

# Student Bulletin



Trinity School

MONDAY 30 JANUARY 2023

## EVENTS

Y9 IMMUNISATIONS (TUES 31 JAN AND THURS 2 FEB)

THURS 2 FEB Y11 PROGRESSION INTERVIEWS  
SAT 4 FEB SIXTH FORM OPEN EVENT (10AM TO 12PM)

## FORTHCOMING EVENTS

CSE/ONLINE SAFETY ASSEMBLIES (MON 6 TO FRI 10 FEB)  
Y9 OPTION TASTER DAYS (TUES 7 TO WED 8 FEB)  
SIXTH FORM EXTERNAL APPLICATION INTERVIEWS (TUES 7 TO WED 8  
FEB - 3PM TO 6PM)  
Y11 MOCKS (MON 13 TO FRI 17 FEB)

SMON 6 FEB FREEZE DAY (Y7-10 - P2)  
THURS 9 FEB Y9 OPTIONS EVENING  
THURS 16 FEB Y13 TARGETED PARENTS EVENING  
FRI 17 FEB BREAK UP FOR HALF TERM

## Mental Health Matters - Guides to Self Care

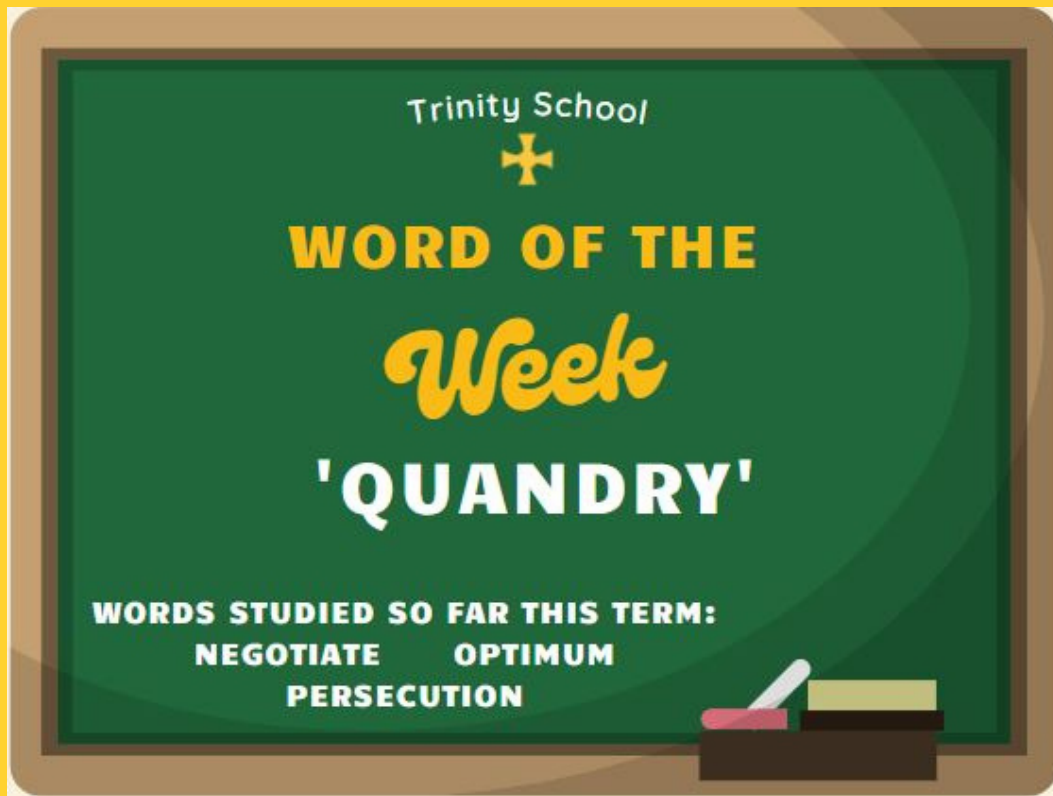
Each week we will promote a 'wellbeing link of the week' that has helpful and practical advice about self-care and how we can help ourselves to look after our mental health. The resources are from the Anna Freud National Centre for Children and Families who have undertaken research about different ways 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/>

## Sport!



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



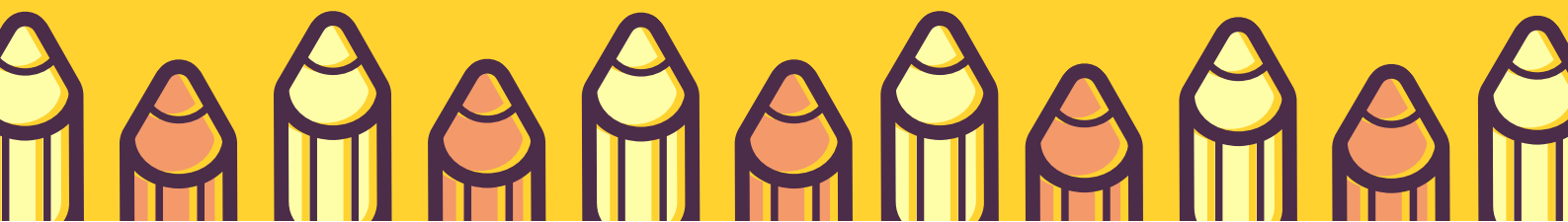
## Making Peace

Playing Our Part  
for the Trinity  
Community!



Fallouts and disagreements can and will happen in a large community like our school. Deal with them maturely so they don't affect your learning and wellbeing:

- **Ignore "stirrers"** – A lot of rumours ("he/she said") that you hear in school or on social media turn out to be untrue. Stop listening to the people who may be trying to cause trouble between you and others.
- **Stay out of other people's business** – Being a supportive friend means being a good listener and giving good advice. Confronting someone who upset one of your friends is likely to make things worse.
- **Trust adults to help you through a situation** – Talk to your Form Tutor, Year Group office or a teacher you trust if something is upsetting you or making you angry. They will be able to support.
- **Move on once the issue has been discussed and resolved!**





# Library

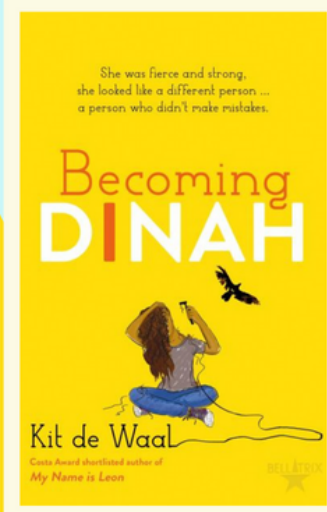


## BOOK OF THE WEEK

*February is LGBTQ+ History month, and so to celebrate we are showcasing books with LGBTQ+ authors and characters*

### Becoming Dinah

Dinah is running away - from the commune she was raised in, from the wreckage of her family, and from everything she used to be. But when her grumpy neighbour Ahab persuades her to take a road trip to chase a stolen campervan, she finds herself on a very different journey from the one she'd planned. One that will risk her life, but might finally show her which way to turn.



## Holocaust Memorial Day 2023

- To learn more about the Holocaust visit the library to see our informative display and associated books.
- Book lists available on the library website.





**PE Results:**



Wk Bg Monday 23rd January			
<i>Inter Year Football</i>			
U13	0	U14	2

