

TRINITY NEWS

Word On The Street | Every Two Weeks | From Communications

Year 11/10 - REVISION

Welcome back to school! Enjoy your half-term? Good, because now it's time to get serious. Especially you Year 11's - you've got less than a full term before your exams start! Now is the time to really start revising and getting your exam technique down, if you haven't already.

But don't worry!

You don't have to do everything on your own! While a large percentage of your revision - and therefore the grades you get back from your exams in August - is down to you, there are people willing to help. All you have to do is ask.

Firstly, there's the revision classes. These are put on by many different teachers for all different subjects, exclusively to help Year 11's get the grades they deserve. Not all are official - most are just little study-sessions between friends supervised by a willing teacher at lunch, so don't be afraid to ask your own teachers if you can use their room.

But some are more official, with set days and subjects and *gasp* even homework! In fact, some are even almost compulsory - my English class, for example, has a revision booklet that we have to do regardless of whether we go to the sessions or not, so most people just go to the session anyway for the extra help and support.

But revision classes aren't the only option! You might be too shy to ask your teacher for help, or even might not find them all that easy to understand, so it makes sense that you would be reluctant to attend a revision class run by a teacher.

That's where tutoring comes in.

There are no 'official' tutors. All tutoring is is when one student helps another with a subject they find difficult in a one-on-one situation. You've probably already been tutored by someone without even realising it! You don't need any permission to get a tutor, either. Just ask one of your friends who you know is better at the subject than you for some help revising - usually, they'll have no problem giving you some help right off the bat! If, then, you decide to start doing some tutoring sessions with them, in the LRC or a classroom at lunch or after school, that's up to you.

At the end of the day, no one can make you revise for your exams. That's up to you.

Written by Joseph Luke, Y11



Bipolar Disorder

What is Bipolar Disorder? Well I'm sure most of us know that it is a term loosely used for "mood swings".

I'd like to put out there before we even begin that the mood swings regarding this disorder are completely different to someone without the condition and that is critical for us all to know. Bipolar is not an insult that we should ever use to describe an ex or a term to call someone we think is emotionally unstable and/or is PMSing

Symptoms of bipolar disorder include:

- Losing interest in things you once enjoyed, feeling hopeless accompanied with general mood swings which may result in an elevated mood, euphoria or extreme sadness.
- A bipolar patient may experience the need to self harm due to unwanted thoughts or involving themselves with risky behaviour with impulsivity and hyperactivity which may cause them to have a lack of concentration because of racing thoughts resulting in slowness in activities
- They can also undergo feelings of paranoia, anxiety, manic episodes or depression.



The reason bipolar is a DISORDER is because it affects the functionality of a person's life, it affects and directly lowers their quality of life and the mood swings that Bipolar sufferers experience are much more severe and interfere with their day to day life - such as completing an important job or being a successful student - than someone who, say, is sad about the awful english winter ruining social plans or someone who is bummed about not losing that extra christmas weight that they seemed to have piled on.

Bipolar people are not crazy or manic, they may have manic phases (which they can't help) but most bipolar patients on average have more depressive episodes.

Today, a diagnosis of bipolar disorder depends on a doctor taking a careful patient history, asking about symptoms over time. A family history of the disorder increases a person's chances of getting it.

It is very difficult, although not impossible, to get diagnosed before reaching adulthood considering the childhood behavioural patterns that may consist of having a tantrum but recovering to go out to get a quick ice cream makes it extremely challenging to diagnose children with the disorder.

Bipolar is serious and once again there are many myths and misconceptions surrounding the topic but hopefully this piece has helped to settle some things between you and your conscience, try to be aware, be wise, be conscious of how much your words may impact someone.

*Written by Niloufar
Kaidan, Y11*



*Visit
www.bipolaruk.org.uk
for more information on
bipolar disorder*

Dear Voice

Dear Voice,

What should I do for my mam for Mother's Day?

Clueless Y9

Dear Clueless Y9,

Excuse the mega hint at my identity, but I just call my mam 'mum', so when I say 'mum' throughout this letter, I really mean your mam. However, clueless you shall no longer be, because there are loads of things you could do! Here are my top 5 ideas for gifts/nice gestures/general special motherly things to tell your mum how lovely she is:

- Flowers. Although fairly standard, most mums like a good bunch of fresh spring flowers. Try and go for something a bit different though, or her favourites, if you know what they are!
- A top. The lovely cotton t-shirts and cosy sweatshirts with the simple slogan 'Mother' being sold by blogazine Selfish Mother are extremely popular (if a little on the pricey side!) but would make a fabulous gift for a fabulous mum. All the profits made on these tops go to Women to Women International - a charity that helps women in war-torn parts of the world rebuild their lives. Alternatively, you could try and find a similar, cheaper version, especially if funding it yourself!
- Cake. Get your hands on some pretty cupcake cases and sprinkles, and make your mum some cupcakes. If Jonathan Ross can do it for Comic Relief, you can do it for your mum! Alternatively, you could really push the boat out and try your culinary hand at 'Mothering Buns', which are essentially a really pretty iced bun. They were first made in Bristol, on the night before Mothering Sunday, and the tradition has spread. You can find a recipe for Mothering Buns at <http://wholesomeireland.com/mothering-buns/>.

Special Places. Take your mum out somewhere, if you can, or if you can get your dad to help you! You could celebrate her brilliance with a meal out, a trip to the cinema to see a film she'd like to watch, or just something like a walk in a park or along the beach, if you can get there. You know your mum best; try and pick somewhere she'd like to go.

Photos. Hunt down a nice photo frame (charity shops are good for this) and put a really nice photo of you, or family photo into it. This makes a pretty easy, but thoughtful and personal prezzie!

Good luck - I hope you and your mum have a lovely day, whatever you end up doing!

Love, Voice



RE Stars

Every year, the RE teachers look out for the best pieces of work; such as excellent homework and classwork, as well as the best attitude to learning and effort in class. This is because each RE teacher then chooses a pupil to be their RE star, and they have their names on bright yellow stars in the RE corridor. A few weeks ago, each year had an assembly to celebrate the stars who were given these awards. All of the stars names were called out and they stood proud at the front of the hall with a certificate and delicious chocolate for their hard work.

Written by Bethany Andrews, Y7

Lourdes!

Well, you may have already heard about it around school or in assemblies, but the Lourdes Pilgrimage is once again running and this term, it is our main charity focus as a school.



Running the pilgrimage - taking everybody there and back, paying for food and other supplies, paying for the special care needed, etc. - is not cheap, and as a catholic college and community we have to help fund the trip as best as we are able.

In aid of that goal, Lourdes is also the Charity group of Pupil Voice's main priority as well.

While money will be raised by those actually going on the pilgrimage themselves, Pupil Voice will also be helping push the cause forwards.

Firstly, we will be participating in a bag-packing day at a local supermarket to raise money and awareness for our cause - this will be done primarily by form reps and specifically the Charity & Good Causes group.

Secondly, we are helping to organise and promote what we are calling the 'Trinity Showcase, in support of the Lourdes Pilgrimage'.



This will be a night of entertainment at the school, showcasing our performing arts and music department as well as individuals that want to volunteer to take part themselves.

If you are interested in coming to see the show, tickets will be £1 for children and £2 for adults, with a family ticket of £10 allowing entrance for two adults and up to three children. The showcase will take place on the 29th of April, in the main hall.

Also, if you yourself are interested in taking part in the actual showcase, feel free to sign up! A sign up sheet should be available in the music department, and if you have trouble finding it please ask anyone from the Music or Drama departments for more information.

Written by Joseph Luke, Y11

Year 8 Gifted & Talented Trip

On January 27th there was a geography Gifted & Talented trip. People all throughout Year 8 were selected by their geography teachers. The geography department selected around 30 people to go on this trip.

The trip was in Newcastle. While on this trip we saw multiple things; for example, the Metro and the Castle. Everybody who went on the trip agreed that it was a great experience, and would have hoped that you will go on it in the future. Thank you, to all of the Geography Department, from all of the people who were on this Year 8 trip.

Written by Harry Vince, Y8

Special thanks to the
Communications
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