

# TRINITY NEWS

Word On The Street | Every Two Weeks | From Communications

## New Meetings



Good News! The Pupil Voice meetings have been rearranged... again. If you haven't already been notified via email or by your form tutor, here's a quick rundown.

<b>Monday</b>	Communications	LRC
<b>Tuesday</b>	None	N/A
<b>Wednesday</b>	Year Reps	V Block
<b>Thursday</b>	Charity and Sports	V Block
<b>Friday</b>	Rewards	V Block

If you don't know where the V Block is, by the way, it's the former prefect room by the Tech Block near the bike stands.

Also, we'd just like to remind form reps that yes, you DO need to come to your meetings. If you don't attend meetings, we will take your badges away and remove you from Pupil Voice. Simple. For those of you who think that's too harsh, I'm sorry, but it's how this is going to work. Oh, and if you're worried about missing assembly, don't be. We'll understand if you absolutely have to be in assembly, but most of the time it should be easy enough for you to get permission to leave it. If you're unsure, speak to your head of year or Mr Carey.

*Written by Joseph Luke, Y11*

## Dear Voice

*Dear Voice,*

*I'm finding it impossible to sleep at the moment. I get to bed early, but I'm still lying there wide awake at midnight! It makes me so exhausted, and I've tried everything to stop it. What's the matter with me?*

*A very tired girl*

Dear Tired Girl,

I seriously sympathise with you on this one - not being able to sleep is horrible! You're probably experiencing this because you're a young person, and young people have lots of crazy hormones (strange chemical things - that's about as detailed as I can describe them) that whizz around our bodies at inconvenient times and disturb our normal behaviour. If this is the case, and hormones are to blame, it's probably just a temporary thing. If it continues, though, you could possibly be suffering from a sleep disorder called **insomnia**. This is something some people have that means they struggle sleeping, whether it be getting to sleep early enough, or staying asleep for long enough. So, if it persists for a long time, and something appears to be quite wrong with your sleeping patterns, have a trip to the doctor's and see what they have to say.

However, whether you suffer from insomnia or not, there are loads of different tips and tricks on how to make your brain and body go to sleep. Make sure the place where you sleep is comfortable, dark and cool; this will make sleeping loads easier. Or have a

go at making yourself a bedtime routine. By this I mean making sure you go to bed at the same time for a week or so, and do activities that help you to unwind and relax before bed. For example, before bed, I often have a warm shower, make myself a sugar-free (sugar before bed = BIG no-no!) hot drink and write my diary. Another thing to bear in mind is that lights from electronic devices before bed can really put you off, so try and avoid watching YouTube videos or checking Facebook and Instagram before bed. You can find more advice and suggestions as to how to sleep better on the NHS website. Hope this helps!

*Love, Voice*

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### Anxiety - Cont.

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Last week we talked about the basic science of anxiety, now if you know someone who has anxiety “How can I help them?” you may ask.

Disclaimer: these tips can be suited to only certain people and are not medically advised for every person with anxiety. Everyone suffers differently.

**RECOGNISE** - Anxiety attacks are harder to spot than panic attacks, people may suffer from cold sweats, shaking and/or becoming distant/quiet



**TIP:** if you think someone is suffering, ask them in private, feeling anxious in front of a group may feel embarrassing and may heighten anxiety

**REDUCE NOISE** - calmly guide the person away from noisy/crowded areas. Turn down music or TV playing in the background causally and calmly.

**SPACE-** do not loom over them. Do not smother them or crowd them. A reassuring hand on their back can go a long way.

**TIP:** If they respond with blunt short replies, don't be offended, it's difficult to speak, give them time to answer and don't ask unnecessary questions.

**BE PATIENT** and **FOCUS** them on something else to take their mind off the anxiety they're feeling. Stay patient, reassuring and calm.

*Written by Niloufar Kaidan*

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### Mr Coady and the Governors

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Two weeks ago, we had our half-termly meeting with Mr Coady. We discussed a few things; for those of you interested, here was our agenda.

Update of Student Council

**Communications** - Joe Luke

**Rewards and Celebration** - Nelly Kaidan

**Sports and Enrichment** - Amina Fallah

**Charity and Good Causes** - Joe McKenzie

**Water-Only Policy** - Naomi Hastings

**Role of Prefects** - Joe and Nelly

**Rewards Room** - Y8 students

See something you want more to be said about?  
Not see something you think you should have?  
Make sure to let us know via your form reps;  
that's what they're there for after all!

But that happens every half term! What doesn't happen every day however, is a meeting with the Governors. In fact, the meeting we attended with them after school was their first ever introduction to the Pupil Voice! It was only a short meeting - obviously the Governors have more pressing issues to deal with - but we basically introduced them to the Pupil Voice, our mission and aims, and what exactly it is that we've been doing the past two years! The response was hugely positive, so well done everyone, and here's to another year of success in 2015!

*Written by Joseph Luke*

## Focus Day



Focus day is coming up once again, and there might be a bit of confusion out there, so here's your year group break down of what you'll

be doing on the day:

**Year 7** - You will be going to Beamish! Have fun!

**Year 8** - You will be attending the Life Centre in Newcastle for an ice skating trip.

**Year 9** - You will be focusing on cultural awareness day where you will have the opportunity to experience different foods and different lifestyles.

**Year 10** - You will be enjoying a day of community awareness.

**Year 11** - Practice Exams, guys. Fun times.

**Year 12 + 13** - You will be involved in risk and resilience.

*Written by Niloufar Kaidan*

## Depression

We all know as teenagers we're all a bit moody, we're tired, don't want to get up for school, can't be bothered to do



homework. Our feelings are intense, our emotions soar and plummet in a blink of an eye over stress, heartbreak or over problems that seem so entirely significant at that moment in time.

That's NOT what depression is.

Depression is a whole other story.

It is not just plain moodiness. Instead, it is a mood disorder — a serious mental health condition that can sometimes even lead to suicidal thoughts and behaviours. It is not something to make fun of or take lightly at all. Until recently, even experts agreed that teenagers cannot suffer from mood disorders like depression or bipolar disorder, this is all new to the medical community as well as to our generation. The negative connotations bury the problem deep down and people fear to talk about it so here we are... talking about it.

The average age of depression onset is 14 years old and by the time you leave secondary education and have finished your A levels, 20% of teenagers have already been predicted to have suffered with depression at some point or another. The problem is that over 80% of those teens don't get medical help or even talk to someone about it when over 70% could potentially be helped through therapy and/or medication.

Untreated depression can lead to substance abuse, academic failure, bullying, eating disorders, and even suicide.

### **Symptoms and signs of depression can be:**

- Being irritable, sad or cranky and having an ongoing belief that life is meaningless.
- Too much or too little sleep, getting up late in the morning and having trouble doing so.
- Having no energy, feeling left out or unwanted, withdrawing from social activities and feeling bored no matter what is going on around you.
- Feeling unworthy/worthless, becoming critical of everything you do and becoming sensitive to rejection.
- Dropping in school attendance or grades.
- Writing about death, giving away favourite belongings, saying things like “You’d be better off without me.”
- Significant change in weight, extreme weight loss/gain.

Now that we know what depression can be like, what is depression?

In the past depression was usually described as a chemical imbalance in the brain, scientists mainly believed that the lack of a chemical called serotonin (“the feel good chemical”) in the body was to blame. This was only because when some depressed patients were given drugs that increase serotonin levels they reacted positively to it.

Although chemicals ARE involved, depression is a lot more complex.

Over the years scientists have come to believe that brain cell connections and growth have a much bigger role in the development of depression. When looking at a depressed person's brain, the part that controls memory and emotion (hippocampus for you nerds out there) is usually considerably smaller than normal and the longer a person has been depressed the smaller this part becomes.

Studies have come to show that stress are a big factor in trigger for the decrease of connections and growth in this part of the brain. Genetics are also believed to be a big part in the development of depression.

So although the true causes are yet to be pinned down precisely it is important to remember that depression is disease, it is not simply a weakness that someone can just “get over” or even something that we have a choice in just like other diseases like heart disease or even cancer. Making people more knowledgeable about this topic is the most important thing. So BE WISE.

This gives you a little bit of insight and hopefully makes you think twice next time asks you if you’re okay and you answer with “Yeah, just a bit depressed.”

Depression is not a joke.

And for anyone who’s been feeling these things and is having a hard time pushing through here’s our best piece of advice from the Pupil Voice Team. Communicate. That’s the biggest and best thing you can ever do. Whether it be with a teacher, sibling, friend, parent or even a counsellor. Being able to communicate is the first step to making your life better. It doesn’t even have to be verbally talking; it can be a letter or email or text... Let people know what’s going on in your life, your thoughts and emotions.

People can and will help you, you just need to search them out. Oh and one last thing, never EVER let someone bring you down. You’re you, and you is always good enough. Never stray from who you are because you never know who will come along and want and love **you**.

*Written by Niloufar Kaidan*

Special thanks to the  
Communications  
Team for their work.

