

NOVEMBER 29TH, 2024

Senior Voice

Trinity School, Teignmouth, TQ14 8LY



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SENIOR VOICE

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KS3 DISCO

EDEN PROJECT

CCF

PICKING CHRISTMAS TREE

CROSS COUNTRY

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COOKING CLUB

ON THIS DAY IN
HISTORY

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COMMENDATION



HEADMASTER'S MESSAGE

As Autumn turns to winter, we are finally having a few more days of colder weather, snow in Teignmouth for a few short hours. Whilst it is good for the bulbs and plants in our gardens, parks and countryside, it is chilly winter, for many the least loved of our seasons. Yes, we have the interlude of Christmas but then January and February. Well, around about 2016, the UK was introduced to the Danish word and concept of “hygge”, pronounced “hooga”. In 2017, it was even added to the Oxford English Dictionary.

Despite Danes regarding hygge as an all year round approach to life, being about taking time away from the daily rush to be together with people you care about or even by yourself, to relax and enjoy life's quieter pleasures, in Britain we see it more as a winter, warm woollies, hot chocolate in front of the fire or with a candle indulgence (Danes burn more candles per head of population than any other country). The whole point of hygge however, is to slow down, take time, be present and find comfort whether you are alone or with friends. If with friends, arguments are unlikely in a moment of hygge, since no one wants to ruin the positive atmosphere and it is all about the wellbeing of everybody.

Continued overleaf...



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One of my indulgences is Radio 4, which, on occasions, can be part of a moment of hygge for me. Last week I was listening to a 15 minute show, “Something to Declare”, hosted by Jack Boswell and his subject was “nunchi”. Nunchi is a fundamental aspect of South Korean culture, it is “the art of understanding what people are thinking and feeling.” Nunchi is about being attuned to your environment and having contextual awareness. It goes beyond politeness or kindness and into our ability to not only read a room but to understand others’ body language and what they are feeling.

This includes the ability to make useful assessments about the nature of relationships and hierarchies and the overall mood in a group. Having great nunchi means continuously adjusting our assumptions based on any new word, circumstance, gesture or facial expression, so that you are always present and aware. Many of us have this at times but in Korea this is cultivated, individuals are encouraged to be good citizens and think for the group first. It embraces the idea of making others feel as comfortable as possible, in a sense, to keep harmony within a group. This collective, sought after but discretely employed social skill is a significant difference between western and Confucian culture.

Both of these ideas, concepts, notions, call them what you will are held dearly by the Danes and South Koreans as fundamental parts of the nation and peoples’ identity. In happiness indexes, Denmark continuously ranks among the world's happiest countries. Nunchi and hygge are about kindness, empathy, individual wellbeing, group harmony, peacefulness and balance in a turbulent world. Not as many nations seem to be doing, a time to turn our backs on the world and pursue our own interests, it is a time to understand other cultures, learn from them and share. Such idealism will not solve the world’s problems but at Trinity we encourage our community to start where we can, with ourselves and those around us.



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KS3 DISCO





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Last Friday was the Key Stage Disco. Entertainment was led by Lotta, Malou and Mariella who taught key stage three how to line dance to the tune of Cotton Eye Joe! The evening was full of dancing, music and fun!



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EDEN PROJECT



We had lots of fun exploring the biomes at the Eden Project. We went in the tropical rainforest biome and the Mediterranean biome. We were all amazed by the amount of plants that were in the biomes. There were even geckos and birds wandering around! In the tropical rainforest biome there a bridge over a magnificent, clear waterfall. In the Mediterranean biome there was an incredible cacti farm.

We took part in a workshop that focused on the importance of biodiversity and we learned about harsh changes taking place on the planet, especially the impacts of human activities like deforestation and climate change. Everyone now knows more about how to protect the planet and why our biodiversity is so important.

Pixie Dollar, Year 7





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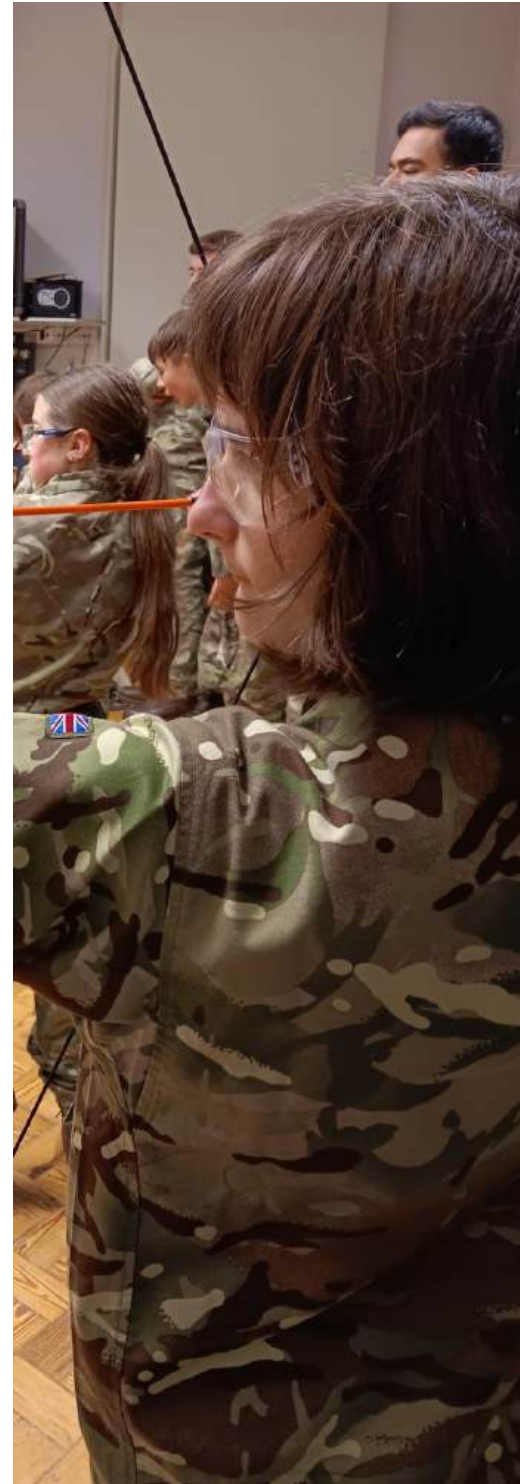




CCF

Year 9 cadets enjoyed soft archery in the Salle in CCF time.

Four teams of six cadets, assisted by Four Year 9 cadets, learned how to listen to safety directions on a range and to fire arrows with sucker heads towards the four targets. For safety, protective glasses were worn. There will be further opportunities for them to hone their soft archery skills, perhaps even outdoors when weather and daylight permit.





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PICKING CHRISTMAS TREE



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TRINITY COOKING CLUB



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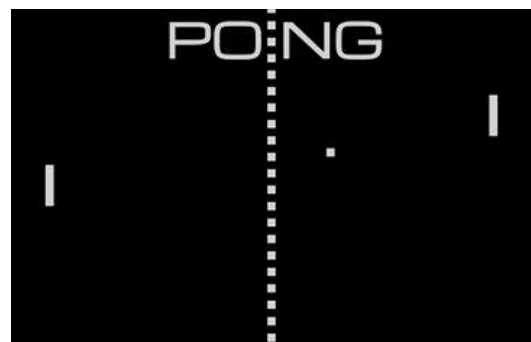
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ON THIS DAY IN HISTORY... 29TH NOVEMBER

- In 1775 Sir James Jay invented invisible ink..
- In 1877 Thomas Edison demonstrated his phonograph for the first time...
- In 1898 the Chronicles of Narnia author C.S Lewis born...
- In 1899 FC Barcelona founded by a group of Catalan, Spanish and English men...
- In 1962 France and Britain decided to jointly build the supersonic airliner Concorde...
- In 1972 "Pong" was released and became the first commercially successful video game...
- In 2019 Pope Francis returned wood fragments, believed to be from Jesus' manger to Bethlehem...
- In 2021 Lionel Messi won FIFA's Ballon d'Or for the 7th time..
- In 2023 Taylor Swift was Spotify's global artist with 2.6 billion...
- ...and national days across the world are:
- National Square-Dancing Day
- National Chocolates Day
- Buy Nothing Day
- National Illustration Day
- National American Heritage Day
- And finally...it's only 32 days until 2025!



Buy Nothing Day



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KEY STAGE COMMENDATION

★	Leonie Miller
★	Libbet Marshall
★	Celia Bennett
★	Pixie Dollar
★	Shakira May
★	Alice Lovett
★	Evie Collison
★	Dare Ali-Napo
★	Jayden Kirungi
★	Matthew Norrish-Jones
★	Sienna Winsor
★	Sebastian Glue
★	Gemma Newton
★	Jessica Sinclair
★	Victoria Ward
★	Sophia Impey
★	Elin Partridge
★	Joshua Ball
★	Gabriel Whitney
★	Lana Magill
★	Dexter Jeffery
★	Star Dollar
★	Rowan Dale
★	Gabriel Summers

"DETERMINATION
IS THE WAKE-UP
CALL TO THE
HUMAN WILL."

HEAD MASTER COMMENDATION

Libbet Marshall
Hannah Yandle
Alice Lovett
Dare Ali-Napo
Joshua Ball
Dexter Jeffery
Esther Rigden Green
Giulio Frabboni
Cayden Hawkins
Eugenie Turkmen



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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.