

MAY 2ND, 2025

Senior Voice

Trinity School, Teignmouth, TQ14 8LY



TRINITY

SENIOR VOICE

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JACOB MASON: JACOB'S MEDAL

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WEEKEND ACTIVITIES

CELEBRATION OF EXCELLENCE

TORRIJAS MASTERCLASS

HOUSE POINT UPDATE

COMMENDATIONS

ON THIS DAY



HEADMASTER'S MESSAGE

Pupils at Trinity get a lot of advice, ways to live, approach their studies, bounce back and so on. Why wouldn't they, Trinity is a place of education, academic but also an education for life. That said, there is a lot of advice out there, much delivered by Influencers and bloggers whose lives do not seem to have had anything of substance in them, certainly nothing sufficient to qualify them to offer that advice. I spoke to the school recently about the wisdom of a man whose life does give him the right to humbly offer up his advice to others.

Admiral William McRaven was a US Navy Seal, eventually becoming Commander of all U.S. Special Operational Forces. On May 17th 2014 he was invited to return to his alma mater, the University of Texas and give a speech to graduates. This speech in popular parlance, went viral. Many millions of people watched it on YouTube and continue to do so. His idea was simple, most people meet about ten thousand people in their lives, if each person can positively influence just 10 people through their affirmative behaviour, their sense of benign purpose, born out of their self-regard and regard for others, then within two generations the entire population of the world will have been touched. Too big a picture, then start with yourself and those around you

Continued overleaf...



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McRaven was encouraged to write a book, not too long a read, called, “Make Your Bed”. Not a complex idea, but McRaven suggested that when you wake, make your bed then, starting the day with an achievement, albeit a small one. What he is pointing to is to be purposeful each day. McRaven goes on to illustrate an approach to life, frequently referring in his speech and book back to his testing Navy Seal training in which only 1 in 3 of each class complete the course. I will give you an example.

The ninth week of training was referred to as “Hell Week.” It is six days of no sleep, constant physical and mental harassment and—one special day at the Mud Flats—the Mud Flats are an area between San Diego and Tijuana where the water runs off and creates the Tijuana slue’s—a swampy patch of terrain where the mud will engulf you. It is on Wednesday of Hell Week that the trainees paddle down to the mud flats and spend the next 15 hours trying to survive the freezing cold mud, the howling wind and the incessant pressure to quit from the instructors. The mud consumed each man till there was nothing visible but their heads. They then had to spend the next 15 hours in that position. The instructors told them they could leave the mud if only five men would quit—just five men and we could get out of the oppressive cold. Looking around the mud flat after 7 hours, it was apparent to McRaven that some students were about to give up. It was still over eight hours till the sun came up—eight more hours of bone chilling cold. The chattering teeth and shivering moans of the trainees were so loud it was hard to hear anything and then, one voice began to echo through the night—one voice raised in song. The song was terribly out of tune, but sung with great enthusiasm. One voice became two and two became three and before long everyone in the class was singing. They realised that if one man could rise above the misery then others could as well. The instructors threatened them with more time in the mud if they kept up the singing but the singing persisted.

You can all relax, I am not about to announce a new PSHE initiative involving a pool of mud but what can we learn from that. Well we can either be the person who drags people down, who defines themselves by watching others fail, by enjoying their misery, feeling better about ourselves because others left the mud or we can try to define ourselves by the positive example we are, by the support we offer to others by working with others. Another of McRaven’s simple but true points, we cannot go it alone. We are stronger together but also, we should not pull up the draw bridge and define ourselves by excluding others. One person can provide the power of hope, better still if there are many.



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A HUGE WIN FOR FORCES FAMILIES: JACOB'S MEDAL

Celebrating Forces Families awards is an opportunity to celebrate those families with serving members of the Armed Forces. Not only are partners celebrated but the children of serving members, as Jacob Mason (left) has so courageously shown, are too. Every couple of years Forces Families have to move to new areas due to the serving member being posted, and unfortunately this may be away from the family, as is the case with Jacob whose Father is currently serving in the Royal Navy's Submarine Service.

For many years' Forces Families were just seen as an addition to the soldier. Ignored and just left to fend for themselves; lonely and without support from the Armed forces. They could only rely on other families. This has all started to change, with more recognition of the sacrifice that families have to make and most importantly, an increase in support. This was cause for Jacob to incite a change...

Jacob has been an integral part of this shift of perspective by creating a medal that can be awarded to the children of those serving members who are up for the young people awards. This new medal was announced at the 2025 Celebrating Forces Families awards night on the 25th of April.

'Jacob wanted to find a way to celebrate the achievements of other young people who have also experienced forces separation like he has and so the 'Jacob's medal' idea was born'

Jacob received recognition for his poem that won 2nd place when he was 10 years' old which was read in front of and supported by the First Sea Lord in the Never Such Innocence competition. This gave him the courage and support to go on and create this prestigious award for the children of serving members of the Armed Forces. For this, we are hugely proud of the work he has done and no doubt will continue to do. Well done Jacob!



Shown above is the medal Jacob created. Every child that is up for the 'Young People's award' will receive this prestigious medal to reward them for the hard work that they have undergone. The Latin 'virtus animo spes' can be translated to 'virtue, spirit, hope'. We are immensely proud of the work Jacob has done for the forces families community.



Top: Jacob having just been awarded the first 'Jacob's medal'

Middle: Jacob, shown on the left, on stage at the Celebrating Forces Families awards night on the 25/04/2025

Bottom: Jacob with his new medal





Fight or Flight: an English writing competition

Every year, championed by Mrs Bird and Miss Stowell, students were given the opportunity to have a go at the Fight and Flight National writing competition. The children's inner authors shone through and 20 stories, from year 7-12, were selected to be published in 'Fight or Flight' (*as seen above and to the right*). The new authors were able to see their work finally in print, with one copy being signed by all the published writers. As always you can view a copy in the school library or alternatively buy one.

A special mention goes out to Maisey Down (*right*) whose stories have been selected to be published 4 years in a row. Look out for her in bookstores in the future!





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BOARDING WEEKEND ACTIVITIES



This weekend was no exception to the amazing weekend activity programme that boarding has to offer. The Saturday allowed for all the MD boys to get together and have a go at paintballing, with many channelling their inner Rambo. The following day paved the way for a few of the boarders to embark on the South Devon sea safari. The trip started at Teignmouth harbour and led us down as far as Babbacombe. All throughout the trip we were graced with facts about the wildlife we saw and the coastal Geography we followed. As well as the main activities, the boarders had a games night on the Saturday evening; with a lot of them choosing to soak up the Sun in our picturesque grounds on the Sunday.



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Celebrating our excellence within Trinity



Luca Impey, year 7, representing Trinity School at the Devon Schools Golf Championships. He finished 10th out of 100 young golfers. An amazing achievement. We are all so proud of the hard work that went into getting that far within the championship and for keeping the dedicated composure to go so far in a prestigious event



Tor Jones

Tor, on the 27th April, was awarded the Chief Scout's Gold award during a St. George's day celebration. The award is the highest within the Scouting community and to achieve this accolade one must complete the 9 challenge awards and 8 activity badges. The time and dedication needed to get this far is immense and nothing short of a huge success. The effort that Tor has put in not only shows the kind of person she is, but also the Trinity values that the School looks to instil in every child. It's no wonder that this award is reserved for the hardest workers within the Scouts and Tor proves just that. Well done Tor, we are hugely proud of you! (*Tor Jones shown on the left with her award*)

Best of luck to...

We wish Cat, our lovely Head of Catering, and her gig rowing team the best of luck at the Gig rowing World Championships off the Isle of Scilly this weekend. Cat and her team won the GRP Gig super vets national championships in the spring, which has led them to this huge moment this weekend. During the winter, they all trained down in the indoor rowing gym, 'the Pain Cave' Please, if you see Cat, wish her the best of luck. More information available at <http://rtrc.co.uk/gigs/>





Easter Torrijas masterclass



Bread and butter pudding? French toast... but make it Spanish. Over the Easter break, students were set a baking challenge, and many rose up to the task. Mrs Climent, our Spanish teacher, tasked the students to make a traditional Spanish Easter treat, Torrijas. A little like bread and butter pudding, you take stale/old bread dipped in flavoured milk (with vanilla, cinnamon, etc), then coated in egg and deep-fried until golden. Sprinkle with cinnamon sugar (or honey, powdered sugar, or syrup) (*getting hungry whilst writing this out...*) Prizes are available for Riley Fryer, Lana Magill, Shakira May and Frasier Simmons for their amazing baking. Well done all!

Coming up...

- Tuesday 6th May – Surf Club!
- Wednesday 7th May - U13Girls Round 8 of National Cup vs Horndean
- Friday 9th May – Sunday 11thMay – Ten Tors!

We wish the Ten Tors team the best of luck for the arduous task they have ahead of them. We know they'll give it their all and are super impressed they've had the resilience to keep at it.

We'd also like to wish the U13 Girls the best of luck for their Round 8 match. Keep up the hard work!





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HOUSE POINTS UPDATE

1st – Luscombe – 4591 Points

2nd – Powderham – 4541 Points

3rd – Ugbrooke – 4324 Points

Student Leaderboard

1st – Shakira May - 267 points

2nd – Alice Lovett - 216 points

3rd - Jayden Kirungi - 212 points

4th – Jessica Sinclair - 200 points

5th – Libbet Marshall - 199 points

Top Housepoint Earners

1st – Shakira May

2nd – Sebastian Drake

3rd – Ruby Simmons

‘Honi soit qui y
pense’ meaning,
‘shamed is the one
who thinks evil of it’



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COMMENDATIONS



Riley Fryer
Nova Jeffery
Ben Jones
Luca Impey
Frasier Simmons
Frank Knight
Oliver Williams
Evie Collison
Grace Darby
Boe Taylor
Korey Barker
Ethan Harris-Deans
Kodie Humphreys
Jayden Kirungi



Alice Lovett
Noah Smith
Victoria Ward
Sienna Windsor
Sienna Cullen
Lily-May Salter
Charlie Arthur
Solomon Chuol
James Downer
Sophia Impey
Dexter Jeffery
Tor Jones



Martha Viney
Max Sanders
Amelia Bartorelli
Shelby Tait
Olive Martin
Olise Michaels
Jessica Newton
Naphat Rattanawan
Elias Ngowet-Loukouman
Lily Armstrong
Eugenie Turkmen
Sacha Vorobiev
Isabel Sunshine
Samuel Bird
Zach Foulser
Matthew Smith



Frank Knight
· Ben Jones
· Nova Jeffery
· Riley Fryer
· Evie Collison
· Alice Lovett
· Lily-May Salter
· Victoria Ward
· James Downer
· Dexter Jeffery
· Max Sanders
· Martha Viney
· Olive Martin
· Jessica Newton
· Lily Armstrong
· Elias Ngowet-Loukouman
· Sacha Vorobiev





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ON THIS DAY IN HISTORY... THE 2ND OF MAY

- In 1497 John Cabot set sail to discover new lands across Atlantic...
- In 1536 Anne Bolyn was arrested and sent to The Tower of London...
- In 1809 Dartmoor Prison opened to house French prisoners of war...
- In 1906 Tsar Nicolas II of Russia dismisses his moderate Prime Minister Witte and appoints a conservative bureaucrat...
- In 1936 Prokofiev's musical "Peter and the Wolf" premiered in Moscow...
- In 1945 Berlin surrendered to the Soviet forces, who raised their flag over the city...
- In 1969 the liner Queen Elizabeth II set off on her maiden voyage...
- In 1982 during the Falklands War, the Argentinian cruiser 'General Belgrano' was sunk...
- In 1990 open talks began in South Africa to end apartheid...
- In 2008 Marvel's "Iron Man" premiered...
- In 2012 Lionel Messi broke the European goalscoring record with a 68th goal...



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Read to... ...recharge

**Reading is vital for wellbeing – offering entertainment,
escape and a much-needed screen break!**

...succeed

**Research has shown that reading for pleasure
helps to improve life-chances**



...connect

**Readathon is a great way to share experiences and
reach goals, whether in school or at home**

...help others

**Reading and raising money to buy books
for children in hospital feels great!**



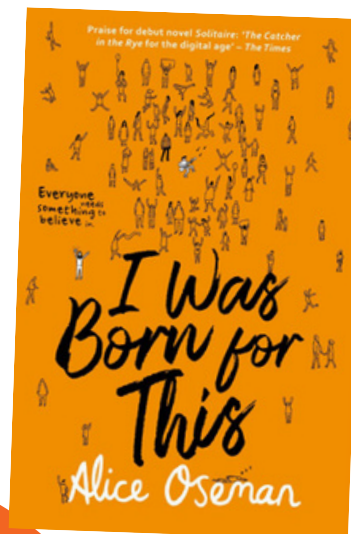
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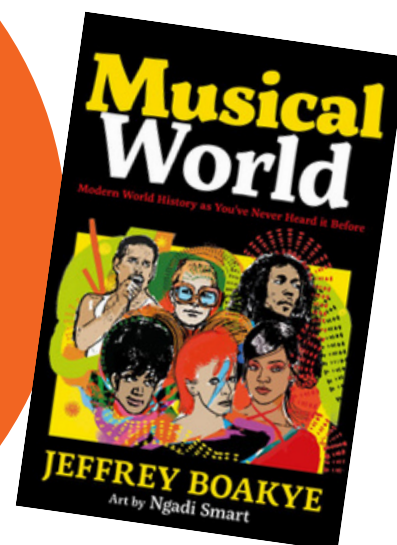
readforgood.org    



Be inspired... which one will you try first?



If you love
Music
then try...



Readathon® | Track My Read® | Brilliant Box of Books | Read for Good in hospitals

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Nicola Collison

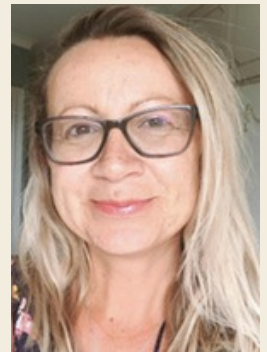
PG Dip in Play Therapy & Credited Counsellor (NCPS)

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.

Please do get in touch: nccounselling7@gmail.com

Careers education learning journey (11 - 18)





School Charges 2025/26

Over the past year, the introduction of VAT on school charges has created a degree of uncertainty across the independent education sector. With this period of transition now behind us, we are pleased to return to a more stable and predictable approach to financial planning and forecasting.

Following a detailed review, we will implement a modest increase of approximately **5%** in school and boarding charges from September 2025. This decision supports our ongoing commitment to maintaining the highest standards of teaching, learning, and pastoral care.

As in previous years, we are pleased to offer a **discounted rate** for families who wish to pay the full year's charges in advance. However, instead of our usual 'early payment discount', **annual payments received in full by 30th May 2025 will simply be charged at the current (2024/25) rate** and not the increased figure.

If you would like to receive an annual invoice or have any questions about this option, please contact Emma McNally in the school office.

mcnallye@trinityschool.co.uk

Thank you, as always, for your continued support and trust in Trinity School.

