



## NEWSLETTER TO PARENTS and CARERS OCTOBER 2012

### Headteacher's Letter

Dear Parents and Carers

Forty four years after Trinity School started, we have managed at last to have an official opening ceremony and our first royal visit. I guess that there was not too much feeling for formal events back in 1968, so we were doubly grateful to His Royal Highness, The Duke of Kent, for being with us on Tuesday last week, to celebrate with us the partnerships that have produced our rebuilding of the 11-16 school and to meet students and staff, Border Construction and the Diocese of Carlisle representatives, and to unveil a plaque which says that we have now begun properly!

All the students involved represented the school so well – thank you to them – from the Sixth Form Leadership Team and the House Captains who met The Duke on his arrival, to the many who 'lined the route', to the musicians who played for him at various points on his tour of the school, to the students whose normal Tuesday period 5 lesson had an expected but no less daunting visitor, to the Year 9 student who thanked him for coming and presented him with flowers ...well done to all.

Thanks also for the patience of the many students who, because of the constraints of time and the route, had their afternoon disrupted but were not involved in the visit. There is still a sense and rightly so that this is something that the whole school community could be proud of – and we are.

The Duke named what we have been referring to as our new entrance hall up until now The Jubilee Hall. This is in appreciation for his visit during the year of 2012 which marks the Diamond Jubilee, of course. It is also a celebration word, and we wanted to have that idea in the middle of the school. It is also a fine Bible word about freedom and care within a community. (Guests at the gala dinner in the evening were referred to Leviticus Chapter 25 to find out more!)

So – a milestone in the history of the school. The Duke of Kent has also sent us a very kind letter of appreciation as has the Lord Lieutenant and The Mayor of Carlisle, for whose support we are also very grateful. Photographs of the day and copies of the programme will be on the school's website soon for everyone to have a look at if you would like to do so.

I look forward to seeing you at parents' evenings and at other events when you can see more of the school for yourselves. Thank you for your continuing support which is very much appreciated.

Yours sincerely

*Alan Motteshead*

Headteacher

### Rebuild News

We continue to approach the end of the project, and to make sure that we make the most of the funding that has been granted to us. The conversion of the Carlisle Refectory into an all-day bistro and common room for the Sixth Form is going well and should be completed for after Half Term – and that will be very welcome as it is something that we have wished for for a long while now. The conversion of The Margaret Sewell Hall into a professional standard theatre continues and will take a little longer – we are hoping for a completion by the end of November. New windows are being fitted even now as I write, and that is a bonus, as we had thought we might have to make do with the old ones. This is happening in the central admin area, and into the Maths corridor.

The landscaping of the Sixth Form site after the demolition is taking shape, and we will have some new windows to go in there over Half Term too. Far from winding down, the completion of the project is making a further difference to many parts of the school as it reaches its conclusion and we are grateful for all of that.



## Chaplaincy



### Year 7 Cathedral Visits

This Half Term we have been taking the Year 7's to the Cathedral in their House groups for an educational visit to introduce them to 'our' Cathedral. The students have participated in a guided tour of the Cathedral, which many of them found fascinating and the Cathedral staff have had to answer endless questions about windows, plaques and architecture. The students also engaged in a session about prayer in the Cathedral and have made 'Thank You' prayer hands, which have expressed gratitude for everything from food, water and shelter to PS3s and iPhones.

These prayer hands will be displayed in the Cathedral during the **Year 7 Service of Welcome and Thanksgiving** which is on **Tuesday 23<sup>rd</sup> October** in the afternoon. The service is held at the Cathedral from **2.30pm-3.15pm** and parents and carers are welcome to attend.

We are privileged to have Mr W Caunce from Gideons International joining us and as the students enter the Cathedral they will be given a copy of the New Testament as a gift from the Gideons. At the Cathedral we will take the opportunity to take a collection for the Bishop's 'Harvest for the Hungry' appeal, if you would like to more information about this appeal please go to [www.carlisle-diocese.org.uk](http://www.carlisle-diocese.org.uk) and search for 'Harvest for the Hungry'. Taking the year 7's to the Cathedral has been a great time to think about all that we are thankful for and how blessed we are. The Year 7 service will be a continuation of that thought as we consider and contribute to those less fortunate than us. Year 7 will be receiving a letter home about the service so please look out for that if you are a year 7 parent/carer.

**Mrs Milligan Chaplain**

### Year 7

We wanted to congratulate all of Year 7 on the way they have started this academic year and their attendance for September was above 97%. We have equally been impressed with their approach to their studies and getting involved in the wider life of the school. Thank you. **Mr Lythgoe**

### Information for Parents and Carers

#### Practicalities

#### 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).

#### Messages from home

In the afternoon we are now registering students with their class teachers at the start of period 4. This has many advantages, taking a double set of movements out of the middle of the day and allowing us to finish five minutes earlier. However, it has made passing messages from home to students during the school day a little more difficult. We would appreciate your help in only asking us to pass a message to your son/daughter if it is urgent. Thank you. **Mr Lythgoe**

#### Coming to school and going home safely

As the darker nights are now upon us, can we please ask parents and carers to emphasise to students about the extra care needed when walking to and from school and when crossing roads. It is also a good idea for students to wear their coats when travelling to/from school so they don't sit in wet clothes all day if it is raining. Using – rather than carrying! – an umbrella could also help.

Extra-curricular activities will still be going on after Half Term, of course, when the clocks have gone back, and we shall be reminding students of the need for them to consider their own and others' safety as they make their way home.

#### Parking

A polite reminder to parents and carers - **please do not stop or park outside the school entrances on the double yellow lines or zigzag markings even to drop off or pick students up from school.** Although we only have one school bus, it does need to be able to stop by the kerb and not in the middle of the road. Waiting on double yellow lines or on the zigzags is causing hazards for students crossing the road, or getting onto the bus, and to residents on Strand Road. We are advised that traffic wardens will be visiting the area from time to time to try to improve the current situation. Thank you for your help.

### **Morrisons Let's Grow Vouchers**

We are continuing to collect the Morrison's Let's Grow Vouchers which are being issued with purchases up until Sunday 28<sup>th</sup> October 2012. Please send any vouchers collected into school and place in the Let's Grow Box at main reception. Thank you. **Mrs Wylie**

### **Box Tops for Books Tokens**

The School library is collecting Nestle cereal boxes, *Box Tops For Books* coupons. If parents wish to send any tokens into school with students they can be taken to the Chapman Library where there is a collection box. They can also be handed in at Main Reception. Thank you.

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

We are advised by the Local Authority that wherever possible, absence from school should be avoided as it can have a serious effect on your child's educational progress, and can create difficulties for them on their return to school, particularly if they are joining a new school or class.

If, after serious consideration of this, you still propose to take your child away from school for a holiday, it is important to note that **only the Headteacher can authorize that absence. Parents/carers cannot authorize the absence themselves.** Whenever possible therefore we would ask that family holidays should be arranged to take place during school holidays. Schools do have discretion to grant up to 10 days leave during term time, but before doing so they will consider your child's situation carefully. In considering a request, the school will take into account the child's age, the time of year of the holiday, the nature of the visit and parental wishes. The Headteacher will also consider the child's stage of education and progress and the child's overall attendance record. Headteachers will not authorize absence if they believe that your request is unreasonable and you must ensure that your request is made to the school **at least two weeks** before the start of the holiday. Only in **exceptional** circumstances can a Headteacher grant leave of more than 10 days in term time.

Where a family holiday during term time is agreed to be unavoidable, **it is vital** that it does not coincide with examinations or other important tests that your child has to take.

### **Important initiatives**

#### **Home Learning website**

The new Home Learning website is now available to view online for Parents/Students/Teachers, at <http://trinity.cumbria.sch.uk/homelearning/> the site can also be reached via the link at the top of the school website: <http://www.trinity.cumbria.sch.uk/>

**Mr Kelly**

#### **Parent, Student and Staff Perception Survey**

We are reflecting on our work as a school and have asked an independent company to organise a survey to gather the views of parents, students and staff. We have done this three times in the past and found it very useful in our work to improve Trinity School.

Questionnaires will be sent home for parents, with students, on Monday 12<sup>th</sup> November and we would ask that they are returned to school by the following Monday. Students will be given their questionnaires as homework on Friday 9<sup>th</sup> November. The questionnaires take approximately ten minutes to complete; each completed questionnaire is really helpful in finding out what parents, carers, students and staff think and this makes a real difference to how we run the school and plan for the future. Thank you in anticipation for your help. **Mrs Johnston**

#### **Learning Themes**

This year we have adopted a learning theme across the school, using some of the work from our Year 7 Learn to Learn course. There will be assemblies and form presentations to encourage students to use the learning theme in their work and "freeze days" to reinforce the characteristics of good learners. This half term's learning theme is KASE. Students are asked to think about the knowledge, skills, attributes and experiences that can make a difference when learning.

**Mr McArdle and Ms Hawkin**

#### **Examination information**

The first week back, after Half Term, in November there will be the following exams for Year 11 and some Sixth Formers:

Tuesday 6 November – GCSE Maths paper 1, 9.00am

Wednesday 7 November – GCSE English re-sits, 1.15pm

Thursday 8 November – GCSE Maths paper 2, 1.15pm

There will also be controlled assessments for students around those public exams.

### **Collection of certificates**

A/AS/GCSE exam certificates from **summer 2011** are available to collect from the Sixth Form Office between school hours. Certificates from summer 2012 will be available to collect from the Sixth Form Office from December 2012/ January 2013.

### **Recent Events**

#### **European Day of Languages**

On Wednesday 26th September it was European Day of languages. To celebrate this occasion the MFL department held a food tasting session at break time in the MS courtyard and there were various activities at lunch time in the MFL rooms. These included a Dutch language taster session, films being shown in different languages and a language quiz – all of which were very well attended and the pupils enjoyed. **Mrs Dagnall**

#### **Visit to The Queen's College, Oxford**

Thirty seven Year 10 students accompanied by staff set off for Oxford. The students stayed in the Cardo Building of The Queen's College. Friday was a University Open Day and so students were able to visit Colleges and to look at faculties that were of interest to them. It was an opportunity for them to meet tutors and students to start to find out what they needed to know about studying at a top University. They were shown student accommodation and several also took part in lectures. In the evening all students attended the Hastings Dinner in Queen's College Hall. Students came away very impressed by what they had seen, and the College staff were very impressed by them as well!

#### **Year 10 Expectation Evening**

Thank you to the parent/carers who attended the expectation evening on 29<sup>th</sup> September. We hope that you found it useful. We have put the slides from the presentations on our website if you were unable to attend. The subject information asked for by some parents will be on our website by half term.  
**Mr McArdle and Ms Hawkin**

#### **Year 7 Freeze Day and Tutor/Expectation Evening**

Year 7 spent a morning working on this Half Term's learning theme, KASE. Students were given a set amount of time to write a "subject KASE" and "inspiration person KASE" using ICT. Each form was asked to create a display of their work, to be judged by subject leaders. Their work on role models will be used as a "guess who?" for the rest of the school, so this produced some excellent work with some very interesting choices! It was lovely to see so many parent/carers admiring the displays on the tutor/expectation evening. We hope that you found the talk on the same evening informative.  
**Mr McArdle and Ms Hawkin**

#### **Biggest Coffee Morning in the World**

World's Biggest Coffee Morning was held in the Chapman Library on Friday, 28<sup>th</sup> September at 11:00 a.m. The event was organised by students from Year 11, and was part of the Biggest Coffee Morning in the World initiative to raise money for Macmillan Nurses. We would like to say a huge thank you for all the incredible support we had from Asda, Morrison, Carlisle United, McVitie, Lush and Creative, the school's caterers. We managed to raise an incredible £156 in the space of 20 minutes over break time through the sale of cakes coffee and tea, as well as a raffle. Well done everyone.  
**Mrs Rothon**

#### **Uganda**

Following our very successful trip to Uganda in the summer we have now started working towards the visit of the Ugandan team next summer and our next trip in 2014. Over fifty students have expressed an interest in the project and fundraising has already started with cake sales and a Uganda Day before Half Term. We are also planning another Nearly New Sale before Christmas and work has begun on our 2013 calendar which will be for sale after Half Term. Club Africa has also started up again on a Thursday after school for students in Year 7 and 8 and varied programme of activities including making African crafts, quizzes and playing African music is planned.

**Mrs Jary**

### **Forthcoming events**

#### **Year 7 Cathedral Visits**

The last of our visits for Year 7 students will be taking place, in House groups, on an educational visit to Carlisle Cathedral. The final visit, for Amazon House, will take place during period 3 on Monday 22<sup>nd</sup> October as part of the PDV lessons and they will be back for their lunch break. Students should have appropriate clothing for the weather; i.e. a coat, as they will be walking to the Cathedral with staff. If you do not wish for your child to participate in the visit please write a letter to your child's Head of House.

### **Year 11 Revision Skills**

Students in Year 11 will attend a one hour workshop next week in revision skills. The workshop will take a practical approach and students will create some revision resources to use at home. Mock exams take place just before the Christmas holidays, but we would like to encourage students in Year 11 to make an early start with their revision.

### **Five Hundred Miles for Uganda**

To continue the fund-raising for the Uganda project, Mr Stables has pledged to cycle to work and home again for 100 days continuously, a total of 500 miles, up to the end of February. Members of the school community are asked to sign up to sponsor him for a flat amount of five pounds, payable at the end of the one hundred days. It is hoped to raise close to five thousand pounds. The Uganda group for the next visit will then decide how the money raised will be spent in our twinned schools in Uganda.

If you would like to pledge five pounds, please contact Mr. Stables at [gsb@trinity.cumbria.sch.uk](mailto:gsb@trinity.cumbria.sch.uk)

### **USA Exchanges 2013**

In February 2013 a group of around 15 students and 15 staff from New Hampshire and Vermont will be visiting Trinity and in April Dover High School will fly in with their band and musicians. In between the two visits our 5<sup>th</sup> trip to the USA is planned for 9<sup>th</sup>-18<sup>th</sup> April. If any students are interested in going on the trip please let Mrs Clarke know. A short information meeting will be held on Tuesday 23<sup>rd</sup> October at 6.00pm in Creighton Hall.

### **SPORTS NEWS**

Congratulations to Ellie Dickinson (10LHP) who has been selected to attend British Cycling Talent Team training. Only 8 cyclists are chosen from the whole of Great Britain and it means that Ellie will now experience top level coaching and have the opportunity to compete abroad. It is the first step on the British Cycling ladder for young riders who have shown potential to aim higher. Well done Ellie.

### **U16 Hockey**

Congratulations to the fantastic U16 girl's hockey team who remain unbeaten this season. Following their 5-0 wins at Caldew, William Howard and Ullswater they travelled to Cocker mouth to play in the County tournament. Their first match against Cocker mouth saw Trinity take the lead and they worked hard to ensure the Cocker mouth girls didn't respond – winning the match 1-0. Their second match against Nelson Thomlinson saw Trinity again take the lead, Nelson Thomlinson scored and equaliser in the second half and Trinity were unlucky not to take the full five points – hitting the post in the final few minutes. A 1-1 score line saw Trinity maintain their unbeaten record. The final match against St Anne's, Windermere was always going to be tough but the Trinity girls showed their determination and great team work to finish 2-0 winners. Trinity now go forward to the county final. We wish them well.

### **Year 7 – Interform Cross Country Results**

Boys:

1 <sup>st</sup>	Harris Strickland	SMR
2 <sup>nd</sup>	Harry Lamb	PEL
3 <sup>rd</sup>	Ben Fawkes	CRT
4 <sup>th</sup>	Sammy Wilson	CCT
5 <sup>th</sup>	Jay Kelly	PEL

Girls:

1 <sup>st</sup>	Sharna Cairns	PEL
2 <sup>nd</sup>	Caitlin Conway	PEL
3 <sup>rd</sup>	Lauren Taylor	JAT
4 <sup>th</sup>	Anna Nuttall	CRT
5 <sup>th</sup>	Darienne Boyd	JAT

Form Positions  
1<sup>st</sup> – PEL  
2<sup>nd</sup> – CRT/SMR  
3<sup>rd</sup> – JAT  
4<sup>th</sup> – CCT  
5<sup>th</sup> – ARI  
6<sup>th</sup> – BST  
7<sup>th</sup> – LBA

### **Football**

Congratulations to the following boys who have been selected to represent Cumbria:

Cumbria Schools Under 16 - Daniel Wood, Michael Reid, Ben Greig, Jason McMullen, Josh Cooke, Ryan Woolnough and Damon Thirwall.

Cumbria Schools Under 18 - William Bell, Joseph Bell

### **Carlisle Schools Football**

Congratulations to the following who represented Carlisle v Allerdale:

U15 – Matthew Douglas, Owen Moxon, Josh Morley, Arron Bradbury

U14 – Brady Wiser, Joe Lightfoot, Dylan Atkinson

U13 – Michael Watson, Aldo Renucci, Jamie Graham, Matthew Muldoon

**U13 County Cup** Ullswater 1 Trinity 1 After extra time, Ullswater 1 Trinity 2

**U16 National Cup** Trinity 10 Appleby 0

**Football (Boys) National Cup Round 2**

U14 Kenton School Newcastle 3 Trinity 2

U18 Penrith Grammar School 2 Trinity 1

**Netball**

The U16 netball team began the season well with a 25-5 victory against Caldew School.

Squad: Lucy Anderson, Hannah Hayes, Libby Sander, Philippa Harmison, Emma Walker, Jenna Graham, Anna Lightfoot, Chloe Squire. Girl of the Game was Libby Sander.

**U14 Netball v Caldew**

Trinity 'A' team won 16-0 and the 'B' team won 1-0.

Squad 'A': Dayna Goodall, Chloe O'Neil, Liz Emmerson, Lily Wilson, Kate Lawson, Phoebe Wilson Elle Walsh; Girl of the Game Liz Emmerson.

Squad 'B': Stephanie Birrell, Izzy Roberts, Rachel Doran, Esme Edwards, Alex Campbell, Abigail Crooks, Nicole Bingham Becky Robertshaw, Charlotte Wright; Girl of the Game Stephanie Birrell.

Congratulations to Liz Emmerson and Anna Lightfoot (U16) on their selection to the full (north and south) county netball teams.

**Rugby****U18 Daily Mail Cup**

Keswick 12 Trinity 20

U15 – Trinity 62 Nelson Thomlinson 12

U14 – Trinity 38 Nelson Thomlinson 10

U13 – Trinity 24 Nelson Thomlinson 31

**DIARY DATES**

Wednesday 17 <sup>th</sup> October	School Concert - Trinity Unplugged
Thursday 18 <sup>th</sup> October	Year 7 Enrichment Trip to St John's in the Vale Year 12 Physics Lecture
Monday 22 <sup>nd</sup> October	Year 7 Amazon House Cathedral Visit Apple Day in school
Tuesday 23 <sup>rd</sup> October	Year 7 Cathedral Service
Thursday 25 <sup>th</sup> October	Year 7 Enrichment Trip to St John's in the Vale
Friday 26 <sup>th</sup> October	Break up for Half Term
<b>HALF TERM</b>	
Tuesday 6 <sup>th</sup> November	Sixth Form Senior Maths Challenge
Wednesday 7 <sup>th</sup> November	Year 10 Geography Fieldwork Trip to Glasgow Theatre Trip to Newcastle
Thursday 8 <sup>th</sup> November	Year 8 Girls HPV
Friday 9 <sup>th</sup> November	Year 10 Geography Fieldwork Trip to Glasgow Kirkland Rowell Survey for students and staff
W/c Monday 12 <sup>th</sup> November	Global Entrepreneurship Week
Monday 12 <sup>th</sup> November	Theatre Workshop 'Frantic Assembly'
Wednesday 14 <sup>th</sup> November	November Concert
Thursday 15 <sup>th</sup> November	Yr 13 Reports to Parents Year 12 Physics Lecture Northern Stage, Theatre Trip
Friday 16 <sup>th</sup> November	Sixth Form Art and Photography Trip
Monday 19 <sup>th</sup> November	Shakespeare Schools Festival – 'Hamlet' at Keswick at 7.00pm.
Thursday 22 <sup>nd</sup> November	Yr 13 Parents' Evening
Tuesday 27 <sup>th</sup> November	Shakespeare Schools Festival – 'Hamlet' at School at 7.00pm.
Wednesday 28 <sup>th</sup> November	Year 12 Geography Fieldtrip to Liverpool/Morecambe
Thursday 29 <sup>th</sup> November	Yr 11 Parents' Evening
Thursday 6 <sup>th</sup> December	Yr 8 Expectation Evening
Wednesday 12 <sup>th</sup> December	Yr 12 Parents' Evening
Monday 17 <sup>th</sup> December	Carol Service – Carlisle Cathedral
Thursday 20 <sup>th</sup> December	Last Day of Term
<b>CHRISTMAS HOLIDAYS</b>	
Monday 7 <sup>th</sup> January 2013	First day of term

## DATES for the 2012/2013 School Year

First Day of Term	Last Day of Term	Half Term Week
<b>2012 Autumn Term</b>		
Wednesday 5 <sup>th</sup> September (Inset Days - Monday 3 <sup>rd</sup> September and Tuesday 4 <sup>th</sup> September)	Thursday 20 <sup>th</sup> December 2012	Monday 29 <sup>th</sup> October – Friday 2 <sup>nd</sup> November
<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

## *Trinity Arts and Trinity Theatre Company*

**Trinity Unplugged** is Trinity's acoustic evening that is taking place on **Wednesday 17th October** at 7.00pm in the new Drama Studio. The evening consists of only live music from a variety of different performers, including guitarists, pianists, saxophonists and singers. Tickets are being sold at the Main Reception and cost £3 for adults and £2 for concessions.

**'Playing Up'** – Tuesday 23<sup>rd</sup> October at 7.30pm – West Walls Theatre

On Tuesday 23<sup>rd</sup> October GCSE Drama students will be presenting devised and scripted practical work at West Walls Theatre. This annual event gives the students an opportunity to perform in a real theatre, and also means that friends and family can come and see the work that drama students are doing at GCSE. Tickets cost £3/£2 and are available from Main Reception.

### **Theatre Trips**

Seeing live theatre is an essential part of studying Drama, and is also very exciting! There are currently three opportunities available:

'A Doll's House' by Henrik Ibsen at the Theatre by the Lake on Wednesday 17<sup>th</sup> October

'One Man Two Governors' at the Theatre Royal, Newcastle on Wednesday 7<sup>th</sup> November

'Beautiful Burnout' by Frantic Assembly at Northern Stage on Thursday 15<sup>th</sup> November.

Please see Miss Southwell for more details.

**Theatre Workshop** – Frantic Assembly, Monday 12<sup>th</sup> November in Dr 1

Frantic Assembly are a prestigious physical theatre company, whose new production we are going to see in Newcastle. We have also invited Frantic Assembly to come and deliver a workshop to 24 of our most enthusiastic and talented students in the new Drama Studio on Monday 12<sup>th</sup> November. This is an exciting opportunity, so please encourage your son/daughter to see Miss Southwell for more details.

**'Hamlet' – Shakespeare Schools Festival** – 19<sup>th</sup> and 27<sup>th</sup> November

This year we are presenting a half hour version of 'Hamlet', and rehearsals are at a very exciting stage. 30 students from all years are involved. We will be performing at the Theatre by the Lake at 7pm on Monday 19<sup>th</sup> November. To secure tickets, contact the Box Office on 01768774411.

If you are unable to support the students at Keswick, we will also be giving what will be the inaugural performance in the newly converted Margaret Sewell Hall at 7pm on Tuesday 27<sup>th</sup> November. See Miss Southwell for more details.



www.carlisleleisure.com

A company created with charitable purposes for the benefit of the whole community.



## Health and Fitness @ Trinity Leisure Centre

During half term we are open from 1.00pm for general swimming, gym sessions, badminton, personal coaching and one to one lessons.

Please go to Main Reception to collect your free vouchers for

### ***Bodyweight Burn***

**Tuesdays**

**Time: 6.15-6.45pm / Standard price £2.50  
The free pass expires on 31<sup>st</sup> October 2012**

And your



**Wednesdays**

**Time: 7.15-8.00pm / Standard price £3.80  
The free pass expires on 31<sup>st</sup> October 2012**

**Book at Trinity Leisure Reception**

**01228 403565**