



## NEWSLETTER TO PARENTS and CARERS MARCH 2013

### Headteacher's Letter

Dear Parents and Carers

A short term but a very long letter – it is not often that we reach twelve pages, but there has been a lot going on clearly, and a lot of lovely successes and fine stories which I hope that you will enjoy reading about. There are invitations as well to events ahead this term – the Spring Concert is now on Tuesday 26<sup>th</sup> March in the new theatre which is the Margaret Sewell Hall, and I hope that many of you will join us for that – and an outline of things happening in the Summer Term.

Indeed, further ahead, 2014 looks exciting indeed, with the Ski trip, and a Geography/Science trip to Iceland now advertised, and the prospect of our being invited back to the USA... and to Uganda...

Closer to home and nearer to hand, we have been delighted with the response and work of our students this term, particularly those at the point of change and of decisions, and those facing the pressures of exams this summer. Year 9 and Year 11 have been superb in working with us on their ACE days, and thank you for your support at their Parents' Evenings and in the Sixth Form Centre Open Evening. Years 11, 12 and 13 also face exams ahead, and they are approaching them with much co-operation with staff, with purpose and professionalism. It has been very good to talk with so many of you at Parents' Evenings for Years 7 and 10 – thank you for supporting us at those so well.

I do hope that we can move away from a target-based and exam-results education system in this country and find better ways of allowing students to show what they know, understand and can do, and to allow as part of that, the development of character, and the recognition of the participation and contribution that students make to their community, both in and out of school. There are wider and deeper things that should be given much more importance.

I am not very good at Lent – I know that it should be a serious time for reflection and for giving up chocolate ... but I find a growing excitement as the most important weekend of the year, and indeed in history, approaches: Easter is nearly here, and that is great news ... great news not because it is a holiday (though always welcome!) but for the Easter story and what it can mean for each of us.

Best wishes then for a Happy Easter indeed, and for a good holiday – if you are travelling, for safe journeys and a good time away; if staying at home, then times of rest and refreshing too.

The school gathers again on Monday 15<sup>th</sup> April at the usual time – which hopefully does not spoil the coming holiday but gives other things to look forward to as well.

Yours sincerely

*Alan Mottershead*

Headteacher



### Chaplaincy

This half term the Chaplaincy department has been running a Youth Alpha course on Monday lunchtimes for years 7-11. Youth Alpha is a practical introduction to the Christian faith. Youth Alpha is designed to give young people the opportunity to explore life and faith and gives a safe space for them to ask questions about faith, the meaning of life and explore what they believe. With Christmas just behind us and Easter approaching it has been a wonderful time to discuss with students the Christian story and what it might mean to them.

**Mrs Jen Milligan Chaplain**

## **Kirkland Rowell Survey**

Dear Parents and Carers,

You will remember that in November 2012 we commissioned a national company, Kirkland Rowell, to conduct a series of surveys looking at perceptions of the school's performance. This is the fourth bi-annual survey we have commissioned from Kirkland Rowell; it helps us to reflect upon and evaluate what we do and always feeds into our plans for improvement. As a result of a concern expressed in a previous survey, for example, we worked to improve students' access to computers in school. The Learning Resource Areas in our new building were designed to provide improved study facilities for students with easy access to ICT, supported by the banks of laptops now available in departments.

Reports on the November 2012 surveys were received in school in late January and the results from both the Parent/Carer and Student surveys, along with the actions we intend to take as a result of these, are outlined below.

### **Parent/Carer Survey**

We are very grateful to all the parents and carers who completed and returned the forms in November. The survey produced a good overall response from parents and gave good performance scores for most of the academic subjects and the chosen performance criteria.

Parents gave a very good overall performance score for the school of 79%; we are advised that scores above 70% for this are very good indeed. Of parents who responded 34% thought the school had improved over the last year; only 2% thought that the school's performance was worse. Only 2% of Year 7 parents felt that the school had not lived up to their expectations whereas 32% said that the school was better than they had expected it to be. The number of criteria showing an improvement in scores since the previous survey, eighteen out of twenty in total, is particularly pleasing. Examples of these include school security, availability of resources and community spirit.

In academic areas parents say that they are most happy with the delivery of Law, Media Studies, Spanish and French. There were no subjects highlighted as a significant cause of concern. In non-academic areas parents are most happy with school facilities, school security and community spirit. The two particular areas that parents say they would like us to look at are communication between school and home and how well we explain to parents how to help and support their child's learning.

We have already begun to address these areas. We have looked at ways of improving communication between school and parents and have added information to our website to help with this. On the website we now have a list of contacts, along with their role in school. Many parents tell us that email is helpful and we would encourage parents to use this whenever possible to contact subject staff. Where subject teachers have a full teaching timetable it can be difficult to respond to queries immediately but all subject staff will aim to respond to an email within twenty four hours of receipt. There were fewer concerns expressed in the survey about contact with pastoral staff where our House Tutors are able to respond to telephone calls more readily.

We are also considering other ways in which we can explain to parents how to support their child's learning. The parental information sheets introduced for parents' evenings this year are a first step in this and we hope to expand the Expectations evenings we introduced earlier this year for some year groups. In addition to this we have organised sessions this term to help parents support Year 11 in their revision.

Although we know that there are areas to develop we are really pleased that 88% of parents responding rated the overall performance of the school as 'good' or 'very good' and 94% would recommend this school to another parent, both scores that the company tell us are exceptionally positive.

### Student Survey

The results from the student survey were also very positive. Students gave good performance scores for most academic subjects and performance criteria. Students gave a good overall performance score of 76% with 64% perceiving that the school had improved over the last year and only 8% saying that the school's performance was worse.

Spanish, Physics and Law were the subjects where the highest proportion of students said they were making good progress. Pleasingly, there were eleven subjects where more than 90% of students responding perceived that they were making good progress.

In looking at criteria other than academic subjects students awarded the highest scores to the school's facilities, the availability of resources and looking after students well. All three of these factors scored above 90% and, we are told, should be seen as exceptional in comparison to similar schools. Students also rated the school's community spirit very highly.

ICT was the subject where the highest proportion of students said they did not feel that they were not making good progress although this still scored 79%. Students awarded the lowest scores in non- subject based criteria to levels of homework, careers advice and school communication. The only one of these to score below the 70% target for success was levels of homework and this was also the area identified by students as their main priority for improvement.

Although heartened by the many positives in the student survey, as with the parent/carer survey we have already looked at the actions we need to take in those areas which were perceived as weaker than others. We are looking with the ICT department at reasons why this subject is perceived in a less positive way than others and will also be talking to students. As the position changes nationally on the place of ICT in the curriculum we are looking at the most effective way to deliver it to give the best outcomes to Trinity students.

We will be focusing closely on homework, and working to make sure we have an agreed, appropriate level of homework for each year group which is then adhered to consistently by all staff and students. Ms Hawkin, Assistant Headteacher, will take this issue to our Student Council for further discussion and we will make sure that parents are well informed about any changes we introduce as a result of these discussions.

Although there is work to do, we are really pleased that 85% of students said that, given a choice, they would still attend lessons! This compares with 73% nationally and confirms that the vast majority of our students have a very positive approach to their learning. In addition to this, 89% of our students said that they had not been treated unfairly by staff, compared to 77% nationally and 92% said that they would recommend this school to another student.

If any parent or carer has particular questions or concerns they wish to raise as a result of these surveys then please do not hesitate to get in touch. You can either contact me through the school's main switchboard, 01228 516051, or by email at [info@trinity.cumbria.sch.uk](mailto:info@trinity.cumbria.sch.uk), marking it for my attention.

Yours sincerely,



Sheila Johnston  
Deputy Headteacher

## **Recent Events**

### **Year 9 ACE Day and Parents'/Carers Evening**

All Year 9 students took part in workshops and activities around school preparing them to make their option choices. Activities involved the University of Newcastle, STEM ambassadors, to research progression opportunities, and to speak to graduate students who are now working in industry. They had taken part in a session with a motivational speaker discussing decision making. The students were encouraged to take time to weigh up the choices and courses open to them, to discuss option subjects they may be considering, and new subjects to find out more about that course. The day then ran into parents' evening combined with the parents' option evening, where parents were introduced to the options process by a short presentation by Mr Kay, Deputy Head, offering key guidance for parents. We will be supporting Year 9 students throughout this process to ensure they choose options that they will both enjoy and that will enable them to achieve their full potential.

### **Year 10 Parents'/Carers' Evening**

A Parents/Carers evening for Year 10 students took place on 21<sup>st</sup> February in the Armstrong Building at Trinity School. Thank you to all the parents/carers who came along for a very positive event at this mid-point in the first GCSE year.

### **Café 26 first visit**

The enrichment scheme is well underway – not for all years yet, but we are getting there. Our first trip was to The Sage, Gateshead on Friday 22<sup>nd</sup> February when 5 staff and some 35 students went to hear Northern Sinfonia play Mozart's Jupiter symphony, Schubert's Unfinished and Elgar's 'Cello concerto.

### **USA Exchange Visit**

The party of 15 students and 15 staff from two schools in Vermont, USA arrived with us on Sunday 24<sup>th</sup> February. On Monday they travelled by coach to Edinburgh for a day's sightseeing, which included a visit to the Castle. They also had some free time to explore the city further. On Tuesday they attended a Trinity School assembly and accompanied students to lessons. After lunch in School, they visited Carlisle Cathedral and Castle and spent some time looking around the city. Later in the afternoon, accompanied by their homestay hosts, they went to the Civic Centre and met the Mayor, Councillor Mr David Wilson. After a brief stop off in school on Wednesday morning, we said our farewells in the knowledge that we would be meeting again in their schools in April. Warmest thanks once again to all families, students and staff who acted as hosts: our visitors were very appreciative of the hospitality they received.

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

Approx 30 of our year 10 students took part in this year's IMC on Thursday 7<sup>th</sup> February. 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 those who took part in a particularly challenging competition.

### **World Book Day**

On Thursday 7<sup>th</sup> March and at other points during the week, Trinity students took part in numerous activities in support of World Book Day.

All students received the annual World Book Day vouchers. Other activities included all Year 7's having an "Enjoying Reading in Class" lesson, with book reviews and recommendation lists produced.

A group of students from Years 7 – 9 spent three lessons working with author Jim Eldridge (who has written for BBC Children's television) on their creative writing skills.

These activities were designed to promote reading for pleasure and to improve students' literacy skills.

### **Chinese New Year Celebrations**

In order to raise awareness of different languages and cultures, there were various activities organised each lunchtime in the week running up to half term to celebrate Chinese New Year on 10<sup>th</sup> February. Students had the opportunity to learn some basic phrases in the language, watch Chinese films or try out calligraphy with ink pens. We also listened to traditional music and learnt about the customs and rituals surrounding New Year in China. The catering staff laid on a super Chinese menu so that students and staff could enjoy a taste of the orient. All the students who took part really enjoyed the opportunity to widen their horizons linguistically and culturally.

## **Uganda Project**

### **Fashion Show**

On Friday 1<sup>st</sup> March the Uganda Project Team in conjunction with the One World Shop, Stuart and Co and Rusty Buttons held a Fashion Show in the Jubilee Hall at Trinity School to raise money towards the Project. The money will be used to fund the visit of Ugandan Students to Carlisle in July 2013. Both Fairtrade and Vintage clothes were modelled by students from Years 11, 12 and 13 together with some members of staff and the audience learned about the source of the cotton for the Fairtrade clothing. During the interval those present enjoyed canapés donated by Marks & Spencer and drinks from Sainsbury's and the Co-op while having the opportunity to buy accessories and participate in a raffle. Raffle prizes were donated by Homebase, Asda Kingstown, Sainsbury's Stanwix, Morrisons and M & S. The lighting and music was provided by Juan Campbell. The evening was well attended and over £500 was raised.

Also, on Friday, 22nd March, the family of one of the students hoping to go to Uganda is organising an **80's Evening** which is open to young and old.

Tickets are £3 and available from the Main Reception at School.

### **Inter House Chess Tournament**

The final matches took place this week: on Monday (7LBA vs 7JAT), Tuesday (8MBO vs 8SSC), Wednesday (9JMY vs 9TSN) and Thursday (10APA vs 10AWG). Thanks to all students who have taken part and made this first competition such a success. Certificates of participation will be awarded to everyone who took part, and it is planned to present trophies in House assemblies next week.

STOP PRESS: congratulations to 7JAT on becoming Year 7 champions; to 8 SSC for winning the Year 8 competition, and to 9 JMY for their success in Year 9 ... Year 10 result later as the match happens after we have gone to press.

## **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 have just started a new system for 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 have just introduced a new system to inform you if homework has not been completed. Teachers can generate a letter home far quicker than in the past. Your continued support with homework is much appreciated.

### **Year 11 Mentoring Programme**

As Year 11 approach their final exams there are a variety of different schemes in place to support them through this stressful time. Some students have been allocated mentors to help them. This year we have recruited and trained sixth formers as well as staff so that we can support more students.

### **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.

### **Instrumental/Singing Tuition Fees 2012/13**

A reminder to parents/carers who are not paying by monthly standing order payments: the 2<sup>nd</sup> of the 3 termly instalments is due to reach us by 23.03.13. Please note that if payments are not up to date unfortunately students will not be allowed to continue with lessons and this may result in them being turned away. Payments can be made by standing order, credit /debit card either with ParentPay or by phoning the Finance Office. Payments by cash and cheque are still acceptable, cheques should be made payable to "Trinity School".

If you have a query or you require further information please contact the Finance Office on 01228 516051 ext 215.

**Alison Larking, Finance Manager.**

### **Box Tops For Books**

The library are collecting *Box Tops For Books* tokens from cereal packs – collection boxes at Main Reception and in the Chapman Library.

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

If you happen to shop at the new Sainsbury's, then we would be happy to receive their 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 taking place in March, April and May:

Tuesday 12<sup>th</sup> March – AS Photography exam  
Thursday 14<sup>th</sup> March – AS Art exam  
Tuesday 16<sup>th</sup> April – GCSE Art exam  
Thursday 18<sup>th</sup> April – GCSE Art exam  
Thursday 18<sup>th</sup> April – A2 Photography exam  
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

### **Forthcoming events**

#### **Year 7 Freeze Day**

The next freeze day for year 7 is on 28<sup>th</sup> March. This will be based around this half term's learning theme of Thinking Skills. We plan to allow student to consider answers to open questions such as: "what would happen if we moved Trinity School to Africa?"

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

Students in Year 10 will be off timetable for two or three periods on Friday 15<sup>th</sup> March to learn about revision before some students sit module exams in the summer term. Learning Performance will be in school to work with them on a variety of revision skills such as mind mapping. We have used the presenters coming in to school before and feedback from students was very positive.

### **Year 10 Parent's Revision Workshop**

Following on from the revision day for Year 10, we would like to invite parents of Year 10 students to a revision presentation on Tuesday 26<sup>th</sup> March so that you can hear some of the information given to students on their freeze day and also to think about how you can support with revision at home. Letters will be sent home in the next few weeks with details.

### **Landscape Team**

The Landscape Team reconvened on Monday for 2013 activities across the site. A number of new student volunteers joined the team, and letters will be coming home with them this week; more student volunteers are always welcome, as are green-fingered members of school staff. We have many newly planted areas to nurture and established ones to maintain. 420 trees have just arrived ...

### **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 the Sunday and a concert in Carlisle Cathedral on the Monday evening.

This is an exciting opportunity for students to be part of. Please e-mail [jcl@trinity.cumbria.sch.uk](mailto:jcl@trinity.cumbria.sch.uk) or telephone 01228 403551 if you would like further information, or are able to assist

## **ATTENDANCE WEEK**

Week beginning 11th March we are organising an Attendance Week at school which will focus on promoting good attendance.

Research has shown that children who attend school regularly and punctually are more likely to:

- Keep up with school work
- Develop good habits and important life skills
- Maintain friendships
- Gain better qualifications
- Have access to a wider range of opportunities when they leave school
- Stay away from harm

A range of activities and initiatives will take place during the week, including:

- Talking to students in Assemblies about the importance of good attendance
- Senior staff checking that students arrive on time
- Form tutors and House staff will be speaking to individual students about improving their attendance
- We will be working in school and around the City Centre to promote good attendance

Your support in helping us to maximize school attendance is much appreciated.

## Iceland Trip

**Are you in Year 9 or 10 at the moment? Have you ever considered a visit to Iceland...no not the frozen food store!**

**The Geography and Science Departments are running a joint visit to Iceland planned for Easter 2014.**

**We will visit the world famous Blue Lagoon just outside Reykjavik and see first hand the geothermal springs and how the Icelandic people harness the power of nature.**

**You will get the amazing opportunity to walk in the rift valley where the North American and Eurasian continental plates are pulling apart.**

**We will fly to Iceland from Heathrow and spend 5 days in Iceland exploring this extraordinary land.**

**If you are interested watch out for the information that will be given out in Registration and come along to the meeting we will be having very soon.**

**More information will be coming to a registration to you soon!**

## Trinity Arts and Trinity Theatre Company

A number of the school's musicians are performing in the Carlisle and District Music and Drama festival which begins on Monday 11<sup>th</sup> March and is held at St Cuthbert's Church. Big music classes for the school are the Saxophone group performing Wednesday from 6.30pm, the Choir and the Chamber choir performing Thursday from 2pm and two small ensembles, The String group, the Brass group and the Orchestra performing Friday from 2pm. There are also a number of soloists, duets and trios performing in various classes throughout the week.

The school's annual Spring Concert will take place in the newly refurbished Margaret Sewell Hall on Tuesday 26<sup>th</sup> March at 7pm. So for an excellent and comfortable view of the schools musicians, fresh from the Carlisle and District Music and Drama festival do please come along.

Joint bands concert – in April the Dover High School band will be here on a visit. There will be a concert in the Cathedral on Monday 22<sup>nd</sup> April starting at 7.30pm featuring them and also involving performers from Trinity.

Rehearsals for Les Miserables are well under way and tickets will be on sale shortly. Performances are Tuesday 2<sup>nd</sup> – Thursday 4<sup>th</sup> July starting at 7pm in the schools new theatre.

## **S P O R T**

### **Form 7JAT's Marathon Effort**

Mr McArdle, one of our Assistant Headteachers, is running in a marathon in April and students in 7JAT are planning to run a marathon with the aim of beating his time . . . assuming he manages to get round! The students will run the 26.2 miles as a team on a course set out on the school field. Most students will run one mile. Students in other forms may take part if they wish to, and can collect a sponsor form; funds raised will be donated to the North of England Children's Cancer charity. The date of the marathon is Friday 15<sup>th</sup> March and students may run in fancy dress if they wish.

### **Boys' Football - Under 12 City Cup**

Penrith GS 1    Trinity 1 after extra-time  
Penrith GS won in a penalty shoot out

### **Boys' Football**

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

Trinity 5            William Howard 1

#### **Under 12**

Trinity 7            Ullswater 2

#### **Under 14**

Trinity 9            Ullswater 0

#### **Under 16 County Cup Quarter Final**

Ullswater 1        Trinity 0

Congratulations to the following Year 10 Boys who have been selected to play in Cumbria Schools Under 15 team trials: Josh Morley, Matthew Douglas, Owen Moxon and Aaron Bradbury.

### **Under 12 Girls' Football**

On Saturday the Year 7 5-a-side squad travelled to Derby to play in the National Finals. However on this occasion they were not successful, but it has been a great achievement for the girls to reach this final stage.

Sadly this means that their adventure is over, but nonetheless every member of the team should be very proud of her contribution to the side's success in getting to this stage of the tournament.

Team: Katie Sibley, Anna McKie, Sara McKie, Holly Falder, Casey Marsh, Evie Atkinson, Ellie Mitchell, Sophie Mason.

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

#### **Thursday 7<sup>th</sup> February - Cumbria finals results**

Congratulations to the following students who won the KS 4 girls team County competition:

Natalie Gorst, Emily Armstrong, Georgina Lowe, Kelly Pearson.

The girls played against; QEGS, Solway and Queen Elizabeth School only dropping 1 game in the 15 they played: an exceptional performance. Good luck to the team, who will now go on to represent Cumbria in the North West Regional Final.

### **Rugby**

#### **Under 12**

Penrith GS 15    Trinity 30

#### **Under 14**

Penrith GS 52    Trinity 52

#### **Year 10 Rugby Final**

The county rugby final took place at Penrith on Wednesday 20<sup>th</sup> February.

Kirkby Lonsdale 15        Trinity 10

(The score was 10-10 with 5 minutes to go)

It was an excellent competitive game and the team were a credit to the school.

#### **Under 15**

Ullswater 14        Trinity 43

#### **Under 14**

Ullswater 5        Trinity 57

#### **Under 13**

Ullswater 17        Trinity 29

#### **Year 8 10 aside Rugby Tournament, Monday 4th March at Penrith:**

Trinity 34            Richard Rose Central Academy 0

Trinity 27            Appleby 14

Trinity 19            Stainburn 12

Team qualified for the Semi-final:

Trinity 0 Nelson Thomlinson 12

### Hockey

Well done to the Y7 girls who played in a friendly hockey tournament at Caldew. This was the first competition for some of the girls and they played some excellent games. Trinity had two teams.

Trinity 1 0 Caldew 0  
Trinity 1 1 William Howard 0  
Trinity 2 0 Caldew 1  
Trinity 2 0 William Howard 0

Holly Folder was excellent in goal for the Trinity teams, and she also played in goal for the William Howard team, who were without a goalkeeper. Roslyn Mackie scored Trinity's goal.

### Year 10 Netball

Trinity 4 Newman 2  
Trinity 2 William Howard 3  
Trinity 0 Caldew 7

Team: Alex Jefferson, Abbie Mawson, Megan McKie, Caitlin Adam, Chloe Bell, Jenny Ostridge, Rhianna Hughes, and Reece Dixon. Well done to all, they played really well.

### **DATES for the 2012/2013 School Year**

<b>First Day of Term</b>	<b>Last Day of Term</b>	<b>Half Term Week</b>
<b>2013 Spring Term</b> Monday 7 <sup>th</sup> January	Thursday 28 <sup>th</sup> March 2013	Monday 11 <sup>th</sup> – Friday 15 <sup>th</sup> February Good Friday – 29 <sup>th</sup> March Easter Sunday – 31 <sup>st</sup> March
<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**

<b>First Day of Term</b>	<b>Last Day of Term</b>	<b>Half Term Week</b>
<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

## DIARY DATES

Friday 8 <sup>th</sup> March - Sunday 10 <sup>th</sup> March	Year 8 Outdoor Activities Residential
Monday 11 <sup>th</sup> March	Year 7, Interim 2 to Parents
Thursday 14 <sup>th</sup> March	Apprenticeship Evening Year 11 English and Maths Revision workshop
Friday 15 <sup>th</sup> March	Year 10 Freeze Day – Revision
Friday 15 <sup>th</sup> March – Sunday 17 <sup>th</sup> March	Year 8 Outdoor Activities Residential
Tuesday 19 <sup>th</sup> March	Year 8, PE Inter Form Competitions – lessons 4 & 5
Thursday 21 <sup>st</sup> March	Year 8 Reports to Parents
Friday 22 <sup>nd</sup> March	Year 7, PE Inter Form Competitions – lessons 1 & 3 GCSE Drama Practicals
Tuesday 26 <sup>th</sup> March	Year 12 Reports to parents Year 10 Parents' Revision Workshop 1.00 – 3.00pm 7.00pm Spring Concert, Margaret Sewell Hall
Thursday 28 <sup>th</sup> March	Year 7 Learning Freeze Day Break up for Easter
<b>EASTER HOLIDAYS</b>	
Monday 15 <sup>th</sup> April	First day of Summer term
Tuesday 16 <sup>th</sup> April	Year 9 Freeze Day
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	2.00pm Year 13 Cathedral Service 7.00pm Trinity Unplugged
Thursday 9 <sup>th</sup> May	2.00pm GCSE Drama Trip, The 39 Steps, Newcastle.
Friday 10 <sup>th</sup> May	Drama and Theatre Practicals
Wednesday 15 <sup>th</sup> May	4.30pm – 7.00pm Year 13 Physics Lecture at Caldew School
Friday 24 <sup>th</sup> May	Break up for Half Term
<b>HALF TERM</b>	
Monday 3 <sup>rd</sup> June	Back to school

Some dates may be subject to change.

# ADULT EDUCATION CARLISLE



Community and Continuing Education Programmes

The Chapman Library, Trinity School, Strand Road, Carlisle, Cumbria, CA1 1JB  
Tel: 01228 403555 E-mail: [kbr@trinity.cumbria.sch.uk](mailto:kbr@trinity.cumbria.sch.uk) Web: [www.aecarlisle.com](http://www.aecarlisle.com)

We are open:-

Monday to Friday, 9.00am – 4.00pm, and 5.30pm - 8.30pm, Monday to Thursday, when courses are operating.



Adult Education Carlisle is supported by

# Trinity Leisure Centre

## Easter Holidays

We are open from 1.00pm for general/family swimming and thanks to the 50% discount you are entitled to your family can benefit from the cheapest rates in the City.

The gym is open to 13 years plus at 1.00pm

**Teens:** If you are 13 – 15 you can join the gym for just £13 (includes a basic gym induction so you know exactly what to do). After that you get a swipe card and 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.

## Adult Health and Fitness

**Class of the month is **Body Weight Burn** as we are getting great feedback from customers and the more you do it the more you get out of it. It's not just about burning fat; it is perfect if you want to improve your sports performance to give you the edge when you need it and overall fitness too. The fat burning is simply an added benefit as your body is working in the fat burning zone.**

**If interested come to the leisure centre at 6.00pm on Tuesdays. It only costs £2.50.**

### Monday – Friday

Gym (Cardio and Weight bearing) 4.30–9.30pm

### Monday to Wednesday

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

### Tuesday

BWB (High Intensity Interval Training – body fat reduction 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're ready contact reception for further details.

**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.

**Weight Management** – look out for the **Slim Fit** weight management programme designed by experts to help you lose weight, get active and make plans to stay that way for life. If interested leave your details at reception for the attention of Clark Morton. This will help you lose weight, while eating a wide variety of foods that you enjoy but with support from a Nutritional Therapist and an exercise coach throughout.

**Enquiries:** 01228 403565