

# Student Bulletin



Trinity School

MONDAY 12 DECEMBER 2022

## EVENTS

CHRISTMAS WEEK (WED 14 TO 19 DEC)

MON 12 DEC FREEZE DAY (Y7-10)  
TUES 13 DEC Y7/8 STEM BAA SYSTEMS  
WED 14 DEC NASAL FLU VACCINATIONS (Y7-9)  
THURS 15 DEC Y8 INFO/BOOKS EVENING

## FORTHCOMING EVENTS

MON 19 DEC Y11 MOCK RESULTS EVENTS – REGISTRATION  
TUES 20 DEC END OF AUTUMN TERM  
WED 4 JAN SPRING TERM COMMENCES

## Mental Health Matters - Guides to Self-Care

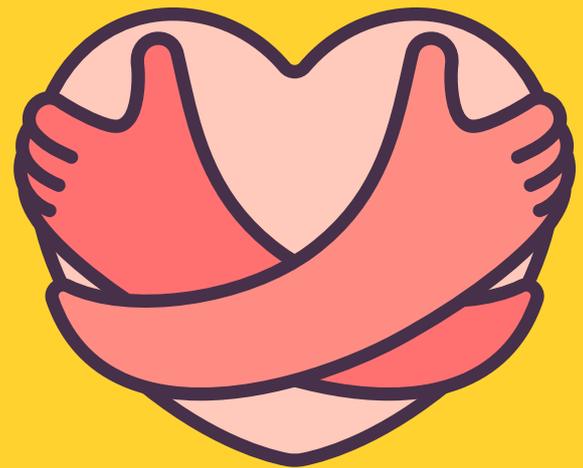
Each week we will promote a 'wellbeing link of the week' that has helpful and practical advice about self-care and how we can help ourselves to look after our mental health.

The resources are from the Anna Freud National Centre for Children and Families who have undertaken research about different ways to look after your wellbeing.

We're sharing these strategies with you to help you to manage your wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else next week

<https://www.annafreud.org/on-my-mind/self-care/>

### Week 5: Apps for Self Help



Click on the picture to visit this weeks well being link of the week!

# An Easy Recipe for Kindness

Playing Our Part  
for the Trinity  
Community!



As the end of term and the festive period approach, here are some examples of how you can make the Trinity community a kinder place:

- **Clean/tidy up after yourself in classrooms and dining halls** – Taking responsibility for picking up litter and putting away chairs or equipment is an easy way to show kindness and respect to our cleaning team and to the next person using the room/facilities after you.
- **Look behind you and hold a door open** for a member of staff or student.
- **Follow instructions at first time of asking and be polite**
- **Smile, ask someone about their day or pay them a compliment** - a random act of kindness does not have to cost any money to be appreciated!
- **Do something charitable** – Donate food to the school's "Advent Calendar", hold a stall at the Christmas Fayre, contribute to a fundraising event, write a Christmas card for a care home resident...

## Random Acts of Christmas Kindness 2022

"No act of kindness, no matter how small is ever wasted." -Aesop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Make a homemade gift	2 Thank your sanitation workers	3 Donate food to your local food pantry
4 Pick up litter or help someone shovel	5 Make a sign for your delivery drivers	6 Donate socks to a homeless shelter	7 Call a faraway friend or relative to say hello	8 Mail a Christmas card to a nursing home	9 Teach someone something new	10 Candy cane bomb a parking lot
11 Take supplies to the animal shelter	12 Leave a treat for your mail carrier	13 Pay for a stranger's coffee	14 Give a compliment to a friend	15 Leave a happy note for someone to find	16 Give a treat to a community helper	17 Leave change on a vending machine
18 Make and hide a kindness rock	19 Bring cookies to a neighbor	20 Smile at everyone you see today	21 Do a chore for someone in your family	22 Feed the birds	23 Tell silly jokes to make someone laugh	24 Do a secret act of kindness for someone
25 Merry Christmas!				29 Join the kindness conversation!	30 Follow #24RACKS on Twitter & Instagram!	





# Library News



**Last Chance to Enter!**  
 Don't miss the final week of the Library 'World Cup' and '12 Books of Christmas' quizzes

Prizes to be won!

Closing Dates: Fri-16-12.

*Lots of Season's Readings suggestions still available!*

## BOOK OF THE WEEK

### I'll be home for Christmas

A collection of stories and poems on the theme of home during the Christmas season.

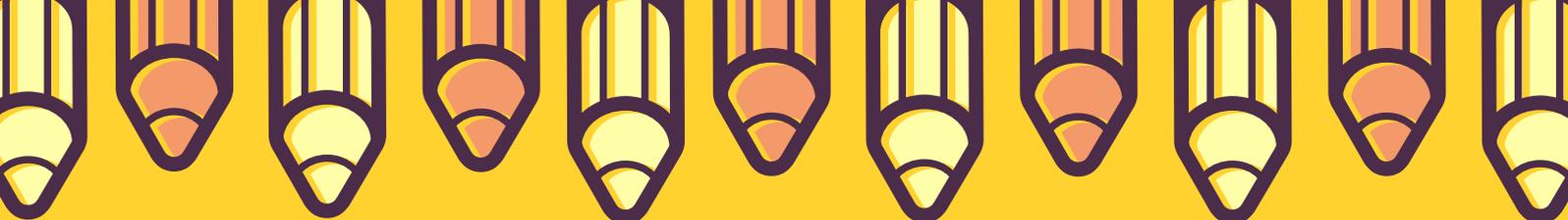
The meaning of 'home' is the focus for this anthology, with a starry line-up including Holly Bourne, Sarah Crossan, Melvyn Burgess, Benjamin Zephaniah, Juno Dawson, and Marcus Sedgwick.



*"Offers something for everyone and it's festive without going over the top" - Peter's*



Winners of the  
Autumn Term  
and 2nd Half  
Term will be  
drawn after  
Christmas and  
will receive  
their Amazon  
Vouchers in  
Assemblies



Wk Bg Monday 5th December			
<i>U13 Football (County Cup)</i>			
Trinity	7	NTS	0

Trinity School  
✦

**WORD OF THE**  
*Week*

**'MARVEL'**

**SO FAR THIS TERM:**  
'GALORE' 'HINDSIGHT'  
'INCUMBENT' 'JUNCTURE'  
'KUDOS' 'LUCENT'

