

JANUARY 24TH, 2025

Senior Voice

Trinity School, Teignmouth, TQ14 8LY



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SENIOR VOICE

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HOUSE POINTS UPDATE

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THIS WEEKS FIXTURES

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NEW PREFECTS

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ON THIS DAY IN
HISTORY

MONTENEGRO

KEY STAGE
COMMENDATION



HEADMASTER'S MESSAGE

This week started with “Blue Monday”, reputedly the day in the year when we are said to feel at our lowest. For some, this may have been the case because of the inauguration of Donald Trump as the President of the USA, a role often argued to make the recipient the most powerful, certainly politically, man in the world, and it is yet to be other than a man. It is not just Americans, regardless of politics who may have nodded at Bishop Mariann Budde’s entreaty to Trump in her inauguration benediction, “have mercy upon the people in our country who are scared now”. Many in the USA and abroad will, of course, agree with some or all of Trump’s policies but those who don’t and even some of those who do will be worried by his natural inclination to disrupt without much concern for the broader implications away from his own immediate concern and gain.

Continued overleaf...



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Possibly you were delighted by a Trump presidency however and “Blue Monday” wasn’t so bad or you love January 20th because it is National Cheese Lovers Day around the world.

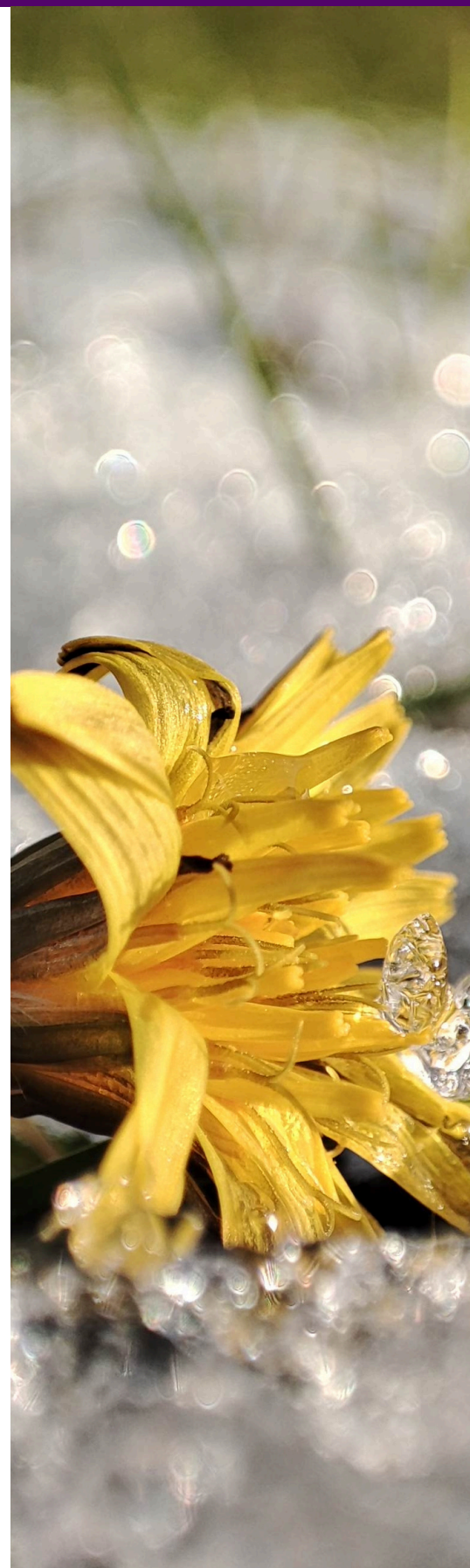
Obviously, you wouldn’t want to be eating your cheese too late on Blue Monday because that could give you nightmares and leave you feeling low again. In 2005, it was a British company called Sky Travel who designated the third Monday of January, each year, as “Blue Monday.”

Apparently, the company worked with a psychologist named Cliff Arnall to develop a “formula,” that goes like this: $[W+(D-d)] \times TQ$ divided by $M \times NA$. The W is supposed to stand for the weather, D for your debt, d for your monthly salary, T for the time since Christmas, Q for the time since you failed to fulfil your New Year resolutions, M for low motivational levels and NA for the need to take action. It was and there is no controversy in writing this, not science and Sky Travel were trying to suggest we should book a holiday to alleviate the blues. The marketing didn’t work long term however as the company closed in 2010.

Not the day itself and its dubious significance but the idea does have some validity and use. January is a tough month for some, the weather isn’t always so good and you don’t have the celebrations around Christmas to look forward to. Then there is the reduced sunlight which can adversely affect melatonin levels, which in turn can affect mood, energy and sleep patterns. The arrival of the new year can also invite you to look more closely at your life generally or with new year resolutions and this self reflection may not always be as positive as it should be. January, like a Monday, being at the beginning of a period in which we mark time can seem over whelming or put another way, it is at the start with lots to do ahead of us.

All of this makes all of January and not just a single day in January, a month for seasonal affective disorder, which is also fittingly known as SAD. SAD is when one experiences depression during particular seasons, typically the winter seasons. SAD in its acute form impacts only a few people as a percentage of population but the winter blues are more widespread.

So we need to look after ourselves and others in this period, taking care and managing our self care, making sure we expose ourselves to sunlight, get enough sleep, eat well, exercise regularly and very much stay connected with others. Make the most of the January days if you can but also remember, these days will pass, lighter days are coming.



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HOUSE POINTS UPDATE

1st – Luscombe 2781 points

2nd – Powderham – 2711 Points

3rd – Ugbrooke – 2620 Points

Student Leaderboard

1st – Shakira May – 165

2nd – Jayden Kirungi - 151

3rd – Jessica Sinclair - 136

4th – Libbet Marshall - 127

5th – Alice Lovett – 116

"Determination is the key that unlocks potential, turning challenges into opportunities and dreams into realities."

Top Housepoint Earners

1st – Libbet Marshall

2nd – Dexter Jeffery

3rd – Sebastian Glue



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RS LESSONS

With year 11 and year 13 students sitting mock examinations for their GCSE 's and A levels in the summer, students in all year groups are about to sit mid-term assessments.

Students have been guided with revision lists and revision techniques in Religious Studies and Citizenship lessons. A technique called active recall which boosts memory retention by requiring learners to actively retrieve information has been explored encouraging students to make resources to self test.

Implementing active recall can be done through self-quizzing, creating personal study questions, summarizing materials, and using tools like flashcards and spaced repetition software to enhance long-term memory.

Students have also produced a challenge question to see if they can beat the class. They have enjoyed this competition and hopefully these activities will lead to improved examination performance.

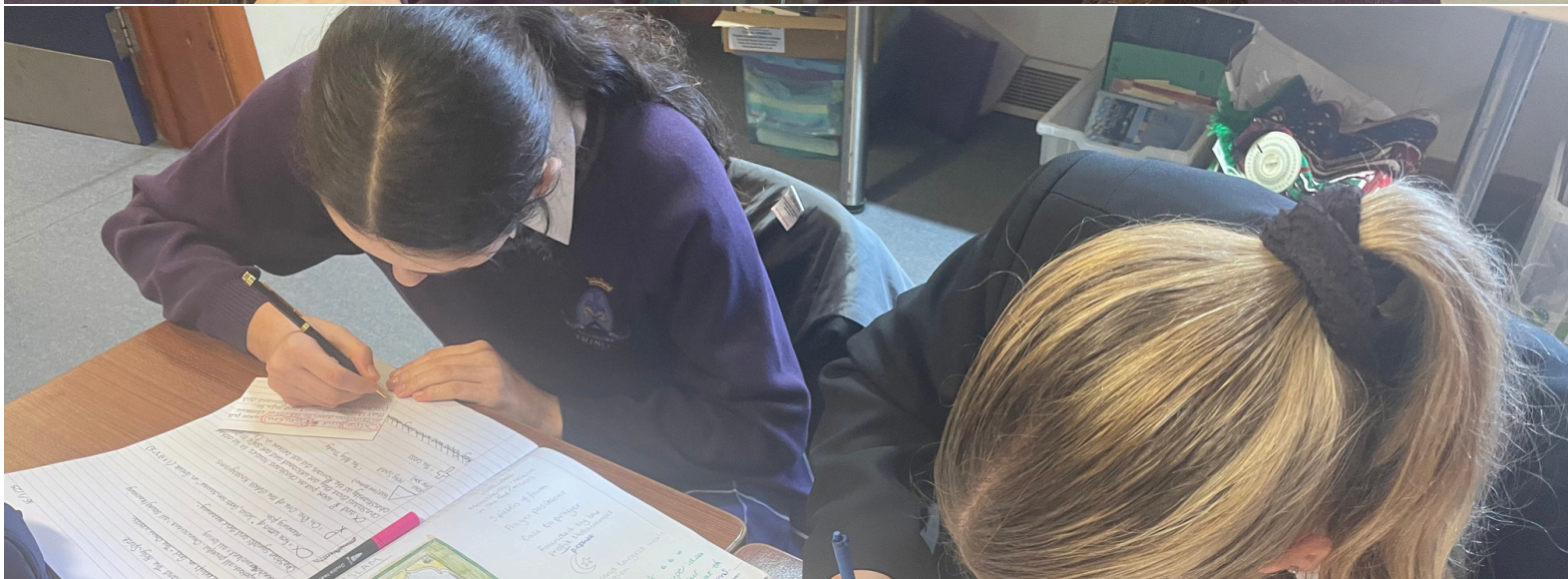




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THIS WEEKS FIXTURES

U13 netball against St Johns



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U13 Girls Football



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U15 Netball



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U13 Netball



Players of the Match

Alice Perett – U15s Netball Tournament

Ruwa – U15s Netball Tournament

Grace Darby – U13s Girls Football vs St. Cuthbert Mayne



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REGIONAL CROSS COUNTRY

Logan Jeffery – 2nd Place

Olise Michaels – 3rd Place

Dexter Jeffery – 9th Place

George Tucker – 10th/11th Place



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YEAR 7 GERMAN LESSON



In their German lesson, Year 7 learned how to talk about hair colour by using colourful wigs!



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BOARDING LIFE



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COMMENDATIONS



Pixie Dollar
Alice Lovett
Ethan Harris-Deans
Felix Balfour-Paul
Korey Barker
William Mason
Blake Hawkins
Max Kirton
Sienna Winsor
Dare Ali-Napo
Rosie Neale
Ruby Simmons
Victoria Ward
Beth Dayman
Solomon Chuol



Owen Young
Maisey Down
Gabriel Whitney
Jessica Thomas-McKay
Finley Simmons
Max Sanders
Martha Viney
Benjamin Clark
Teo Durall
Jacob Mason
Jessica Newton
Eugenie Turkmen
Lily Armstrong
Sasha Vorobiev
Elias Ngowet-Loukoun
Mike Rodewald





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ON THIS DAY IN HISTORY... 10TH DECEMBER

In 1839 Charles Darwin elected Fellow of the Royal society...

In 1848 the Californian Gold Rush began...

In 1875 Saint-Saen's "Danse Macabre" premieres...

In 1899 rubber heels for boots and shoes is patented in America...

In 1908 Robert Baden-Powell publishes "Scouting for Boys"-inspiring the Scout Movement...

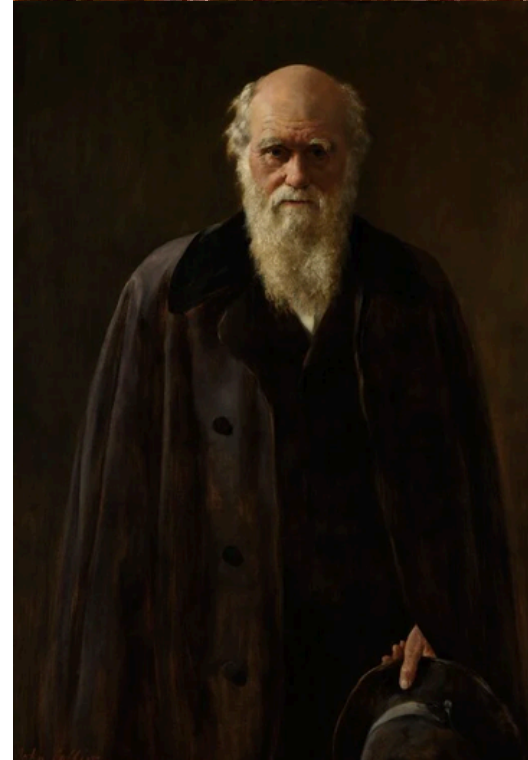
In 1924 St Petersburg renamed Leningrad...

In 1935 1st canned beer is sold by Krueger Brewing...

In 1984 Apple Computer Inc unveils its revolutionary 'Macintosh Personal Computer'...

In 2006 Walt Disney International announces it's buying Pixar for \$7.4 billion...

In 2023 the Doomsday Clock reset to 90 seconds before midnight- the closest ever...



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Montenegro

Adventure Awaits in the beautiful Montenegro!

World Challenge Trip 1-11 July 2026

Join Trinity School for an unforgettable 10-night camping and trekking experience packed with adventure and excitement!

- ✓ Trek the Black Mountains
- ✓ Boat trip on the stunning Lake Skadar
- ✓ White water rafting in the world's second deepest canyon
- ✓ Sea kayaking along breathtaking coastlines
- ✓ Explore ancient citadels and fortresses in Podgorica and Budva

Expert guides ensuring safety whilst making great memories!

Open to all students in next year's Year 9 to Year 13

Any questions email Mrs Bingham binghama@trinityschool.co.uk

Thanks to everyone who came along to the Montenegro meeting last night, fantastic to see some of you there!

Here is a short video to give you a feel for what World Challenge is all about!

Applications are open, so please [sign up for Montenegro 2026 here](#). The deadline for applications is Friday 28th of February.

If you missed yesterday's talk here is the recording <https://youtu.be/dpzc3Xx8e1w>

You can still sign up and find out about the expedition on [our trip webpage](#).



Nicola Collison

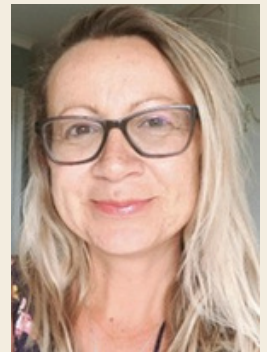
PG Dip in Play Therapy & Credited Counsellor (NCPS)

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