

# TRINITY NEWS

Word On The Street | Every Two Weeks | From Communications

## Pupil Voice Update

Here are a few articles about what Pupil Voice has been up to last term, and what it hopes to achieve this term. These articles have been extracted from the school newsletter.



## Life as a Year 7 Form Rep

Being a Year 7 form rep is a big responsibility. We must remember to show up at all of the meetings, and be confident enough to share our ideas with a big or small group of other form reps. We like being form reps because we can help a lot of people around school, and it helps our confidence grow when we speak in front of people every time we go to meetings. It's a lot to take in at first, because there are a lot of people who have been a form rep before and they just get stuck in with what they need to do. We have been involved in the rewards group for the past few months, then we took a bigger step and joined the group for communication and now we are also year reps. We feel like better people as year reps and as form reps, because we know that we are doing a lot to help pupils and staff around school.

*Written by Bethany Andrews and Aimee Sadler*

## Communication

This year, Communication has continued its work

from last year, creating and producing the Pupil Voice newsletter. This has been a regular job for Communication, and in fact it is and will continue to be our main priority as a group. Since the start of this year, the newsletter has developed and improved upon last year's, with columns such as 'Dear Voice' and the mental health awareness articles which are now a regular feature. In the future, even more articles like the 'Star of the Week' column will hopefully become repeat attractions. We even have plans to involve students from outside of Pupil Voice in the writing of the newsletter; hopefully, these plans can come to fruition before the end of the summer term in preparation for the continuation of the newsletter next year.

*Written by Joseph Luke*



## Rewards and Celebration

During the past few weeks we have been discussing the agenda for a new and improved rewards scheme that can be implemented in the coming months. Hopefully, by September 2015 the new year 7's as well as the rest of the remaining students at Trinity will be able to be apart of this program. We are already talking about a set rewards list where students will all be awarded on the same basis in order to make sure Merits and other hard work is judged objectively instead of the idea being down to somebody's personal opinion. As well as the aforementioned we are also working on a points scheme in which if a student gains a certain number of points they are able to cash them in for a bigger prize, different point amounts will equal to different rewards which have not been completely decided yet. None of this is set in stone and ideas are still being discussed however we are looking forward to introducing this new procedure to the student body at Trinity. If any parents or students have any ideas we would be happy to listen and take them into consideration also.

*Written by Niloufar Kaidan*

## Charity and Good Causes

Within Pupil Voice, there is a huge emphasis on the work we do for Charities and Good Causes. Last term, as mentioned in the last newsletter, we focused as a group on the C.A.U.S.E Christmas hampers. This term for our involvement with good causes we are continuing to support the Lourdes pilgrimage.



This pilgrimage is for the development of our students outside of school, and also to help the elderly and disabled in southern France whilst they are completing their annual pilgrimage to St Bernadette's Cathedral.

## Sports and Enrichment

Through Sports and Enrichment we are looking to create a proposal to change lunchtimes by September 2015, so there is a wider range of activities available, whilst enhancing the opportunities accessible to the student body. Our group is responsible for the range of activities that are at the disposal of pupils at Trinity, including at lunch times and after school. We are hoping to create an environment where rewards are awarded for extra-curricular activities and pupils who are willingly going above and beyond to contribute to the school's sport and enrichment sector, as well as their own education.



*Written by Niloufar Kaidan*

## Primary Student Council

In November of 2014, Middlesbrough Schools Catholic Alliance student body met up to discuss the transition into Trinity as a Year 6 student. This involved reps from all Catholic primary schools as well as from Trinity. This exciting project also included filming parts of school life. The idea is for young primary school children to feel safe with their transition into Trinity. The Pupils of Trinity Would be able to film how we go about our daily school life. So if the student feels unsafe or confused on how we do something they could ask us to film this and they could see how it happens.

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## Dear Voice

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*Dear Voice,*

*Recently, I feel like I have been totally overloaded with homework, and I don't have enough time to get it all done. What should I do?*

*Stressed Y10 Pupil*

Dear Stressed Y10 Pupil,

Homework is hard, but admittedly, homework is good for you. That might sound unrealistic and nerdy but without the help of homework you would be unable to fully learn any of the subjects you've been taught throughout the day. Homework, believe it or not, aids you in moving these thoughts and data about the topics from your short memory where you'll soon forget them to long term memory which will come in handy for exams. If you've been set it, there's probably a very good reason for it. You kind of seem to know this from the way you're so concerned about it, which is a good thing! The best advice I can give is to tell you to ask yourself the question: "What am I actually spending most of my time doing?" By this I mean 'how much time do you spend doing activities that come below homework in order of priority':

- checking social media
- chatting to friends you'll see the next day
- watching TV
- leisure reading (if you're that kind of person)
- or otherwise wasting time procrastinating

And I mean, leisure reading is great, and other less productive activities are fine, but if you're doing them while the homework is sitting in your bag waiting to be done, perhaps you should rethink, rearrange and plan out your time more effectively. As it's a new year, how about trying to think more of homework as a top priority, and then, when that's done, you're free to do whatever you like!?

If you think about it this way, let's say you get home at around 4:00PM and it takes you at the most 30 minutes to get settled, changed and comfortable. If you go to bed at a reasonable time at around 9-10PM you have on average around 5 hours in which to do your homework in. An hour for your everyday needs brings you down to 4. Now do you really think you would need to spend 4 hours per night on homework? I don't think so. Teachers want leisure time as much as we do. Prior to popular belief, teachers don't sleep under their desks or in the staff room in school.

Teachers are also pretty understanding if you just let them know that you believe you'll be unable to do the homework that they've set you for the date they ask for it if you honestly, wholeheartedly believe that what they are doing is unreasonable. Teachers despise marking homework as much we despise doing it.

Hope this helped a bit.

*Love, Voice*

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## Ebola Homework - Year 7/8

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All of the Year 7 pupils have been given a homework to complete about the Ebola virus. The year 8 pupils have also been given the homework. The year 7's were told that there would be 20 hours plus on the homework if they took their time to make it the best they can and get a high mark. A lot of the pupils are believed to get a higher level than their target level so they have more of a challenge than others. The homework should be handed in completed and there are going to be some prizes given out for the best pieces of work which show how much time the pupils have used to make it an outstanding homework. Pupils have been going to the LRC at break lunch and after school to research about their homework and Mr Carey, who set the homework, has stayed back at school to answer any questions about the homework or help people who are struggling.

## Insomnia

Having trouble sleeping? Having trouble staying asleep? Troubling thoughts keeping you up at night? Although these are all symptoms of insomnia, it does not technically mean you should self diagnose with the above illness.

Although some may argue that insomnia is not a primary disease or a mental illness, it has been thoroughly investigated that most times mental disorders can lead to and contribute to the development of insomnia. 20% of teens who go to bed after midnight are more likely to develop insomnia, not getting enough sleep can lead to a person's work-life, social-life, and family-life being negatively affected hence why it is so utterly crucial that not only teenagers like you and me but people in general should get the required amount of sleep.

Group	Amount of sleep required (hours per day)
1-4 Weeks Old	15 - 1
1-3 Years Old:	12 - 1
Cat	12 - 1
7-12 Years Old:	10 - 1
12-18 Years Old:	8 - 9
Dog	12 - 1
18+	7 - 8

### But what is insomnia?

Insomnia is an inability to get the amount of sleep needed to function efficiently during the daytime. It is caused by difficulty falling asleep, difficulty staying asleep or waking up too early in the morning. Over a third of the population suffer from the illness (most without even knowing it) and over a fifth suffer from sleep disturbances which affect their day to day lives.

### Why is this in the mental illness column if it's not "technically" a mental illness?

More than one-half of insomnia cases are related to depression, anxiety or psychological stress. Usually the symptoms of an individual's insomnia as well as the rest of the patient's symptoms can be extremely helpful in determining the person's mental disorder.

Depression can cause early morning wakefulness; when paired with affected/poor concentration, a depressed mood, a change in appetite or weight as well as low levels of energy whilst on the other end of the spectrum a sharp decrease in the amount of sleep a person gets as well as an increase in energy without any need for sleep can be contributing as a sign of mania or bipolar disorder (which we will discuss in the next issue of Pupil Voice)

Anxiety disorders can also be associated with poor or lack of sleep, OCD is frequently associated with insomnia, Panic attacks during sleep may suggest a panic disorder and lack of sleep due to nightmares may be a sign of PTSD.

Get to sleep early kids, teens are usually recommended between 6-9 hours of sleep per night, specially year 10/11 who's exams are coming up in less than 15 weeks, if you're in bed by nine you will be awake, alert and ready for the day, forget about Big Brother, brush your teeth, kiss your parents goodnight and get in bed. Trust me, you need the rest. Thank me for it later.

*Written by Niloufar Kaidan*

Special thanks to the  
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