

DECEMBER 08, 2023

SENIOR VOICE

Trinity School, Teignmouth, TQ14 8LY

Headmaster's Message

BY MR ROBINSON

Having spent my last two years in Rio de Janeiro, I have come to miss Christmas. Of course Brazil does do Christmas and enjoys it greatly as a secular and Christian celebration. For me however, as a citizen of the northern hemisphere, I could not quite come to terms with a Father Christmas dressed in a warm red, white fur lined coat sitting on his sleigh in 40 degree centigrade and upwards. Equally, much as I loved Tom Jobim, and lived not far from the road down which his girl from Ipanema made her way to the beach each day, a Bossa nova version of White Christmas did not quite cut it as a favourite Christmas song. With the recent death of the former lead singer of the Pogues, I have been reflecting on what is my favourite Christmas song. Certainly A Fairy Tale of New York, Shane MacGowan's Christmas hit would be right up there. It is a true fairy tale, a song written over two years in the 1980s about a romanticised version of a 1940s New York, with a title taken from a novel by the author JP Donleavy. Even the NYPD choir did not exist. Despite being a song that swings towards recrimination, ultimately it is about Christmas as a time of reflection, yes of raucousness but also the potential for reconciliation and hope. Then there is Santa Baby written in 1953 and sung by Eartha Kitt with its comical knowingness, reminiscent of writers of the 1930s like Anita Loos and Dorothy Parker or the sheer Christmas hug of Nat King Cole's, The Christmas Song. Then there are the carols, O little town of Bethlehem, Silent Night, although I have a soft spot for In The Deep Mid-Winter and most compositions by John Rutter. It is quite a strain to pick a best, so I think I will just enjoy them all, as I will all the wonderful Christmas food this year in Britain; mince pies and the beach is not a good mix. This is our last Senior Voice for 2023, so whatever shape your Christmas break takes, I hope you all have a very happy time and that you can look forward to 2024 with good cheer.

Kind regards,
Robert

This issue:

Two Tin Tuesday

Tales from T2

Boarding Life at Christmas

Young Enterprise

Food Technology

CCF

Sporting Successes



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TWO TIN TUESDAY

On drizzly Tuesday morning, the whole of the senior school met during tutor time to lift cans to music! The event was named Two Tin Tuesday and the reason was to raise awareness and show support for the families of submariners. These men and women live on nuclear submarines for months at a time away from their families to help protect our country. The charities Rise and Rewild CIC, Never Such Innocence Charity, TSF and The Navel Children's Charity work with the families to support them and send mermaid letters to the children. The charity is trying to lift the weight of a whole nuclear submarine which is around 18 million kilograms (18 thousand tonnes) in a year but need help! To the beat of three 90s classics, the senior school lifted a total of 79,280.5kg. The charity were extremely grateful for our effort and support. Furthermore over 200 cans of food were donated to Homeless in Teignbridge Support Foodbank.

The results are:

Weight (kgs)

Y7= 16795.0

Y8= 10017.0

Y9= 15160.0

Y10= 10162.5

Y11= 11228.0

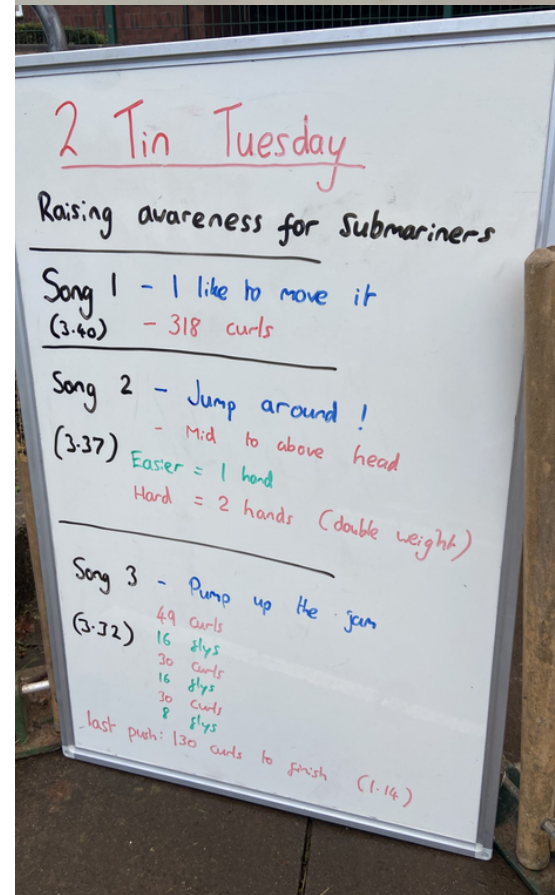
Y12= 9854.0

Y13= 6064.0

Total Weight = 79,280.5kg

Well done Year 7 for lifting the most!

(great photos overleaf!)



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

TWO TIN TUESDAY



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CELEBRATING DIFFERENCES

We are proud that at Trinity School, we give our students the opportunity to have a voice.

Year 10 students took this opportunity by presenting an assembly to the senior school under the theme 'Celebrating Differences.'

The students focused on afro hair and raised the importance of preventing discrimination.

It was a thought provoking assembly that was beautifully presented. Well done to all of those involved!



"We are proud
that at Trinity
School, we
give our
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YOUNG ENTERPRISE

Huge well done to the amazing sixth form students, who were still trading after 6hrs in the freezing cold at the Christmas Markets this weekend.

Our students were outstanding, stepping out of their comfort zones to approach the public and close sales. They almost sold out of stock, with sales of over £350. A particular mention needs to go to Lewis & Alex who helped load the minibus at 7.45am at -3 degrees and stayed until the end. My other thanks go to Mrs Barrett, without whose support the day would not have run as smoothly as it did. Ma'am, Mr Poulet and Coco's help was also appreciated by the whole team. The YE staff were very impressed by the students' hard work and dedication to prepare for the day, their presentation and confidence with the public.



Our YE auction will be held on Monday 11th Dec in the Salle at 1.20pm. Please can students bring their money in on Monday so there will be no IOUs needed.



CHRISTMAS LIGHTS FOR CHARITY

This year, Mrs Saich from the LS team is decorating her house with lots of Christmas lights to raise money for a wonderful charity called AIMS which exists to provide support to those families who have children with different needs. So, if you are passing 4 Fraser Drive, the lights will be put on at 6pm each day for people to enjoy. All donations will be greatly appreciated so go and take a look! A big thank you to Mrs Saich for helping support this fantastic charity.

CHRISTMAS JUMPER DAY

Tuesday 12th is our Christmas jumper day to get into the Christmas spirit and raise money for Children in Need. Students must wear dark colours on their bottom half and bring in a £2 donation to go to Save the Children charity.

OTHER IMPORTANT DATES

Monday 11th December

- Junior inter-house rugby

Tuesday 12th December

- Intermediate inter-house rugby
- Christmas Jumper Day
- Christmas lunch

Wednesday 13th December

- Last day of term- school ends at 12noon



TALES FROM T2

Year 11 historians having fun with revision for History of Medicine- matching individuals to their achievements, discoveries or inventions. They're now looking forward to starting The Cold War next term.



GUESS WHO?

Can you guess which teacher this dashing young man is?



BOARDING LIFE AT CHRISTMAS TIME

Sunday saw the boarders put on a fabulous service for North Teignmouth Community Church and neighbours.

The theme of the service was 'Joy' and visitors were treated to songs, readings, videos made by the students and performances.

It has become an annual tradition and is a fantastic opportunity for the boarders to give something back to the local community.

We hope the North Teignmouth Community Church enjoyed their visit to Trinity School and have a wonderful Christmas break!

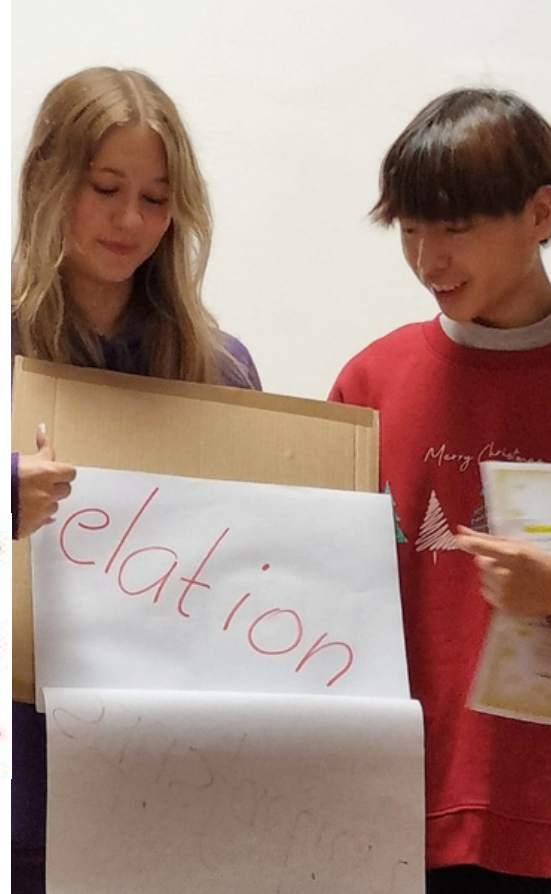
"Boarding is
our home."

CALEB,
BOARDING PREFECT



PASSION COURAGE CONFIDENCE RESILIENCE REFLECTION
ASPIRATION VISION INTEGRITY LEADERSHIP RESPONSIBILITY

BOARDING LIFE AT CHRISTMAS TIME



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BOARDING LIFE AT CHRISTMAS TIME

After a busy Saturday exploring the Exeter Christmas markets and competing in comical Christmas games back in boarding, the boarder's were treated to a spectacular Christmas meal cooked by our wonderful Catering Team. They even had a chocolate fountain which certainly went down well. Safe travels to all boarders on their journeys over Christmas. The boarding community would like to wish you all a very Merry Christmas! Feliz navidad! Buon Natale! Счастливого Рождества! Frohe Weihnachten!



CROSS COUNTRY AT STOVER

Well done to George, Seb and Alice who took part in the cross country event at Stover School today. George won the year 7 boys group by 15 seconds which is a fantastic achievement, Seb came 12th and Alice was 11th in the year 7 girls. Brilliant running all of you! All three have been select for the South Devon Championships to be held at Exeter Arena on Saturday 20th January.



CCF

CCF celebrated the final parade and training session of the Autumn term starting in the Salle on Monday 04 December.

RN Cadet Lucien Joscelyne has been teaching snare drumming to RN Cadets Dan Sambrook and Josh Swan during the last few CCF parade times. The trio performed a set written by Lucien to the assembled RN and Army cadets and staff.

Lucien learned snare drumming when he joined the CCF RN National Band at Britannia Royal Naval College in August 2022. He was taught by a professional RM bugler/drummer - Jess - and proved to be a very quick learner. At the BRNC Camp in August 2023, the RM instructor was unable to attend as she was performing at the Edinburgh Tattoo. Lucien stepped up and became the instructor using FaceTime to reach RM Jess in Edinburgh for advice and support.

Moving on to the Refectory, cadets and staff enjoyed a pizzas party provided by the Catering - thank you Cat, Mark and team.

There will be no CCF next Monday 11 December so students should wear their normal school uniform/business dress.

CCF will resume in military uniform on Monday 08 January.



FOOD TECHNOLOGY

Year 7s made scrummy Christmas gingerbread in cookery class with Mrs Beer.



Well done to Star Chef Faith Tomlin for her fantastic mince pies.



Y11 HOSPITALITY & CATERING

This week has been a delight for all the senses in the Hospitality and Catering class!



GYMNASTICS WITH LISA

Thank you to Lisa in Y12 who kindly gave us her time to teach some of prep 5 & 6 pupils acrobatics gymnastics. Lisa competes professionally with her gym partner back home, in Germany. Unfortunately, Lisa has to get back home to continue with her competitions and training and will be leaving us at Christmas but it was wonderful to have her teach some of her balances before she goes. Thank you Lisa!



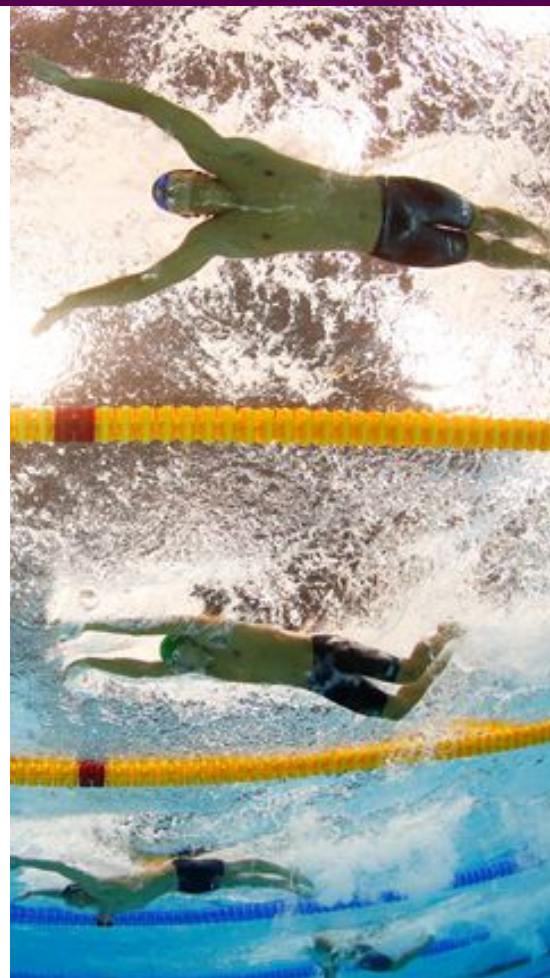
ISA NATIONAL SWIMMING COMPETITION

We are pleased to report more swimming success following the ISA National Swimming Competition held in London last weekend. Well done to everyone who got to this stage, it was a great achievement. Special mentions go to:

Vovo in year 13 who won gold medals in the individual medley and 100m freestyle, breaking two ISA records.

Harry Butler in year 12 and Vovo who won silver medals in the freestyle relay.

Eris in year 4 who won a bronze medal in her race.



TRINITY MILE POSTPONED

Due to the wet weather on Thursday this week, the trinity Mile has been postponed until 4pm on Monday 11th December. Best of luck to all taking part.



MATHS SUCCESS

This week Trinity School reached the top 10 in ranking for schools that use Mangahigh in The British Isles. Over 3000 schools use Mangahigh in the UK. Reaching the top 10 is a massive achievement and shows the dedication of our students. Mangahigh is a great learning tool for helping students independently practice their Mathematical skills. Please continue to use this platform and keep our ranking so high.

NATIONAL WRITING COMPETITION

Mrs Bird is delighted to have 41 entries for the glitch competition! Fingers crossed for cash prizes, trophies and published authors. Well done to everyone who has taken part.



British Isles

1 Dec 2023 – 31 Dec 2023

Trinity School – Teignmouth

Time remaining

25 days 14 hours 11 mins 1 sec

Current Ranking

1		St Mary's & St Peter's Primary School	989 pts
2		Finchley Catholic High School	657 pts
3		Woodbrook Vale School	549 pts
4		Westminster Under	538 pts
5		Durston House	514 pts
6		Junior King's School, Canterbury	417 pts
7		Cathays High School	387 pts
8		The Beacon School	386 pts
9		Trinity School – Teignmouth	335 pts
10		Chauncy School	325 pts



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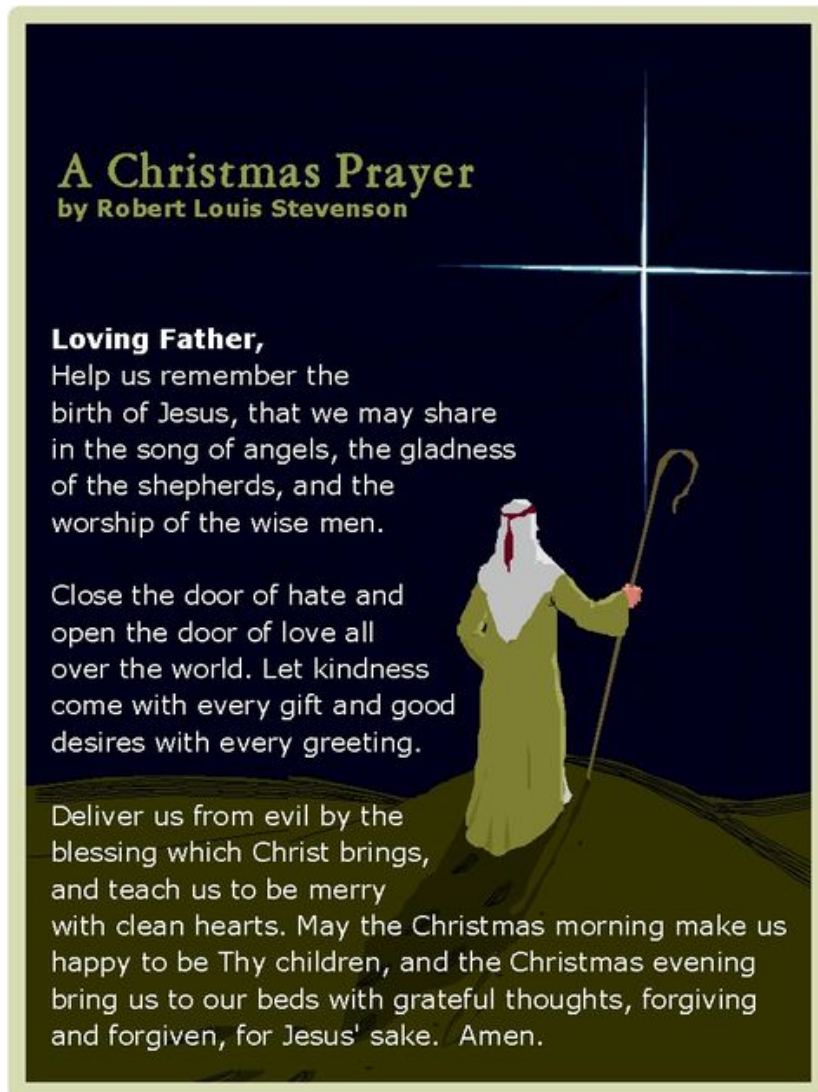
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ALICE ATKINSON FORMER PUPIL

Former Trinity pupil Alice Atkinson is playing for GB Junior Hockey Team. The team is playing successfully in the World Cup beating Germany last night. Alice was voted player of the match v New Zealand when Great Britain won 5-0. Many congratulations Alice!

CHRISTMAS BLESSING



HISTORY CORNER

This week's photo from our archives. This is how the Salle looked previously.



ON THIS DAY... 8th DECEMBER

In 1864 the Clifton Suspension Bridge, designed by Isambard Kingdom Brunel was opened in Bristol...

In 1915 John McCrae's poem "In Flanders Fields" appeared anonymously in 'Punch'...

In 1941, one day after the Pearl Harbour attack America and Britain declared war on Japan...

In 1980 John Lennon was murdered outside his Manhattan apartment in New York...

In 1991 Russia, Belarusian and Ukraine formed the CIS, Commonwealth of Independent States...

In 2020 Britain begins vaccinations for Covid 19 using the Pfizer BioNTech vaccine...

In 2021 Olaf Scholz replaces Angela Merkel as Chancellor of Germany. She served 16 years in office...



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!

Ben Clark
Dolly Turner
Gemma Newton
Blake Jeffery
Nyrie Ridge
Sam Landfear
Mason Wesley

Owen Young
Charlie Scoot
Dexter Jeffery
Ezme Firth
Gabriel Whitney
Lana Magill
Daniela Garcia-Clari



5 tips FOR WINTER WELLNESS

MegaFood
Fresh From Farm To Tablet™

1

EXTRA SLEEP



take the time for extra sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

get outside and exercise

Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.



EXERCISE OUTSIDE

2

3

STAY SOCIAL



stay social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

eat protein at each meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.



EAT PROTEIN

4

5

FRUITS & VEGGIES



focus on fruits and vegetables

While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.

Make sure to get extra Vitamin C. Enjoy a smoothie rich in C with ingredients like oranges and strawberries. Give yourself an easy nutrition "boost" with a scoop of MegaFood Daily C-Protect featuring immune supporting botanicals with a blend of fresh organic whole oranges, organic blueberries and organic cranberries.* (see recipe below)

MEGAFOOD'S VITAMIN C BLASTER SMOOTHIE

- 10 oz water
- 10 oz coconut milk
- 1 large, or 2 small oranges, with pith
- ½ pint of organic strawberries
- 2 scoops of MegaFood Daily C-Protect Nutrient Booster Powder**
- Handful of ice



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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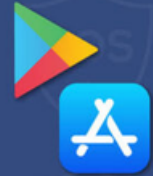
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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on our new app, which we believe trusted adults will find useful. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



10 Ways You Can Get the Most out of OUR NEW APP



Lockdown has sent children's screen time soaring again. And making sure that young people stay safe online can be tough when there are new apps, games and sites every day. To help, we've launched an app of our own. Packed with hundreds of insightful guides, it'll keep you informed about the latest online crazes – and hazards. There's also a free online safety parents' course, compiled by experts and presented by online safety ambassador Myleene Klass. The National Online Safety app is available to download now from Google Play and the App Store. And here's our list of the top 10 ways you can get the most out of it.

1.

CONNECT THROUGH YOUR PHONE

Access online safety advice from any smartphone, granting you vital knowledge at the touch of a screen.

2.

GET ONLINE SAFETY ADVICE INSTANTLY

Our award-winning resources are available 24/7, giving you essential information whenever – and wherever – you need it.

3.

STAY UP TO DATE, ALL THE TIME

Notifications are sent straight to your device as soon as new content's available. So you'll always be up to date with the latest tips and guidance to ensure your children are safe online.

4.

FIND WHAT YOU NEED STRAIGHT AWAY

Concerns about CoD? Issues around Insta? Our user-friendly, 'Netflix-style' interface and powerful search function let you find the content you need – as soon as you need it.

5.

PERSONALISE YOUR CONTENT

Highlight and store the resources that are most relevant to you, so you can find them easily as soon as you need them. Stop trawling and start learning.

6.

HAVE YOUR SAY

Our innovative weekly vote feature tackles your specific concerns by letting you help to decide which subjects we cover in the future.

7.

PUT EXPERTISE IN YOUR HANDS

Our resources are developed by respected authorities in education, technology and online safety. The digital world won't stop evolving – but our app gives you expert help.

8.

KICK OFF THE CONVERSATION

Our app's content will give you loads of ideas and pointers on how to help your children to start thinking about online safety – and understanding the potential risks out there.

9.

FIND OUT ABOUT ONLINE RISKS

We've got hundreds of free guides addressing a range of topics and online risks. Know your TikTok from your Triller and your FIFA from your Fortnite.

10.

GO TO THE TOP OF THE KLAS

Watch our insightful FREE parents' courses on online safety. They span kids' age groups from 4 to 18, and they're presented by online safety ambassador Myleene Klass.



**National
Online
Safety®**
#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 (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>.