

# THE SPIRIT OF TRINITY



Dear Student, Parents, Carers & Governors

**When I arrived at Trinity Catholic High School in September albeit part time, I walked both sites. I listened. I looked closely. I saw pride and potential. I also saw spaces needing care.**

**In my first half term, I shared one clear thought with parents. We need to paint the Lower School.**

**The response was immediate with the power of WhatsApp.**

**Over 40 parents turned up. They gave time. They brought energy. They worked with pride. I was taken aback by the commitment and the speed of action.**

**The painting day said everything. Parents arrived early. They stayed late. They worked for their children and for this school. Standards matter here. Ambition matters. Outcomes matter. Schools also grow stronger when people act together.**



**Once the paint dried, the work continued.**

**With parents' help, we put up large posters of our children across the Lower School. Faces filled the walls. Pride filled the corridors. These images marked a new Trinity.**

**A school in renaissance. A clear rebirth driven by people. Our environment began to reflect our children and our expectations.**

**On Monday, that same spirit gathered again.**

**We held the first 'Friends of Trinity' meeting. Parents and alumni joined us in the truest sense of a PTA. I joined remotely, yet the message was unmistakable. This is a determined group. They want to rebuild community. They want to raise funds. They want to help Trinity move forward.**



**On reflection, an old Jesuit word shaped the evening. 'Magis'. It speaks about striving to do more for the good of others.**

**Nearly 30 people spoke with clarity and purpose about practical ways to strengthen the school. These selfless actions reinforce our ethos. Service in action. Responsibility shared.**

**Although Trinity sits on the borders of north east London and Essex, what defines us runs deeper. People care. People step forward. People want this school to succeed.**

**This year marks another step.**

**We will host our 50th anniversary Ball in May, followed by our first Trinity Festival- 'TriFest'. Both events bring people together and will raise funds for the next stage of our journey.**

**Here is the invitation.**

**IF YOU CAN GIVE TIME, STEP FORWARD.  
IF YOU CAN SHARE SKILLS, GET INVOLVED.  
IF YOU CAN SUPPORT QUIETLY, KNOW IT MATTERS.  
IF YOU CAN ATTEND AN EVENT, BE THERE.**

**Every role counts. Every contribution matters.**

**Thank you to our parents and alumni. Never underestimate your role. Not everyone organises events. Many support in ways others never see. That commitment strengthens our school.**

**I look forward to seeing many of you at the next painting party later this term, date TBC. I also hope to see many of you at the Ball or at the Trinity Festival.**

**Remember this is our 'village' and we move forward together.**



**God bless**

**Declan Linnane  
Headteacher**

# PRAYER OF THE WEEK

**Loving God,**

**Thank You for the Spirit of Trinity.**

**Bless all who give time and energy in service of our children.**

**Guide our community as we work together for the common good.**

**Help us to act with generosity and care.**

**May our school remain a place of pride, belonging, and shared responsibility.**

**Amen.**

# PLEASE SUPPORT ADAM & HIS FAMILY

Please help support Adam, a Year 9 student, and his family, who are raising funds to meet urgent financial needs following a serious, life-altering accident. While on holiday in Jamaica with his Father and older brother, Adam fell from a fifth-floor balcony.

Against all odds, he survived the fall, but suffered severe injuries, including multiple spinal fractures, compound fractures to both ankles and feet, and a right lung pneumothorax.

To read more and donate, please scan the QR code.



## HEAD OF YEAR 10 UPDATE



As we head into the final week before half term, we are encouraging all Year 10 students to stay focused, show positive attitudes in lessons, and continue supporting one another. We are looking forward to celebrating students' achievements at next week's rewards event, recognising the effort, commitment, and positive choices made across the year group. We would like to take this opportunity to wish Mrs Sidoli all the very best as she begins her maternity leave. She leaves Year 10 in a strong position and would like to thank students and families for their continued support.

We are delighted to confirm that Ms Krist will be covering the role of Head of Year during this time. Ms Krist brings a strong commitment to student wellbeing and academic progress, and she is very much looking forward to working closely with Year 10 students and families. We wish her every success in her new role and are confident she will be warmly welcomed and well supported by the Year 10 community.



# SIXTH FORM SPOTLIGHT

## SIXTH FORM APPLICATIONS

As Year 11 students reach a crucial stage, we encourage families to ensure Trinity Sixth Form applications are on track. Students with a conditional offer should accept it as soon as possible to secure their place, subject to GCSE entry requirements. Any student intending to join Trinity Sixth Form who has not yet applied must do so via the school website. Support is available in school for students who need guidance with the process.



## SIXTH FORM VISITS

We are pleased to offer guided Sixth Form tours every Thursday and Friday from 4:00– 4:30pm. These visits give prospective students and families the chance to explore our facilities, meet staff, and learn more about Sixth Form life. To arrange a visit, please contact the Director of Sixth Form at [DBaker@tchs.org.uk](mailto:DBaker@tchs.org.uk). We look forward to welcoming you.

## SIXTH FORM STUDY HUB

The new Independent Study Hub in Trinity House is now open to all Sixth Form students as a dedicated space for quiet, focused independent study. Independent study is essential for Sixth Form success, supporting consolidation of learning, exam preparation, and the development of self-discipline for future pathways. We will continue to develop this space over the coming weeks to further support independent learning.



## YEAR 13 MOCK EXAMINATIONS

Year 13 mock examinations will take place from 23rd–27th February and are a key milestone in preparation for final assessments. The mocks help identify strengths and areas for improvement, inform targeted support, and prepare students for formal exams. Parents are encouraged to support strong attendance, effective revision routines, and student wellbeing during this period.

## ALL-NEW TRINITY ALUMNI GROUP

We are delighted to be growing our Trinity Alumni community and invite former Trinity students, as well as parents, siblings, and friends who attended Trinity, to get involved. Our aim is to build a strong alumni network that inspires and supports current students. All alumni are encouraged to join our Trinity Alumni LinkedIn group to stay connected, share opportunities, and support the next generation.

Join here: <https://www.linkedin.com/company/tchswoodford/>



# YEAR 7 STUDENTS IMPRESS WITH MOTTE AND BAILEY CASTLES



Year 7 students have truly excelled, creating some fantastic motte and bailey castles for display. A huge well done to Cassie, Maya, Ava, Noemi, Izzy and Sean, who all won prizes for the best entries, outstanding work!

## NATIONAL APPRENTICESHIP WEEK: EXPLORING FUTURE PATHWAYS

From 9th to the 13th of February, the school will be celebrating National Apprenticeship Week, giving students across all year groups the opportunity to explore the wide range of career pathways and opportunities that apprenticeships can offer.

Throughout the week, students will take part in a range of activities, including a live webinar with Success at School, assemblies and a lunchtime drop-in session led by AIM Live, and a visit from the University of Hertfordshire. There will also be several evening online webinars from a variety of industries, with access details shared via students' school email accounts.

### For parents and guardians:

Amazing Apprenticeships will be hosting an online webinar, "Understanding Apprenticeships", on Monday 9 February from 6.30pm to 7.30pm. To register, please use the link below:

[https://us02web.zoom.us/webinar/register/WN\\_z9nXeVikR\\_ms19MHWGpokg#/registration](https://us02web.zoom.us/webinar/register/WN_z9nXeVikR_ms19MHWGpokg#/registration)

For parents, guardians and students: A virtual apprenticeship careers fair hosted

# HENRY STRIKES GOLD AND SILVER IN LONDON



Henry Monehen delivered an outstanding performance today at the Grappling Industry London event, taking home gold and silver medals in the Advanced Division.

Competing against elite-level opposition, Henry showcased technical precision, grit, and consistency across the brackets earning two podium finishes and cementing his place among the top competitors in his division.

An exceptional result on a big stage. Congratulations on a huge day of competition

by Unifrog will take place on Wednesday 11 February from 4.00pm to 6.00pm, offering the chance to meet employers, explore current opportunities, and gain application advice. To register, please use the following link: <https://www.unifrog.org/events/upcoming/1644-unifrog-apprenticeship-fair>



# FINDING INSPIRATION AT THE TATE MODERN

Last week, Year 11 GCSE Art students visited the Tate Modern Gallery in London to support the development of their exam theme, 'Found'. During the visit, students produced a range of high-quality studies inspired by the artwork on display, demonstrating creativity, focus, and thoughtful engagement with contemporary art.

The students' behaviour throughout the trip was exemplary, and their commitment to deepening their knowledge and



understanding of art was clear. Well done to Mr Chapman and Mrs Harrington's GCSE Art students for making the most of this valuable learning experience.

## AN EXCITING YEAR SO FAR IN MEDIA STUDIES

It has been a busy and creative start to the year in the Media Department, with students across all year groups engaging in a wide range of practical and theoretical work.

Year 10 GCSE Media Studies students explored political ideologies and media bias by creating mock political systems, holding a general election, and reporting on the results as newspaper editors, developing a strong understanding of representation and audience influence.

In Year 11 and Year 13, students have made excellent progress with production work, particularly magazine coursework, which has been of a high professional standard. Film Studies students are also completing short films, with some entries being submitted to the Eduqas Moving Image Awards.

## LIFE SAVERS TRAINING FOR YEAR 8 STUDENTS

This week, we were pleased to welcome a team of London Paramedics to our school to deliver a Life Savers training programme for our Year 8 students. The session was extremely successful and provided students with valuable, life-saving practical skills. During the training, students learned how to perform CPR, how to safely use a defibrillator, and how to respond confidently in emergency situations.

We would like to extend our sincere thanks to the team of paramedics who gave their time and expertise to support our students and help equip them with skills that could one day save lives.



The media studio is now fully in use for photography, green screen filming, and a new podcast corner, soon to launch the student-led Media Matters podcast. With exam preparation underway, students are well placed for the months ahead.



# **FRIENDS OF TRINITY: BUILDING COMMUNITY TOGETHER**

On Monday evening, a fantastic group of parents met with staff for the inaugural Friends of Trinity AGM, where the committee was elected. The turnout and enthusiasm were overwhelming, highlighting a strong desire to build a positive, supportive school community together. The Friends of Trinity aims to bring students, parents, carers, and teachers together, not only to raise funds but also to raise the spirit of Trinity. The group is focused on creating a welcoming, pressure free community where everyone can get involved in a way that suits them.

Over the coming year, the committee will organise events such as quiz nights, school discos, and outdoor movie nights, alongside special celebrations for the school's 50th anniversary, including Trinity Fest on 4 July and a Trinity Summer Ball (date to be confirmed). Plans are also underway to create a parent and carer business and services directory, helping families connect, support one another, and strengthen the Trinity community further.



# **STUDENTS MAKING THEIR VOICES HEARD**

On Monday 2nd February, our students attended a Leadership in Action Conference at Walsingham House near Brentwood, organised by Caritas/Citizens UK. The conference focused on how young people can use their voices to bring about positive change in their local communities.

The day provided students with the opportunity to explore issues affecting society and to consider how leadership and active citizenship can make a real difference. They engaged fully with the sessions and discussions throughout the event.

Our students brought enthusiasm, insight and maturity to the conference. Their thoughtful contributions enriched conversations and helped to shape an impactful and meaningful experience for all involved.

They were an absolute credit to Trinity, demonstrating the determination and values needed to help shape a better world, in line with our school mission.



## **Year 12 Students Explore Competitive Futures**

Year 12 Sixth Form students recently attended the Competitive Futures Options Event at Bancroft's School, where they took part in workshops led by University of Warwick, University College London, Queen Mary University of London and University of Cambridge. Students received valuable guidance on competitive applications, personal statements, Oxbridge pathways and what admissions teams look for, with a strong emphasis on super-curricular work such as wider reading, lectures, online courses and enrichment activities. The event provided excellent formation and further support for students as they consider ambitious post-18 pathways.



# TRINITY SIXTH FORM APPLICATIONS UPDATE



TRINITY

CATHOLIC HIGH SCHOOL



Our Sixth Form  
**APPLICATIONS NOW OPEN**

TO SHAPE A BETTER WORLD

We are delighted with the strong level of interest in Trinity Sixth Form this year and would like to thank families for their continued support. Conditional offers are now being issued to students who have already applied, and this process is ongoing. Students who have not yet submitted an application are strongly encouraged to do so by the deadline of Friday 13 February via the school website.

## WHY DOES BELONGING MATTER FOR MENTAL HEALTH?

Our mental health flourishes when we feel connected and valued. When children and young people have a strong sense of belonging, they:

**Feel more confident** to be themselves and try new things.

**Develop resilience** to cope with challenges and setbacks.

**Build stronger relationships** and communication skills.

**Experience less anxiety and loneliness.**

**Have better self-esteem** and understand their own worth.

**Feel motivated** to contribute positively to their communities.

When we don't feel like we belong, it can leave us feeling isolated, anxious, or like we need to hide parts of ourselves to fit in. That's why nurturing belonging is so crucial for every child's mental health and wellbeing.

## THIS IS MY PLACE: CELEBRATING BELONGING DURING CHILDREN'S MENTAL HEALTH WEEK



## Social media tips, advice and posts

We'd love for you to get involved on social media and shout about Children's Mental Health Week!

### Two top tips

1. **Tag us** - on your posts, be sure to tag Place2Be (see below) so we can see and share your posts.
2. **Use our hashtag** - use #ChildrensMentalHealthWeek to join the conversation and help us spread the word.

When tagging us in your posts, you can find us on:

- X - [@Place2Be](#)
- Instagram -  [@\\_Place2Be](#)
- Facebook - [@Place2BeCharity](#)
- LinkedIn - [@Place2Be](#)
- Threads -  [@\\_Place2Be](#)

### Example social media posts

- We're supporting #ChildrensMentalHealthWeek with @Place2Be! Join us in donating and raising vital funds for children's mental health. #CMHW2026
- We're excited to take part in #ChildrensMentalHealthWeek! Join us in supporting @Place2Be and raising vital funds for children's mental health. Every donation helps to make a difference. #CMHW2026
- Did you know 1 in 5 children face mental health challenges? Let's make a difference together during #ChildrensMentalHealthWeek! Every donation helps @Place2Be #CMHW2026
- We're supporting #ChildrensMentalHealthWeek with @Place2Be! This year's theme is 'This is My Place,' encouraging self-acceptance and belonging. Join us in raising vital funds for children's mental health. Every donation helps to make a difference. #CMHW2026

**Launching**

# **THE SHARP SYSTEM**



At Trinity Catholic High School, the safety and wellbeing of our students is always our top priority. We are proud to launch the SHARP system (School Help Advice Reporting Page) A confidential online platform that empowers students to report concerns and seek support quickly and securely.

The SHARP system allows students to raise issues such as bullying, online safety, hate crime, weapons, health and wellbeing, or any other worries they may have either about themselves or someone else. Reports can be made anonymously, ensuring every student has a voice and a safe way to be heard.

**The platform is easy to access via any device at:**

**trinitychs.thesharpsystem.com**

## **HOW TO USE SHARP**

1. Visit [trinitychs.thesharpsystem.com](http://trinitychs.thesharpsystem.com)
2. Click Make Report to share your concern.
3. Explore the dedicated help pages on topics such as bullying, health, hate crime, and community safety.
4. If you prefer to speak to someone directly, you can always approach a member of staff or contact Mrs McGrory, Head of Pastoral.

### **A Message from the Headteacher**

“At Trinity Catholic High School, our Mission is to ensure that every student feels safe, valued, and supported and has a voice. The SHARP system provides an additional, confidential way for students to share any concerns, knowing that they will be listened to and taken seriously.

We want all members of our community to understand that safeguarding and wellbeing are at the heart of everything we do. By speaking up, students are helping us to build a culture of trust, care, and respect. No student should ever feel alone. Together, we can make Trinity a safe and supportive place for everyone.”

### **Why SHARP Matters**

1. Gives students a safe and confidential space to raise concerns
2. Helps staff respond quickly and effectively to issues
3. Builds a culture of care, respect, and inclusion across our community

We encourage all students and parents to familiarise themselves with the SHARP system and to use it whenever needed. Together, we can ensure that Trinity remains a place where every student can flourish in safety and confidence.

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

## POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

## RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

## LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

## IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

## MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

## REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.



### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.



### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The  
National  
College®



# TRINITY

## NOTICE BOARD

**JOIN**  
**SILVERTOWN STORM**  
**NETBALL CLUB**  
**AGES 11 - 18 | NEWHAM**

**PLAY**  
**EASTER**  
**SESSION**

**SESSION DATES:**  
**MONDAY 30<sup>TH</sup> MARCH 2026**  
**THURSDAY 2<sup>ND</sup> APRIL 2026**  
**TUESDAY 7<sup>TH</sup> APRIL 2026**  
**THURSDAY 9<sup>TH</sup> APRIL 2026**

**WEST ESSEX PANTHERS**

**CONTACT:** [WESTESSEXPANTHERS@GMAIL.COM](mailto:WESTESSEXPANTHERS@GMAIL.COM)

**WHAT**  
**BASKETBALL TRAINING FOR U12 AND U14**

**WHERE**  
**NEW CITY FITNESS: EPPING FOREST WELLNESS CENTRE IG10 3SA**

**WHEN**  
**EVERY OTHER SUNDAY**

**TRINITY** CATHOLIC HIGH SCHOOL

Our Sixth Form  
**APPLICATIONS NOW OPEN**

**JOIN**  
**SILVERTOWN STORM**  
**NETBALL CLUB**  
**AGES 11 - 18 | NEWHAM-BASED**

**SCAN TO FIND MORE INFORMATION VIA THE INSTAGRAM**

**WHAT PLAYERS GET:**  
**PLAYER DEVELOPMENT PATHWAY**  
**MATCH PLAY & COMPETITIONS**  
**CONFIDENCE, TEAMWORK & FITNESS**  
**WEEKLY SESSIONS**

**FORMER TRINITY STUDENT**

**GCSE MATHS TUTORING**  
**FOUNDATION & HIGHER LEVEL**  
**ONLINE LESSONS**

**Get in Touch if Interested!**

**+44 7933609027**  
**Carmela**  
**Call or Text**

- 3 Years Tutoring Experience
- Mathematics Degree Student
- Foundation & Higher Level GCSE
- Exam Preparation & Support

$x^2 - 3x + 2 = 0$

$y = x^2$

**SCIENCE CLUB**  
**WHERE CURIOSITY MEETS DISCOVERY!**

**(WEEK A)**  
**THURSDAY ROOM 15**  
**3:15 PM TO 4:15 PM**

**EXPLORE YOUR PASSION FOR SCIENCE!**