



# TRINITY

Dear Student, Parents, Carers & Governors

## Spirit of Trinity Special Mobile Phones. Leading with Courage.

I often speak about the courage to be 'distinctively different'.

This is one of those moments where leadership matters.

As educators, and as parents, you see first-hand the influence a mobile phone holds. It brings connection and convenience. It also brings pressure, distraction and risk. Its impact reaches into social life, mental wellbeing and learning.

Socially, phones now shape how friendships form and how conflict unfolds. Issues no longer end at the school gate. They continue through the evening. Group chats amplify disputes. Images spread quickly. Situations escalate.



Mentally, many young people feel the strain of constant connection. National evidence links heavy use with lower wellbeing and disrupted sleep. Nearly half of teenagers report checking their phone during the night. Interrupted sleep then affects mood and resilience.

Educationally, focus shifts. Research shows that removing phones during the school day improves concentration and supports progress. Even when switched off, the presence of a smartphone competes for attention.

### Trinity is no different.

We continue to manage behaviour concerns linked to inappropriate smartphone use. Recent communication with families has addressed incidents involving filming and the sharing of footage across social media platforms.

## PHONE FREE EDUCATION

What begins as a moment often becomes something wider once recorded and circulated.

**This reflects a wider pattern across society.**

On Monday we held our first Mobile Phone Consultation with parents. The purpose was simple. To listen and to explore where Trinity should move next.

I really appreciated the large number of parents who attended. The discussion was thoughtful and constructive.

We spoke about creating a smartphone free environment within school. This is not about prohibition for its own sake. It is about shaping a compassionate, focused, safe and creative space where pupils and staff can flourish.



We also recognised the daily disruption schools now face through online harms linked to smartphone use. Time which should be spent on teaching, mentoring and supporting young people is often spent managing digital fall out. Removing smartphones from the school day offers the chance to redirect that energy into more positive and rewarding work with children.

This approach does not deny the digital world.

Trinity remains committed to preparing students for adult life and the modern workplace. Pupils will continue to develop strong digital skills through Computing, IT, research-based learning and specialist subjects. They will learn how to use technology with purpose through coding,

analysis, problem solving and critical thinking.

The policy we are exploring relates to what is brought into school. It does not seek to dictate what families choose at home. Schools have always set expectations around uniform and equipment. Items which are high value, distracting or harmful are routinely restricted.



Smartphones meet all three of these criteria.

Some parents spoke about delaying the purchase of a smartphone. A consistent school approach can support families who wish to take this step.

We also discussed learning from schools who have already made this transition. Leadership will seek insight from settings such as Walthamstow School for Girls, Fulham Boys School, Finchley Catholic High School, Cardinal Vaughan Memorial School and The Archer Academy to understand the positive impact reported by staff, students and parents.

We recognise the practical concerns families may have if students do not carry smartphones. As part of this work, we are considering a number of measures to support pupils and parents.

These include:

- Clear school-based communication routes so pupils can contact home if needed
- Support for the use of simple call and text phones for travel
- Improved access to supervised school phones where necessary
- Continued parental updates during trips and visits through school channels
- Expansion of clubs and activities to strengthen real world interaction and belonging

School trips were another area of reflection. Parents recognised that when children are in the care of teachers, communication should

flow through the responsible adult rather than through personal devices. Schools will continue to keep families updated during visits through appropriate channels.

We acknowledge that not all young people will welcome change. Smartphones are designed to hold attention and we all know how addictive these smart phones have become. It is reasonable for pupils to feel uncertain. Our role is to guide and support adaptation with clarity and consistency.

I also recognise that Trinity has a feel of a 'village'. There is a strong sense that we look out for one another. The African saying reminds us that 'it takes a village to raise a child'. In today's context, this carries a deeper responsibility. When one child experiences harm through the misuse of technology, the ripple often reaches others. When one family holds a boundary, it supports another who is trying to do the same. By working together to create a smartphone free environment in school, we are not only protecting our own children, we are helping protect their friends and peers as well.

Over the coming weeks, we will begin to shape a revised mobile phone policy which reflects national guidance, parental voice and Trinity experience.

This will be presented to the Governing Body for consideration with a proposed implementation from September.

Further updates will follow so that all members of our community remain informed.

For more information and support, parents may wish to explore:

Smartphone Free Childhood

<https://www.smartphonefreechildhood.org/resources-for-parents>



Generation Focus

<https://www.generationfocus.org>

GENERATION **FOCUS**

Both offer guidance for families, practical advice and support for conversations at home.

We ask for trust and partnership. Even where views differ, this work seeks to protect the most vulnerable and strengthen the wellbeing of all.

To lead in this moment requires courage.

The courage to shape culture.

**The courage to protect childhood.  
The courage to be distinctively different.**

**Enjoy your weekend and thank you for being part of a dynamic school community helping 'shape a better world' which is ultimately our school's Mission.**

**Enjoy the half term and time with your family and friends.**



**God bless**

**Declan Linnane  
Headteacher**

## **WEEKLY PRAYER**

**Heavenly Father,**

**You entrust each child to our care.**

**Guide our school community to act with wisdom and courage.**

**Help us to protect the dignity of every young person.**

**Teach us to create spaces where peace, focus and kindness grow.**

**Strengthen our shared responsibility for one another.**

**May we support not only our own children, but the good of all.**

**Bless our decisions.**

**Bless our relationships.**

**Bless our efforts to help young people grow in truth and freedom.**

**Through Christ our Lord.**

**Amen.**

## **Trinity Students Launch Confirmation Programme**



St Thomas of Canterbury launched its 2026 Confirmation preparation programme on Thursday evening, with candidates reflecting on their chosen saint's name, sponsor and the meaning of the Sacrament of Confirmation.

On Saturday, students attended a team-building day at Lambourne End, taking part in activities such as bouldering, caving and archery, which encouraged resilience and teamwork. They represented Trinity exceptionally well, with staff praising their behaviour and mutual support. It has been a fantastic start to their Confirmation journey.

## **Feel-Good Thursday: Valentine's Celebrations in the Library**

On Thursday we celebrated Valentine's day early in the library with our themed Feel-Good Thursday event. We are pleased to say that it was a great success! Lots of heart decorations were made, cards created, bookmarks coloured and puzzles completed and lots of cake and biscuits were eaten. We had many happy students at the end of the event, who left with their fabulous Valentine's creations to give to their loved ones!



# Historic First Win for Year 7 Basketball Team



Year 7 celebrated a fantastic achievement as they secured their first basketball victory with a 34-27 win against Woodbridge. The team showed great determination and teamwork throughout the game, working hard at both ends of the court to earn a well deserved result. A special mention goes to S. Akinyemi-Anozie, who was named Man of the Match for an outstanding performance.

## Football Rebooted: Give Your Boots a Second Life

Marie, Millie and Niamh in Year 8 are reminding everyone to donate old football boots to the Football Rebooted charity.

If you have boots that no longer fit or are unused, please bring them into school to give them a second life and help others get back in the game.



Collection boxes are available at reception on each site. Thank you for your support!

# Celebrating Success: Year 10 Awards Presentation

This week, we were delighted to host a special awards presentation to celebrate Year 10 students who have excelled in recent weeks. Students proudly collected their certificates in recognition of their hard work, commitment, and consistently positive approach to school life.



The celebration was made even more enjoyable with a well earned hot chocolate topped with marshmallows, creating a relaxed and cheerful atmosphere as students shared their achievements with friends and staff. It was a wonderful opportunity to acknowledge not only academic success but also the resilience, effort, and positive choices shown across the year group.

Well done to all involved, we are incredibly **#TRINITYPROUD**



# SIXTH FORM SPOTLIGHT

## NATIONAL APPRENTICESHIP WEEK

This week marks National Apprenticeship Week in Sixth Form, shining a spotlight on how apprenticeships equip young people with the adaptability and technical expertise needed to thrive in a rapidly evolving economy. It is a valuable opportunity to celebrate apprenticeship success stories, strengthen links with employers and support students and families in exploring high-quality pathways beyond school. Parents and carers can find a range of helpful advice on our website. <https://www.tchs.org.uk/sixth-form/beyond-sixth-form/>



## YEAR 12 PARENTS EVENING

We would like to remind parents and carers of our Year 12 Parents' Evening on Thursday 5th March (3.30pm–7.00pm), held face to face on the Upper Site (Mornington Road). This is an important opportunity to discuss your child's progress directly with subject teachers.

Appointments are open via EduLink. We look forward to welcoming you to what promises to be a valuable and informative evening.

## THE SUTTON TRUST

The Sutton Trust is a fantastic organisation that parents and carers should be aware of. Working in partnership with leading universities and employers, they run high-quality programmes designed to give students practical advice, raise aspirations, and build confidence about future pathways, including university and degree apprenticeships.

All Sutton Trust programmes are completely free to attend. Travel, accommodation, food and activities are fully funded, ensuring that cost is never a barrier for students who would benefit from these opportunities. The Trust regularly offers webinars, summer schools and guidance for students exploring competitive pathways such as Medicine, Law and Russell Group universities. It is always worth keeping an eye on the Sutton Trust website, as new opportunities open throughout the year and can be genuinely transformational for young people.

<https://www.suttontrust.com/>

## SIXTH FORM STUDENT LEADERSHIP CAMPAIGNS UNDERWAY

Campaigning for Sixth Form Student Leadership has now begun following the shortlisting process. Over the coming week, shortlisted students will engage with their peers across the Sixth Form and wider school, share their ideas and prepare for hustings as part of the leadership selection process.

Hustings are a formal element of this process. Students will have up to two minutes to speak in assembly about why they wish to serve on the leadership team, outlining their priorities and how they would represent others if appointed. During Trinity Hustings, candidates present their manifesto to the student body, demonstrating how they would listen to others, act with integrity and lead responsibly.

They are expected to communicate clearly and confidently in order to earn the trust of their peers. Hustings are an exciting part of the process for all students involved.



 **TRINITY** | CATHOLIC HIGH SCHOOL

### STUDENT LEADER PROCESS

**THE APPLICATION**  
FRIDAY 30TH JANUARY  
LETTER OF APPLICATION & TWO SIGNED REFERENCES  
EMAILED TO HEADTEACHER BY 3PM

**THE SHORTLIST RESULT**  
THURSDAY 5TH FEBRUARY  
SHORTLIST ANNOUNCED

**THE CAMPAIGN TRAIL**  
MONDAY 9TH TO THURSDAY 12TH FEBRUARY

**THE HUSTINGS ASSEMBLIES**  
TUESDAY 24TH & WEDNESDAY 25TH  
& THURSDAY 26TH FEBRUARY

**THE INTERVIEW**  
FORMAL INTERVIEW WITH HEADTEACHER  
THURSDAY 26TH & FRIDAY 27TH FEBRUARY  
& MONDAY 2ND MARCH

**THE VOTE** WHOLE SCHOOL ELECTIONS  
TUESDAY 3RD MARCH  
YOUR VOTE COUNTS! - HELPS DECIDE THE FINAL DECISION

# TCHS CELEBRATES NATIONAL APPRENTICESHIP WEEK

This week, the school proudly celebrated National Apprenticeship Week. Each morning during registration, students from all year groups watched short presentations introducing apprenticeships and the opportunities they offer.

We were delighted to welcome AIM London, who delivered assemblies to several year groups about different apprenticeship routes.



In addition, the University of Hertfordshire visited to present a helpful comparison of university study vs. apprenticeships, giving students valuable insight into both options.

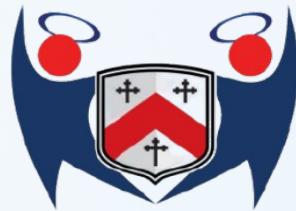
To finish the week, all students took part in a quiz during Thursday's registration to test how much they had learned. It was a fun and interactive way to end the week.

## HEADTEACHER'S AWARD PRESENTATIONS



This week, we were proud to present several students with the Headteacher's Award in recognition of their outstanding effort, achievement and positive contribution to school life. It was a pleasure to celebrate their success and acknowledge the

# FRIENDS OF TRINITY: BUILDING COMMUNITY TOGETHER



## FRIENDS OF TRINITY

### Friends of Trinity – Building Community Together

Trinity is experiencing a real sense of renewal and momentum, with growing pride across our school community. In this exciting period, parents have established Friends of Trinity to bring people together through inclusive social events that strengthen relationships and build community.

Alongside this, Friends of Trinity will raise funds for agreed projects that enhance the student experience and enrich school life. We have an exciting programme ahead, including quiz nights, a black-tie event, TriFest and more.

We warmly invite parents to support this initiative by making a contribution via the QR code or at:



Thank you for helping us build this next chapter together. If you can help in any way or have any questions then please email: [Friends@tchs.org.uk](mailto:Friends@tchs.org.uk)

dedication and commitment they demonstrate each day. Congratulations to all of our deserving award recipients, we are extremely **#TRINITYPROUD**



**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

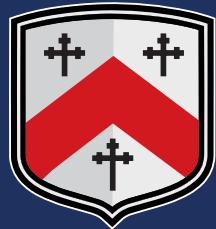
Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and 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.



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# TRINITY

## NOTICE BOARD

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

PLAY EASTERN 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

WHAT: BASKETBALL TRAINING FOR U12 AND U14

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

WHEN: EVERY OTHER SUNDAY

**Our Sixth Form APPLICATIONS NOW OPEN**

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**TRIVIA & GAMES NIGHT!**

£10 A TICKET / PER PERSON

27<sup>TH</sup> FEBRUARY

Redbridge Mental Health Support Team presents...

**PARENT AND CARER'S IN MIND: WEBINARS FOR WELLBEING**

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our monthly webinar offer starts with our three most popular topics

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MOVING UP TO SECONDARY SCHOOL

TALKING ABOUT BIG FEELINGS

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FOR MORE INFORMATION & TO SIGN UP CLICK HERE, VISIT [WWW.REDBRIDGE.GOV.UK](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST' OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://LINKTR.EE/REDBRIDGEMHST)

**SCIENCE CLUB**  
WHERE CURIOSITY MEETS DISCOVERY!

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

**EXPLORE YOUR PASSION FOR SCIENCE**





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