

SEPTEMBER 29, 2023

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY ROBERT ROBINSON

As I sit writing, the windows of my office are being assaulted by the impact of the fringe of Storm Agnes and my mind has drifted back to the recent terrible flooding at Dawlish and Topsham which made the national news. Yesterday evening I watched an episode of Chris Packham's series "Earth" with its reconstructions of our planet being devastated by volcanic eruptions, tectonic plates shifting and massive ice fields assaulting the landscape. The history of our planet is a violent one and our environment not one at rest, but humanity itself has not always brought peace to our world either. The history of humanity's time on the planet has been one of progress but also violence with the latter often hindering the former. This week in Chapel, our Deputy Head Pastoral, Mrs Baxter spoke about the International Day of Peace and the theme, "peace begins with me". That idea can be seen as a difficult one. How can we as an individual prevent a war in Ukraine, the civil war in Sudan, the war between Armenia and Azerbaijan? The possible answer is that we are rarely just an individual, our attitudes and views, the anger or lack of it influence the personality of our country, whichever it is, our leaders and politics our fellow citizens and the ways in which our institutions and people react to choices between war and peace, aggression and accord. We have a choice to keep our planet at peace and stable environmentally, socially and politically. So, "peace begins with me" but grows through the multiplication of "me".

This issue:

Philosophy Competition

Year 7 Skern Lodge Trip

Year 8 Philosophers

Trinity Nature Page

Black History Month

Mrs Jones' Walking Marathon

Star Chef- Alice Perrett



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PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

SPREAD THE WORD!



TRINITY SCHOOL

An independent co-educational day and boarding school for 2 - 18 year olds



WHOLE SCHOOL OPEN DAY

Saturday 7th October
10:00am - 12:00pm



TRINITY SCHOOL, TEIGNMOUTH



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HARVEST FESTIVAL SUPPORTING HITS

As is tradition, Year 8 are leading this year's Harvest Festival for the seniors, and we are once again supporting HITS Foodbank (Homeless in Teignbridge Support) by asking students and parents to donate items. This year's service will take place in Chapel on **Tuesday 10th October**. Below is information about items needed. Year groups have been allocated to certain items in an attempt to best cover all requirements but your students are welcome to deviate from the list if they wish to. Year 8 will be visiting HITS to give the donations on the week commencing 16th October, so donations are welcomed in school up until that week.



Homeless in Teignbridge Support (HITS) Foodbank

Office hours: 01626 906371 • Emergencies: 01626 906371

**SUPPORTING & ASSISTING FAMILIES THROUGHOUT THE TEIGNBRIDGE AREA
SUFFERING FROM FOOD POVERTY**

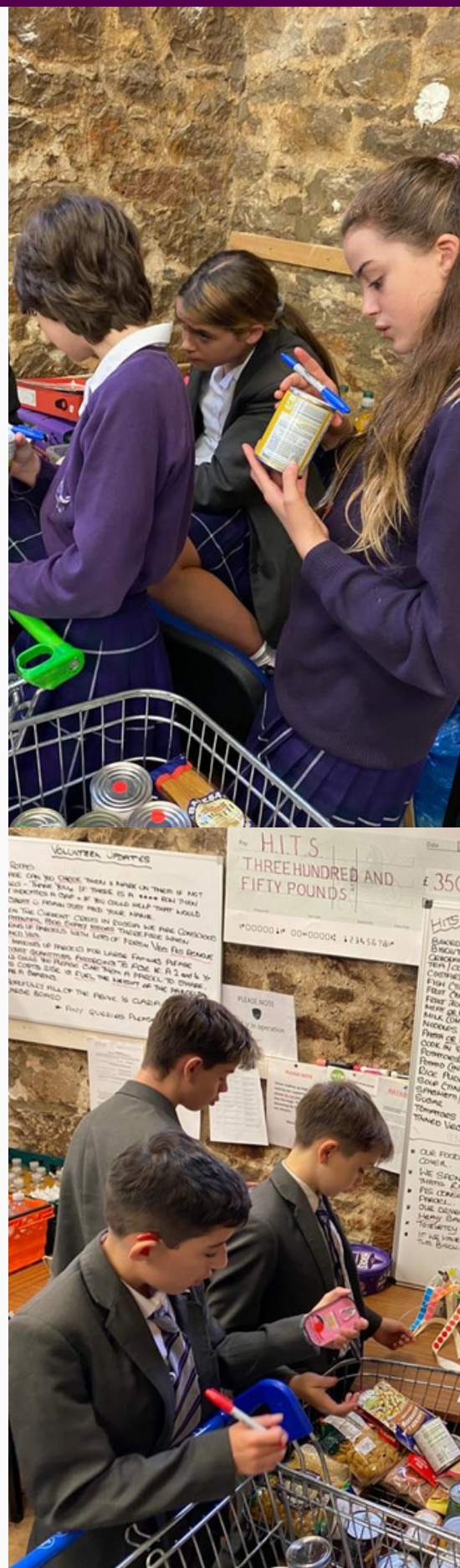
Year group	Items required
Year 7	Bags of sugar, tins of rice pudding, jars of pasta sauce, toilet rolls
Year 8	Tins of chopped tomatoes, tins of soup, jars of curry sauce
Year 9	Tins of meat meals e.g. curry or chicken in sauce, packets of microwaveable rice, cereal
Year 10	Jars of jam, jars of peanut butter, tins of spaghetti or similar
Year 11	Toothpaste & toothbrushes, tins of macaroni cheese, tea bags
Sixth Form	Ladies' & men's roll on deodorants, tinned potatoes, instant coffee

THANK YOU SO MUCH!

Registered Charity Number 1097540

Contact: 01626 906371 Email: info@hitsfoodbank.org

www.hitsfoodbank.org



WELCOME TO OUR NEW STAFF

Name: Mr Darcy

Role: Teacher of Biology and Year 8 Form Tutor

Hobbies: I enjoy spending time with my family walking our dog, sitting on the beach, or even going to the zoo. I am a big sports fan and enjoy watching football, F1, snooker, rowing, etc. I'm also a Chelsea fan but haven't been to many games since moving to Devon.

My favourite thing so far about Trinity is that there is a real family feel where friendships span year groups and younger students feel comfortable speaking to their older peers. I think this is a really special feature of Trinity.

Name: Mrs Baxter

Role: Deputy Head Pastoral

Hobbies: Travel, art, outdoor exploring

My favourite thing so far about Trinity is the amazingly friendly students, staff and parents

Name: Mr Smaridge

Role: IT Digital Lead

Hobbies: I love cycling at Haldon, love cooking (especially pizza), love well designed gadgets!

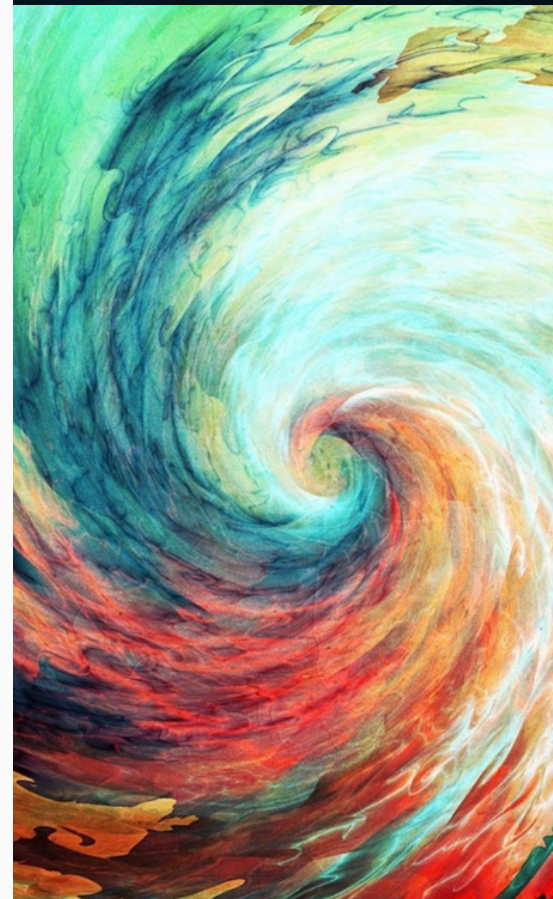
I like lots of things about Trinity but maybe my favourite, having taught in quite a few schools over the last 25 years, is the structure of the day. It feels very well paced to me.

Name: Ms Bugg

Role: Head of Art

Hobbies: I love walking, for the fresh air, the exercise and to think, be quite and reflect. I also love reading, I never not have a book on the go. I am particularly fond of a good detective story. I would like to re-read Arthur Conan Doyle-Hound of the Baskervilles having just had a wonderfully windswept walk on Hound Tor on Dartmoor, which I believe provided Conan-Doyle inspiration for this book.

My favorite thing about Trinity so far is the kindness and helpfulness of staff and students. Additionally, the Art room (I know I am biased!), it is truly an inspiring space to be in, surrounded by fantastic artwork!



SKERN LODGE

Year 7 have had a fantastic week on their residential at Skern Lodge. They took part in lots of activities such as rafting, archery, crate stacking, assault course, high ropes, tunneling, night walking and swimming. The students were extremely resilient when things got tough and they were still smiling by the end of the week!



"They had a brilliant time and were a credit to the school."

MRS BEER



MRS JONES' WALKING MARATHON

In 2022, I was entered for the Cancer Research UK Shine Marathon Walk in London with my sister-in-law. We usually do a charity walk annually but this distance was definitely going to be a challenge! However, circumstance like cost and train strikes meant we changed the route from lovely flat London to 'usually rainy' hilly Wales!

On Saturday 23rd September, we started our walk from the top of Heolgrig Mountain in Merthyr Tydfil at 7am, joined the Taff Trail (this runs from Breacon to Cardiff) and plodded our way to Pontypridd where we would finish by looping the last few miles. During our trek, people were so generous with their hospitality and donations- we were overwhelmed. When we arrived at Pontypridd Park 14.5 miles in, we were greeted by my family who had travelled from Devon to cheer us along the last few miles. Looping the park we were tired but with the support of family, work colleagues and complete strangers, we left the park at 25 miles to return to our transport. We then realised that we had only done 25.8 miles so had to lap the car park until finally, according to Strava, we had completed the 26.2 miles. A marathon!!



"...people
were so
generous
with their
hospitality
and
donations"

MRS JONES



MRS JONES' WALKING MARATHON

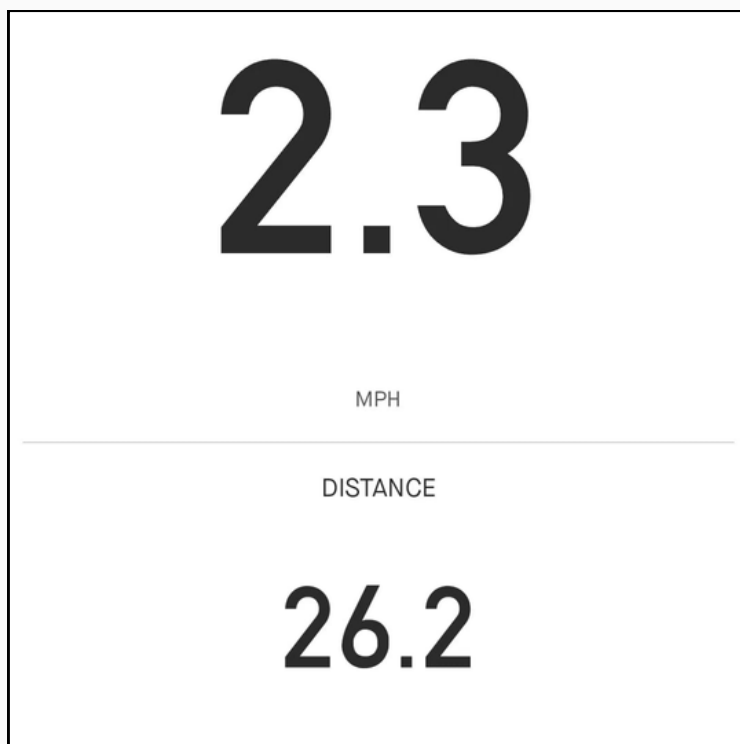
We celebrated with a glass of prosecco and a high calorie meal at McDonalds!

We still have donations coming in and the total sponsorship stands at £1500 - an amazing amount and I am overwhelmed by people's generosity and support. Even the wasp sting didn't deter me!

As a volunteer for Rowcroft Hospice for the past 11 years, I have seen and heard the effects cancer has on people and families. The marathon definitely took me out of my comfort zone, but by focusing on the cause I was walking for and the effects I had seen first-hand, I was spurred on.

On my rucksack I had written, "I am walking for anyone looking for hope... together we can make a difference ❤️".

26.2 miles is nothing compared to suffering from cancer but maybe my next walk will be somewhere flat, or a sandy beach!



"On my rucksack I had written, 'I am walking for anyone looking for hope... together we can make a difference ❤️'"

MRS JONES



BLACK HISTORY MONTH 2023

Every year, October is known as Black History Month. Black History Month is far more than just a month of remembrance, it should be a tribute to our history and a reminder of the work that lies ahead. The 2023 theme of 'Saluting our Sisters' highlights the crucial role that black women have played in shaping history, inspiring change, and building communities. This year's celebration will showcase pioneering black women who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more.

One remarkable black woman from history is Rosa Parks (1913 - 2005). On 1 December 1955, Rosa Parks refused to give up her seat on a bus to a white passenger, contravening local laws. Parks' actions made her a figurehead of the Civil Rights movement and an inspiration to those fighting for justice and equality.

A moment for reflection

Dear Lord,

Thank you for those people, like Rosa Parks, who have the courage to take a stand.

Help each of us to take a stand when we see things around us that are unfair so that together we can work for a better world.

Amen



**YOU MUST
NEVER BE
FEARFUL
ABOUT WHAT
YOU ARE
DOING
WHEN IT IS
RIGHT**
-Rosa Parks



YEAR 8- THE SEARCH FOR TRUTH

As part of their Philosophy module this term, Year 8 have been exploring different ideas about the truth. Following a government report that suggested the Religious Studies curriculum should include world views, Year 8 will explore ancient philosophical and scientific theories. They engaged in a philosophical problem solving lesson by interpreting pictures about truth and presenting them to the class. They were able to use their creative skills and worked well in their groups. From freeze frames, poems, posters and drama all students reflected on the meaning of how we define truth.



**PHILOSOPHY IS THE
SCIENCE WHICH
CONSIDERS TRUTH**

ARISTOTLE

**"all students
reflected"**

MRS BIRD



PHILOSOPHY COMPETITION

The Religious Studies Department recently launched a new competition- Philosopher of the Month. Judging is well underway following entries from Year 8 and Year 9. Thanks to one of the panels shown here and it certainly led to some interesting discussions.

The winner of Philosopher of the month goes to George Knight in year 8 who chose Hilary Putnam. His work will be displayed on the door of S10 during October. Well done George!



"Philosophy
needs vision
and
argument"

HILARY PUTNAM



BOARDING LIFE

Last weekend was another action-packed time for the boarders. This time, they were off coasteering, a challenge many had never done before but faced with courage, determination and a smile!



"It is worth it
to try out
something
you had never
done or
thought you
would do."

BOARDER



WELLBEING



September is
national
self-care
awareness
month

STAR CHEF

Very well done to Alice Perrett, our Star Chef this week!



TRINITY NATURE PAGE



"Evidence shows that a thriving, wildlife-rich environment benefits both physical and mental health. People with nature on their doorstep are more active, mentally resilient and have better all-round health."

THE WILDLIFE TRUSTS



HISTORY CORNER

This week's photo from our archives. This is a view of the the chapel building. Note the many chimney pots which were once there.



ON THIS DAY... 29th SEPTEMBER

In 450 BC the Battle of Salamis took place...

In 1650 in England, Henry Robinson opened the first marriage bureau...

In 1793 tennis is first mentioned in an English sporting magazine...

In 1399 Richard II abdicated...

In 1758 Horatio Nelson was born...

In 1829 the first Metropolitan Police "bobbies" appear on the streets of London...

In 1916 John D Rockefeller became the world's first billionaire...

In 1979 Pope John Paul II became the first pope to visit Ireland...

Today is German Butterbrot Day!



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YOUNG WRITERS POETRY COMPETITION

DIFFERENT RELAXED FUN LONELY
STRONG FIERCE POSITIVE
OPTIMISTIC ADVENTUROUS
PASSIONATE HAPPY
ANXIOUS

THIS IS ME

POETRY COMPETITION FOR 11-18 YEAR-OLDS

EXTROVERTED
FEARLESS
LOYAL
UNDERSTOOD
FEELING

OK FINE TOUGH BORED SAD WISE CHILL BRAVE KIND

STRESSED
AMBITIOUS
ANGRY
PROUD
INTROVERTED

SEE MISS STOWELL FOR MORE DETAILS!

- YOU COULD BE PUBLISHED IN A REAL BOOK
- £50 AND A TROPHY FOR THE TOP 5 POETS
- POEMS CAN BE IN ANY STYLE, NO LINE LIMIT



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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

Alfie Jeffery
Ben Clark
Cat Flynn
Dan Crompton
Alice Perret
Dexter Jeffery

Victoria Ward
Evie Collison
Ethan Harris-Deans
Alice Lovett
Jess Sinclair
Nathan Yeo

Lola Harris
Will Martin
Gemma Newton
Hector Oriol-Cotterill
Miko Hori



At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, for young users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



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UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice Threadworms	Tonsillitis
	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.