



TRINITY

Dear Student, Parents, Carers & Governors

This week felt purposeful.

From the moment students arrived, there was a clear buzz across the school. Corridors carried conversation. Form rooms carried debate. One question dominated. Who will form the next student leadership team?

We began our first ever Head Boy and Head Girl hustings with a reminder from Matthew 20. "Whoever wants to become great among you must be your servant". That set the tone. Jesus defines leadership as service and positions of authority exists to lift others.

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

I wanted our candidates to understand from the outset that leadership here is not about status. It is about responsibility. For those unfamiliar with the term, 'hustings' is a public forum where candidates present their ideas and answer to their community before an election. It is where vision meets accountability.

The Lower School Hall became a conference venue. Professional staging. Formal seating. A platform that signalled seriousness.



On each occasion, more than 500 students and staff listened as candidates delivered their two-minute manifesto. No safety net. No second attempt.



Two minutes meant two minutes. If anyone crossed the line, Mr Baker, Mr Cantwell or Mrs Law sounded the gong. Laughter followed. So did the lesson. Leaders respect time. Leaders get to the point.



By Thursday, each candidate had addressed audiences totalling over 1,700 people. That is scale. That is pressure. That is growth.

They spoke with focus. They spoke with passion. They spoke with determination.

They returned consistently to service, standards and ensuring the pupil voice is heard and acted upon. They understand that leadership requires listening as much as speaking.

As the week progressed, campaigning intensified. Posters appeared. Social media carried key messages and they have it all to play for as we get closer to the vote. This is democracy lived out.

British values are practised in moments like this. Democracy. Individual liberty. Mutual respect. Freedom of speech exercised with responsibility.

On Tuesday 3rd March, every student will vote. Every voice will count.



If you would like to watch the speeches in full, please visit our Instagram page using the link below.

https://www.instagram.com/tchs_woodford/

I have been incredibly **#TRINITYPROUD** watching our students lead with focus, passion and determination. That is leadership in formation.

Our student candidates have been exceptional role models throughout this process. They have conducted themselves with maturity, respect and integrity. They have shown courage in stepping forward, resilience under pressure and grace in competition. Younger students have watched them closely this week. They have seen what confident, values driven leadership looks like in practice.

I want to wish every candidate the very best of luck. Each of you has already shown courage and character. Each of you has contributed to something special in our school this week.



God Bless

Declan Linnane
Headteacher

OUR WEEKLY PRAYER

Loving God

As we begin these hustings, anchor our students in Truth.

Root their leadership in Compassion.

Fill them with Hope.

Guide them to serve with courage and integrity.

As they step forward to lead, help them live our Mission to shape a better world.

Form them as leaders who serve others and place the common good first.

May Trinity begin in this moment and grow through their actions.

Amen.

SECONDARY TRANSITION 2026

On Tuesday 3rd March 2026, families will receive confirmation of their child's secondary school place. I know this is an important moment.

For many of you, it represents months of Open Evening visits, conversations and careful thought. You want the right environment for your child. You want them to feel safe, known and stretched.

If you receive the offer you hoped for, we look forward to welcoming you and beginning that partnership with clarity and purpose.

If the outcome is different from what you expected, it is understandable to feel disappointed. There are formal processes in place, including appeals, and further information will guide you through the next steps.

What remains constant is this. Your child's potential does not depend on a single email. It grows through support, encouragement and high expectations over time.

Tuesday marks a milestone. It also marks the point at which formation begins. The shaping of character. The building of confidence. The development of habits that last well beyond five years.

Students who have been offered a place at Trinity Catholic High School will receive further information from us in due course as we formally welcome you into our special community.

We wish every family the very best as places are confirmed and this new chapter begins.

STOP PRESS - MOBILE PHONE UPDATE

Further to last week's edition regarding smartphones in school, I would like to provide an important update.

In recent times, it has become increasingly clear that many young people struggle to filter the negative messages they see and share online. Content spreads quickly. Harmful narratives gain traction.

Peer pressure intensifies. Without mature judgement and life experience, students often find it difficult to separate truth from influence and healthy interaction from harmful behaviour.



This affects concentration, relationships, wellbeing, and at times conduct beyond the school gates. We cannot ignore this shift.

Internationally, the direction of travel is becoming clearer. Australia has passed legislation to restrict access to social media for under 16s. Spain has also announced plans to ban social media access for children under 16, requiring platforms to introduce stronger age verification and prevent younger users from registering. These decisions reflect growing global concern around mental health, safeguarding, and child development.

In light of this, we too must strongly consider what is right for our students and whether firmer boundaries form part of that response.

Following parental engagement and careful review of national research and wider practice, we have devised a revised mobile phone policy. The proposal places learning, safeguarding, and student formation at its centre. It sets clear expectations and strengthens alignment between home and school.

This proposal will now be presented to the Governing Body for formal review. Once considered, we will communicate the outcome and clear timelines for implementation.

Our priority remains firm. Protect learning. Safeguard wellbeing. Maintain the integrity and reputation of Trinity in school and in the wider community.

Thank you for your continued support.

Henry Crowned County Cross Country Champion!



Huge congratulations to Henry in Year 8, who was crowned County Cross Country Champion! In an incredibly exciting race, the first- and second-placed runners crossed the finish line with exactly the same time, making for a dramatic and nail-biting finish. Henry showed tremendous determination and resilience to secure the title, a fantastic achievement we are all very proud of. Well done, Henry!

Great Session at Lea Valley Athletics Centre for Year 11 GCSE PE



Our Year 11 GCSE PE students enjoyed a fantastic training session at the Lee Valley Athletics Centre this week. The state-of-the-art facilities provided the perfect environment for students to develop their practical skills and refine their technique across a range of track and field events. It was excellent to see such focus, determination and teamwork on display as students prepared for their upcoming assessments. Well done to all involved for their effort and positive attitude throughout the session!

GCSE History Trip to Berlin



During February half-term, 39 Year 11 students and four teachers visited Berlin to support their GCSE studies on Weimar and Nazi Germany and the Cold War. Highlights included the Reichstag Building, a guided city tour, the Topography of Terror, and the Palace of Tears. Students also visited Sachsenhausen Concentration Camp and the Wannsee Conference House to deepen their understanding of Nazi history. On the final day, they explored the Stasi Museum and the DDR Museum before some time at Alexanderplatz. It was a busy, thought-provoking and memorable four days.

Essex Schools Cross Country Success!

Congratulations to Henry in year 8 who won the Essex Schools Cross Country in Chelmsford today, Grace in year 8 who was 7th and Jax in year 7 who finished a creditable 80th out of 216 runners. This is a fantastic achievement! Well done all!



Year 7 Design & Technology: First Project Underway

Year 7 pupils have made an impressive start to their first practical project, designing and crafting their own wooden keyrings or figurines.

In just two lessons, students produced three imaginative design ideas before selecting one to develop. Throughout the process, they learned how to measure and mark materials accurately, create templates, and use basic woodworking tools safely and confidently in a workshop environment.



We are incredibly proud of the enthusiasm, creativity and care shown in their work so far, and we look forward to sharing some of their fantastic finished creations soon.

Henry's success continues!

We are thrilled to share that Henry's winning streak is going strong! Competing in the Advanced Division at Polaris, one of the biggest competitions in the country.



He brought home 1 Gold 🏆 and 2 Silver 🥈 medals, an incredible achievement at such a high level of competition.

Well done Henry! #TRINITYPROUD

Jack Petchey Speak Out Challenge – Regional Finals



Olivia House in Year 10 represented the school brilliantly at the Jack Petchey Speak Out Challenge Regional Finals on Wednesday 25th February, competing against 13 other schools.

She delivered a confident and engaging speech on immigration, linking her ideas to Ancient Rome, and impressed both the judges and audience with her insight and poise.

Olivia was a true credit to the school, and we are incredibly proud of her achievement!

Valentine's Day Celebrations in the Kitchen



For Valentine's Day, our wonderful cooks made special homemade cakes for all the students to enjoy. It was a lovely way to celebrate together and make the day extra sweet and memorable for everyone.

SIXTH FORM SPOTLIGHT

Fundraiser for Great Ormond Street Hospital

Our Director of Sixth Form will be running the Hackney Half Marathon in support of Great Ormond Street Hospital (GOSH). Great Ormond Street provides life-saving care and pioneering treatment for seriously ill children from across the UK and beyond. It is a truly remarkable charity making a profound difference to thousands of families. If you are able to donate, Mr Baker would be extremely grateful for your support in backing such an important cause. https://www.justgiving.com/page/daniel-baker-450?utm_medium=FR&utm_source=CL



**GREAT ORMOND STREET
HOSPITAL CHARITY**

Sixth Form Applications Update

The majority of conditional offers have now been sent to students, and we are absolutely overjoyed by the number of applications we have received for Sixth Form this year. It is fantastic to see so many young people choosing to continue their journey with us. If you have received a conditional offer and have not yet confirmed your place, please do so as soon as possible to secure your spot. We look forward to welcoming our next Sixth Form cohort and building another year of success together.

A Rare Insight into the London Metal Exchange

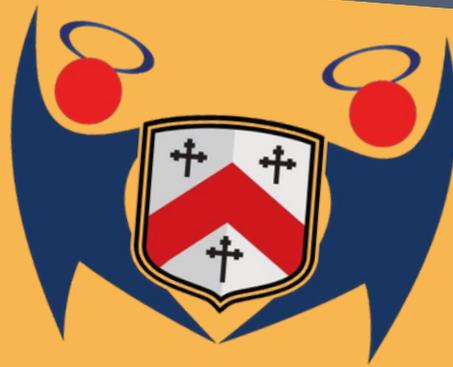
Our Sixth Form students were given a rare and powerful insight into global markets with a visit to the London Metal Exchange. Founded in 1877, the LME remains the world's leading metals marketplace, and the last open-outcry trading floor in Europe. Watching live trading in the famous Ring brought supply, demand and price discovery vividly to life in a way no classroom lesson could replicate. The visit was followed by a trip to the Bank of England Museum, where students deepened their understanding of monetary policy and financial stability. Our sincere thanks to Mr Bradley, one of our Sixth Form parents, for making such a rare and exceptional opportunity possible.



Year 12 Student Leadership Hustings

Our Year 12 Student Leadership hustings brought the whole school together. Three assemblies, nearly 500 students and staff in each, and a platform for our future leaders to step forward. They did so with confidence and professionalism. For many, it was their first time addressing such a large audience yet the quality of speeches was exceptional. Clear vision, thoughtful preparation and a genuine desire to serve our community shone through. The campaign has sparked real energy across Years 7–12. Interviews are now underway to appoint the Head Boy, Head Girl and wider team, alongside a full student vote and campaign trail. A rigorous process. A powerful example of democracy in action. Most importantly, this is leadership development at its best, building oracy, resilience and character while strengthening student voice across the school.





FRIENDS OF

TRINITY

QUIZ NIGHT!



Tables seat 6-8 players

**Flying solo? Or short of a few
teammates? Don't worry we will team
you up on the night!**

**Bar available serving snacks,
alcoholic & soft drinks**



**FRIDAY 13 MARCH
7.30pm**

**TRINITY CATHOLIC HIGH
SCHOOL, UPPER SITE, IG8 0TP**

£10 PP



 Scan to pay

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.

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.

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.

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

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
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.



TRINITY

NOTICE BOARD

JOIN SILVERTOWN STORM NETBALL CLUB
AGES 11 - 18 | NEWHAM

PLAY EVERY OTHER SUNDAY

SESSION DATES:
MONDAY 30TH MARCH 2026
THURSDAY 2ND APRIL 2026
TUESDAY 7TH APRIL 2026
THURSDAY 9TH APRIL 2026

TRINITY CATHOLIC HIGH SCHOOL

APPLICATIONS NOW OPEN

Our Sixth Form

TO SHAPE A BETTER WORLD

WEST ESSEX PANTHERS

CONTACT: WESTESSEXPAINTHERS@GMAIL.COM

WHAT BASKETBALL TRAINING FOR U12 AND U14

WHEN EVERY OTHER SUNDAY

WHERE NEW CITY FITNESS: EPPING FOREST WELLNESS CENTRE IG103SA

Got a degree you're not really using? Looking for a challenging new career? Time to think about becoming a teacher...?

ESSEX SCHOOLS ITT

Graduates 2024-25

Train to teach at our school, or another one local to you! Gain qualified teacher status (QTS), and an optional post-graduate certificate in education (PGCE) through the Essex Schools ITT initial teacher-training programme.

Join our next online information event:
Thursday 12th March, from 7.30pm

Scan the QR code to view our events page and register

SCIENCE CLUB

WHERE CURIOSITY MEETS DISCOVERY!

(WEEK 12)
THURSDAY ROOM 15
3:15 PM TO 4:15 PM

EXPLORE YOUR PASSION FOR SCIENCE

FORMER TRINITY STUDENT

GCSE MATHS TUTORING

FOUNDATION & HIGHER LEVEL ONLINE LESSONS

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

Get in Touch if Interested!

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Redbridge Mental Health Support Team presents...

MENT 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

REGISTER NOW!

MANAGING EXAM STRESS
WED 25.02.26 7-8PM

MOVING UP TO SECONDARY SCHOOL
WED 25.03.26 7-8PM

TALKING ABOUT BIG FEELINGS
WED 29.04.26 7-8PM

SCAN ME!

FOR MORE INFORMATION & TO SIGN UP CLICK HERE
VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST' OR GO TO LINKTR.EE/REDBRIDGEHMST