



## NEWSLETTER TO PARENTS and CARERS APRIL 2013

### Headteacher's Letter

Dear Parents and Carers,

Our attempts to write to you all on the second Friday of the month are thwarted again by the moveable feast of Easter ... so please blame the Church and/or the moon for the lateness of this month's letter to you at the start of this term!

But welcome back to everyone – I hope that the Easter weekend was splendid for everyone and that a good holiday, with rest, relaxing and refreshment was enjoyed by all, whether you were experiencing cool but sunny Carlisle or escaped to further afield.

Well done to the Year 11 students for all the hard and good work done at home and in school in preparation for GCSE exams ahead, and to Sixth Form students too preparing for their A level exams, which start all too soon this term. Best wishes to everyone for them.

Congratulations to all of the students involved in the very successful sports' tour to Holland – more information about that later in this letter, as there is also about other events in school recently and yet to come in the first half of this term.

Rather unusually, we are saying farewell to two members of staff at the start of this term: Mrs Ray leaves our Modern Languages department having been an *assistante* and teacher of French here, and Ms Ghahhary leaves our English department at the end of April ... to go to Australia! Our thanks to both of them for their service to the school and best wishes to them for what lies ahead.

Welcome therefore to Ms Hughes who joins the English department and we trust that she will be happy and successful here.

All good wishes for the summer term ahead.

Yours sincerely

*Alan Motteshead*

Headteacher



#### Chaplaincy

The Summer term has brought warmer weather as well as some exciting new prospects. The Alpha course that ran last term has developed into a weekly lunch club on a Monday run by deanery worker Kristian Tjemsland and some of the deanery interns. This club gives students an opportunity to learn more about Christianity, as well as interact with Christians from around the world, as Kristian is Norwegian and the interns are from Brazil and Thailand.

This term, in our Thoughts for the Day, we are going to be looking at the Fruits of the Spirit and how we can develop the positive attributes of our characters. This gives students an opportunity to reflect on who they are and who they would like to become, alongside considering the spiritual and moral sides of their characters.

**Mrs Jen Milligan Chaplain**

'But the fruit of the Spirit is love, joy peace, patience, kindness, goodness, faithfulness, gentleness, self-control. There is no law against such things.'

Paul's Letter to the Galatians, chapter 5, verses 22-23

## **Information for Parents and Carers**

### **Electronic Communication**

If you would like to view the newsletter electronically on our website instead of receiving a paper copy, can you please inform Mrs Jackie Hunton in Central Office on Tel No. 516051 Ext. 264 or by e-mail [jhn@trinity.cumbria.sch.uk](mailto:jhn@trinity.cumbria.sch.uk).

### **Contacting school**

More and more parents are finding it useful to use e-mail to contact staff at the school. Our central address is [info@trinity.cumbria.sch.uk](mailto:info@trinity.cumbria.sch.uk). This is checked and forwarded to relevant staff twice a day during term time.

### **Detention X.**

We shall continue with Detention X over the rest of this half term. Det X is a system for dealing with minor problems in school. If an issue arises during periods 1 or 2, students attend a 10 minute detention at break. If there is a problem during periods 3, 4 or 5, students are held back for 10 minutes at the end of the school day.

### **Homework**

We shall continue sending letters home to inform you if homework has not been completed. Your continued support with homework is much appreciated.

### **Study Opportunities for Year 11**

In response to requests from school council we are offering "supervised study" for students in Year 11. Students can come along to the dining hall at 3.15 to have tea and toast and then stay on to study there. The area will be supervised by a member of staff to make sure that the area is a work space. If you feel that would be a good thing for your child, please encourage them to come along. We are also running some sessions in the library in the morning for Year 11 where sixth formers help with different subjects each morning during registration.

### **ActiveKids from Sainsbury's**

We are still accepting Sainsbury's Active Kids vouchers. Just send them into school to the form tutor or deposit them at main reception. Thank you.

### **Request for Holidays during Term Time**

We do understand that taking a family holiday in term time can reduce the costs considerably; we also appreciate that families may not always have a choice about when they can take their annual leave because of the arrangements in their place of employment. However, it is not good for students to be away from school for an absence which could be avoided. The Cumbria County Council website has some guidance about what kind of absences could be authorised by a school, and it is not many. The Department for Education also makes it clear that it rightly expects students to be in school every day. If there are circumstances which make it vital or unavoidable for a student to be away from school, for a holiday or family event, then it is very important that we have a request well in advance and that any such absence does not cover exam periods, or preparation for them. 10 days missed from school takes over 5% out of the whole year's attendance, and we are expecting all students to be in school for over 95% of each school year. Thank you for your support.

### **Collection of Certificates**

A/AS/GCSE certificates from **summer 2011** and **summer 2012** are available to collect from the Sixth Form Office during school hours.

**Art exams** - Just a reminder of the Art and Photography exams which are continuing in April and May:

Monday 22<sup>nd</sup> April – A2 Art exam  
Wednesday 24<sup>th</sup> April – A2 Art exam  
Thursday 25<sup>th</sup> April – A2 Photography exam  
Monday 29<sup>th</sup> April – A2 Art exam  
Wednesday 1<sup>st</sup> May – A2 Photography exam

## **Recent Events.**

### **Comic Relief 2013**

The Year 12 Childcare and Education Diploma students spent many hours making lots of beautiful cakes to sell to raise money for Comic Relief. They braved the wind and rain both at break and lunchtime making a grand total of £83.63. Well done to everyone concerned for making a special effort.

**Mrs Lynas and Mrs Hemingway**

### **Year 7 Freeze Day**

Students were challenged to work in teams to think hard on the last day of last term. Students had one and a half hours to produce a three minute presentation answering the question "what would happen if we moved Trinity School to Uganda?" One of the rules for the afternoon was *no teacher help allowed!* Each tutor group then delivered their presentation to a senior member of staff. The presentations were excellent and we are proud of the quality of the work and how seriously Year 7 undertook the task.

### **Year 10 Revision Freeze Day**

Students in Year 10 had their revision freeze last half term. Many students enjoyed the session and learned a variety of revision and memory techniques. Some students learned how to memorise facts using a journey around the home. Ask them to explain why John Travolta burst out of a wardrobe! Students were given a booklet detailing all the different techniques they learned about and should be able to use this to revise for their exams starting on Monday 13<sup>th</sup> May.

### **Year 10 Parents' Revision Workshop**

Many thanks to the parents/carers who were able to attend the revision workshop last term. We hope that you found the information useful. If you would like to see the slides used, please look on the school website.

### **UK Maths Trust Intermediate Maths Challenge**

Around 30 of our Year 10 students took part in this year's Intermediate Maths challenge. They were up against thousands of other students from across the UK and achieved some great scores. The Best in School award went to Ben Cassidy, who not only receives a Gold award, but has also been invited to take part in an international maths challenge later this year. Silver Awards were achieved by Alex Jefferson, Anna Purdue, Samuel Minns, Joshua Morley, Thomas Harker, James Hetherington and Bobby Walker. Bethany Lawson, Adam Parker, Emily Wrightson, Megan McKie, Jack Crowther and Jenny Ostridge all received Bronze Awards. Congratulations to all who took part in a particularly challenging competition.

### **Primary School Sports Festival**

Before Easter we had 130 Year 5/6 children from our cluster of primary schools in Trinity to take part in a wide range of activities including Zumba, karate, athletics, circuits, football and an obstacle course. 15 of our Year 9 students have been attending an extracurricular Sports Leadership Club to prepare them for our primary festivals and they were involved in leading the sessions. They are: Lily Wilson, Charlotte Wright, Lucy Jackson, Jasmine Garbutt, Hannah Garner, Lauren Medley, Phoebe Wilson, Amber Patterson, Dorothy Mary Power, Ellie Walsh, Hannah Messenger and Anna Corbishley.

### **Future Chef National Final**

On Monday 18<sup>th</sup> March, Imogen Dodd (8BIR) took part in the National Final of Future Chef 2013 at Westminster Kingsway College in London. Having competed against a grand total of 8,768 other students from across the UK and successfully won school heats, local finals and regional finals, Imogen met the other 11 regional winners in the National Final. At 13 years of age, Imogen was the youngest finalist, and was mentored throughout the competition by Chris Austin from David's Restaurant who she says has taught her a great deal. She says that when she heard about the competition she was very excited at the opportunity to develop her cooking skills. She enjoyed having the opportunity to cook in a professional kitchen with an experienced chef and her confidence grew with each stage, enabling her to tackle more complex menus. Imogen's menu in the final consisted of a main course of pan fried loin of pork, lemon and herb stuffed belly and crispy crackling, served on crushed potatoes, butternut squash puree and wilted spinach, finished with a natural jus. This was followed by warm chocolate and pistachio fondant with pistachio Chantilly cream for dessert. Imogen loves baking cakes for her friends and family and likes the idea of becoming a pastry chef. Though not the winner of the National Final, Imogen has done herself, her family, her mentor and her school proud. Well done to her!

### **Year 10 History Talk**

We are very grateful to Mr Stuart Eastwood of the Border Regiment Museum at Carlisle Castle who recently came into school. He gave a most interesting presentation to Year 10 History students about Health and Medicine in the First World War. He illustrated his talk with slides, as well as a variety of artefacts such as a soldier's uniform, a rifle, hand grenades, a gas mask, a wash kit, and tinned provisions. The talk ranged from information about injuries and wounds caused by shells and machine guns to the effects of a gas attack and shell shock. Mr Eastwood also described how casualties would be dealt with at Field Dressing Stations and Casualty Clearing Stations before being evacuated back to Blighty in hospital trains and hospital boats. The talk also covered the logistics of keeping the men fed and clean under the most trying circumstances in the trenches of the Western Front. Some of the most illuminating photographs were of the bread ovens, water carriers and field kitchens that were used to supply the needs of the troops. Bobby Walker wrote a report on the talk on behalf of the class: "We found the talk informative and interesting regarding World War One medicine and about the war in general. Especially interesting was viewing the remarkable memorabilia that he brought as this helped us to visualise the things that we had just heard about. It was a great opportunity (that I'm sure was taken) to see the war in a broader context, which will be of great help in terms of broadening our knowledge in preparation for our GCSE exams."

### **National Apprenticeship Week 11-15 March 2013**

On Thursday 14 March, in recognition of the National Apprenticeship Week 2013, an event was held in the Jubilee Hall for all Year 11 students and 6<sup>th</sup> Formers. The event promoted employment and training opportunities open to our students. Parents and Carers were also invited to come along to the session where they had the opportunity to talk to local employers, training providers and colleges about apprenticeship options open to them, they were able to ask questions and complete application forms and to find out what to do next.

### **Spring Concert – A Celebration of Music Making**

This year's Spring Concert took place on Tuesday 26<sup>th</sup> March in the newly refurbished Margaret Sewell Hall. There was an eclectic mix of music on offer, from Byrd and Vivaldi, via Duke Ellington, Ennio Morricone and Rogers & Hammerstein, to current Trinity student Yasemin Zerebma's composition "Dreaming of Rabbits and Elephants". Also included were three songs from Les Misérables which is this year's whole school production and will be performed on 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> July. It was a joyful evening of music and greatly enjoyed by all who attended. Students who took part were:

Choir: Kimberley Birrell, Gareth Phillips, Jonathan Hill, Isabel Mallon, Amy Coulter, Emily Whiffen, Louise Cook, Yasemin Zaremba, Catherine Im Thurn, Emma James, Haydn Gilbert, James Scott, Cailin Scott, Aaron Butterworth, Thomas Wilson, Anna Purdue, Susanna Whiffen, Niall Sanderson, Kiera Jenkinson, Henry Taylor, Sam Ling, Emily Austin, Jacob Bie, Kloe Wood, Kyle Upex, Lucy Mellor, Lucy Parsons, Nicky Yelder, Maisie Walkingshaw, Nell Atwood, Roanne Hodnett, Laila Maarouf, Kira Clinton, Maddy Kendrick, Elise Walkingshaw, Lucy Robinson, Hannah Borlase, William Stuart, Lucy Atkinson, Anna Nuttall, Jasmine Metherell, Iona Reilly, Rachael Crampsey, Rosie Crabb, Thomas Grimshaw, Georgia Musgrave, Owen Clark, Lauren Forlow.

Chamber choir: Yasemin Zaremba, Emily Austin, Kimberley Birrell, Gareth Phillips, Jonathan Hill, Sam Ling, Henry Taylor, Niall Sanderson.

Orchestra: Kimberley Birrell, Daniel Brunskill, Natalie Wilkinson, Emily Whiffen, Rosie Foster, Catherine Im Thurn, Haydn Gilbert, James Scott, Yasemin Zaremba, Ben Lowe, Emma James, Aaron Butterworth, Thomas Wilson, Anna Purdue, Susanna Whiffen, Niall Sanderson, Nicky Yelder, Maisie Walkingshaw, Joe Lush, Elise Walkingshaw, Hannah Borlase.

Chamber Group: Kimberley Birrell, Amy Walker, Natalie Wilkinson, Daniel Brunskill, Ben Lowe, Izzy Roberts, Yasemin Zaremba.

Saxophone Group: Anna Purdue, Daniel Brunskill, Aaron Butterworth, Hannah Hayes, Suzanne Park, Abbi Crawford, Thomas Wilson, Haydn Gilbert.

String Group: Emily Whiffen, Rosa Aldridge, Natalie Wilkinson, James Scott, Sarah Field, Maisie Walkingshaw, Ella Crook, Elise Walkingshaw, Hannah Borlase, Izzy Roberts, Rosie Foster, Iona Reilly.

Brass Group: Emma James, Ben Lowe, Theo Tindall, Niall Burnie, Kieran Burnie.

Jazz Trio: Daniel Brunskill, Gareth Phillips, Jonathan Hill.

Vocal Four: Sarah Frame, Chloe O'Neill, Erin Proudford, Becky Robertshaw.

Our thanks to Mrs Richardson, Curriculum Leader for the Arts/Music, for organising a most enjoyable evening, to all our peripatetic teachers for their work during the Autumn and Spring terms and also to Mrs Riley for her help with the Orchestra and to Mr Vernon for providing accompaniments for students this evening.

### **Carlisle and District Music and Drama festival**

A number of students from the school took part in the recent Carlisle and District Music and Drama festival and did the school proud. Results are as follows.

Piano solo 11 and 12 yrs: 1st William Cheung, 2nd Calum Taylor  
Piano solo 12 and under: 2nd William Cheung  
Piano solo 13 and 14: 2nd Owen McCorry  
Jazz piano solo: 1st William Cheung  
Piano duet: 1st Alex Minnett and Calum Taylor, 2nd Becky and Amy Robertshaw  
Piano trios: 1st Sophie and William Cheung and Owen McCorry 2nd Kieran and Niall Burnie and Nicholas Coyles  
Piano recital open: 1st Paulina Klamut  
Piano solo open: 1st Gareth Phillips, 2nd Owen McCorry  
Sonata class: 1st Catherine Im Thurn  
Composition: 1st Yasemin Zaremba, 2nd Daniel Brunskill  
Brass Solo 11 and 12 yrs: 1<sup>st</sup> Nicky Yelder  
Woodwind ensemble: 2<sup>nd</sup> Saxophone Group  
All 3 accordion Classes: 1<sup>st</sup> Ryan Wong  
Secondary School Choirs: 1<sup>st</sup> Choir  
Choral anthems Open: 2<sup>nd</sup> Chamber Choir  
Solo Guitar Open: 2<sup>nd</sup> Gareth Phillips  
Instrumental Ensemble Secondary School: 1<sup>st</sup> Chamber Group, 2<sup>nd</sup> Jazz Trio  
Brass Group Open: 2<sup>nd</sup> Brass Group  
Orchestra Open: 1<sup>st</sup> Orchestra

### **Dramatic Success!**

The National Youth Theatre is a prestigious organisation which holds annual summer courses at London Drama Schools. It is regarded as a good starting point for professionals. Indeed, Helen Mirren's career began at the NYT. Young actors from all over the country participate in workshops and perform audition pieces, competing for a limited number of places. Three Trinity students attended the auditions in Newcastle, and were told that of the 50 hopefuls there, only four would be selected. We are delighted to say that Alexandra Proudfoot in year 13 and Abbi Crawford in year 11 were selected, so 50% of those who were successful were Trinity students. Both girls are very talented actresses, who are determined to make a career of acting. Both are over the moon about this amazing opportunity

### **Forthcoming events**

#### **USA Exchange Visit from New Hampshire**

A party of students and staff from Dover High School in New Hampshire will be visiting us from Saturday, 20<sup>th</sup> April until Tuesday, 23<sup>rd</sup> April. Arrangements will include a trip to Edinburgh on Sunday and a free concert in Carlisle Cathedral on Monday evening. Dover High School Band, New Hampshire, USA, will be performing alongside Trinity School ensembles and also the Annan Juvenile Pipes and Drums. All three will join together for the finale in 'Amazing Grace' and 'Highland Cathedral.' The concert starts at 7.30pm and should last until 9.00pm. Tickets are free so please come along, support us and enjoy the evening with us.

#### **CFM - Cash for Kids**

All students are invited to pay £1 to their form tutors on the morning of Wednesday 24<sup>th</sup> April and then they are able to wear something pink or green, like shoes or shirt. However you **have** to be wearing your normal school jumper and trousers/skirt. You will receive a raffle ticket in form registration and whoever wins the raffle will receive £25. All money raised will be going to CFM Cash for kids charity.

**Rebecca Heyworth 10ETI**

#### **Year 7 Revision Freeze**

Year 7 will be having a freeze day on Tuesday 7<sup>th</sup> May to help them prepare for their exam weeks in early June. We will look a variety of ways to revise and memorise information.

#### **Bikeability**

Bikeability is the new cycle training scheme for the 21<sup>st</sup> century. The course will run in school on the 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> of May 2013 and all year 7 students will be encouraged to take part. Bikeability training will equip each child with the necessary skills and knowledge required to cycle safely throughout the rest of their life. All instructors are fully qualified.

More information to follow in relation to times etc but if you have any queries please contact Mrs Parish.

## **Coming soon – Date for your diary**

### **Les Misérables**

Performances are Tuesday 2<sup>nd</sup> July, Wednesday 3<sup>rd</sup> July and Thursday 4<sup>th</sup> July  
Rehearsals are well under way and tickets will be on sale shortly.

## **SPORT**

### **Inter Form PE Competition**

In the run up to the Easter holidays the annual inter form PE competition took place for years 7 and 8, with activities including football, basketball, swimming, an obstacle course and netball. Final positions were as follows:

7JAT 18 points, 7ARI 13½, 7SMR & 7PEL 12½, 7LBA 11½, 7CRT 11, 7BST & 7CCT 9.

Year 7 House results: 1<sup>st</sup> Nile, 2<sup>nd</sup> Kilimanjaro & Amazon, 4<sup>th</sup> Everest.

8JHA 16 points, 8DBI 14½, 8MSW 14, 8MFI 13, 8RGR 11½, 8MBO 11, 8BIR 10, 8SSC 8.

Year 8 House results: 1<sup>st</sup> Kilimanjaro, 2<sup>nd</sup> Nile, 3<sup>rd</sup> Everest, 4<sup>th</sup> Amazon.

Overall House result: 1<sup>st</sup> Nile, 2<sup>nd</sup> Kilimanjaro, 3<sup>rd</sup> Everest & Amazon.

### **Boccia**

A group of students had an enjoyable session at William Howard School learning how to play 'Boccia'. The students, Ellis Solomons, Jamie Dixon, Keith Atkinson, Hannamarie Bell, Lauren Mitchell, Crystal Kidd, Naomi Lawler, William Sloan and Alfie Ulliyart, met with students from other schools in the area and had a great time learning how to play. Well done to all, your behaviour was excellent!

### **Jordan Hull**

Congratulations to Jordan Hull 11 JWL, who attended a training camp with Youth British Talent team for Triathlon during the Easter holidays at Loughborough.

### **Holland Trip**

40 girls and 5 members of staff travelled to Holland for a week of sport. Trinity teams took part in netball and hockey tournaments and 5 girls took part in dance workshops. In the netball competition - some excellent play from both Trinity teams saw an all Trinity final which was a superb result - the Year 9 team were the winners, but the trophy could have gone to either team as they both played some outstanding netball. In the hockey competition - Trinity were also victorious beating a school from Essex in the final. Some friendly matches against Dutch opposition were also organised giving the girls some unforgettable experiences. Awards for most valuable players were given to Caitlin Adam and Rhianna Hughes in the Netball and Kyra Walton and Lucy Jefferson in hockey. Olivia Taylor was given the award for top dancer. The girls also spent a day at a theme park and got to sample some traditional savoury and sweet pancakes.

### **Center Parcs National Schools Badminton Championships**

The North West Regional round took place on Monday 11<sup>th</sup> March. The Trinity team played in the Key Stage 4 age group, winning all 4 matches and dropping only 2 games throughout. They now progress to the National Finals at Center Parcs, Sherwood Forest, Nottingham on Sunday, 21<sup>st</sup> April. Well done to all the team: Emily Armstrong (Year 10), Natalie Gorst (Year 10), Georgina Lowe (Year 11) and Kelly Pearson (Year 10).

### **Boy's Football**

Congratulations to Joseph Lightfoot who has been selected to represent Cumbria Schools' Under 14 team.

### **National Gymnastics Finals**

Four girls represented The North in the British Schools' Gymnastics Finals in Stoke. It was a very long day with a 6.30am start and 8pm return but the girls performed really well. They finished in 8th place

The girls involved were Rebecca Dean (Year 9), Katie McGarr (Year 8), Molly Hughes (Year 7) and Abbey O'Neill (Year 7)

### **7JAT Marathon**

The rain did not deter the hardy bunch in 7JAT who ran around the school field to raise money for their form charity – The North of England Children Cancer Charity.

Students ran in their onesies with students from other forms wearing a dress (Chris Hubberstey) and banana suit (Christina Mykland Ibsen). Will Stewart made it more difficult by running with his school bag and some of the girls ran 'three legged'. An excellent effort by 7JAT and friends. Mr McArdle made a brief appearance but only managed one lap!

### **Cycling**

Just before Easter, Ellie Dickinson (10LHP) travelled with the GB cycling team to train and compete in Holland and Belgium. This was another fantastic achievement for Ellie and a reward for all the time and energy she puts into her training.

### **Rugby**

**Under 13** Trinity 27      Caldew 5                      **Under 15** Trinity 43      Caldew 26

### **Austin Friars Sevens**

Trinity 19	Bolton School	12
Trinity 19	Penrith GS	17
Trinity 29	St. Bees	5
Trinity 17	Durham	24

### **Semi-Final**

Austin Friars 33      Trinity      22

Squad: Thomas Fuller, Lewis Fuller, Guy Wilkinson, Lewis Read, Stuart Cruickshank, Jason Israel, Chris Marsh, Andrew Glendinning, Oliver Armstrong, Callum Aldridge, Erik Shaddock.

**Under 13** Nelson Thomlinson 17      Trinity 29

**Under 14** Nelson Thomlinson 12      Trinity 62

**Under 15** Nelson Thomlinson 25      Trinity 28

### **Under 13 County Cup Semi-Final**

Kirkby Lonsdale 27      Trinity 0

### **Cumbria Schools Under 15 Rugby Sevens Competition**

Trinity won all of their group games and went on to win the final against Stainburn convincingly. They maintained a very high standard of rugby throughout the competition and were worthy winners, scoring 34 tries and conceding only 4. They now go on to represent Cumbria next season.

Squad: James Lythgoe, James Hetherington, Ellis Kirkbride, Joshua Morley, Cory Wilkinson, Matthew Douglas, Charles Armstrong, Jack Crowther, James Telford, Matthew Bulman.

### **Results – Group Matches**

Trinity 29	Queen Katherine's, Kendal 5
Trinity 31	QEGS, Penrith 0
Trinity 27	Caldew 7
Trinity 31	Cockermouth GS 0
Trinity 52	QES, Kirkby Lonsdale 0

### **Final**

Trinity 40      Stainburn 14

### **Football**

#### **Under 14 City Tournament held at Sheepmount**

Trinity 2	RRCA	0
Trinity 3	William Howard	0
Trinity 0	Newman	0
Trinity 0	Caldew	0

#### **Under 12 City Tournament held at Sheepmount**

Trinity 0	RRCA	1
Trinity 0	William Howard	1
Trinity 3	Newman	0
Trinity 0	Caldew	0

#### **Under 14 City Cup Semi-Final**

Trinity 4      RRCA      1

**Boys Under 12** Trinity 2      RRCA 2

### **Year 7 Hockey**

The Year 7 hockey team competed in the North Cumbria Hockey tournament at the Sheepmount recently.

Results:

Trinity 1            St Bees 0

Trinity 0            Ullswater 0

Trinity 0            Nelson Thomlinson 1

Trinity were unlucky not to qualify for the final stage – Nelson Thomlinson were eventual winners with Ullswater 2<sup>nd</sup>. An excellent performance by all our girls who were superb – the ball just wouldn't go in the back of the net!

Team: Holly Falder, Sophie Mason, Kaitlin Reeves-Brown, Katie Sibley, Alex Collins, Casey Marsh, Grace Foster, Darienne Boyd, Roslyn McKie, Jade Airey and Rose Wilson.

### **Year 8 Girls Hockey – County Finals**

The Year 8 team finally got to play their county final which was held at Queen Elizabeth School in Kirkby Lonsdale. Trinity were supposed to play their first game against Windermere St Anne's but the team failed to show up leaving only 3 teams in the finals. Trinity played QEGS (Penrith) in their first game and quickly got into their stride with some excellent passing to get the ball around the QEGS defence. Eve Driver opened the scoring. Trinity continued to dominate and were 3-0 up at half time with another goal from Eve and a goal from Catherine Philip which was the result of some excellent team play. Trinity seemed to fall asleep in the second half and although they had chances they failed to score, QEGS on the other hand sprung to life and got 2 goals back. Final score 3-2 to Trinity. The second game would decide who would be crowned County Champions, although Trinity played well, Queen Elizabeth School played some outstanding hockey beating Trinity 4-0. An excellent season for the Year 8 team – well done girls.

Team: Ashleigh Ritchie, Kyra Walton, Rachael Davidson, Ella Crook, Georgia Harrison, Lucy Brown, Lucy Jefferson (Capt), Imogen Clark, Eve Driver, Imogen Longcake, Catherine Philip, Chloe Watson, Emma Little.

Most Valuable player – Imogen Longcake

### **Netball**

U13 v Newman 7-1 win, girl of the game Grace Singleton

U14 v Newman 4-6 lost, girl of the game Phoebe Wilson

U13 v Caldew 11-2 win, girl of the game Jessica Elliot

U14 v Caldew 7-1 win, girl of the game Lily Wilson

U14 v Newman 13-9 win, girl of the game Chloe O'Neill

Squads: Under 13 - Jessica Elliot, Grace Singleton, Meg Burns, Kyra Walton, Lucy Morton, Ellie Morton, Sara Gibson, Ella Morley and Jodie Leeson.

Under 14 - Phoebe Wilson, Chloe O'Neill, Lily Wilson, Dayna Goodall, Elle Walsh, Abigail Crooks, Sarah, Frame, Becky Robertshaw, Kate Lawson.

Congratulations and good luck to Liz Emmerson who has been chosen to attend the North Regional Trials for netball in Manchester in June.

## DIARY DATES

Saturday 20 <sup>th</sup> – Tuesday 23 <sup>rd</sup> April	USA Exchange Visitors
Thursday 25 <sup>th</sup> April	Year 8 Junior Maths Challenge 4.30pm – 6.30pm Year 12/13 Physics Lecture at Trinity
Friday 3 <sup>rd</sup> May	AS Drama and Theatre Practicals
Tuesday 7 <sup>th</sup> May	Year 7 Freeze Day
Wednesday 8 <sup>th</sup> May	Year 7 Cyclewise (am and pm) 2.00pm Year 13 Cathedral Service 7.00pm Trinity Unplugged
Thursday 9 <sup>th</sup> May	Year 7 Cyclewise (am and pm) 2.00pm GCSE Drama Trip, The 39 Steps, Newcastle.
Friday 10 <sup>th</sup> May	Year 7 Cyclewise (am and pm) Drama and Theatre Practicals
Wednesday 15 <sup>th</sup> May	4.30pm – 7.00pm Year 13 Physics Lecture at Caldew School
Wednesday 22 <sup>nd</sup> May	7.30pm Theatre Royal Newcastle Trip – The Woman in Black
Friday 24 <sup>th</sup> May	Break up for Half Term
	<b>HALF TERM</b>
Monday 3 <sup>rd</sup> June	Back to school
Thursday 13 <sup>th</sup> June	Year 8 Parents' evening
Thursday 20 <sup>th</sup> June	Year 9 Outdoor Activities Trip (pm)
Tuesday 25 <sup>th</sup> June	7.00 – 9.00pm Art and Photography Exhibition – Devonshire Hall
Thursday 27 <sup>th</sup> June	Year 10 Work Ready Day Year 13 Leavers' Ball
Friday 28 <sup>th</sup> June	Year 11 Prom – Crown and Mitre Hotel
Monday 1 <sup>st</sup> & Tuesday 2 <sup>nd</sup> July	Sixth Form Induction
Tuesday 2 <sup>nd</sup> July – Thursday 4 <sup>th</sup> July	Whole school production - Les Misérables
Thursday 4 <sup>th</sup> July	Year 9 Geography Trip to Edinburgh
Friday 5 <sup>th</sup> July	Year 9 Geography Trip to Edinburgh
Monday 8 <sup>th</sup> July	Year 6 – New intake day
Tuesday 9 <sup>th</sup> July	New intake Parents' evening
Wednesday 10 <sup>th</sup> July	6 <sup>th</sup> form alternative sports day
Monday 15 <sup>th</sup> July	Junior Prize Giving – St Cuthbert's Church
Tuesday 16 <sup>th</sup> July	Sports Day
Wednesday 17 <sup>th</sup> and Thursday 18 <sup>th</sup> July	House Services
Friday 19 <sup>th</sup> July	END OF TERM

Some dates may be subject to change.

### DATES for the 2012/2013 School Year

First Day of Term	Last Day of Term	Half Term Week
<b>2013 Summer Term</b> Monday 15 <sup>th</sup> April	Friday 19 <sup>th</sup> July 2013	Monday 27 <sup>th</sup> – Friday 31 <sup>st</sup> May Early May Bank Holiday - Monday 6 <sup>th</sup> May

### DATES for the 2013/2014 School Year

First Day of Term	Last Day of Term	Half Term Week
<b>2013 Autumn Term</b> Thursday 5 <sup>th</sup> September	Wednesday 18 <sup>th</sup> December 2013	Monday 28 <sup>th</sup> October – Friday 1 <sup>st</sup> November
<b>2014 Spring Term</b> Monday 6 <sup>th</sup> January	Wednesday 9 <sup>th</sup> April 2014	Monday 17 <sup>th</sup> – Friday 21 <sup>st</sup> February Good Friday – 18 <sup>th</sup> April Easter Monday 21 <sup>st</sup> April
<b>2014 Summer Term</b> Wednesday 23 <sup>rd</sup> April	Friday 18 <sup>th</sup> July 2014	Monday 26 <sup>th</sup> – Friday 30 <sup>th</sup> May Early May Bank Holiday - Monday 5 <sup>th</sup> May

## Trinity Leisure Centre News

### Saturday Club at Trinity Leisure Centre

**Children:** aged 5 – 11 years old:

Let us keep your kids entertained on Saturday mornings from 10am – 12pm. We provide a Saturday Club featuring a mix of New Kid Fit classes, Arts and Crafts, Sports, Games and Bouncy Castle from £4.50 per session, also available on the £9.95 / month junior CLL membership.

The Saturday Club was established in the early 1990s and has evolved to include a fun fitness element. We feel this is important at this age to encourage children to keep active and enjoy exercise. The social element is great for the kids. The sessions are led by two qualified childcare workers who ensure each child gets the most out of each session.

### Teens:

If you are 13 – 15 you can join the gym for just £13 (includes a gym induction so you know exactly what to do). After that you get a swipe card and as a Trinity school student OR family member you will also get a 50% discount each time you use the gym. 13 – 15 year olds can use the gym Monday – Friday 3.30-6.00pm and also on Saturday mornings. (1.00pm during school holidays)

Talk to someone who has completed their Teen Training induction to find out more or enquire at Trinity Leisure Centre reception after school and we will assist you in getting started.

### Adult Health and Fitness

We offer swimming, a 28 station gym, and we provide Aqua Tone and Body Weight Fitness classes too. You may wish to pay as you go with your 50% discount or you may want to consider the LifeStyle membership which starts at £14 / month for a gym and swim membership.

#### Monday to Friday

Gym (Cardio fitness and Weight training)

4.30–9.30pm

#### Monday to Wednesday

Adult Swimming (visit [www.carlisleleisure.com](http://www.carlisleleisure.com) for times that suit you)

#### Tuesday

Body Weight Burn (High Intensity Interval Training – body conditioning class) 6.00-6.30pm

#### Wednesday

Aqua Tone Well established water based fitness

7.05 -8.55pm

**Personal Coaching** is available if you need extra support with establishing and maintaining a fitness regime to achieve your personal goals. It works and it could set you up for life. When you are ready, contact the Leisure centre reception for further details. Currently we are offering an introductory session for just £15 for an hour (usual price is £25).

**Family Swimming** available Monday to Sunday which is perfect for you to get fit, practice your swimming and have some fun in a welcoming and friendly atmosphere. Visit [www.carlisleleisure.com](http://www.carlisleleisure.com) for times to suit you.

**Enquiries:** 01228 403565