

TRINITY NEWS

Word On The Street | Every Two Weeks | From Communications

Communication

Well, this is a first! Someone other than me and Nelly actually did some work! In all seriousness though, allow me to give a big thanks to the communications team of pupil voice, who helped write this newsletter in the first of a series of collaborative efforts to get this out faster and better than ever before!

But it isn't just communications who need to be thanked, of course. Thank you to all the efforts of ALL of pupil voice, thank you to those of you who offered quotes and images for use in this or earlier newsletters, and thanks most of all to you, for reading!

Introducing... Dear Voice

Every time we publish a new Pupil Voice Newsletter, there is going to be this little column here. The plan is that we will attempt to give you advice or help with things that YOU struggle with at school - with friends, work, whatever you fancy, really. There will be a box in Student Services entitled 'Dear Voice', where you can post your problem letters. Don't sign your name; it's anonymous. We can't all do everything perfectly, so let's be a more open school community and start talking about the tough stuff!



Dear Voice,

I have this one teacher who I'm sure doesn't like me. I get on fine with all my other teachers, but this one's just got it in for me! Every lesson, he makes me answer at least one question or tells me to stop talking, even when other students are talking more than me. I'm not really naughty, so why does he dislike me?!

A Y9 Student

Dear Y9 Student,

It sounds as though you either have misunderstood your teacher or just have a really horrible one, which can't be the case because all Trinity teachers are nice... Even if some take a little more getting-to-know than others.

Believe it or not, no teacher is allowed to dislike any of their pupils. So, they might just be asking you questions because you seem distracted or off-topic, as an attempt at subtly drawing your attention back to the focus of the lesson.

I used to HATE getting told to stop talking when there were people talking way more than me, and louder too. It's pretty unfair! It may be that you're sat in a bad spot, so every time the teacher looks round, he sees you first, and if you're talking, he's probably going to want to do something about that. BUT if it's really unfair, and he's noticing other people talking too, but not telling them off, you should just talk to him about it. Scary as it may seem, he's got your best interests at heart. Maybe staying back after a lesson that is followed by break or lunch and talking about it with him would be best?

Remember that your teacher probably doesn't really dislike you, and if they do, they're not doing their job properly. The best teachers are the ones who are supportive and encouraging! If the situation persists, talk to them about it, and tell them how you feel, in the politest way possible. Good luck!

Replied to by Naomi Hastings, Y10

England v Slovenia - Wembley Trip



Earlier this month, some of our students were lucky enough to be offered the opportunity to go watch the England v Slovenia qualifier match for Euro 2016. The match was another success for England, with a score of 3-1, although some fans and commentators have criticised the match, calling it 'sterile' and 'laboured'. But, that's the nature of football matches I suppose. Even when you win, you still have things to improve on.

Despite the criticisms, England did succeed, and our students were there to see it. It was definitely a long day, with never-ending bus rides and mind-numbing lateness in returning (my brother got home at half past one, the horror!), but it was well-worth it, according to the pupils. Although I did hear something about a bus driver not getting KFC on the way home... But anyways, we here at Pupil Voice hope you had fun if you went, and here's to many more fun trips like this one!

Written by Joseph Luke, Y11

Rewards - What Do You Want?

The rewards group of Pupil Share has been very active recently in its meetings, putting forward several ideas and suggestions for change in the rewards system. While these changes may not be implemented immediately, long term plans for rewards have been created. These long-term changes should be implemented by summer 2015, allowing for a bigger and better rewards system which will be ready to be put in place next year.

Since we haven't had many suggestions yet, we've had to work with what we do have; a large group of teenagers and some ideas. Suffice to say, changes have been suggested. While a trip to Legoland isn't exactly realistic, and not everyone will want shopping vouchers, we have had some good ideas put forward, such as a 'points system' similar to the merit system but more directly regulated, which would allow you to 'buy' rewards with your points. We also had the idea to offer more varied rewards than just cinema vouchers, and let you choose your own reward when (and if) it's offered to you. But these are, of course, open to suggestion, so if you have anything to say at all, let us know!



But in the meantime, it's up to the rewards group to decide what rewards we should be giving out in the short term. Or is it? If you have any ideas related to rewards, don't hesitate to speak to any member of the pupil council; we are here to represent you, remember!

Written by Joseph Luke, Y11

Cause Hampers

It's nearing Christmas time, and that means it's time for the launch of the C.A.U.S.E appeal which provides food hampers for families in need at Christmas. This year the Pupil Voice team will also be contributing to the CAUSE hamper appeal by making our own hamper to be given out alongside the ones put together by the forms.



We would like to take this time to remind you that if you can spare any amount of money, a donation will always be appreciated. Together, we can make what we collect go a very long way.

Written by Niloufar Kaidan, Y11

Raising Awareness - Anxiety

Anxiety.

What is anxiety?

The English dictionary says that it's "a feeling of worry, nervousness, or unease about something with an uncertain outcome." And that's true. But

some of you might also know that it's a mental disorder. Anxiety is something we all experience every now and then - a lot of people will probably experience feelings of worry, nervousness and unease, such as being fearful at the thought of sitting an exam, going to an interview or meeting new people. These feelings of worry will start to affect things like your sleep, concentration levels and appetite. But once it's over and everything goes back to normal the anxiety will also fade away. This is called short-term anxiety.

Anxiety is many things to many people. It's isolating. It's overwhelming. It's tiring.

Anxiety, i.e. the mental disorder, is when those feelings of anxiety overwhelm you, affecting your sleep to extremes, making your concentration levels plummet and your appetite uncontrollable.

Anxiety can also manifest through a reflex called "fight or flight". This is designed to keep us away from danger and to protect us at any cost. When you feel anxious, fearful or under threat, this reflex triggers the release of certain hormones such as adrenaline, causing your heart to beat faster, and therefore your breathing to quicken. Following that your senses become heightened,



your mouth may become dry due to your digestive system slowing down and your brain becomes far more alert.

Fight or flight forces you to make a decision; whether to run away or to fight. This is useful when you're in a dangerous situation, but this starts to become a problem when the reflex activates in everyday conditions. After all, you can't fight or flee from your exams, having an injection, feeling left out or speaking in public. This isn't useful, and is fact negative, because there is no physical threat and therefore the effects of the reflex are bad - it can make you feel agitated, sick, or emotional, for example.

This is what is known as a 'panic attack', by the way. When anxiety triggers your fight or flight reflex, and you essentially 'shut down' due to panic and fear. So no matter how silly a panic attack might seem to you, be considerate. What looks like someone being a 'baby' is actually the product of a mental disorder - think.

If you'd like to get involved with anxiety awareness, YouTube vlogger Zoella has been recently involved with MIND to create the #DontPanicButton, which is a campaign in which you wear a red button as a sign of support for sufferers of anxiety. You can help create awareness for the disorder online - get involved, and tweet your red buttons @PupilVoice.

Written by Niloufar Kaidan, Y11

Chess Club Returns!

Last year lots of students visited the LRC on a lunchtime to join Chess Club, however this year it has failed to return to the LRC. This was because chess is not homework, and as the space was needed in the LRC the club was discontinued. Fortunately, a member of staff has announced that they would be willing to lead the Chess Club in another room, and it will be reinstated. Unfortunately, there is no specific information on when or where Chess Club will be held.

More information will be forthcoming in the future, such as the dates and times, but personally, I'm already excited. I enjoyed last year's Chess Club, and so did many other students, and I believe that a great amount of Year 7 students will be interested in this group too! This activity will be open to all year groups, also, so it might even be a way to meet people outside of your year. For more information, speak to me or ask a teacher.

Written by Joseph McKenzie, Y10



A Short Message to the Pupil Voice

I'd just like to take the last section of this page and use it to say thank you to this year's Pupil Voice. You're all doing a wonderful job, and we're making a lot of progress. Hopefully, we can get lots more done this year, and you'll be ready and prepared for next year when me and Nelly move on up. I'd like to say thank you especially to the Year Reps and the specific Form Reps that were present at the meetings with Mr Coady and the Governors last week; well done everyone! You all spoke so well and put forward our ideas as a student body with huge confidence - I know that I couldn't have faced a meeting like that as a Year 9! Well done, and thank you - *Joseph Luke, Editor*

*Special thanks to the
Communications
Team for their work.*

