony in Westminster Abbey...

In 1859 the 1st ever dog show was held, in Newcastle-Upon-Tyne...

In 1910 the 1st airship, the Zeppelin, flew with passengers on its maiden voyage...

In 1914 the assassination of Austrian Arch duke Franz Ferdinand in Sarajevo was the spark that set off World War One... and to bring peace, in 1919 The Treaty of Versailles was signed...

In 1971 the 1st Scrabble competition was held, in London...

In 1982 Prince Charles and Princess Daiana named their son William Arthur Philip Louis...

In 2019 the highest ever temperature was recorded at 45.9 degrees C, in France...



COMMENDATIONS

KS Commendations

Samuel Bird
Zach Foulser
Martina Belforte
Chloe Downer
Samuel Mortimer
Sophia Impey
Victoria Ward

Headmasters Commendations

Sophia Impey
Zach Foulser

Bronze D of E Award

Nathan Yeo



WELL DONE FREDDIE AND OCEAN

Freddie recently competed at the Devon County Swim Gala in Plymouth. He was delighted to have won Gold in the 200m Fly, Silver in the 100m fly, silver in the 200m IM and bronze in the 200m Backstroke.

Ocean won another gold medal at the Devon swim gala in Plymouth for the 200m breaststroke for his age group. Smashing 20 secs off his personal best.

Well done boys!

CRICKET TOURNAMENT

Last Friday's cricket tournament was held at Stover. We played Queen's, Plymouth College, and Stover. It was a great day of cricket with the highlight being a very close match though we did manage to beat Stover.



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
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47%
of parents
said they thought their
children spent too much
time in front of screens



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, remaining face to face interactions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.




Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realize they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

53% of children aged **3-4**
go online for nearly **8hrs** a week

79% of children aged **5-7**
go online for nearly **9hrs** a week

94% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **21hrs** a week



<https://www.independent.co.uk>
Children and Parents: Media Use and Attitudes Report 2017: <https://www.ofcom.gov.uk>
<https://uk.businessinsider.com/news-app-developers-keep-us-addicted-to-our-smartphones>
Journal of Youth Studies: <https://www.tandfonline.com/doi/full/10.1080/10617175.2016.1191199>
University of Leeds: <https://medhealth.leeds.ac.uk/news/article/1208/leeds-19-views-damaging-for-children>

NOS
National
Online
Safety

A whole school community approach to online safety
www.nationalonlinesafety.com
Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061





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A Mindful Summer Bucket List

- Read a book about mindfulness
- Eat an entire meal in silence
- Go for a silent walk (no music!)
- Spend an afternoon coloring outside
- Start a gratitude journal
- Try a 45-minute meditation session
- Take a 24-hour technology detox
- Declare a Day of Kindness
- Teach a mindfulness practice to your kids
- Forgive someone for something
- Practice mindful walking
- Practice lovingkindness
- Take a class and learn something new
- Make a list of the things you love about yourself
- Do a 30-minute body scan meditation
- Declutter a few rooms in your house
- Visit a local meditation center
- Meditate outside
- Watch a sunrise
- Create a meditation space in your home
- Create a calm down space for your kids



LeftBrainBuddha.com



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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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SCHOOL

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