



NEWSLETTER TO PARENTS and CARERS FEBRUARY 2013

Headteacher's Letter

Dear Parents and Carers,

Shrove Tuesday, Ash Wednesday, Valentine's Day – three days in a row in the half-term holiday week for us all! I hope that everyone has a good break in the middle of this sprint of a term.

Unusually at this mid-point of a term, we have said farewell to two members of staff, both of whom have moved to work at Caldew School in Dalston, so we thank them for their service here and wish them well for the next steps in their careers over there.

Miss Devlin has moved on from our Sixth Form office where she was chiefly in charge of organizing the Sixth Form Centre, which she did very well indeed, and we shall miss her a great deal. Certainly the students will because they could always rely on her friendliness, helpfulness and efficiency.

As we welcome back Mrs Reay, the Head of Art, from her maternity leave, we have said farewell to Ms Anderson-Law, who covered those lessons for us so well. We are very pleased for her that she has been able to move seamlessly over to teach Art at Caldew School.

A short half term, but a packed one, with lectures in the Margaret Sewell Hall with its new theatre set up, sporting successes, culinary conquests, and plenty more besides which I hope that you enjoy reading about in the coming pages.

Yours sincerely

Alan Motteshead

Headteacher



Chaplaincy

We were delighted to be included in the visit of the Archbishop of York to the Carlisle Diocese. Among the duties of his time with us, we asked him to give thanks for the safe completion of our rebuilding scheme, and to ask God's blessing on the school. We also invited him to pray the new school prayer on its first public occasion. It has been written by students, with advice from the chaplain and from the Canon Missioner. Here it is:

God of adventure,
You call us to follow your Son,
In transforming the world.
Inspire our minds by your Spirit
And fill our hearts with your love,
That we may grow into the people you intend,
reflect your life in the world
and bring all those we love, to you,
for the sake of him
who gave his all
Jesus Christ our Lord. Amen

Mrs Jen Milligan Chaplain

The Archbishop has also written a lovely letter to the school – which follows on page 2!

THE
ARCHBISHOP
OF YORK



Bishopthorpe Palace
Bishopthorpe
York
YO23 2GE

Tel: (01904) 707021
Fax: (01904) 709204

www.archbishopofyork.org

31 January 2013

Dear Mr Mottershead,

It was very good to meet you and your fellow governors, staff and students when I visited Trinity School last week.

I was struck by the wonderful design of the new school and the opportunities this offers for all who teach and study there. It is a really inspirational working and learning environment.

It was a great pleasure to meet so many different groups of staff and students. I was struck by the energy, drive and confidence of your students - they are a great credit to you.

I was also delighted to have the opportunity to take part in the question and answer session with some of the students. This was a lively and thought-provoking session which gave me much food for thought.

Please could you pass on my warmest thanks to your staff and the students who made this such a fruitful and happy visit? Thank you also so much for the very kind gifts of the mug and calendar commemorating the school's Uganda link. These are lovely mementos of my visit.

With every blessing,

Alan Mottershead

Alan Mottershead
Headteacher
Trinity School
Strand Road
Carlisle
Cumbria CA1 1JB



Recent Events

Visit of the Archbishop of York

The Archbishop of York, Dr. John Sentamu, accompanied by the Bishop of Carlisle, the Rt. Revd. James Newcome visited Trinity on Thursday 24th January. Mr. Brian Armstrong our Chair of Governors, and the Very Revd. Mark Boyling, Dean of Carlisle and Governor of the school greeted them and then Dr Sentamu was then introduced to Mr Alan Mottershead, Headteacher, Mrs Jen Milligan, the School Chaplain, and Mrs Andrea Shore, Head of Religious Studies. He then went on to meet students from the Sixth Form and House Leadership teams of the school who accompanied him to the Margaret Sewell Hall, where 150 Trinity students were gathered for a 15 minutes question and answers session chaired by Amy Walker, Deputy Head Girl and the Headteacher. A light lunch in the dining hall followed, providing an opportunity for Dr Sentamu to chat informally with other students from the school. There was then a short tour around the school, concluding in the Jubilee Hall where the Archbishop addressed a gathering of students and staff. Dr. Sentamu then led prayers, including the Trinity School prayer written by the Chaplain and some students of the school, and gave thanks for the successful and safe completion of the rebuilding of the school between 2009 and 2013. The visit ended with the Archbishop delivering a blessing for the school, reading our new and then signing the Visitors' Book. All in all it was an inspiring and thoroughly enjoyable visit that will live long in the memories of all who attended.

Duke of Edinburgh Award scheme

Our two Gold Canadian canoe groups, having planned their expedition, have now started their weekly pool sessions on Tuesdays and Thursdays with Mr Wright and Mr Roelich, learning the necessary rescue skills needed for their venture. The two groups have so far covered the use of throw lines, self rescues including the "X" and "curl" techniques and in the remaining five weeks will be covering the skills and teamwork needed to perfect the vital "All in" rescue using the two Canadian canoes we have based in the pool. Despite the inevitable bruises gained whilst climbing into the canoes, the two groups are showing real determination to master the skills and in addition are perfecting their paddle strokes.

On Tuesday 15th January Mr Wright and Mrs Ledingham attended a Gold Presentation Ceremony at St James Palace carried out by HRH Prince Edward, Earl of Wessex. Mr Wright had been invited to act as a Marshall for the NW region at the event and former student Hannah Irving, who had recently completed her Gold Award at Trinity, not only received her Award but was elated to actually talk to Prince Edward too. The guest speaker at the event was TV presenter Matt Johnson who, whilst not participating himself as a teenager, spoke eloquently on the immense value of the Award, the necessity of volunteers and the inspiration provided by those present who had achieved their Gold awards.

Year 7 Freeze Day – Responsible Learners

Year 7 had their latest freeze afternoon on 30th January. Students were asked to consider ways in which they could be more proactive and responsible for their own learning. Students watched a video of Mr. McArdle teaching to help them reflect on this. We also thought about the benefits of peer and self assessment and why it's important to know for yourself what makes work of a high quality.

Student Council Meeting

The full council met on 28th January with representatives from all the four Houses involved. Mr. Crawshaw and a representative of Creative Catering came along to take questions from the Council about all aspects of food and dining. As a result there were some price changes and Creative will investigate some of the suggestions from students, such as using different flavoured bagels!

Peter Vardy Conference

Following last year's highly successful Conference, Trinity School were delighted to welcome back Dr Peter Vardy, former Vice Principal of Heythrop College, University of London and renowned inspirational speaker, who works with schools and universities around the world, as well as being the author of some 15 books, including the recently published 'Ethics Matters'. Peter was welcomed by Alan Mottershead, Head teacher and Mrs Andrea Shore, Head of Religious Studies. He then delivered an evening Lecture on Thursday 31st January on 'Genetic Engineering and the New Reproductive Technologies' in the newly refurbished Margaret Sewell Hall. Peter began his talk with the subject of the Sanctity of Life and the subject of personhood which takes into account aspects such as consciousness and self-awareness as well as the ability to reason and relate to others.

In relation to new reproductive technologies he then went on to consider the ethical issues raised by IVF /IVM (In Vitro fertilisation or In Vitro Maturation, ICSI (Intracytoplasmic Sperm Injection) and PIGD (Pre Implantation Genetic Diagnosis).

He raised awareness of the lack of data being gathered on the monitoring of babies born through IVF/IVM/ICSI or PIGD. The audience included senior Trinity students, their parents and Trinity staff as well as staff and students from other local schools and representatives from the diocese.

Peter was both engaging and thought provoking, keeping the audience rapt, with his passion and ability to entertain without oversimplifying complex material. There was plenty of opportunity for heated debate and discussion around such issues as when life begins, where 'choice' or 'selection' becomes eugenics and whether we should be interfering with nature.

Many expressed their delight at the opportunity to raise and discuss such issues with such an eminent Scholar in Carlisle.

Rebecca Woodbridge, a Year 11 Philosophy and Ethics student said *'Hearing Dr. Peter Vardy's lecture on the ethical issues of genetic engineering was both enjoyable and thought-provoking. His aim was to share ethical views with the younger generation in order for us to be aware of current ideas and able to influence them positively as we become part of adult society. He involved parents and student in discussion, while exploring a range of subjects involving IVF treatment, sanctify of life and the rights of human beings, making it a very captivating talk that made me think deeper about matters that could affect me in the near future'*. Emma Goodman, a Year 13 student who has applied to study Medicine at University said, *'It was interesting to hear about the latest developments in reproductive technology and how the ethical theory behind may determine whether they go ahead'*

During the day on Friday 1st February, Peter returned to Trinity School to give lectures to Year 10 -13 students throughout the day. The topics discussed included Medical Ethics, Business Ethics and the Philosophical issue of Evil. In relation to all topics studied Peter asked the students to consider the consequences of their actions. While many may have decided that what makes an action good was the desired end result he suggested that they do have to live with the consequences of the things they do. He explained to the students that there is a distinction to be made between what is legal and what is ethical and he invited them to reflect on their own understanding and think through issues for themselves. He highlighted the importance of studying Philosophy and Ethics to enable students to engage with the current debate for the future of application of new and emerging technologies as well as aspects of law and business. A number of students, including Luke MacGregor and Adam Kelly, enjoyed the opportunity to discuss further and question Peter during the lunch break.

Charlotte Knapper said that she appreciated the chance to explore the logic behind the ethical views and then have the time to consider and discuss her own views. *'It was a very interesting and insightful Conference'* Yasemin Zaremba said, *"I am looking forward to Dr Vardy visiting Trinity in the coming years to share his knowledge and insight in the world of philosophy with us once more."*

Sixth Form Open Evening 2012

Staff and students turned out to put on an amazing display for the Trinity Sixth Form's annual open evening which showcased the fantastic courses and enrichment opportunities that are available for students studying in the sixth form. With over 30 subject displays, live music and student ambassadors to assist visitors, there was plenty to see and do! The new Carlisle Sixth Form Bistro was on show for the first time and attracted plenty of attention: many Trinity students couldn't believe the transformation, which boasts new ICT labs, comfortable study spaces and dining facilities all of which are exclusively for our Sixth Form students.

If anyone missed the open evening and would like to find out more about studying in the sixth form, please contact the sixth form team on 01228 403563 and come in and speak to us. We are also running several sixth form tours over the next few weeks so please check the Trinity website (www.trinity.cumbria.sch.uk) for more information and to sign up.

Mr Andrew Runciman (Assistant Headteacher – Sixth Form)

Cutting Edge Space Physics at Trinity

Years 10 and 11 Triple Science students were treated to a lecture from the Institute of Physics. Laura Thomas, from the Institute, delivered a fantastic, interactive and inspiring talk to the students around the theme of the Physics of Space and Gravity, showing how cutting-edge physics has led to some groundbreaking research. She explained, through a variety of presentations and demonstrations, how physics has allowed us to travel into space, how scientists create materials to withstand extreme conditions above the Earth's atmosphere and how entrepreneurs are opening up space to new generations through space tourism.

Event co-ordinator, science teacher Mr Davidson, said "It is really important to show students that what they learn in the classroom has very real and important applications and implications out in the big, wide world. I know that the students will be inspired to work really hard in Science and go on to achieve great success to become the next generation of scientists and engineers. I am delighted that our students had the opportunity to attend this lecture and I am grateful to the Institute of Physics for choosing Trinity School to start their UK tour!"

Professional Learning Mentors

From January 2013 Trinity School has employed the services of two professional Learning Mentors Ms L Sunman and Mrs B Gait, both of who come from a background in education. Their role will be to support students in maximising their academic potential at both GCSE and Post 16 level. Students may be referred to the mentors by teaching or pastoral staff to help organise work, develop positive study skills and prepare for examinations. Students may also come along to drop in sessions which will be posted in the bulletin, support will be offered for any aspect of the students work.

Trinity Primary Languages Project

As part of the Trinity Primary Languages Project, the school is running an after-school Latin club for Year 6 children in our partner primary schools this half-term on a Tuesday evening from 4.00 – 5.00. All Carlisle primary schools were invited to nominate some Gifted and Talented children who they thought would enjoy it and benefit from learning some basic Latin and, perhaps more importantly, from working collaboratively with children from other schools – particularly those who come from small schools. There have been 2 sessions so far with another 3 to follow. 28 children from 6 schools have been attending and some of our Sixth Form students have been involved in meeting and greeting, settling the younger students in and helping during the session itself. Our materials are based on the Minimus course which is about a mouse that lived at Vindolanda with a Roman family, so there is some useful local history involved too. This week we learned the Latin words for animals and sang 'Old Macdonald had a farm' in Latin which was fun! One of the most important objectives is to learn how even a basic knowledge of Latin roots can help improve literacy in English, particularly in working out the meaning of new words; for example the children have worked out meanings such as feline, canine, equestrian (from the animals) and the adjective ubiquitous since the word 'ubique' (everywhere) comes up in the chorus of Old Macdonald.

Future Chef Competition 2013 Regional Final Winner

Having triumphed at both the School Heat and the Local Final, against other schools from across Cumbria, Imogen Dodd 8BIR went on to win the North West Regional Final at Manchester Metropolitan University on 4th February. The standard at this level of the competition is incredibly high but Imogen was well practiced after completing many hours of coaching with Chris Austin, chef and owner of David's restaurant in Carlisle. Imogen had one and a half hours to prepare, cook and present a main course and dessert for two and keeping within a budget of £10.00. Her dishes of "Pheasant Cooked Two Ways" followed by a "Chocolate Orange Fondant" wowed the judges and secured her 1st place against the other 8 regional finalists.

Imogen will be practising hard and brushing up her skills for the National Final to be held at Westminster Kingsway College, London on the 18th March.

Liverpool Hope University visit

Three representatives from Hope joined us in school on Monday 4th February and spoke in assemblies to years 9 and 12 especially, gave out prospectuses, free pens, and had some good individual discussions with students. This is the only ecumenical university in Europe, and we have been impressed with the care they offer to students, their superb Service and Leadership programme for their undergraduates, and the quality of their courses. We hope to take visits there for Year 10 this summer and then perhaps for Year 12 at the start of September. More details to follow.

Information for Parents and Carers

Electronic Communication

If you would like to view the newsletter electronically on our website instead of receiving a paper copy, can you please inform Mrs Jackie Hunton in Central Office on Tel No. 516051 Ext. 264 or by e-mail jhn@trinity.cumbria.sch.uk.

Contacting school

More and more parents are finding it useful to use e-mail to contact staff at the school. Our central address is info@trinity.cumbria.sch.uk. This is checked and forwarded to relevant staff twice a day during term time.

Box Tops For Books

The library are collecting *Box Tops For Books* tokens from cereal packs – collection boxes at Main Reception and in the Chapman Library.

ActiveKids from Sainsbury's

If you happen to shop at the new Sainsbury's, then we would be happy to receive their Active Kids vouchers. Just send them into school to the form tutor or deposit them at main reception. Thank you.

Request for Holidays during Term Time

We do understand that taking a family holiday in term time can reduce the costs considerably; we also appreciate that families may not always have a choice about when they can take their annual leave because of the arrangements in their place of employment. However, it is not good for students to be away from school for an absence which could be avoided. The Cumbria County Council website has some guidance about what kind of absences could be authorised by a school, and it is not many. The Department for Education also makes it clear that it rightly expects students to be in school every day. If there are circumstances which make it vital or unavoidable for a student to be away from school, for a holiday or family event, then it is very important that we have a request well in advance and that any such absence does not cover exam periods, or preparation for them. 10 days missed from school takes over 5% out of the whole year's attendance, and we are expecting all students to be in school for over 95% of each school year. Thank you for your support.

Collection of Certificates

A/AS/GCSE certificates from **summer 2011** and **summer 2012** are available to collect from the Sixth Form Office during school hours.

Kirkland Rowell Surveys

We had hoped to summarise in this newsletter the findings from the three surveys recently conducted. However, they have arrived in school slightly later than expected and they have given us a great deal of data and ideas to think through, with further changes and improvements to make. Mrs Johnston, deputy headteacher, will write a separate and specific Newsletter just after half term to do this process justice. Many students, parents, carers and staff clearly put a lot of thought into responses and we are very grateful for that in helping us to shape the future school.

Forthcoming events

Learning Theme

The learning theme for next half term is thinking skills. We will be encouraging students to think outside the box and will place more emphasis on how students arrive at their answer rather than the answer itself. We will help them by considering questions like: "Do crabs think humans walk sideways?" and "What shape is happiness"

Café 26 first visit

The enrichment scheme is well underway – not for all years yet, but we are getting there. Our first trip is to The Sage Gateshead on Friday 22nd February when 5 staff and some 35 students will go to hear Northern Sinfonia play Mozart's Jupiter symphony, Schubert's Unfinished and Elgar's 'Cello concerto.

USA Exchange Visit 24 – 27 February 2013

Thank you to those who have already volunteered but if you haven't already done so, please could you let us know if you are able to offer accommodation to an American teenager in February. We have 15 students and 15 staff arriving at 7.00pm on **Sunday 24th February**, staying for **three** nights. We have a trip to **Edinburgh planned for Monday 25th**, a morning in school on **Tuesday 26th** and activities in Carlisle on the afternoon. This is an exciting opportunity for students to be part of. Please e-mail jcl@trinity.cumbria.sch.uk or telephone 01228 403551 if you would like further information, or are able to assist.

Uganda Project

The fundraising to support Ugandan students visiting Carlisle in the summer is continuing and on 1st March we are holding a Fashion Show in the School in the new Jubilee Hall together with the One World Shop, Stuart & Co (vintage clothing) and Rusty Buttons (vintage and Fair Trade clothing). It will start at 7.30pm and refreshments will be provided. Accessories will be on sale and there will be a raffle. Tickets are £4 and are available from School.

Also, on Friday, 22nd March, the family of one of the students hoping to go to Uganda is organising an 80's Evening which is open to young and old. Tickets are £3 and again available from School. Finally Mr Stables is continuing his sponsored cycle into school each day with the aim of completing 100 days and is still looking for further sponsors (£5 for the 100 days).

SPORT

Girls Football - Under 15 Football, 3rd Round, County Cup

Trinity 5 Ullswater 2

The goal scorers were Lauren Medley (2), Chloe Bell (2) and Stacey Davison (1).
Well done to all on an excellent overall performance.

Year 7 Girls' Football

Congratulations to the Year 7 Girls team on becoming County 5-a-side Champions. Having represented Carlisle in the Finals after beating Morton 13-1 in the City Finals, they went on to win all their games in the County finals:

Trinity 8St Benedicts 1

Trinity 5Beacon Hill 1

Trinity 1Dowdales 0

They now go on to represent Cumbria in the Northern Regional Finals on 6th February in Newcastle.

Under 13 Girls' Football

Congratulations to the Girls Under 13 6-a-side team on becoming area winners in the National NPower Girls' Tournament. The girls were fantastic – and won all their games. They now play in the North of England Regional Finals on 14th February in Doncaster. There were 4 areas in the North with 10 teams at each venue. Trinity were representing Carlisle United after winning through in the Carlisle District finals:

Trinity 2Burnley FC 0

Trinity 2Morecambe FC 1

Trinity 1Blackpool FC 0

Trinity 2Accrington Stanley 0

We therefore qualified as Section Winners and played Blackburn Rovers in the Final, winning very impressively 2-0. They are now one of four teams to play in the Regional Finals. The girls are all from Year 7 so are a year young – what an achievement!

Team: Katie Sibley, Anna McKie, Sara McKie, Holly Falder, Casey Marsh, Evie Atkinson, Ellie Mitchell, Sophie Mason.

Steph Houghton trains the Under 13 Girls' Football Team

On Friday, 8th February Steph Houghton paid a visit to Trinity School. Steph plays for Arsenal women's football team and was a key player for Team GB in the Olympics, scoring goals in each of the 3 group matches - including the winning goal against Brazil. Steph came in to coach our amazing Under 13 Girls' Football team, who are poised for a visit to Wembley, assuming they win the North of England Regional Finals of the NPower Girls 6-a-side Tournament on 14th February in Doncaster. The girls had a fantastic training session and we wish them well in the next stage of the competition.

Cumbria Schools' Gymnastics - Saturday 26th Jan @RRMA

Under 19 Girls

Trinity U19 Team - 1st

Sian Jones - 1st, Alex Jefferson - 3rd, Emily Curle – 4th, Megan Fisher – 5th, Ebony Harper – 6th.

Under 14 Girls - There were 48 competitors in this competition

Trinity U14 A team - 1st Trinity U14 B team - 4th place (Missed out by 0.5 on 3rd place)

Rebecca Dean - 2nd, Katie McGarr - 3rd, Lucy Jefferson - 6th, Roslyn Mackie - 9th, Abby O'Neil - 10th, Imogen Clark - 11th, Molly Hughes - 11th, Rose Wilson - 17th, Laura Robinson - 18th, Louisa Sinclair - 21st, Caleigh Allison - 25th, Bryony Allen - 33rd.

North of England Gymnastics Competition

The Under 16 Girls Gymnastics team won the North of England Schools Trio competition and have now qualified for the National Finals which are held in Stoke in March. The team were convincing winners - 4 points ahead of the team in 2nd place from Woodham Academy (County Durham) and Grindon Hall from Sunderland who were 3rd.

Team: Rebecca Dean (Y9), Katie McGarr (Y8), Abbey O'Neill (Y7) and Molly Hughes (Y7). The girls had to perform on the floor and vault before finishing with a group routine. Well done to the girls - a great result from many hours of hard work!

Hockey

Congratulations to the Under 13 Hockey team who won their section of the County schools hockey tournament at Austin Friars. Although the weather left a lot to be desired with wind and hailstones the girls played some fantastic hockey and beat Austin Friars 4-0 and Caldew 1-0 which means they now qualify for the County finals.

Lucy Jefferson was top goal scorer with a hat trick against Austin Friars and she also scored the goal against Caldew – Jessica Elliott was instrumental in two of the goals. Captain Imogen Clark scored the other goal. Team: Amelia Wilson (GK), Rachael Davidson, Ella Crook, Kyra Walton, Lucy Brown, Imogen Clark, Lucy Jefferson, Chloe Watson, Eve Driver, Jessica Elliott, Imogen Longcake, Catherine Phillip, Emma Little.

Boys' Football

Under 16 County Cup

Trinity 5 RRCA 0

Under 15 City Cup Semi-Final

RRCA 0 Trinity 5

Under 13 County Cup

Trinity 4 St Bernard's Barrow 1

Under 14

Newman1 Trinity 9

Under 12

Trinity 9 Newman 1

Cross-Country Event held at Barrow

Year 7 Boys: Harris Strickland 12th, Harry Lamb 14th, Thomas Hickey 28th

Junior Boys: Rhys Graham 31st, Michael Coulthard 43rd, Kieron Reynolds 107th

Intermediate Boys: Ewan Waite 14th

Senior Boys: Liam Medley 12th; Gavin Cowper 16th

Congratulations to Jordan Hull (Yr 11) and Harris Strickland (Yr 7) who have been selected to represent Cumbria Schools Cross-Country Team.

Trinity Arts and Trinity Theatre Company

Live the Dream!

'Les Miserables' rehearsals:

Monday 3.20pm – 5.00pm Margaret Sewell Hall

Tuesday 3.20pm – 5.00pm MU1

Lunchtimes to be arranged.

***New cast members welcome!**

For more information please contact Ms Southwell or Mrs Richardson

The Vibe

Tuesday 3.20pm – 5.00pm MU1

Lots of exciting projects underway including the Music Festival and Les Miserables,

New members welcome. For more information please see Mrs Richardson

The Annual Spring Concert will be held on Wednesday 27th March in the schools' new theatre. It will feature ensembles and soloists fresh from performances in the Carlisle and District Music Festival and a preview of some of the songs from Les Miserables.

DATES for the 2012/2013 School Year

First Day of Term	Last Day of Term	Half Term Week
2013 Spring Term Monday 7 th January	Thursday 28 th March 2013	Monday 11 th – Friday 15 th February Good Friday – 29 th March Easter Sunday – 31 st March
2013 Summer Term Monday 15 th April	Friday 19 th July 2013	Monday 27 th – Friday 31 st May Early May Bank Holiday - Monday 6 th May

DATES for the 2013/2014 School Year

First Day of Term	Last Day of Term	Half Term Week
2013 Autumn Term Thursday 5 th September	Wednesday 18 th December 2013	Monday 28 th October – Friday 1 st November
2014 Spring Term Monday 6 th January	Wednesday 9 th April 2014	Monday 17 th – Friday 21 st February Good Friday – 18 th April Easter Monday 21 st April
2014 Summer Term Wednesday 23 rd April	Friday 18 th July 2014	Monday 26 th – Friday 30 th May Early May Bank Holiday - Monday 5 th May

DIARY DATES for the term ahead

Friday 8 th February	Break up for Half Term
HALF TERM	
Thursday 21 st February	Year 10 Parents' Evening
Friday 22 nd February	Deadline for applications for Head Boy/Head Girl
Monday 25 th February	Year 9 Options Assembly – lesson 3
Wednesday 27 th February	Year 8 L2L Freeze Day (am)
Thursday 28 th February	Year 8 L2L Freeze Day (am) Year 9 Interim 2 to Parents
Friday 1 st March	Deadline for applications to Sixth Form Evening - Uganda Fundraising event
Monday 4 th March	Interviews for Head Boy/Girl
Tuesday 5 th March	Year 9 Freeze Day Year 9 Parents' Evening
Thursday 7 th March	January Exam results
Friday 8 th March - Sunday 10 th March	Year 8 Outdoor Activities Residential
Monday 11 th March	Year 7, Interim 2 to Parents
Thursday 14 th March	Apprenticeship Evening
Friday 15 th March	Year 10 Freeze Day – Revision
Friday 15 th March – Sunday 17 th March	Year 8 Outdoor Activities Residential
Tuesday 19 th March	Year 8, PE Inter Form Competitions – lessons 4 & 5
Thursday 21 st March	Year 8 Reports to Parents
Friday 22 nd March	Year 7, PE Inter Form Competitions – lessons 1 & 3 GCSE Drama Practicals
Tuesday 26 th March	Year 12 Reports to parents
Wednesday 27 th March	7.00pm - Spring Concert, Margaret Sewell Hall
Thursday 28 th March	Year 7 Learning Freeze Day Break up for Easter
EASTER HOLIDAYS	
Monday 15 th April	First day of Summer term

Some dates may be subject to change.

ADULT EDUCATION CARLISLE

Community and Continuing Education Programmes

The Chapman Library, Trinity School, Strand Road, Carlisle, Cumbria, CA1 1JB
Tel: 01228 403555 E-mail: kbr@trinity.cumbria.sch.uk Web: www.aecarlisle.com

We are open:-
Monday to Friday, 9.00am – 4.00pm, and 5.30pm - 8.30pm, Monday to Thursday, when courses are operating.

Adult Education Carlisle is supported by 

Trinity Leisure Centre

If you have all now broken your New Year's Resolutions don't be too hard on yourself. New Year is just the start of the year and probably the hardest time of year to start making changes. Chances are you will now be back in the swing of things, so now is the time to start thinking about your health.

How can the Trinity Leisure Centre team help?

Our aim is get more people more active more often = fitter, healthier, more productive, enhanced confidence, social time, fulfilment and attainment.

Teens: If you are 13 – 15 you can join the gym for just £13 (includes a basic gym induction so you know exactly what to do). After that you get a swipe card and you will also get a 50% discount each time you use the gym. 13 – 15 year olds can use the gym Monday – Friday 3.30-6.00pm and also on Saturday mornings.

Talk to someone who has completed their Teen Training induction to find out more or enquire at Trinity Leisure Centre reception after school and we will assist you.

Adult Health and Fitness

Monday – Friday

Gym (Cardio and Weight bearing) 4.30–9.30pm

Monday to Wednesday

Adult Swimming (visit www.carlisleleisure.com for times)

Tuesday

BWB (High Intensity Interval Training – body fat reduction class) 6.00-6.30pm

Wednesday

Aqua Tone Well established water based fitness 7.05 -8.55pm

Personal Coaching is available if you need extra support with establishing and maintaining a fitness regime to achieve your personal goals. It works and it could set you up for life. Contact reception for further details.

Family Swimming available Monday to Sunday which is perfect for you to get fit, practice your swimming and have some fun in a welcoming and friendly atmosphere. Visit www.carlisleleisure.com for times to suit you.

Weight Management – look out for the **Slim Fit** weight management programme designed by experts to help you lose weight, get active and make plans to stay that way for life.

Enquiries: 01228 403565