

OCTOBER 6, 2023

# SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

## Headmaster's Message

BY MR ROBINSON

Thursday 5th of October is National Poetry Day and at Trinity we have our Declamations, a declamation is a piece of public speaking designed to convey a message with clarity, emotion, and persuasiveness, an aim well suited to the public delivery of poetry. The art of public speaking is no easy one and some are better than others at it. Nevertheless, whatever your starting point, it is a skill that only improves, as with so many things, with practice and the opportunity to develop familiarity. I salute all our pupils who steeled themselves and read out their poems in front of their peers and the judges and thank you too, the parents who helped them to fine tune their oratory. Poetry itself is also seen as a difficult thing but as John Hegley, a performance poet I was a follower of, having seen him at the Edinburgh Fringe, once said, 'Poetry is a natural part of our lives, but for some reason we've become alienated from it. It's in those lovely phrases like "pleased as punch" or "wide awake" or "a lick of paint" – that's beautiful poetry because the tongue is like a brush. Poetry is everybody's'. Poetry of course is all around us, in common speech, advertising, the lyrics of songs not just in books. Poetry condenses and concentrates, is lyrical or jarring and therefore, at its best focuses us, pleases us and sometimes even challenges us.

There are a number of poems which remind me of times in my life. One of my favourites featured in the series selected for Poems on the Underground. Many times when I lived in London, I would sit on the tube reading and smiling. It is a short poem, "This is just to say" written in 1934 by William Carlos Williams. It is short and there seems little to it but it is about love, desire, indulgence, shame and betrayal.. and some plums.

I have eaten the plums that were in the icebox  
and which you were probably saving for breakfast  
Forgive me they were delicious so sweet and so cold.

## This issue:

Cold Water Dip Club

Martel Challenge: Lily-Mae Pettifer

Tales from T2

Year 8 Mathematicians

Mid-Autumn Festival

KS3 Declamations

Black History Month



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## YEAR 7 GERMAN LINGUISTS

In Frau Fischer's absence, German lessons might have seemed a little low on, well, German.

One of the advantages of being such a multi cultural school is that we can use all of the resources available to us to further our students learning.

On Wednesday, Year 7 students were treated to some special guests in the form of some of our German boarding students, Jonas, Benedikt, Lea and Toni, who kindly came in to help them with their German. In small groups, they were given some useful phrases to learn and practiced their pronunciation.

Our thanks to the four year 11s for their passion and commitment.  
Tschuss!!!

“There was a  
real buzz  
around the  
room and  
everyone was  
both engaged  
in learning  
and having  
fun.”

MR MARTIN





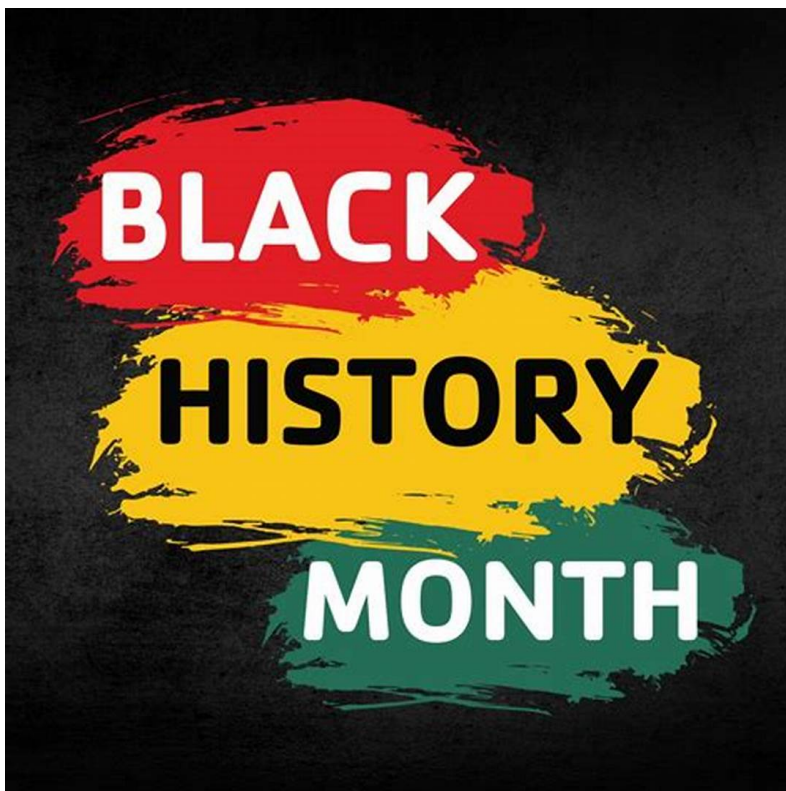
## BLACK HISTORY MONTH 2023

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 Wangari Maathai (1940–2011), who was the first woman to obtain a PhD in East and Central Africa, a scholar, and an environmental and human rights activist. In 1977, she founded the Green Belt Movement, a non-governmental organization, which encourages women to plant trees to combat deforestation and environmental degradation. To date, the Green Belt Movement has planted over 50 million trees.

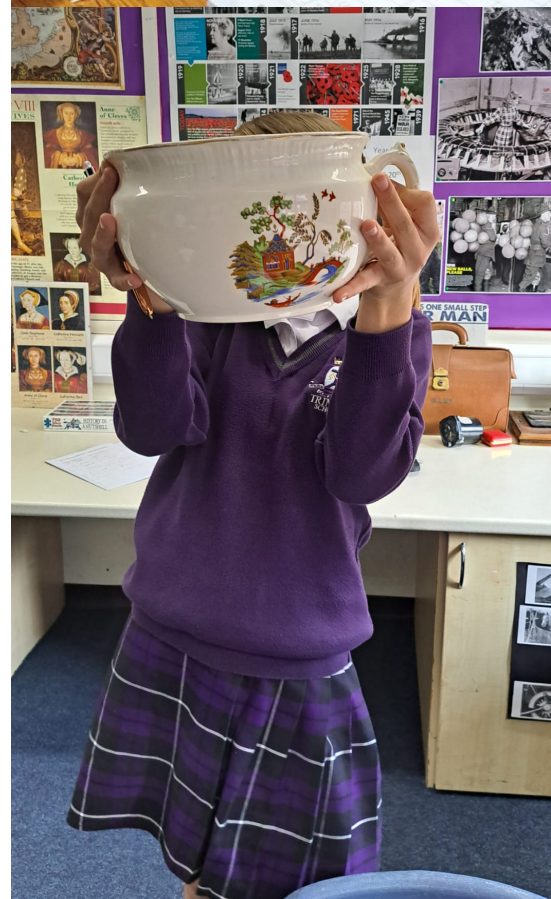
**“There are  
opportunities  
even in the  
most difficult  
times”**

WANGARI MAATHAI



## TALES FROM T2 WITH MRS EVANS

Year 7 historians enjoyed an investigation of historical objects, in their role as 'detectives' curious about the past. They looked at a range of "Awesome Artefacts" guessing what they were and how they were used. Amongst the objects examined were a bedpan, WWI shell case, typewriter, opera glasses, ceramic and tin hot water bottles, ammunition box, monocle, military periscope, vinyl record, candle snuffer and Sony Walkman. Of most fascination and played with most enthusiastically, was the typewriter and Sony Walkman.....





## WELLBEING



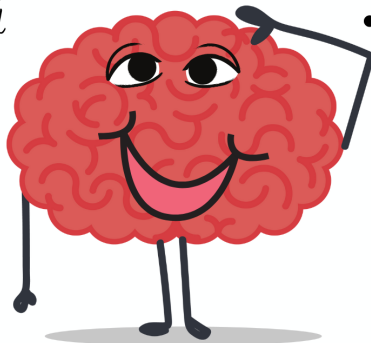
## Mental Health

### Is...

- Real
- Something everyone has
- Intrinsically linked to (+ probably inseparable from physical health)
- Important for all
- Something that needs care
- Part of being human
- Complicated
- Fluctuates
- Something we need to look after
- Important

### ISN'T...

- Shameful
- A sign of weakness
- All in your mind
- Something negative
- Stable
- All in your head
- A taboo
- An interchangeable term with mental illness
- Constantly feeling good
- Something you can snap out of
- Fake news



"I am so glad I live in a world where there are Octobers."

L. M. MONTGOMERY,  
AUTHOR



mentalhealth.org.uk

Mental Health Foundation

Registered Charity No. England and Wales 801330 Scotland SC 039714 / Company Registration No. 2330846



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# HOW YOU CAN SUPPORT AND ENCOURAGE YOUR CHILD TO TALK ABOUT THEIR MENTAL HEALTH



**01**  
Help to reduce the stigma attached to mental health



**02**  
Educate yourself about mental health



**03**  
Be aware of the language you use when talking about mental health



**04**  
Show care and compassion towards people



**05**  
Be a positive mental health role model



**06**  
Encourage your child to talk about their feelings/thoughts



**07**  
Set aside time each week to talk about mental health



**08**  
Help them to realise that it shows great strength to talk about our mental health



**09**  
Don't just focus on negative experiences. Identify strengths and good aspects



**10**  
Ask the right questions. Don't be too pushy



**11**  
Get the facts right about mental health problems



**12**  
Be there for your child. Support them through difficult times



@BELIEVEPHQ



**13**  
Respond in the right way when your child talks about feelings and thoughts



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## KS3 DECLAMATIONS

Year 7, 8 and 9 celebrated National Poetry Day - Thursday 5th October- by holding the annual Trinity Declamation Day. They had to choose or write a poem of their choice to perform in front of their house group, whilst being judged on their presenting skills, speaking voice, whether they managed to memorise their poem and how creative, or challenging their poem was. This year's theme was Refuge and many pupils chose to reflect on the feeling of a safe place.

Congratulations to our shortlisted pupils and our finalists Blake Hawkins (Y7), Faith Tomlinson (Y9) and our overall winner Charlie Scoot (Y8).



"All pupils involved displayed courage and confidence to create fantastic performances - well done!"

MISS STOWELL



## MARTEL CHALLENGE SUMMER 2023: LILY-MAE PETTIFER

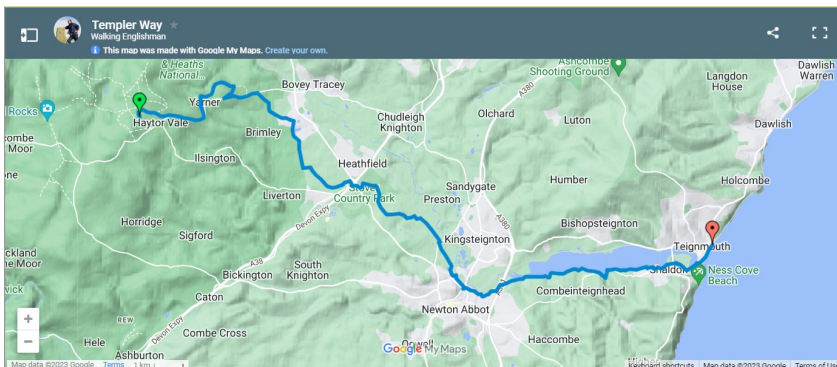
For my Martel Challenge I decided to really push myself by selecting a challenge in each of the three Duke of Edinburgh areas:

- physical
- volunteering
- skill

I also tried to make sure that my challenges matched into the Trinity values of Optimism, Charity & Confidence.

### Physical: walking the Templar Way

For this challenge, I decided that I wanted to complete something which had interested me for long time, walking the Templar Way. This involved starting at Haytor, following the granite tramway and walking over 42,000 steps/29 kilometers to Teignmouth. I completed this with my Dad and Aunty. They found it far more challenging than I did so an important part of the journey was keeping them motivated. I found the navigation part the most challenging aspect as this is something that I also found difficult on the Duke of Edinburgh walks although we did manage to stay on the right route. I really enjoyed seeing all of the animals during the walk and the sense of satisfaction when we reached the finished point. I'd like to do the walk again at some point and see how quickly I can complete it but that might have to wait until next year. Continued overleaf...





## MARTEL CHALLENGE SUMMER 2023: LILY-MAE PETTIFER

Volunteering (confidence and charity): work experience in a primary school

During the first part of the summer holidays, I volunteered to work in a Year 3 class in a local primary school. This was a great opportunity for me to volunteer to help others but to also develop my workplace skills and learn more about the working environment.

I completed ten days of voluntary work doing activities such as:

- preparing resources and displays
- supporting children with their learning
- playing with children
- taking children with additional needs for Brain Breaks
- helping children to focus during teaching time
- listening to reading
- 

I developed many skills. I really needed to think on my feet and challenge myself to think about the best way to interact with the pupils. I also gained valuable experience of working with a large number of adults who I had never met before and developed my confidence in asking for support and advice. I also learnt to vary my approach to different children as what works for one child may not be the best way to work with another one.

I really enjoyed my time in the school. I even managed to go back in for a day at the start of this term to see how much the children had grown over the summer and to hear about their holidays.

Continued overleaf...

"This was a great opportunity for me to volunteer to help others but to also develop my workplace skills and learn more about the working environment."

LILY-MAE PETTIFER



## MARTEL CHALLENGE SUMMER 2023: LILY-MAE PETTIFER

Skill: public speaking

For this area, I challenged myself to do something which I would never have even contemplated before I started at Trinity. I planned and led an assembly to 200 children at a local primary school from Y1 to Y6 on the theme 'Dream, Believe, Achieve.' It was meant to be for KS2 only but the children and staff in KS1 didn't want to miss out so they came along as well! The assembly was a massive challenge for me as, before I moved to Trinity, I was reluctant to even talk in lessons so would never have spoken to such a large group of children (and staff!).

As part of their widening horizons work, I was asked to lead an assembly on trialling for GB, setting goals and planning how to achieve them with a view to inspiring pupils to think about their own aspirations. To prepare for this I made my own powerpoint and gathered videos of me playing and took in items which I thought they would like to see. I was very nervous about doing the assembly!

Continued overleaf...

"I challenged myself to do something which I would never have even contemplated before I started at Trinity."

LILY-MAE PETTIFER





## MARTEL CHALLENGE SUMMER 2023: LILY-MAE PETTIFER

The children really enjoyed learning about Underwater Hockey, watching me play, seeing my equipment, trying on my medals and trialist kit. They had lots of questions and kept coming to find me to learn more even after the assembly had finished. I enjoyed asking those children individually what aspirations they had and what they thought they needed to do to achieve them.

I was glad when the assembly was over however, they have asked me to go back in the summer of 2024 to lead a second assembly. If I have been selected to play in Malaysia in July then the focus of the assembly will be 'Dream, Believe, Succeed' and I will be live linking back to the school whilst I am in Malaysia to update them about how worlds are going. If I not not successful then my focus for the assembly will be on starting the 'Dream, Believe, Achieve' cycle again so that I am hopefully selected for the 2026 worlds. I feel that it is important for them to know that things do not always go smoothly and sometimes we have to pick ourselves up and try again!

One of my own primary school teachers happened to be on supply at at primary school on the day that I did the assembly. She was really moved to see how well I was doing and how much progress I had made towards achieving my personal aspiration that I set myself whilst I was at Hazeldown Primary School.



"I feel that it is important for them to know that things do not always go smoothly and sometimes we have to pick ourselves up and try again!"

LILY-MAE PETTIFER



## COLD WATER DIP CLUB

Mrs Coen's cold water dip sea swimming club has been hugely popular. They are taking part in the Healthscape Iceberg Challenge in which they will each pick a level to challenge themselves to complete:

Frosty Iceberg- one dip a week

Titanic Iceberg- one 5 minute dip a week

Ultimate Iceberg- one 10 minute dip a week

Extreme Iceberg- one 10 minute dip a week in just a swimsuit, hat and goggles. Brrrr!



### Staying Safe in the water during the challenge:

Plan your water entry and exit points

Check for any possible signs of danger

Always let someone know you are going and when you are expected back

If an organised dip, let the leader know of any medical conditions you have

Wear a tow float or bright swimming hat

swim adjacent to the shoreline to ensure you can exit easily

Be aware of your limitations, everyone is different and that is ok!

### BENEFITS OF COLD WATER



**BOOSTS IMMUNE SYSTEM**



**INCREASES FAT BURNING**



**BOOSTS HAPPY HORMONES**



**TIGHTENS SKIN**



**IMPROVES STRESS TOLERANCE**





## STAR CHEFS

Very well done to our Star Chefs this week, Sophia Impey in Mrs Coen's class and Nyrie Ridge in Mrs Beer's class!



## YEAR 8 MATHEMATICIANS

Investigating ratio in year 8 with the aid of skittles. The students were very methodological and accurate in their calculations. Apparently there are always 98 skittles in a bag (who would have known!), but the colours are more randomised- a bit like the post-investigation distribution of the sweets!





## 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**

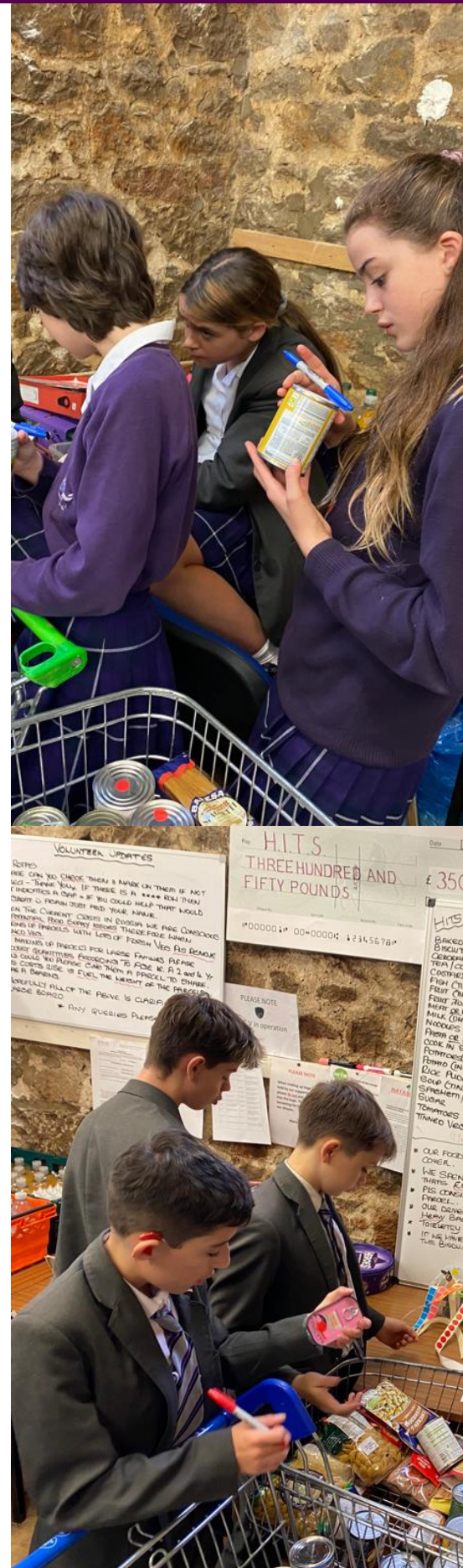
| Year group | Items required                                                                           |
|------------|------------------------------------------------------------------------------------------|
| Year 7     | Bags of sugar, tins of rice pudding, jars of pasta sauce, toilet rolls                   |
| 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](mailto:info@hitsfoodbank.org)

[www.hitsfoodbank.org](http://www.hitsfoodbank.org)



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## BOARDING LIFE

Last weekend the boarders were busy as ever. On Saturday they went to watch an Exeter City football match, Boarding Prefects Caleb and Polina ran a fantastic murder mystery evening based across the school site and on Sunday they all spent the day at River Dart Country Park enjoying challenges such as zip wire, crate stacking and a high ropes course. Well done to those boarders who were afraid of heights, they tackled it with determination and great courage.



"It was a great way to get to know each other and to discover their strengths."

BENNY, BOARDER





PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION  
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

## THE RED LIBRARY

The Red Library in conjunction with the English Department will now have a daily newspaper along with a weekly copy of the Week for any students who would like to keep up to date with current news and topics- ideal for form time discussions, projects and assignments. New arrivals into the Library this week are dyslexic-friendly copies of Shakespeare's Macbeth and Romeo & Juliet along with some dyslexic-friendly titles for murder mystery fans too.



Go Green at the library  
this Libraries Week!

02-08 October 2023



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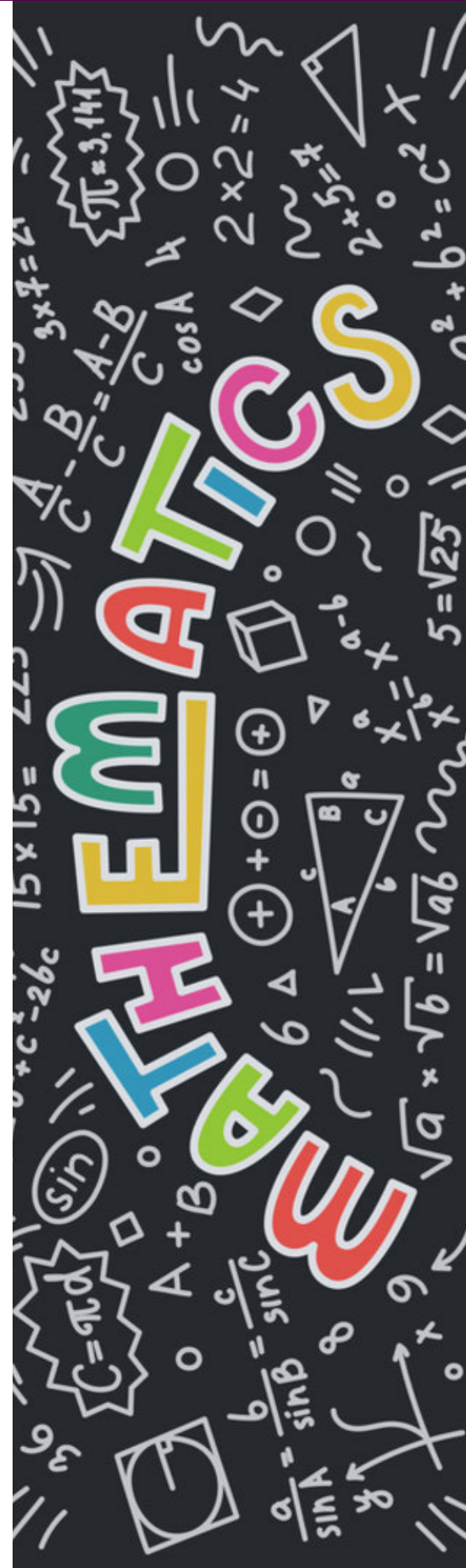
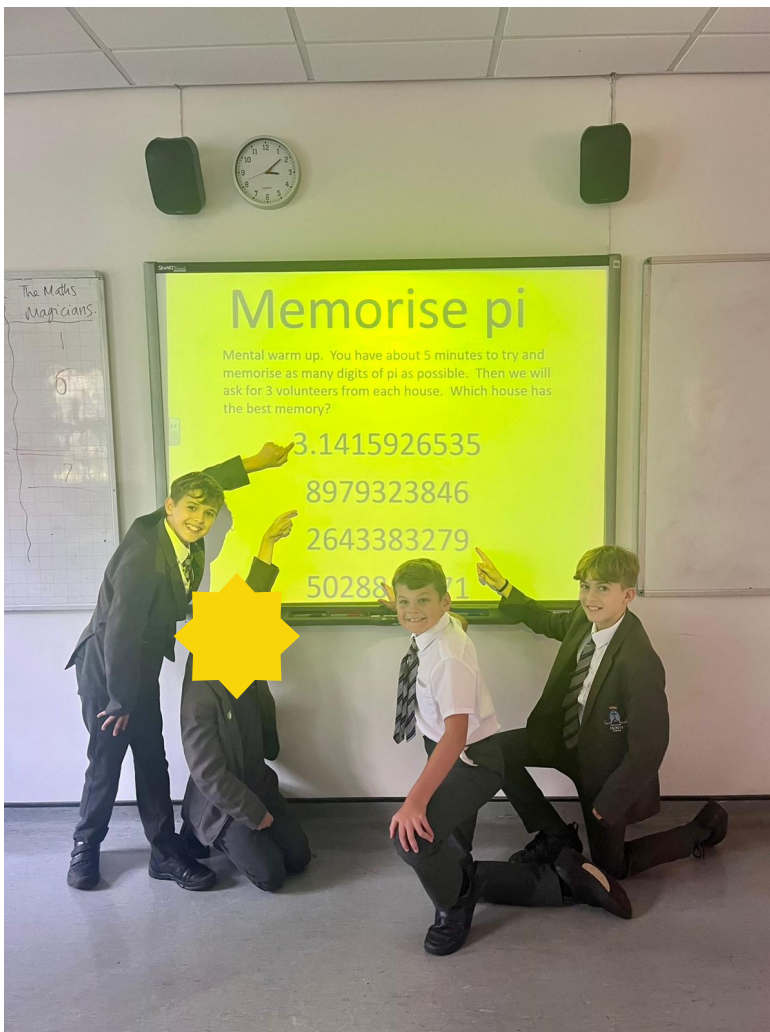
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## YEAR 7 MATHEMATICIANS

Year 7 boys had the pleasure of partaking in a Key Stage 3 Maths Quiz. Questions were challenging- not only that but no calculators were allowed. All players received chocolate eclairs for partaking and the winners received extra rations! Teams were The Daddies, The Maths Magicians and with a clear 4 point lead with 14 points were The Jammy Mathers. The victorious team not only outshone their peers on correctly answered questions but were the only team to recall the first 42 digits of Pi in the correct order! Here they are with their amazing feat!

Plus, on the next page are a few questions for you to have a go at yourself. Let Mrs Bingham know how you get on!





## Memorise pi

Mental warm up. You have about 5 minutes to try and memorise as many digits of pi as possible. Then we will ask for 3 volunteers from each house. Which house has the best memory?

3.1415926535

8979323846

2643383279

5028841971

Round 1  
Question 8

I have a cage with cats and birds.  
There are 12 heads and 32 feet.  
How many birds are there?

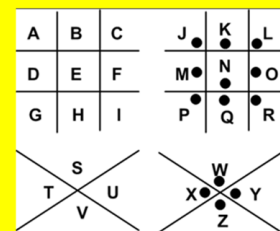
A 200

Round 1  
Question 7

*Using only the arithmetic symbols and 2,5,6,9, make 24*

F 300

Round 2  
Question 1



> 3 1 2 5 6 9 > 3 1 2 5 6 9 >

B 500

Round 2  
Question 2

## Caesar Cipher A – D

TEXQ FP QEB PNRXOB  
OLLQ LC LKB ERKAOBA?

B 500



## IMPACT DAY

On Tuesday, over 30 year 6 students came to take part in a day of rugby. The day consisted of a variety of workshops such as MFL and the language of sport; Geography, looking at where teams come from; and attacking and defending rugby sessions delivered by a special guest from Exeter Chiefs Community Coaching team. The day finished with a thrilling tag festival and some hydrotherapy.

Lots of happy rugby faces at the end of the day!





## MID-AUTUMN FESTIVAL

Year 13 students of Chinese celebrated the Mid-Autumn Festival by eating mooncakes and drinking tea. They made posters depicting the stories behind the festival. It was a bit early to gaze at the moon though!



## STAFF CPR TRAINING

This week our staff refreshed their skills in CPR.





## HISTORY CORNER

This week's photo from our archives. This is the Refectory.



## ON THIS DAY... 6th OCTOBER

In 1889 Thomas Edison showed his first motion picture...

In 1917 the Battle of Passchendaele began on The Western Front...

In 1927 the first film with a soundtrack is released: "The Jazz Singer"...

In 1956 Scientist Albert Sabin announced an oral vaccine for Polio...

In 1952 Agatha Christie's "The Mousetrap" opens in London....

In 1961 President JF Kennedy urges Americans to build fallout shelters...

In 1979 Pope John Paul II becomes the first pope to visit the US White House...

In 2010 Instagram is launched...





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ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

## 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 STRESSED**  
**FEARLESS AMBITIOUS**  
**LOYAL ANGRY**  
**UNDERSTOOD PROUD**  
**EFFULGENT INTROVERTED**

OK  
FINE  
TOUGH  
BOREL  
SAD  
WISE  
CHILL  
BRAVE  
KIND

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

Jensen Walker  
Leni Stock  
Blake Jeffery  
Lewis Ward  
Rooney Min  
Benedikt Hebestreit

Lea Morandini  
Antonia Lepping  
Jonas Ott  
Lily-Mae Pettifer  
George Knight





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 games which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 80 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



### WHAT ARE THE RISKS?

#### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Traitors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

#### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

#### CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

#### GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

#### IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes optional pay-for-upgrades such as removing ads from the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

## Advice for Parents & Carers

#### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

#### CHAT ABOUT CHATting

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

#### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

#### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

#### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

### Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including iGN and TechRadar.



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#WakeUpWednesday

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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<br>(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>.