



# TRINITY TRIBUNE

## FROM THE DEPUTY PRINCIPAL

Friday of Week Five and our students in Years 4 to 12 were involved in our annual swimming carnival. It was a fantastic day! Many students were dressed as Disco Divas (David House), Lifeguards (Joshua House) or came in Hawaiian gear (Daniel House) and throughout the day if students were not swimming, they were either cheering on their housemates, or playing volleyball in the mini courts the Sports Captains erected.

This year's carnival had a 33% increase in student attendance, with nearly every student attending - this is a testament to the wonderful team spirit we have at Trinity College!

Many students and parents commented on the fantastic day, and how great sportsmanship was clearly evident - thank you to all those who attended and to Mr Robinson and his PE team, for organising a brilliant sports event!

If you follow our Facebook page, you will have noticed that since the commencement of the year, we have been posting individual staff videos of their DEEP Hope for your child this year.

At Trinity College, we believe in providing a quality Christian education, in a Christ-centred community. For us as staff, this means that what we teach students goes beyond filling their heads with knowledge just so they can graduate

and get good jobs.

As Christian educators, we believe we are partnering with you as parents, in shaping a particular kind of person for the Kingdom of God.

We want to give our students the opportunity to develop their gifts and understand who God has made them to be, by giving them real experiences that meet real needs in the community.

When we dream about our graduates, we dream about a kind of person that is using their unique gifts to serve the Kingdom with a passion, competence and humility we hope they learned from school, home and church. So if you have not yet had a chance, jump onto our Facebook page and view what our DEEP Hope is for your child in 2020.

Mrs. Kelly Dernehl



## OUR FIRST FOOD FRIDAY WAS A GREAT SUCCESS!

101 croissants & poppers sold and \$505.00 raised for our 2020 Trinity College Mission and Service trip to New Caledonia in September.

Thank you to Lisa-Jayne Massey and our amazing parent volunteers who generously gave their time on Friday morning to get all the orders ready for first break.

Menu Week 6 - Pizza & Popper

## UPCOMING EVENTS

### WEEK SIX

#### WORLD DAY OF PRAYER GLADSTONE BAPTIST CHURCH

Friday, 6th March  
10am - 12pm

#### RACQ DOCUDRAMA DRIVER SAFETY YEARS 11 & 12

Friday, 6th March  
12:30pm - 3pm

### WEEK SEVEN

#### YEAR 6 CAMP

Capricornia Caves  
Wednesday, 11th March  
to  
Friday, 13th March

### WEEK EIGHT

#### NATIONAL DAY OF ACTION AGAINST BULLYING

Friday, 20th March

### WEEK TEN

**Tuesday, 31st March**

#### CROSS COUNTRY YRS 4-12

8am - 11:30am

and

#### COLOURFUL FUN RUN

11am - 12pm: Kindy - Yr 3

12pm - 12:40pm: Yr 4 - 6

1:20pm - 3pm: Yr 7 - 12

#### OFFICIAL OPENING NEW BUILDINGS

Friday, 3rd April  
9am - 11am

# CONGRATULATIONS MAX!



Max Cosgrove, Year 7 Trinity student has been selected as a semi finalist in the Young Achiever Awards Queensland. Max was nominated by Glenn Butcher MP in the Small Business Achievers category.

Max is a young entrepreneur who started his own chicken breeding business with just two chickens and has in recent years branched out into fashioning bespoke Chicken apparel such as Cheanies, Chumpers and Chickinis.

Opportunities from Australian media outlets has seen Max invited to appear on Little Big Shots, Australia's Got Talent and Channel 7's Sunrise. He has even had a chapter in the book 'This Chicken Life' dedicated to his story.

His success and dedication to hard work together with his big heart has helped him to raise thousands of dollars for Breast Cancer research all while helping his mum overcome the pain of cancer.

Max you are an amazing young man and inspiration to your generation. Congratulations on your achievement!



# INTRODUCING SARAH COOMBS

Hi all! My name is Sarah Coombs and I have commenced teaching Year 3 at Trinity College this year. This isn't my first time in Year 3 at Trinity as I first did a teaching prac with Mr Whiteman in 2015! While that seems like a lifetime ago, I am really enjoying being in Year 3 again.

Pictured below is my wonderful family: My husband, Nathan, and son, Tom. As a family, we all love playing board games, reading and watching movies. We are currently part of the Lifestyle Gladstone church community.

I am truly grateful to be part of the teaching team at Trinity after being part of the parent community

since 2017. It is a privilege to witness first-hand the care and concern each of the staff have for our children. I am in awe of the work God has done in bringing these amazing people to the college.

I am also so thankful for the wonderful students in Year 3. These children, along with their families are making my transition to the role very smooth!

God Bless,  
Sarah



# THANK YOU - ANYTIME FITNESS



Trinity College has recently been blessed with the generous donation of two treadmills by Anytime Fitness.

Paul Bates, owner of Anytime Fitness and parent to Byron, Cleo and India decided that as part of their regular

turnover of equipment and out of appreciation to Trinity College they would give these much needed machines to our High Performance Unit.

These machines will be well utilised by our HPU students and the College is very grateful for Mr Bates' generosity.

## 8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

### 1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



### 4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



### 2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



### 5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

### 6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



### 7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

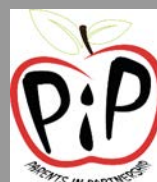
### 3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



### 8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



## Team Vacancy

An exciting opportunity exists for you to engage with your school community in the Parents in Partnership team.

We are looking for the right person to lead our PIP team in the role of President. We have a committed executive team in the roles of Vice President, Secretary and Treasurer who are more than happy to help support you. If you have an interest in this position, please email: [PIP@trinitygladstone.qld.edu.au](mailto:PIP@trinitygladstone.qld.edu.au)

Meeting: Wednesday, 4 March - 5:30pm in the Atrium







# RECYCLE YOUR TOOTHBRUSH HERE



ACCEPTED  
WASTE



## Recycle and help support School Chaplains

Please help us make a difference in our town.  
Bring in your oral health products & their containers so  
we can recycle them to make a difference to our land.  
Drop them in today.

- TOOTHBRUSHES
- FLOSS CONTAINERS
- TOOTHPASTE TUBES
- ELECTRIC TOOTHBRUSH HEADS



← All money raised will be  
donated to School Chaplains.